



NACURH, Inc.
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Coffee: A Growing Trend among College Students

By Avi Zacherman, NEACURH ADAF and Alcohol/Substance Abuse Task Force Chair

Special points of interest:

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You wake up in the morning, quickly shower and get dressed. As you run out your hall with your books, you swing by your on campus coffee shop and pickup a 24 oz. cup of coffee. Does this sound like your daily routine?

Coffee is swiftly becoming the drink of choice for college students. Studies show that 31% of adults between the ages of 18 and 24 now drink coffee on a daily basis. That's almost one out of every three people!

What's the reasoning for so much coffee consumption? Caffeine. Caffeine is a drug which increases your focus and keeps you awake. To a college student, who often has much to study, this is wonderful.

However, there is a dark side to caffeine. Caffeine is a highly addictive stimulant. It builds up in a physical addiction, to the point where people feel like they are unable to function without caffeine. Caffeine also has its own withdrawal symptoms associated with it. Ceasing the consumption of all caffeine products causes headaches,

drowsiness, and a general inability to function for a period of 24-72 hours.

Furthermore, Caffeine has three different mental disorders associated with its use, as defined by the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (Text Revision): caffeine intoxication, caffeine-induced sleep disorder and caffeine-induced anxiety disorder. Each of these are moderately serious disorders, and in each case, the best way to cure them is to come off of caffeine.

So with so many downsides to its consumption, why do students continue to drink coffee? I asked a couple of fellow students at SUNY New Paltz, and the general answer was they just need it. They were no longer drinking coffee because it woke them up or made them more alert. The simple fact that they were addicted to it was what kept them drinking it.

Many campuses take advantage of the fact that so many students live on coffee. On-campus coffee shops are strategically placed in high-

traffic academic areas. This ensures that the most students who come through to go to class, might stop and get a cup of joe. In addition, more and more students are relying on energy drinks, on top of the 'normal' amounts of soda they drink daily. All of this further increases the amount of caffeine they are drinking.

With all the disadvantage to caffeine consumption, there are also a couple of benefits. Drinking coffee and other caffeinated products, in moderation, has been shown to reduce the Incidence of diabetes and even heart disease.

Coffee is far from the most terrible risks to the health of the average college student. However, many of us go through our day to day lives without knowing exactly what effect our freshly brewed cup of coffee is having on our bodies. As with all things, it is better to be educated than to be ignorant. So next time you start on your 9th cup of coffee, think for a moment, how dependant are you on that caffeine fix to function.

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“explore ways on how to handle GLBT awareness and thus all together improve the residence halls for all students.”

GLBT Awareness

By: Emmanuel Caudillo: Chair GLBT Task Force

A task force was created recently to look into GLBT awareness in the residential halls. I am the chair of this commission for this year. This commission is made up of RBD members throughout the nation. The purpose of this task force is look into the various issues regarding GLBT awareness and finding ways to distribute information to NACURH.

The task force will showcase outstanding programs that RHAs have put on regarding this topic. It will also look upon resources that will serve to educate all residents. This task force will also look at other issues such

as challenging stereotypes, question assumptions, and encourage dialogue on GLBT issues.

Thus, the task force will present findings to you through our monthly newsletter. The monthly newsletter will have articles regarding programs, literature reviews, resources, and other educational information regarding GLBT issues and life in the residence halls.

Other initiatives that this task force will do are posing questions through the NACURH forum, highlight particular issues on the NACURH Link and work on creating a program to

be presented at NACURH 2007.

Also, this task force will seek resources and ideas from you. So, if you have any stories, articles, or other information about how to advance GLBT awareness in the residence halls, we would love to hear from you. You can submit ideas and suggestions to ecaudillo@gmail.com.

Hence in the next semester, you will be seeing a lot as this task force continues to inform and explore ways on how to handle GLBT awareness and thus all together improve the residence halls for all students.

Spotlight on CAACURH!

By John A. Borawski, Associate Director of Administration and Finance

Before attending my first CAACURH Conference in 2003 at The Ohio State University, I did not know what I was getting myself into. Little did I know that I would be running for a seat on the Regional Board of Directors three years later. Looking back at my time in CAACURH, I do not know what I would be doing if I had not attended that first conference. CAACURH has had such an impact on my life and the lives of others, that I am proud to write this “Spotlight on CAACURH!”

CAACURH grows more and more each day! Our delegates see and experience that at our regional conferences! This past November, the University of Maryland, Baltimore County hosted CAACURH 2006, “The Cougar Diner.” We had 509 delegates attend the conference, including the 250+ first-time delegates! I have never seen so many new delegates!! These delegates were enthusiastically welcomed into the Cougar family. At the end of the conference, I had asked one delegate how they were doing and how they enjoyed CAACURH 2006. From a very squeaky voice, I heard “It was fantastic experience that everyone should be a part of...except for the whole losing your voice thing.” I couldn’t help but

smile and laugh. This only goes to show that the NACURH and CAACURH culture are truly an experience one will never forget.



As you know, CAACURH is made up of seven (7) states that we are proud to have. Six out of seven states were well-represented at the conference this past November. You may ask, where’s the 7th state? Well, the RBD tried to have West Virginia affiliated, but our time was too short. After our fall summit at UMBC, our 2007 No Frills Conference Chair and RCC for Presidential Relations made a pit stop to West Virginia University and found the RHA President! We are working with them now to come back to CAACURH. Thanks to these two members of the

RBD, our seven states may all be representing at NACURH 2007 at the UW-Oshkosh!

At CAACURH 2006, La Salle University’s “King’s Dream: From Dream to Reality” was selected as the SALT recipient and The Pennsylvania State University’s “Race Against Racism” was selected as Program of the Year.

As you may know, Bonnie Byrne has been serving as CAACURH Regional Advisor since 1997 has been re-elected to this post for 2007-2009. CAACURH has been around for 15 years. Bonnie has been Advisor for more than half of that time. Therefore, by a vote of unanimous acclamation, the RBD and NCCs voted to rename the Advisor of the Year award to the “Bonnie S. Byrne Advisor of the Year” award. Bonnie is very deserving of this honor due to her amazing dedication to CAACURH!

Get ready to hop on the Cougar train at No Frills 2007 “Full S.T.E.A.M. Ahead” at Ohio University from February 9-11. The conference is working extra hard to make sure this conference is a success!

CAACURH has been working hard this past year to make sure we are doing our finest job at representing our constituents. For this, I am honored to be a member of the Cougar family and will always remember the experiences in this fine region!

SAACURH: Welcome to the Pride

In 1967 several student leaders came together and had a vision to create the South-Atlantic Affiliate of College and University Residence Halls. Now 40 years later their vision is still strongly burning as the South Atlantic Affiliate serves as home to over 40 affiliated member schools and 33 National Residence Hall Honorary chapters spanning the 9 states in its boundaries—Tennessee, Kentucky, Mississippi, Florida, Georgia, Alabama, North Carolina, South Carolina and Virginia.

In its 40 years of existence, SAACURH has had a proud and strong tradition of producing national leaders with over 40 people serving in positions of national leadership from the National Chair, Advisor, CRC, NAA, NRHH Director, NIC Director and National Conference Chairperson. SAACURH has also supported the University of Mississippi when they hosted the NRHH National Office, the University of Florida when they hosted the National Information Center, as well as UNC-Chapel Hill, the University of Florida, the University of South Carolina, Virginia Tech and North Carolina State University when they hosted the NACURH National Conference.

This year the SAACURH Executive Committee is working hard to bring several new and exciting programs to the SAACURH Region to help continue the success of the region. The SEC stays committed to looking out for ways to constantly improve the region while looking out for the best interests of the member schools, and this year we SEC has elected to create several standing committees. Committees are important because they allow a more focused chance for a small group of people within the region to work together to accomplish tasks to present to the region. These committees are: the SAACURH Vision and Mission Statement, the Constitution and Policy Book Review Committee, the Historian and Alumni Committee, the Vision and Mission Statement Committee, and the Spirit Committee. These committees all have committee chairpersons who report directly to a member of the SAACURH SEC.

Another new program that SAACURH has established is the creation of the SAACURH Regional Pin. It was decided at NACURH that the region should have a regional pin, therefore the SEC worked to create a pin. With the creation of the pin, it was decided that we needed a member on the SEC to oversee the selling and reordering of SAACURH regional pins, therefore the SEC worked to restructure the Regional Publications Coordinator and overhaul the position making it the Regional Promotions

SAACURH Spotlight By: SAACURH RBD

Coordinator. The job of the RPC now is not only to oversee publications of the region, but also various other promotional aspects such as regional apparel, the spirit committee, and the SAACURH logo, which was voted to change by the NCCs at SAACURH.

Another program that SAACURH is working on developing is a regional leadership certification program. This program, inspired by the advisor ART program, SAACURH is creating a regional leadership program for the students in the



region. This program will be officially unveiled at No-Frills 2007 and will be implemented at SAACURH 2007. This program will hopefully allow for students within the region to learn about the various aspects of the region, the way NACURH is structured, and ultimately develop themselves as leaders.

One of the unique features of SAACURH is that every state within its boundaries has an active state association. These state associations work to recognize students and schools on a state level and they even have an annual state conference once a year. The SAACURH SEC feels that it is important to work with these state associations and be represented at their state conferences; therefore we are working now to send the members of the SEC to each state conference. SAACURH works with the state associations because they help recruit member schools (because they can focus on a more localized area), however SAACURH always remembers that the individual member schools remain the most important factor of SAACURH and NACURH. If you have any questions about the SAACURH Region, please contact the SAACURH Regional Director, Shaun O'Malley at omallevrha@gmail.com, (screen name) SAACURHDirector, or by phone at 865-405-1444.

News from SAACURH NRHH

As the pioneering region in almost all things NRHH; SAACURH has taken NRHH and recognition to a whole new level of seriousness. Louie's regional branch of recognition has 33 affiliated NRHH chapters and nine participating state associate directors of recognition. SAACURH averages 330 OTMs this fall; and out of all of those we have 12 National winners since NACURH.

The SAACURH NRHH Policy Book is the first in the nation. The Regional NRHH Policy Book outlines all things NRHH in our great region. The policy book is composed of awards voted on in the NRHH boardroom; regional committees and their guidelines; ex-officio officers of the NRHH boardroom; and additional duties of the Regional Associate Director of NRHH. This policy book is the official guide for SAACURH NRHH.

The monthly regional newsletter, *The Recognizer*, is chalk full of recognition and interesting NRHH information. Every month a state associate director of recognition is spotlighted and a regional NRHH chapter. In addition, the newsletter includes a Dear RAD advice column, NRHH Tickertape, Top Ten Lists, Advisor's Corner, National/Regional OTM Winners, and a tally of Regional OTM Point System.

The new regional pin was designed by the Ron Hamner, and the intention was to update the look of the regional pin, as well as, include the NRHH logo to complete the masterpiece. The new pin debuted at SAACURH 2006 and was a complete success. It was decided that since all of NACURH is a part of SAACURH that the NRHH logo and NACURH logo would both be featured on the SAACURH Mascot. If you would like to order a SAACURH Regional Pride Pin, email Ron Hamner at saacurhadnrhh@yahoo.com. The newest project to occur within the region is the creation of the regional OTM pin. We really like the idea of a certificate, but it was felt that campuses and states both do certificates; we wondered what the region could do to take recognition to a whole new level. Thus the regional OTM pin was created. These pins will be given out in the same manner as the national OTM pins. They will debut at No Frills 2007 and will start a new tradition in our region.

Cooperating: A skill of getting the most out of everyone
By: Emmanuel Caudillo: CAACURH, Former PACURH AD

RHAs and NRHs aren't run by one person. Certainly, one has the President/Chair that provides directions and is in charge that organization functions. But they are certainly can't run the organization. And they mustn't. It takes a team effort in order to get the most out of the organizations. Hence, cooperation with board members and hall representatives are important. Without getting the most out of cooperation, one would miss opportunities on how their organization could've performed better. The following cooperation tips came from the Leader's Institute (<http://www.theleadersinstitute.com>). These tips focus mostly on recognition and asking for comments.

1) Acknowledge the importance of other people:

People like to be appreciated. And if they've worked hard, then they should be appreciated. It is also number one on the list. Constantly, a leader should always acknowledge appreciation to their board members. It could be gifts, public recognition at a meeting, a card, or any one of the 101 NRH ways to recognize members. This is important because if people feel appreciated, then mostly likely they will continue their

hard work and all together make the organization perform better.

2) Show enthusiasm and energy:

Enthusiasm is contagious. Trust me on this one. There is something about energy and cooperation. It is like there is reason for investment in the idea. That shows being confident that the event will be successful. If one has passion for an idea or an event, then the board members will join along.

3) Encourage and facilitate two-way conversation:

One will be amazed how much an idea can develop when there is a two-way dialogue. In this type of dialogue, one is able to see the strength and weakness of ideas. Also, one can get more investment in an idea since the dialogue promotes ownership over an idea.

4) Ask other people's opinions:

This is more of the same as the previous entry. Asking for opinions opens up the chance to get ideas, points of views, critiques, agreement, and etc. Overall, this goes back to investment. One has more ownership and feels that they have contributed to their organization by having the chance to speak. This should be consistent in one's meetings.

5) Ask questions instead of giving orders:

"Never tell people how to do things. Tell them what you want to achieve and they will surprise you their ingenuity" – Gen. George Patton. By asking, one's board members will be more understanding and most likely will accomplish what you ask. There are times when giving orders is appropriate, but for the most part, asking for someone to volunteer is the method to use.

6) Show sincere gratitude:

Say thank you to someone. Those two words have lots of power and one will see how cooperation increases with the use of the phrase.

7) Give strength centered compliments:

When giving compliments, be sure to know what it is for. If they did a good job planning and executing an event, be sure not only to thank them for putting on the event, but also comment on how successful they were in planning it. Hence, be detailed in one's compliments. This shows the person that are important, but also gives them confidence in their abilities.

NACURH, INC. 2005-2006 NATIONAL BOARD LEGISLATION

MAIN MOTION	AUTHOR(S)	TITLE	DESCRIPTION	MOTION/SECOND	RESULT
Main Motion A	Stacy Smith Danielle Morgan	First Year Experience Award	Clarifies definition of a first year student within the award description.	SAACURH motions to the floor. MACURH seconds.	Motion passes 6-2-0 at 7:05pm.
Main Motion B	NIC Staff	National Technology Maintenance and Evaluation Policy	Defines technology packages to be used by regions and offices.	Author moves legislation to committee.	No action taken.
Main Motion C	NIC Staff	National Inventory Requirement	Creates policy for all inventory for regions and offices.	Author moves legislation to committee.	No action taken.
Main Motion D	James Tobin	National Information Center visit	Allocates \$250.00 for a National Executive to visit the NIC during the Spring 2006 semester.	MACURH motions to the floor. NEACURH seconds.	Motion passes 8-0-0 at 7:18pm.
Main Motion E	Andrew Howard	National Executive overlap of terms	Creates a thirty day maximum of term overlap for newly-elected National Executives, rather than the existing six month policy.	MACURH motions to the floor. GLACURH seconds.	Motion fails 1-7-0 at 12:09pm.
Main Motion F	Michael Marshall	Corporate Apparel	Proposes the creation of corporate apparel to be managed by the NIC.	Author moves legislation to committee.	No action taken.
Main Motion G	Michael Marshall	NACURH Assessment and Consulting Hire	Proposes the hiring of an external consulting firm to assess the structure and functionality of NACURH.	Author moves legislation to committee.	No action taken.
Main Motion H	Ryan Bricklemeyer Michael Marshall	ACPA and NACURH SALT Award	Eliminates SALT award from NACURH	MACURH motions to the floor. CAACURH seconds.	Motion tabled 8-0-0 at 1:55pm.
Main Motion I	Tia Marie Protopapa	Corporate Report Fund Allocation	Allocates \$1500.00 for the printing and publication of the NACURH Corporate Report.	Online Legislation written by National Chairperson.	Motion passes 8-0-0 by online vote.
Main Motion J	Michael Marshall	MACURH Charter Change	Changes MACURH election cycle to NACURH-to-NACURH cycle.	SWACURH motions to the floor. SAACURH seconds.	Motion passes by acclamation at 10:50am.
Main Motion K	Rosanna Archuleta	IACURH Charter Change	Changes IACURH election cycle to NACURH-to-NACURH cycle.	MACURH motions to the floor. SAACURH seconds.	Motion passes by acclamation at 10:43am.
Main Motion L	Jay Dixon	Online Bidding	Defines and formalizes the online bidding initiative for all nationally-submitted bids.	CAACURH motions to the floor. MACURH seconds.	Motion passes 8-0-0 at 11:19am.
Main Motion M	Andrew Howard	Voter Accountability	Creates a public record of how National Board members vote on national legislation.	MACURH motions to the floor. SWACURH seconds.	Motion fails 2-5-1 at 11:38AM
Main Motion N	Andrew Howard	NACURH Office Name Change	Changes "NRHH National Office" to "NACURH Services and Recognition Office."	PACURH motions to the floor. NEACURH seconds.	Motion passes 8-0-0 at 4:40pm.
Main Motion O	Andrew Howard	Resolution Naming NIC the NBO	Changes "National Information Center" to "National Business Office." Amended to "NACURH Information Center."	SAACURH motions to the floor. GLACURH seconds.	Motion passes by acclamation at 4:31pm.
Main Motion P	Andrew Howard	National Office Restructure	Restructuring of NRHH National Office and NIC by altering duties, changing office names, and terms of office.	1. SAACURH motions to the floor. SWACURH seconds. 2. SAACURH motions back to the floor. PACURH seconds. 3. MACURH motions back to the floor. PACURH seconds.	1. Referred back to Goal One committee at 9:57am. 2. Referred back to Goal One committee at 3:08pm. 3. Motion passes 7-1-0 at 4:21pm
Main Motion Q	Andrew Howard	Affiliation Change	Clearly defines the affiliation process in the National Policy Book.	PACURH motions to the floor. CAACURH seconds.	Motion passes 8-0-0 at 5:14pm.
Main Motion R	Michael Marshall Andrew Howard	Elimination of Executive Director	Eliminates the position of Executive Director from the Executive Committee.	SAACURH motions to the floor. SWACURH seconds.	Motion passes 8-0-0 at 11:25am.
Main Motion S	Kristina Brice	NRHH Transition Fund	NRHH National Office asks for additional funds to transition new National Office host.	MACURH motions to the floor. SAACURH seconds.	Motion passes 8-0-0 at 8:47am.
Main Motion T	Kristina Brice	NACURH Case Study	Defines structure of NACURH Case Study and formalizes its incorporation in the annual NACURH conference	SWACURH motions to the floor. NEACURH seconds.	Motion fails 0-7-1 at 10:35am.
Main Motion U	Kristina Brice	NACURH Chair Membership in NRHH	National Chair of NACURH, if not a member of NRHH, is automatically made a member of NRHH.	SAACURH motions to the floor. PACURH seconds.	Motion fails 0-6-2 at 8:59am.