And the award goes to...

The Office of Disability Services received an Appreciation Award from the Myron Wright Foundation. The award was presented on Saturday, January 22 at the Myron Wright Foundation Annual Banquet. Stacey Guidry, Director of Disability Services and Rachel Dufrene, Administrative Assistant accepted the award on behalf of Disability Services.

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 14, 2011.

Culinary Career Day

April 11, 2011
Carmel Inn & Suites

Women's Resource and Services Office will be presenting a V-DAY BENEFIT PRODUCTION OF EVE ENSLER’S

THE VAGINA MONOLOGUES
NICHOLLS STATE UNIVERSITY
2011

TO RAISE MONEY AND AWARENESS TO STOP VIOLENCE AGAINST WOMEN AND GIRLS

April 7th
Bollinger Memorial Student Union Ballroom

April 8th and 9th
Talbot Theater

Doors open at 6:30pm and performance begins at 7:00pm

Tickets:
Advanced Purchase - $5.00 students, $10.00 community;
At The Door - $10.00 everyone

Contact Student Services for tickets at 448-4080.

Proceeds benefit the Nicholls State University Women’s Resource and Services Office and Chez Hope Family Violence Crisis Center.
March is celebrated as National Women’s History Month in thousands of schools, communities and workplaces across the nation as well as on military bases throughout the world. This celebration, designated by Joint Resolutions of the House and Senate and Proclamations by six American Presidents, is an opportunity to honor and celebrate women’s historic achievements. Each year National Women’s History Month employs a unifying theme and honors women around the country whose work and lives testify to that theme.

For 2011, the theme is Our History is Our Strength, which pays tribute to the millions of women who helped create a better world for the times in which they lived as well as for future generations. Knowing the challenges these women faced, grappled with, and overcome can be an enormous source of strength to all of us. During today’s difficult times, Our History is Our Strength can serve as an important reminder to our nation that adversity can be overcome. Women have played and continue to play a crucial role in several important movements throughout U.S. history:

- The Labor Movement which began as early as 1765 when women formed the first society of working women.
- The Women’s Suffrage Movement which was launched in 1848 at the first women’s rights conference held at Seneca Falls, NY.
- The Civil Rights Movement in which women held a variety of roles from leadership to organizers to participants.
- The Women’s Rights Movement which was re-energized in the 20th Century with what is called the Second Wave.
- The Environmental Movement in which women played a key role from the early 19th century and which was officially launched on Earth Day, April 22, 1970.

Source: National Women’s History Project, Santa Rosa, California

Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence since 1987, encourages local communities to focus on alcoholism and alcohol-related issues.

An integral part of Alcohol Awareness Month has been Alcohol-Free Weekend, which takes place on the first weekend of April. Alcohol-Free Weekend is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and businesses.

During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous and Al-Anon to learn more about alcoholism and its early symptoms. Essentially, it is a community consciousness-raising effort about alcoholism and health related issues and may serve as a trigger to recovery.

Alcohol Awareness Quiz

1. What is the definition of a standard drink?
   A) 5 oz wine   C) 1.5 oz shot of liquor (80 proof)
   B) 12 oz beer  D) All of the above

2. Fill in the blank: How many servings are there in a standard bottle of each type of alcohol?
   ___ servings in a bottle of wine
   ___ servings in 12 oz can of beer
   ___ servings in a “fifth” (25oz) bottle of liquor

3. Binge drinking is defined as:
   A) 4 or more drinks in a sitting (approx 2-3 hours)
   B) 10 or more drinks per sitting (approx 2-3 hours)

4. Which of the following will help a person “sober up” after drinking alcohol?
   A) Coffee     C) Exercise (run around the block)
   B) Time       D) Cold shower

5. What are signs of alcohol poisoning?
   A) Vomiting    C) Person is in a stupor, or cannot be roused
   B) Seizure     D) All of the above

6. What should you do if you suspect that someone is suffering from alcohol poisoning?
   A) Give them water, coffee, and something to eat
   B) Call 911
   C) Put them to bed and let them sleep it off

Answers on BACK!
March is Multiple Sclerosis Month

What is Multiple Sclerosis?
Multiple Sclerosis (MS) is a chronic, potentially debilitating disease that affects your central nervous system, which is made up of your brain and spinal cord. MS is widely believed to be an autoimmune disease, a condition in which your immune system attacks components of your body as if they’re foreign.

Coping with MS
- Maintain normal daily activities as best as you can.
- Stay connected with friends and family.
- Continue to pursue hobbies that you enjoy and are able to do.

Did you know ...
- The risk of contacting MS if your mother has the disease is approx. 1:50.
- The risk of contracting MS if you father has the disease is approx. 1:100.
- The risk among the general population of contracting MS is approx. 1:800.

Celebrities with MS
- Montell Williams, Talk Show Host/Actor
- Richard Pryor, Comedian/Actor
- Donna Fargo, Country & Western Singer

Submitted by Campus Recreation.

Did you know...?
That Nicholls has a counseling center on campus that is FREE and CONFIDENTIAL for all students, faculty, and staff.
The University Counseling Center is located in 224 Elkins hall and the number is 985-448-4080. Regular office hours are 8:00am-4:30pm.
You can call or come by the office in person to schedule an appointment.

Common issues that people address in counseling include: stress, anxiety, depression, relationship issues, academic/career concerns, self-esteem, and grief.

Stretching Throughout the Day at Your Desk

Any job you work usually involves long hours each day and repetitive motion. While there’s nothing wrong with that, if you aren’t paying attention to your body, you could be potentially putting yourself at risk. You don’t have to have a dangerous job in order to suffer a work-related injury. It can be as simple as sitting at your desk or standing at a cash register.

For the millions of people that work in offices, it is vital that you take a five-minute break every 30 minutes or one hour of work performed. During this brief break you can do a handful of stretching exercises to loosen up your body and release tension, pain, and stress. For those working retail or in food service and are required to stand for long periods of time, schedule your breaks accordingly and be sure to sit for a few minutes and practice leg stretches to prevent pain in your legs, feet, and back.

Stretching isn’t just for the fitness buffs. Everyday people can learn simple stretching exercises to incorporate into their workdays to give their bodies a break.

Neck Stretches: While seated or standing, slowly tilt your head to the right and to the left, while staring straight ahead. Then slowly move your head forward until your chin touches your chest gently and then back until you are looking up at the ceiling. Additionally you can also turn your head to the right and the left gently. While stretching, be sure to inhale and exhale deeply. Additionally, you can also hold each stretch for about 15-20 seconds and then repeat as needed.

Shoulder/Arm Stretches: While seated or standing, start off with one shoulder and slowly raise it up and then gradually work it into a circular motion, rolling your shoulder backwards five times and then change directions. Switch to the other shoulder. Continue to inhale and exhale deeply while doing this. Now take your arm and do the same motion, rotating your arm slowly in a wide circle and then reversing the direction, and then switching.

Hands/Wrists: Take one hand and gently bend it back using the other hand, then bend it forward. Hold each position for 10 seconds and release. Then take your wrist and gently rotate it in circular motions.

Leg Lifts: While seated, take one leg at a time as slowly raise it up in front of you and hold for 10 seconds.

Submitted by Disability Services.
The 2011 national awareness campaign focuses on everyone speaking up to prevent sexual violence by exploring common, everyday behaviors and other viable, responsible ways to intervene. This prevention approach helps create environments where we can be more confident that people are safe in their relationships, homes, neighborhoods, schools, workplaces, and in any environment.

10 WAYS NICHOLLS STATE UNIVERSITY CAN HELP PREVENT SEXUAL VIOLENCE

- Talk with one another about ways to show respect.
- Challenge the social norms on campus by supporting a nonsexist, nonviolent environment.
- Create a warm and nonjudgmental environment that encourages dialogue.
- Infuse violence prevention into curriculum, assignments and research, emphasizing the idea that violence must be viewed as a campus and community issue.
- Display campus and community resource information in places that all students have access.
- Model healthy, safe and respectful behaviors, language and attitudes that do not contribute to a culture of violence.
- Provide an environment that supports survivors who report being a victim of sexual violence.
- Attend and participate in campus awareness events about violence and other prevention programs.
- Enforce judicial process in cases of sexual violence in a fair, sensitive manner.
- Hold perpetrators accountable.

STATISTICS

- At some point in his life, 1 in 33 men have experienced an attempted or completed rape; 75% occurred before the men were 18. (Tjaden & Thoennes, 2000)
- A recent study employing a convenience sample of university women found that 84% of the women who reported sexually coercive experiences experienced the incident during their first four semesters on campus. (Gross, A.M., A. Winslett, M. Roberts, and C.L. Gohm. 2006)
- 13.3% of college women indicated that they have been forced to have sex in a dating situation. (Johnson and Sigler. 2000)
- At least 50% of college student sexual assaults are associated with alcohol use. (NIAAA Reports, April 2002)

Source: http://www.lafasa.org/sexual-assault-statistics.html#Campus

WHAT TO DO IF YOU HAVE BEEN ASSAULTED

Sexual assault is any sexual contact ranging from touching to rape that involves the use or threat of force or violence or any form of coercion or intimidation; or any sexual contact with a person who is unable to consent. Coping with sexual assault on your own can be very difficult. It is important to talk to someone and receive help. These are some important steps to take if you have been assaulted:

- Get to a safe place.
- Contact someone who can help you: a friend, Women’s Resource and Services, the police, a counseling or rape crisis center, University Health Services or local medical facility — any or all of the above.
- If you are reporting to the police, do not shower, drink or eat, douche, brush your teeth or change your clothes. These activities destroy important physical evidence needed in the event that you decide to prosecute the assailant.
- Get medical attention at a hospital emergency room right away. Even if you do not want to report this to the police, you may have injuries or have been exposed to diseases of which you are not aware.
- Seek professional help from a counselor or local rape crisis center.
- Remember: The assault was not your fault.

RESOURCES:

The Women’s Resource and Services Office (985) 448-4470 • University Health Services (985) 493-2600
University Police (985)448-4746 • University Counseling Center (985)448-4080
The Haven, Inc. (985)872-0757 • Chez Hope (985)449-1301
University Health Services NOW AVAILABLE for Faculty and Staff!

Don’t feel well and cannot get into see your private physician? Try coming to University Health Services; we are right here on campus!

University Health Services is now able to offer to our faculty and staff appointments to use our medical staff and facilities during our normal business hours.

We are offering the same quality services that we provide for our student population. The cost is $25.00 per visit payable before you are seen by the medical staff.

How to use the University Health Services:

- Make an appointment: Call to see if we have an appointment time available for you, first come/first served—985-493-2600 between 7:30am and 4:30pm Monday through Friday.
- Pay the $25.00 fee at Fee Collections in Elkins Hall; **remember to bring your receipt with you at time of visit.**
- University Health Services is not able to bill your private insurance company; when applicable the faculty/staff patient is responsible for the claims process with their private insurance company.
- Appointment times are subject to availability; student appointments are our first priority.

At this time we are not able to offer treatment of any ongoing chronic illnesses such as allergies, diabetes or hypertension—you will have to see your private physician for these types of issues—just as we recommend for our student patients. However, we will be happy to treat any acute medical conditions, just as we do for our Nicholls’ students/patients.

For more information about this service or any of our services please email Dr. Garvey at diane.garvey@nicholls.edu or call 985-493-2609 and I will be happy to answer your questions.

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The Health Benefits of Yoga

The potential health benefits of yoga are numerous and may include:

- **Stress reduction.** With its quiet, precise movements, yoga draws your focus away from your busy, chaotic day and toward calm as you move your body through poses that require balance and concentration.

- **Increased fitness.** As you learn and refine new poses, you may enjoy improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.

- **Management of chronic health conditions.** Yoga might help with a variety of health conditions, such as cancer, depression, pain, anxiety and insomnia, by helping with sleep problems, fatigue and mood. Yoga also can help reduce heart rate and blood pressure.

- **Weight loss.** If you're overweight or have binge-eating disorder, yoga may help you make the healthy lifestyle changes necessary to gain control of your eating and drop those extra pounds.

While you shouldn't expect yoga to cure you or offer 100 percent relief, it can help some health conditions when combined with standard treatment. And if you already enjoy good health, yoga can be an enjoyable supplement to your regular fitness routine.

[Image: A group of people doing yoga.]

_Taken from an article found at http://www.mayoclinic.com/health/yoga/CM00004_
Alcohol Awareness Answers:

1. D) All of the above. The definition of a standard drink is: BEER (~5% alcohol): 12 oz.; WINE (~12% alcohol): 5 oz.; LIQUOR (80 proof/~40% alcohol): 1.5 oz.

2. There are 5 servings of wine per bottle (750ml), 1 serving in a 12 oz beer, and 17 servings of hard liquor in a “fifth” (25 oz bottle).

3. A) 4 or more drinks per sitting. Binge drinking is defined as 4 or more drinks in a sitting for females, and 5 or more drinks in a sitting for males. Females metabolize alcohol differently from males based on factors such as estrogen levels.

4. C) Time. Cold showers, coffee, a run around the block—none of these will “sober you up”. The only thing that helps sobriety is TIME.

5. D) All of the above. Signs of Alcohol Poisoning include: Mental confusion, stupor, coma, or person cannot be roused; Vomiting; Seizures; Slow breathing (fewer than eight breaths per minute); Irregular breathing (10 seconds or more between breaths); Hypothermia (low body temperature), bluish skin color, paleness.

6. B) Call 911. Encouraging someone to “sleep it off” when they are drunk can be dangerous because if they are suffering from alcohol poisoning, they could die in their sleep. Alcohol suppresses bodily reactions like breathing and the gag reflex, so a person can asphyxiate on their own vomit while sleeping, resulting in death. If there is any suspicion of an alcohol overdose, call 911 for help. Don’t try to guess the level of drunkenness.

Information to create the quiz was obtained from http://www.collegedrinkingprevention.gov/