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Briggs' Bytes

Dear Trojans:

October is a busy month. It is a month filled with awareness events and celebrations. Awareness is defined as the ability to adjust ones consciousness, feelings or perceptions about life, people and situations. Awareness can help us to live a balance life and take responsibility for our own health and well-being; all while learning about the diversity that exists in our community.

This edition of the Trojans Times seeks to make you more aware of observances and celebrations. We celebrate Hispanic Heritage Month, Disability Awareness Month, Fire Prevention Month, Domestic Violence Awareness Month, National Breast Cancer Awareness Month, Mental Illness Month, Crime Prevention Month, National AIDS Awareness Month, Computer Learning Month and Hunger awareness Month, just to name a few of the areas of awareness. I would like to share a bit of information regarding *Disability Awareness*:

Disability Awareness Month



Background on Disability Awareness Month: Public Law 176 was enacted by Congress in 1945. P.L. 176 designated the first week in October as "National Employ the Physically Handicapped Week," and the President's Committee on Employment of People with Disabilities was appointed by President Truman to carry out this act. In 1962, the word "physically" was removed from the week's name to recognize the employment needs of all Americans with disabilities. In 1988, congress expanded the week to a month and changed its name to "National Disability Employment Awareness Month" (NDEA Month). October has become the kick-off month for year-round programs that highlight the abilities and skills of Americans with disabilities.

The theme for this year's educational program is "Think Ability." Over the last decade many changes have taken place in the fabric of life for persons with disabilities. Laws have been passed that are breaking through many of the barriers which have kept people with disabilities out of the mainstream. However, we cannot legislate against attitudinal barriers; that is the one frontier which each of us must confront. We must all work to remove the negative and stereotypical attitudes from our minds, writings and actions. Reprinted from *the New Freedom's Initiative's*

With Trojan Pride,

Dr. LaVerne J. Briggs
Director of Residence Life

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Upcoming Events

- ◆ **Fall Break** – Oct 15 & Oct 16
- ◆ **The Heart of the Matter**- Virginia Hall –Oct 18 at 7 p.m.
- ◆ **Homecoming Parade** – Oct 27 at 9 a.m.
- ◆ **Residence Hall Activities** - Oct. 31



Victims of Relationship Violence often feel unworthy. His Fist: a reminder not to betray him; so she keeps quiet, conforms and dares not violate his demands. Social Scientists study abusive relationship in terms of power and control differences.



Mental Health Awareness Month

Here is a check list of ten symptoms of clinical depression: Keep in mind that everyone goes through periods of being sad. To get an idea if you are experiencing depression for which you should seek help review the following check list:

- A persistent sad, anxious or empty mood
- Sleeping to little or too much
- Reduced appetite and weight loss or increase appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment(chronic pain, constipation or other digestive disorders
- Difficulty concentrating , remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide

October is Domestic Violence Awareness month

Domestic Violence includes physical, sexual or psychological aggression or coercion and is a **pattern of behavior employed by one person in a relationship to control the other.** The abuse is typically directed at women and girls and can create health, social and economic costs for the individual, the family and society. The violence may include battering, burning, emotional blackmail, mockery or ridicule, threats of abandonment, confinement to the home and the withholding of money or other family support. A woman living in an abusive relationship may be forced to become pregnant or have an abortion against her will, or her partner may knowingly expose her to a sexually-transmitted infection.

Source: Population Reference Bureau. 2000. Conveying Concerns: Women Report on Gender-Based Violence. Washington, DC: Population Reference Bureau, MEASURE Communication p 5.

There is a need to expand this definition because relationships have become increasing more complex thus Domestic Violence or Relationship Violence is more complex. Although women are much more likely to report abuse, men are also victims.

Soul mates are people who bring out the best in you. They are not perfect but are always perfect for you.
Author Unknown

Breast Cancer Awareness Facts:

- ❖ One in eight women or **12.6%** of all women will get breast cancer in her lifetime.
- ❖ Every 13 minutes a woman dies of breast cancer.
- ❖ Seventy-seven percent of women with breast cancer are over 50.
- ❖ Breast cancer increases with age and every woman is at risk.

DID YOU KNOW THAT OCTOBER IS ALSO:

1. **NATIONAL AIDS AWARENESS MONTH** is an excellent time to educate your self about the HIV/AIDS crisis. Visit www.aidsawarenessday.com



2. **NATIONAL CRIME PREVENTION MONTH** celebrate Harvest fest and Halloween activities.

Follow safety rules and be safe as you

The Department of Residence Life also acknowledges that Fire Prevention Week is October 7-13; National Collegiate Alcohol Awareness Week is October 21-27 and October 27, 2007 is Make a Difference Day.

SPECIAL ISSUES FOR GAY, LESBIAN AND BISEXUAL RELATIONSHIPS IN TERM OF ABUSE

Domestic violence or relationship abuse is increasing being recognized in same-sex relationships. The majority of the issues that apply to people in abusive heterosexual relationships also apply to those in abusive same sex relationships. People in same-sex relationships may face extra issues and barriers that make the situation even more difficult than it is in heterosexual relationships.

Challenges to the Person Experiencing the Abuse:

- ♥ The batterer can threaten to disclose the victim's sexual orientation to those who are not aware of it.
- ♥ The victim and perpetrator are both likely to be part of an already small community, making it difficult or dangerous for the victim to discuss the situation with others. Leaving the partner may mean losing everyone in the victim's circle of friends
- ♥ Most resources are directed at heterosexual women, barring gay, heterosexual and bisexual men from having access to them and alienating lesbian and bisexual women.
- ♥ Homophobia amongst police officers, health care workers, counselors, or other professionals involved in domestic violence can cause victims in same-sex relationships to receive less effective assistance than heterosexuals seeking help.
- ♥ Legal protections are less well defined for people in same-sex relationships who experience abuse.
- ♥ Stereotypical images of homosexual couples promote the idea of "equality" in relationships yet the same power and control issues exist.

REASONS VICTIMS ARE UNWILLING TO REPORT ABUSE:

- ✓ EMBARRASSMENT
- ✓ FEAR
- ✓ FEELING THEY SOME HOW DESERVE THE ABUSE
- ✓ THINKING NOTHING CAN BE DONE
- ✓ DENIAL (This is really not abuse; he/she is just jealous because they care)

"The sharing of information between various professions, agencies and institutions has contributed to expanded knowledge on how to aid victims and try to break the cycle of violence."

Watch for red flags in relationships and seek healthy interactions. If it feels wrong, then it is probably wrong. Trust your feelings!

If any of these are happening in your relationship talk to someone. Without help, the abuse will continue.
Contact the YWCA and check with the University Counseling Center for Community Resources.

The Domestic Violence Checklist

By: Richard J. Gelles, Ph.D.

Look over the following questions on the Domestic Violence Checklist. Think about how you are being treated and how you treat your partner. Remember abuse takes various forms. When one scares, hurts or continually puts down the other person, it is abuse.

DOES YOUR PARTNER:

- ✚ Embarrass or make fun of you in front of your friends or family.
- ✚ Put down your accomplishments or goals.
- ✚ Make you feel like you are unable to make decisions.
- ✚ Use intimidation or threats to gain compliance.
- ✚ Tell you that you are nothing without them.
- ✚ Treat you roughly – grab, push, pinch, shove or hit you?
- ✚ Call you several times a night or show up to make sure you are where you said you would be.
- ✚ Use drugs or alcohol as an excuse for saying hurtful things or abusing you.
- ✚ Blame you for how he/she feels or acts.
- ✚ Pressure you sexually for things you are not ready to experience?
- ✚ Make you feel like there is “no way out” of the relationship.
- ✚ Prevent you from doing things you want –like spending time with your friends or family.
- ✚ Try to keep you from leaving after a fight or leave you somewhere after a fight to teach you a lesson?

DO YOU:

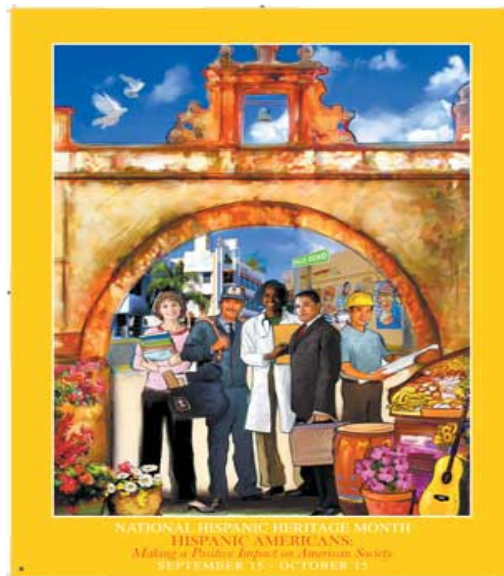
- ✚ Sometimes feel scared of how your partner will act.
- ✚ Constantly make excuses to other people for your partner’s behavior.
- ✚ Believe that you can help your partner change, if you change something about yourself.
- ✚ Try not to do anything that would cause conflict or make your partner angry?
- ✚ Feel like no matter what you do, your partner is never happy with you.
- ✚ Always do what your partner wants you to do instead of what you want.
- ✚ Stay with your partner because you are afraid of what your partner would do if you broke up.

Ms. Loretta O. Speller**Meet Ms. Loretta O. Speller**

Ms. Speller is the Residence Educator of Branch Hall, a Freshmen female hall for over 150 students. She hails from Queens, New York and began her love affair with Virginia State University when she and her twin sister came to VSU as students. While earning her undergraduate degree, she became a member of Residence Life and worked as a Resident Assistant in Byrd Hall. After graduating cum laude, she went on to combine her passion of helping people and her degree in education to pursue a career as a middle school English teacher. Since then, she has returned to VSU pursuing her M.Ed. in Counselor Education. Ms. Speller says that learning to balance both personal and professional endeavors is the most challenging task of any college student's life but she attributes her success to careful planning. She lives by the quote, "If you fail to plan, you plan to fail ... plan now." Ms. Speller, is an active member of Alpha Kappa Alpha Sorority, enjoys reading, sports and mentoring young people.

Hispanic Awareness Month is celebrated September 15 – October 15, 2007.

The poster below celebrates this year's theme: "Hispanic Americans: Making a Positive Impact On American Society". In 1968, the United State Congress authorized President Lyndon Johnson to proclaim National Hispanic Heritage Week, and this observance expanded into a month long celebration in 1988. According to the U.S. Census "Hispanic" refers to people in the United States of any race who trace their origin to Mexico, Puerto Rico, and other Spanish Speaking countries in Central and South America and the Caribbean.



Test your knowledge of Hispanic personalities? Match the Hispanic personality with the correct occupation:

Richard Sierra
Nancy Lopez
Carlos Santana
John Olivas
Jennifer Lopez

a. sculptor
a. astronaut
a. actor
a. tennis player
a. actress

b. comedian
b. golfer
b. musician
b. rapper
b. pianist

c. baseball player
c. actress
c. comedian
c. astronaut
c. author

Lt. Colonel Jeffrey Garland challenges Residence Hall Cabinet Members

Each Residence Hall elects or appoints cabinet members at the beginning of the academic year to serve the Residence Halls. The Residence Hall Cabinet represents the interest, and concerns of all individuals who reside in the residence hall. The Cabinets promote and may organize educational, recreational, cultural activities and community service programs. As a member of the Cabinet, students are given an opportunity to get involved in hall life and develop their leadership skills. On Friday, October 5, Lt. Colonel Jeffrey Garland challenged the selected Residence Hall Cabinet Members to step-up to leadership at Cabinet Installation Breakfast held in Jones Dining Hall. LTC Garland urged cabinet members present to “leave the position stronger”. The eighty cabinet members in attendance listened intently as he prescribed steps to leadership that are practical and effective. Ms. Loretta O. Speller served as chairperson of this residence life program designed to encourage leadership and service.



LTC Jeffrey Garland is a graduate of Benedict College in Columbia, S.C. and National Louis University of Evanston, Illinois.

RESIDENCE LIFE CABINET MEMBERS FOR 2007-08 ARE:

Branch Hall Cabinet Members
Miss Branch Hall – Special Jones
Mr. Branch Hall - Trevor Gibbs
President-Casey Pridgen
Vice-President- Carrie Felton
Treasurer-Whitney Wells
Secretary-Carmen Brown
RHA Representative- Nijha Burgess

Byrd Hall Cabinet Members
Miss Byrd Hall – Onaytonie Johnson
Mr. Byrd Hall- Frederico Paris
President- Jasmine Woods
Treas./Sec. – Bri’ani Marcus

Eggleston Hall Cabinet Members
Miss Eggleston Hall –Clovia McIntosh
Mr. Eggleston Hall-Greg Whitlock
President-Chaylor Johnson
Vice-President – Amelia Foster
Treasurer-Teoina Wilson
Secretary-Teutianna Durrah
Historian-Nakeya Byrd
Sergeant at Arms- Sharron Lipford
RHA Representative: Rejeana Credell

Howard Hall Cabinet Members
President- Saphia Lindo
Vice-President- Ja’Van Jefferson
Treasurer-Robin Myvrick
Secretary- Y’Kelyla Perry
Sergeant at Arms – La’Nia Scot
Miss. Howard Hall- Sheldonna Diggs
Mr. Howard Hall – Jalil Brown

VSU Howard Johnson Cabinet
President – Tara Johnson
Vice President – Brandon Williams
Treasurer – Brian Elam
RHA Representative – Kelsie Kelly

Seward Hall Cabinet Members
Miss Seward Hall – Kati Cooper President – Kaeshaun-Lamar Ford
Mr. Seward Hall – Franklin D. Richard
President – Nicole Mason-Grigsby
Vice-President – Erika Bell
Secretary – Shay Grant
Treasurer – Jasmine Thompson
Sergeant of Arms – Tamara Williams
RHA Representative – Sadie Norwood

Langston Hall Cabinet Members
Miss Langston Hall – LaKevia Ingram
Mr. Langston Hall– Gerald Turner
President – Kelli Browne
Vice Preident – Amanda Miller
Treasurer – Terence Rorie
Secretary – Erica Rhea

Nicholas Hall Cabinet Members
Miss Nicholas – Canisha Terry
Mr. Nicholas – Alexander Clinton
President – Lindsey Gordon
Vice President – Jenice Richards
Treasurer – Henlen Mbaye
Secretary – Chere’a Peebles

Puryear Hall Cabinet Members
Mr. Puryear – Ashari James
Miss Puryear – Ivy Williams
President – Jalil Brown
Vice-President – Rashard Rulhac
Treasurer – Brandon Litman
Secretary – Glenn Coleman
Sergeant at Arms – Richard Parker

RHA Executive Board
President – Laschrecse Jones
VP of Financial Affairs – Rickeysha Jones
VP of Administrative Services – Constance Samuel
VP of Programs and Development – KeKe Dickerson
VP of Community Service – Michael Tucker

Barrett-Jackson Cabinet Mbers
Miss Barrett-Jackson – Kaeshaun-Lamar Ford
VP of Operations- Randall Samuels
VP of Diversity – Thurman Robinson
VP of Security – Randus Ayres
VP of Activities – Chris Clewson
VP of Education & Career Planning – Nathaniel Williams

Taylor-Williams Hall Cabinet Members
Miss Taylor-Williams – Ambri Williams
President – Savory Williams
Vice-President – Jessica Brigrance
Treasurer – Nicole Adams
Secretary – Melanie Charity
Historian – Soo Kim

Whiting Hall Cabinet Members
Miss Whiting Hall – Leah Benjamin
Mr. Whiting Hall – Phillip Brailey
President – Erica Clark
Vice-President – Tierra Alvin
Treasurer – Darryl Mosby
Secretary- April Anderson
Sargeant at Arms – Sherica Jackson

Williams Hall Cabinet Members
Mr. Williams Hall – Phylip James
Miss Williams Hall – Brittini Gant
President – Joshua Jones
Vice-President – Quentin Hart
Secretary – Quincy Howard
Treasurer – Jamal Wilkins
Sergeant at Arms – Melvin Walkton

October is National Breast Cancer Awareness Month. This is a time to increase our awareness of Breast Cancer by learning more about the disease and supporting the activities of the National Cancer Institute. Please join the residents of Branch Hall (Ms. Loretta Speller, Residence Educator) and the Department of Residence Life by **wearing pink on Friday, October 12, 2007** to raise awareness regarding breast cancer and encourage early screenings for the disease.

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