In this Issue:

Health & Wellness
2012 Intramurals
Komen Race for the Cure
Candlelight Vigil Against Domestic Violence
September is National Recovery Month
Career Day 2012
A Message from ODS

Welcome Back Day

Thursday, September 13th
In the Quad
10:30 am - 1:30 pm

It’s time once again to welcome back our students in grand Nicholls style. This year’s theme is Fit to be a Colonel in honor of the Grand Opening of the new Harold J. Callais Recreation Center!

Please consider signing up your department or student organization for a table. This is a great opportunity for returning and new students to learn about what your department or organization has to offer! So sign-up for a table and be a part of showing our students how your group can be a part of their overall fitness in any of these areas: social, academic, physical, or emotional.

Are you fit to be a Colonel?
Group Exercise - 18 classes offered per week!

- **Bodypump** - Low weight loads and high repetition movements, so you can burn fat, gain strength and quickly produce lean body muscle.
- **Zumba** - Easy to follow, Latin inspired, calorie burning, dance fitness party.
- **Bootcamp** - Intense cardio and strength training in a short amount of time.
- **Bodycombat** - Strike, punch, and kick your way through calories to superior cardio fitness.
- **Bodyflow** - Yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.
- **Colonel Core** - 30 minutes of abdominal shredding.

Health & Wellness

- Couch to 5K - Race for the Cure National Women’s Health & Fitness Day Wellness Seminars

Contact Kat Harrell, Fitness & Wellness Coordinator at Kathryn.Harrell@nicholls.edu or 448-4827 for more information.

FALL 2012 INTRAMURALS

**Tournaments**
- Innertube Water Polo
- Ultimate Frisbee
- Punt, Pass, & Kick
- Wii Bowling
- Badminton
- Indoor Soccer
- Dodgeball
- Table Tennis

**League Sports**
- **Volleyball**
  - September 10 – October 12
- **Kickball**
  - September 24 - October 26
- **Flag Football**
  - October 15 – November 30

Follow us!
- [facebook.com/NichollsRecCenter](http://facebook.com/NichollsRecCenter)
- [@NichollsRec](http://twitter.com/@NichollsRec)

Contact Kristen Fillmore, Intramural Recreation Coordinator, at Kristen.Fillmore@nicholls.edu or 448-4827 for more information.
“PARTY IN PINK”
PRE-RACE EVENT
Friday, October 26, 2012
4:00 pm-6:00 p.m.
NICHOLLS STATE UNIVERSITY STADIUM
MUSIC, FOOD, & FUN
Entertainment by JOHN DAIGLE

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RACE DAY
Saturday, October 27, 2012
Registration - 7:30 am
1 mile fun run/walk - 8:30 am
5K run/walk - 9:00 am
Music by SOUL SURVIVOR
For more information call 985-493-4448.
Online registration:
www.komenbayouregion.org
Registration forms available in University Health Services.
Join the Nicholls team and receive an additional t-shirt and backpack!

Candlelight Vigil Against Domestic Violence
This vigil was started to bring awareness to the serious issue of domestic violence in our community. We invite professionals from law enforcement, the judicial system, community organizations and survivors to our campus to join voices and stand up for victims still living in violence and for those whose lives have been lost. This yearly event demonstrates our community’s commitment to STOP THE VIOLENCE!

October 23, 2012
Look for more information in the coming weeks on email and flyers.
Hosted by Women’s Resources and Services Office.

SAFETY TIPS FOR RUNNING AND EXERCISING
Safety is mandatory no matter what you are doing, but especially when you are by yourself. Running and exercising is a typical time for people to let their guard down.

- Be aware of your surroundings
- Don’t run alone when possible
- Make sure someone knows where you are going and when you will be back
- Do not run with earphones
- Bring a whistle
- Alter your routine, pace, and time
- Run in familiar places, know where emergency phones are located
- Be aware of those around you and cars near by
- Run against traffic
- Enroll in a self-defense course
- Carry ‘Runner’s Mace’ and be trained in how to use it
- Don’t stop to give directions
- Let cars go first

*Although we are giving tips for safety, we are not placing blame on the victims; just advocating common sense awareness to reduce the risk of becoming a victim for both women and men.
National Recovery Month is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance’s main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Recovery Month, now in its 23rd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

Celebrated during the month of September, Recovery Month began in 1989 as TreatmentWorks! Month, which honored the work of the treatment and recovery professionals in the field. The observance evolved to National Alcohol and Drug Addiction Recovery Month (Recovery Month) in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance evolved once again in 2011 to National Recovery Month (Recovery Month) to include all aspects of behavioral health.

Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments.

SEPTEMBER IS NATION RECOVERY MONTH - www.recoverymonth.gov

A Friendly Message from The Office of Disability Services

Dear Nicholls Community,

The Office of Disability Services would like to take a moment to welcome you back to Campus. We are looking forward to a new and successful fall semester. Just to keep you informed there have been some changes to the administration of the Disability Services office. Ms. Stacey Guidry will no longer be the director of Disability Services she will be the new Assistant Director of the Counseling Center in Elkins Hall and can be reached at extension 7123. Ms. Rachel Dufrene has also moved and can now be reached at Campus Recreation.

Dr. Diane Garvey is the new Director for Disability Services at extension 4430. The office hours for the Disability office are 8:00am to 2:30pm Monday through Friday and the office is still located in room 158 Shaver Gym. Testing hours will be 8:30am to 2:00pm daily. If there is a conflict in scheduling tests we will work with students, faculty, and staff to implement accommodations.

You are encouraged to stop by the office and meet the new director. Please call or stop by with any questions you may have. You may also send your comments and/or questions via email to: ods@nicholls.edu.

Sincerely,
Dr. Diane Garvey
Director, Disability Services

Fall 2012 Career Day

Wednesday, October 10, 2012
9:00 AM – 2:00 PM
Student Union Ballroom

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P.O. Box 2067
Thibodaux, LA 70310
Phone: (985) 448-4080
Fax: (985) 448-4890
E-mail: Candace.Park@nicholls.edu
8 a.m. to 4:30 p.m. Mon - Fri