IN THIS ISSUE

Mark your calendars!

The Vagina Monologues

Women’s Resource and Services Office will be presenting the benefit performance of "The Vagina Monologues" April 7, 8, and 9th.

The award-winning play is based on V-Day Founder/playwright Eve Ensler's interviews with more than 200 women and their diverse experiences. V-Day’s mission is to stop violence against women and girls. For more information on V-Day visit...

www.vday.org

If you would like to be a part of the production please contact Student Services at 448-4080 or 448-4430 or stop by 224 Elkins Hall for more information or to pick up an Interest Form.

If you are interested in working on the production, you must attend ONE of the following interest meetings...

Wednesday, January 26th or Thursday, January 27th

Both will be held at 5:30pm in the Bowie Room, located in the Student Union.

Culinary Career Day
April 11, 2011
Carmel Inn & Suites

Women’s History and Woman of Achievement Award Luncheon

Speaker: Dawn Rose LaFont
Date: March 22, 2011
Time: 12:00 p.m.
Location: Plantation Suite
Cost: $15

Advanced ticket purchase is required for the luncheon. Please contact Chris Coulon in Student Services at 448-4080 to purchase your ticket. The deadline for reserving your seat is March 15, 2011.

February 22, 2011
9:00 am – 11:30 am (Expo)
11:45 am – 1:00 pm (Luncheon*)
Student Union Ballroom
*GRADUATING Nursing & Allied Health SENIORS by invitation only.
January is National Stalking Awareness Month

According to the Nicholls State University Code of Conduct, stalking is defined as a course of conduct directed at a specific person that would cause a reasonable person to feel alarmed or to suffer emotional distress. A stalker tries to control a person by keeping them in a state of constant fear. Although the legal definition of stalking may vary from one jurisdiction to another, stalking is a crime in all fifty states.

**Stalking behaviors can include:** following and showing up wherever you are, sending unwanted items to you, damaging your property, monitoring phone calls or computer use, use of technology to track where you go, drive by wherever you are hanging out, threaten to hurt you or your loved ones, post information or spread rumors about you, or any actions that control, track, or frighten you.

**Did you know?**
- 3.4 million people over the age of 18 are stalked each year in the United States.
- 3 in 4 victims are stalked by someone they know.
- 30% of stalking victims are stalked by a current or former intimate partner.
- 10% of stalking victims are stalked by a stranger.
- 1 in 4 victims report being stalked through the use of some form of technology (such as e-mail or instant messaging).

There are a few things you should do if you are a victim.
- Contact campus and community authorities to report the stalking.
- Keep a detailed journal of all stalking incidents.
- Do not go places alone.
- Always stay in the company of people you know and trust.
- Change your routes frequently.
- Remember descriptive data about your stalker.
- Save any evidence such as: notes, gifts, objects, photos, printed e-mail messages, voice messages.

**Stalking can be very dangerous.** If you or someone you know is a victim of stalking it is important to take the necessary steps to protect yourself by using available resources. Because stalking is a crime, you should contact University Police or local law enforcement and report the incident as suspected stalking. In an emergency, call 4911 if on campus or 911 off campus. You can also call the Women’s Resource and Services Office, Counseling Center, Student Life Office and University Health Services for support and assistance.

http://stalkingawarenessmonth.org
http://www.nicholls.edu/wrso/stalking/

Submitted by WRSO

February 20-26, 2011 - National Eating Disorder Awareness Week

Our Organization:
The National Eating Disorders Association (NEDA) is a non-profit organization dedicated to supporting individuals and families affected by eating disorders. We campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. We work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

Since 1999, our national toll-free helpline has assisted families, friends and individuals find appropriate treatment. NEDA is proud that our website serves as an entry point for people around the globe to find information on eating disorders. We serve as an important and welcome first stop for those searching for resources.

Our Mission:
NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Our Vision:
NEDA envisions a world without eating disorders.

Our History:
NEDA was formed in 2001, when Eating Disorders Awareness & Prevention (EDAP) joined forces with the American Anorexia Bulimia Association (AABA) – merging the largest and longest standing eating disorders prevention and advocacy organizations in the world. The merger was the most recent in a series of alliances that has also included the National Eating Disorder Organization (NEDO) and the Anorexia Nervosa & Related Disorders (ANRED).

© 2011 National Eating Disorders Association
http://www.nationaleatingdisorders.org/about-us/
Office of Crisis Management

Campus safety is a top priority at Nicholls State University and the Office of Crisis Management (OCM) was established for that reason.

One of the top functions of OCM is prevention which includes increasing awareness concerning our procedure. Therefore, OCM will be providing our first quarter safety training. Information will be sent to department heads in regards to the times and places where they will take place.

OCM is also offering to perform classroom presentations to those interested.

Lunchtime Workout: Qu'est-ce que c'est?

There are as many excuses not to work out as there are hours in the day: In the morning, you tell yourself you need sleep even more than exercise; after work, you're too tired. “No time” is one of the prime reasons most people give for not exercising. But what if you could find an extra hour that wouldn’t cut into work, family, or precious sleep time? Welcome to the 30-minute lunchtime workout, an increasingly popular exercise regimen gaining credence in workplaces throughout the country.

For busy people, midday turns out to be the best time of day to exercise. You reap physical and psychological benefits, too – a boost in energy and less stress. People often get lost in their day at work and there’s a lot of stress and anxiety. Being able to take a step away in the middle of the day from whatever is going on can clear your mind and help you refocus. You may find that you’re calmer and have a sense of accomplishment that carries through the rest of the day. And you may get an added bonus: Less time to eat might just mean that you actually eat less.

However, squeezing exercise -- and eating lunch -- into your usual lunch hour does call for a bit of advance planning and some special strategies. Here’s how to make 30-minute lunchtime workouts work for you:

♦ Write lunchtime workouts into your calendar
♦ Bring your lunch to work from home
♦ Keep a gym bag with your favorite workout shoes and personal items in your automobile
♦ Try to workout with a friend

Follow these tips and start moving and burning calories on your lunch hour today!

Submitted by Campus Recreation.

Career Advice from the Office of Career Services and College Central Network

On-Line ID-iocy

Don’t jeopardize your job search or career by tripping over your own digital footprint.

• Employers use social networking sites to screen candidates.
• Use security settings to make your profile selectively visible.
• Consider everything you post online to be “out there” forever – even if deleted.
• When in doubt, leave it out. Do not post:
  • Inappropriate or questionable photos and videos
  • Negative comments about past/present/future employers, jobs, co-workers and clients.
  • Drinking habits, partying preferences, and unethical practices like bragging you lied in a job interview (yes, people have posted that)
  • Crude humor, offensive language and imagery
  • Mass requests for job leads while still at your current place of employment; your boss or company rep may come across them
  • Petty comments and dirty laundry
  • Failed drug test results or other illegal behavior
  • Discriminatory and defamatory comments
  • Company info, whether good, bad, sensitive or confidential
• Emails can easily be copied and forwarded to anyone else.
• Google yourself to see what others can see about you.
• Company computers and their contents belong to and can be viewed by your employer.
• Familiarize yourself with your company’s online policies.
According to the American Lung Association, every year in the U.S. over 392,000 people die from tobacco-caused disease, making it the leading cause of preventable death. Another 50,000 people die from exposure to secondhand smoke.

The American Lung Association's, **Freedom From Smoking** Cessation classes are available on campus. The classes are **FREE** to students, faculty and staff. This semester you will have an opportunity to take advantage of several different class formats. We will continue to offer group classes this semester.

Something new this year will be the opportunity for individuals to sign up for one-on-one cessation classes that offer an individual the opportunity to meet privately with a cessation facilitator for the duration of the class.

If you’re thinking, “I would sign up if I just had others from my department go through the class with me,” then have no fear. If members of your department or student organization are interested in going through the Freedom From Smoking class together, call us and we will work with you to set up a schedule that meets your needs.

All classes on campus will be facilitated by a Nicholls State University faculty or staff member trained through the American Lung Association as a cessation facilitator. The classes consist of 8 sessions with each session lasting approximately 60 minutes.

If you have questions or would like to sign up for one of these cessation opportunities please contact University Health Services at ext. 2609.

Other cessation resources are also available:

- **National Cancer Institute**
  Toll-free Tobacco Quit Line
  1.800.784.8669
  [www.smokefree.gov](http://www.smokefree.gov)

- **American Lung Association**
  Freedom From Smoking On-line

- **American Cancer Society**
  Guide To Quitting Smoking

- **American Cancer Society**
  Guide To Quitting Smokeless Tobacco

- **Ochsner Medical Center**
  Smoking Cessation
  1514 Jefferson Highway
  New Orleans, LA 70121-2483
  (504) 842-3920

- **Quit With Us, LA**
  1.800.quit.now
  [www.quitwithusla.org](http://www.quitwithusla.org)

- **Nicotine Anonymous**
  1.877.879.6422
  [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

- **LSU Tobacco Control Initiative-TCI**
  Leonard J. Chabert Medical Center
  Houma, Louisiana
  Wendy Detiveaux, Cessation Specialist
  985-873-2499
  wrhode@lsuhsc.edu
Listen To Your Body

Searching for the perfect diet? Always worrying about counting calories and fat grams in order to control your weight can become difficult and tiresome.

The reason strict diets don't work and aren't much fun is because your body needs food for energy, just like a car needs gas to drive. Food is fuel for your body! Your body knows what it needs in order to keep running efficiently--it needs the fuel of vitamin and nutrient rich foods from a variety of food groups. That's why it's important to listen to your body and respond to its natural hunger. It will tell you what it needs. And if you don't listen, it will find ways to keep reminding you--like headaches, a growling stomach, and obsessing about food.

The **FIRST** key to listening to your body is being able to detect when you are getting hungry. If you are indeed truly hungry, and not just looking for food to cure your boredom, stress, or loneliness, then it is time to refuel.

The **SECOND** key is being able to know when you have had enough. Listen to your body. When you begin to feel full, you will know that you have had enough to eat. The goal is to feel content -- not uncomfortably stuffed but not starving either. And remember, it takes about 20 minutes for your body to realize it's full. Also, be aware of what you are eating -- eat sitting down, chew slowly, enjoy the tastes, smells, and textures of your food.

The **THIRD** key is moderation, nothing to extremes. Often people hear this advice and think it means they can eat whatever they crave, all the time. Obviously we cannot survive on potato chips or peanut butter cookies alone. And if you tried, chances are you'd probably start to crave some pasta or fresh fruit after awhile. These cravings are your body's way of helping you get the nutrients it knows you need.

Eat what you want, when you are truly hungry. Stop when you're full. And eat exactly what appeals to you. Do this instead of any diet, and you're likely to maintain a healthy weight and avoid eating disorders.

*Adapted from the “Listen to Your Body” handout from the National Eating Disorders Association. Permission is granted to copy and reprint materials for educational purposes. www.NationalEatingDisorders.org

---

Office of Disability Services

In an effort to inform all students about our services, the Office of Disability Services would like to offer presentations to all university classes. The length of the presentation can be adjusted to fit your needs.

In addition to handouts that will help students identify if they have a disability, the presentation will give students the answers to the following questions:

- What is the Office of Disability Services?
- What constitutes a disability?
- What should I do if I have a disability and want to receive accommodations?
- Can the Office of Disability Services help with temporary disabilities (e.g., broken arm, broken leg)?
- How does an instructor know what accommodations I should receive?
- What documentation is needed to register with this office?
- How can I obtain a permit for accessible (handicapped) parking?

If you have any questions or would like to schedule a presentation time, please call the Office of Disability Services at Ext. 4430.

The Office of Disability Services has moved to 158-A Shaver Gym. Office phone numbers and fax number will remain the same.