Health & Well Being

Fighting HIV/AIDS in SNM

Red Ribbon Bash helps fund patient meds, care
By Lorena Sanchez
Las Cruces Bulletin

It’s been 14 years since the Red Ribbon Bash was introduced into the community to spread awareness about HIV and AIDS throughout New Mexico.

The first thing a person must understand is that just about every individual or social problem has a lack of discipline component to it.

A vast number of people have bought into the “It’s their fault” that you are and always will be a victim. Various support systems and individuals want you to believe that somebody else is responsible for your lack of achievement.

This article focuses on how to use the discipline component of the life warrior concept to take control of your life. This will assist with life and work skills necessary to achieving your life and work goals.

The first step is to understand the definition of discipline.

According to Dictionary.com, the definition of discipline is:

1. Training to act in accordance with rules, drill
2. Activity, exercise, or regimen that develops or improves a skill training
3. Punishment inflicted by way of correction and training
4. The rigor or training effect of experience, adversity, etc.
5. Behavior in accord with the rules of conduct behavior and order maintained by training and control

A lack of discipline in order to overcome adversity comes from the early history of the United States.

In September 1608, the English colonists of Jamestown, Va., was in danger of starving to death. Captain John Smith instituted the common sense policy of “he that will not work shall not eat.” This is a “discipline” that is still practiced today.

NMSU professor strives for change
By Lorena Sanchez
Las Cruces Bulletin

Originally from India, New Mexico State University associate professor Satya Rao came to the United States “decades ago” to earn her college degree and to “continue on.”

In the pursuit of a successful life and career, Rao has established herself as an important figure in southern New Mexico, and was named the 2012-13 chair-elect and 2013-14 chair of the New Mexico Injury Prevention Coalition.

After earning her Ph.D. in community health education from Texas Women’s University, Rao found herself at NMSU furthering her career and advancing her research.

“The area I do a lot of my research in is mental health, violence and substance abuse and use,” Rao said. “I connect them because I look at these issues in minority populations.”

As an associate professor in the department of public health sciences at the university, Rao’s primary topic of interest is the issue of suicide, which drew her to NMIPC.

“For the coalition, one of the big issues is preventing suicide,” Rao said. “There also was no representation for southern New Mexico. There were a lot of needs in (the region) that were not being heard. Now the coalition represents the whole state, not part of it.”

This year, Rao said she chose to run for chairperson of the coalition because she said she wanted to take part “in setting the agenda for the state.”

“I wanted to take on a leadership role in this area, my own experience with my husband’s suicide and to ensure issues in southern New Mexico are heard,” Rao said.

The New Mexico Farm & Ranch Heritage Museum was transformed into a Bourbon Street-style Mardi Gras for the 2011 Red Ribbon Bash. This year’s celebration, themed Fire & Ice, aims to top proceeds raised at last year’s celebration.

NMSU professor strives for change

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Red Ribbon

Details

Red Ribbon Bash: FIRE & ICE

When
6 p.m. Saturday, Aug. 18

Where
New Mexico Farm & Ranch Heritage Museum
4100 Dripping Springs Road

Cost
$75 per ticket at Business Product Center or online at www.redribbonbash.org

Contact
993-7212

Come and have a good time and support a cause that isn’t taken for consideration much anymore,” Goodwin said. “It’s a non-trivial chronic disease, yet we continue to have people diagnosed everyday with the illness and pass away because of AIDS.”

Tickets for the event can be purchased at Business Product Center or online at www.redribbonbash.org.

For more information, visit www.facebook.com/pages/Red-Ribbon-Bash/202844875684179.

Discipline

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policy indicated that the sick who could not work should be fed. The result was the colony survived and eventually thrived. We can use the above lessons learned in order to survive and thrive. You have the key to change the course of your life by changing certain activities. You can adopt or receive training in the necessary aspects of your life in order affect positive change.

The first aspect is to modify your behavior. This means modifying your daily routine and activities in order to become successful.

Focus your energy in life toward overcoming adversity. You need to acceptively and positively pursue the life goals you desire.

The national statistics show that a large number of college students that fail to finish their degree are side tracked by some social or mental health problems. This concept is true in the American workplace and in other aspects of life.

Michael H. Harris is a retired U.S. Army Special Forces Captain and Vietnam veteran. He is a contributing author to the new book “Living and Surviving in Korea: Major W.P. Psychological Treatment Handbook for Pre and Post-Deployment Military Personnel” and numerous articles addressing substance abuse, suicide, PTSD and life-altering transitions since 2005. He can be contacted at michael.harris@verizon.net. The remainder of articles in the Life Warrior series will continue to be written by various experts in order to become a life warrior. The views expressed in this column are the author’s and do not reflect the official position or any other individual, business or government entity. Please consult the services of a competent professional when encountering an issue or problem.

August

| Month | 1 = July Breastfeeding | 2 = August National Immunization Awareness | 3 = September Infant & Child Car Seat Awareness | 4 = October Life Safety Month | 5 = November Fire Prevention Week | 6 = December Winter Safety | 7 = January National Police Week | 8 = February National School Safety Week | 9 = March National Public Safety Week | 10 = April National Public Safety Week | 11 = May Prevent Suicide Awareness | 12 = June National Children’s Health Month |

Dr. Rao

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NSMPC takes on a number of issues in the state, including injury prevention, suicide, homicide, poison control, motor vehicle accidents, accidental deaths and drug overdose (including prescription medication).

For example, injuries sustained from not wearing a seatbelt, not wearing a helmet, poor vision, drugs, etc. The coalition also addresses how certain issues are related to mental health.

“One area I’ll focus my attention is creating a user-friendly site for the coalition, and expanding membership of the coalition so there is representation from across the state and making their issues a priority,” Rao said.

Rao’s interest in becoming a member, and now chair, was to work toward spreading awareness and finding a solution to these issues.

"NSMPC looks at the issues of injury prevention, and what some of the states are doing that are successful and implementing them doing elsewhere," Rao said.

The coalition also looks at a political role in creating policy and advocating for individuals impacted by injury. These issues are of high importance, especially in New Mexico, because of where New Mexico stands in terms of injury.

A NSMPC report compiled by the Robert Wood Johnson Foundation and Trust for America’s Health titled "The Facts Hurt: A State-by-State Injury Prevention Policy Report" named New Mexico as having the highest rate of injury-related deaths in the nation with the state coming in at 97.8 per 100,000 people dying from their injury, compared to the national average of 57.9 per 100,000 people.

"Not only does this take a toll emotionally on those affected by the deaths, but the financial toll for those injuries is high in New Mexico," Rao said.

"My goal is to be active and showcase what we can do and make a difference in New Mexico."

Rao attributes the high number to several contributing factors, including lack of awareness and education regarding injury-related deaths. It is a lack of resources both fiscal and in terms of personnel to respond to these issues. Immigration is another factor, with a high number of people coming into the state, which can overload resources, and placing more importance on income and career over family.

Another step Rao is interested in taking with committee member Margaret Short, who is also the chapel chaplain for the Medical Center, is to integrate the religious and spiritual community in working to reduce and eliminate these issues.

"People in this state put a lot of emphasis on spirituality and religion and we’re working to get religious leaders to be a part of (spreading) awareness in their community."

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