

What's New For Spring Semester...

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Welcome Back! The staff of the Women's Resource Center is looking forward to an exciting Spring semester. From Women's Herstory Month, to Thursdays in Black and the Feminist Bakesale, this semester is filled with informative and enjoyable programs and activities.

February 26th Eating Disorders Awareness Week kicks off with an informative program series. The purpose of EDAW is to provide information, awareness and resources about eating disorders, positive body image and their effects.

The campus community is invited to attend the WRC Open House on Wednesday, March 7 (3-4:30 p.m.), in celebration of Women's Herstory Month. Plans

for this spring semester also include the Women's Film Festival co-sponsored by Women At the Millennium (WAM), Bring Your Mom to School Day, Thursdays in Black protesting violence against women and the Feminist Bakesale, which demonstrates the inequitable salaries among men and women.

Nominations for outstanding UNC women will be available throughout the month of March. Awards will be presented on April 19th at the annual Women's Recognition Banquet.

Everyone at the center is very excited about this promising spring semester!



Jane Okasaki to lead workshops!

Jane Okasaki, professional speaker and trainer, will lead an in depth workshop as the pinnacle of the Eating Disorders Awareness Week activities. "*The Gift of Greater Self Esteem*," a seminar to be held on February 26th from 5:00 to 7:00. The participants will learn powerful tools, techniques and exercises to confront and change attitudes and behaviors

that affect self worth, boost self confidence, and increase self love and self acceptance. Call the WRC (351-1492) to reserve your space at this workshop. On March 8th at 7:00 Okasaki will hold her raved workshop "*You Are The Gift*," in Columbine A at the University Center.

"You have something uniquely yours- your own special gift- to give to yourself and the world. It is your responsibility to find that gift and share it. Through this activity, you will also find your value and self worth."

-Jane Okasaki

WRC Open House!

Who: Everyone!

What: Open House at the WRC

When: March 7, 3:00 – 4:30 p.m.

Where: Women's Resource Center



20 Ways to Love Your Body!

Continued....

**Choose to
find beauty
in the world
and in
yourself!**



11. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary- begin to respect it and appreciate.
12. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
13. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
14. Find a method of exercise that you enjoy and do regularly. Don't exercise to lose weight or fight your body. Do it to make your body healthy and strong and because it makes you feel good.
15. Think back to a time in your life when you felt good about your body. Tell yourself that you can feel that great, even in this body at it's current state.
16. Keep a list of 10 positive things about yourself- without mentioning your appearance. Add to it everyday!
17. Put a sign on your mirror that says "I am beautiful inside and out."
18. Choose to find beauty in the world and in yourself.
19. Start saying to yourself, "Life is too short to waste time hating my body this way."
20. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and



Eating Disorders Awareness **Week**

February 27– March 2

Understanding Eating Disorders....

“Eating disorders are extremely complex psychological problems that are closely associated with depression and low self esteem. For a person with anorexia, bulimia or binge eating disorder, the disorder serves a purpose in his or her life. Often, disordered eating is used as a means to mask other underlying issues, or to cope with personal problems that may be unrelated to their concerns about food and weight (I.e. trouble at school or work, relationship or family problems). For someone who feels very out of control, an eating disorder may seem like a viable means of gaining back some power or agency. In a culture that is obsessed with weight loss and idealizes thinness, it is not hard to imagine how people may feel that losing weight is the answer to all of their problems. Unfortunately, the eating disorder will inevitably take over that person's life, dictating every minute or detail of his/her day.”

-American Anorexia Bulimia Association

When a Friend has an Eating Disorder....

DO

- Do provide information on what helping services are offered on campus.
- Do be there to offer support when your friends want to talk about their problems.
- Do comment on your friends' internal rather than external qualities.
- Do talk to a counselor if you have trouble with friends eating disorders.

DON'T

- Don't confront or judge your friends when discussing their eating disorders. Empathy and understanding encourage more open discussion.
- Don't take responsibility for the recovery of friends. While you can and should encourage their efforts, it's up to them to seek and follow help.

Monday, 26th

- Jane Oksaki “The Gift of Greater Self Esteem”
- 5 – 7 p.m.
- Call to reserve your spot 351-1492

Tuesday, 27th

- Teri Bladden “Getting fit for the health of it.”
- 3:30 – 4:30 p.m.

Wednesday, 28th

- The Media and Body Image
- 7:00 p.m. @ WRC

Thursday, 1st

- Panel Discussion “Voices of Courage” and
- How to Help a Friend with an Eating Disorder
- 7:00 p.m.

Friday, 2nd

- Guiltless Friday!
- For one day let go your fear of fat.. Give up dieting and talking about food!

Women's Resource Center is Student Fee Funded...

UNIVERSITY of
NORTHERN COLORADO



*Scott-Wilcoxson Hall
1915 10th Ave
Greeley, CO 80639
Phone: (970) 351-1492
Fax: 351-1556*

Hours Of Operation:
Monday-Friday: 8am-5pm

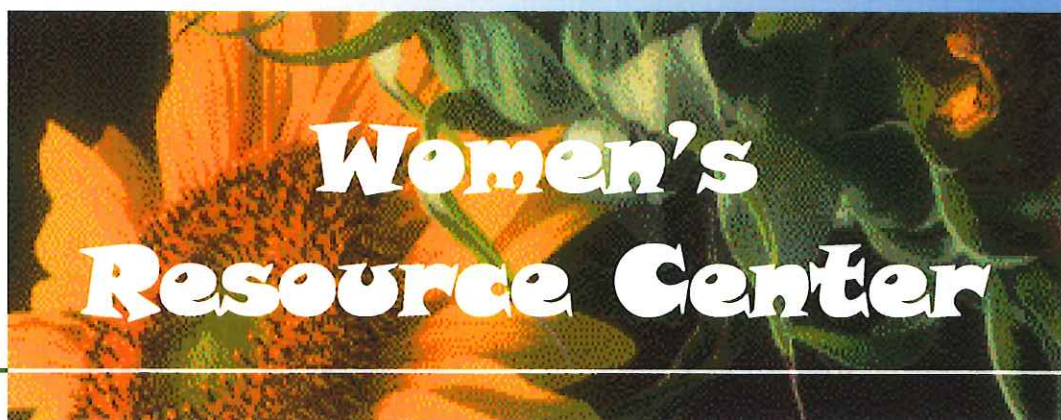


Upcoming Events



- **"The Gift of Greater Self Esteem," Workshop with Jane Okasaki**
Feb 26th, 5-7 p.m. @ WRC
- **Eating Disorders Awareness Week**
Feb 27th - March 2nd.
- **"You are the Gift," Workshop with Jane Okasaki**
March 8th, 7 p.m.
- **WRC Open House**
March 7th, 3-4:30 p.m.
- **Women's Herstory Month Kickoff**
March 7th
- **Feminist Bake-sale**
March 28th
- **Thursdays in Black**
Thursdays in March, wear black to demand a world without rape and violence!
- **Women At The Millennium Meetings (New Members Welcome!)**
Every Thursday @ 4:30 at the WRC

Events Are Free and Open To All!



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Letter from the Coordinator

The Women's Resource Center is excited to welcome back the UNC community this fall. We have appreciated your phenomenal support and encouragement this past year and look forward to the many opportunities that we will share this academic year. Please stop by and meet the amazing staff members who dedicate their energy daily to the Center.

New this Fall~

The WRC's major events are being designed and implemented by a wonderful new group of women students who have been selected to serve as executive members on the Committee for Women's Programs. These enthusiastic

leaders are committed to providing quality programs to the campus community and to facilitating a spirit of inclusiveness and involvement for UNC students. The officers and their positions are:

Linda Young & Regina Demis, Co-Coordinators; Sarah Schmitz, Education Chair; Dena Lohman, Marketing Chair; Darcie Leach, External Affairs Chair; Erika Swift, Administrative Liaison; Michele Tyson, Coordinating Intern, Jamie Jackson, Coordinating Intern; & Juli Germer, Advisor.

Please help me in congratulating these talented women on their new appointments. We



are looking for volunteers to serve on three new committees and will appreciate spreading the word to your friends, colleagues and students.

This is just one of the wonderful changes occurring at the WRC and we invite you to be a part of our excitement. Here's to a great new year!

=)Katrina

A Quick Hello From the WRC G.A.

Hi, My name is Juli and I am a second year doctoral student in the Counseling Psychology program here at UNC. I am also the graduate assistant at the WRC. I am so excited about the up-

coming year. At the center, I advise the undergraduate students and interns. I also play a large role in program planning. Some of the events that I am looking forward to this Fall are:

Take Back the Night, The Book Club, and the Gift of Girlfriends workshop.

"The greatest good you can do for another is not just to share your riches, but reveal to him his own"
-Benjamin Disraeli

Our Purpose is to Provide.....

- Awareness about women's initiatives through quality programming by and about women.
- A safe environment for all UNC students
- Resources, information and referrals
- Interaction that fosters and affirms the student experience
- Leadership opportunities utilizing the talents, perspectives, and strengths of women
- An opportunity for discussion through cultural forums
- A comfortable environment for women to meet and share viewpoints, knowledge and experience

An Invitation!

The Women's Resource Center serves as a facility for seminars, workshops, training sessions, meetings, and dissertation defenses. We offer a private conference room, lounge area, kitchen facility, and a resource library. Students are invited to use the center for quiet or group study space. Please call to reserve a meeting time. We are eager to share our

Let the WRC Reach Out to You!

The Women's resource center is proud to offer a series of outreach programs this spring. Below is a brief description of each outreach program. Please call to schedule a program for your group.

Meet your programming or staff development needs— so don't delay, schedule your outreach today!

How To Help a Friend with an Eating Disorder

- Learn about the different types of eating disorders and the tools that will help a friend with an eating disorder. (60 minutes, 120 w/ video)

The Media and Body Image

- Explore how the media affects body image. softly III." (90 minutes)

Featuring "Killing Us

Dating in the Millennium

- Explores the world of dating. How to be in a relationship without losing you! (60 minutes)

What's My Type?

- Uses a personality test similar to the "Myers-Briggs" which reveals our preferred styles and approaches to life. (60 minutes)

For more information on our Spring Program Outreach Menu, please contact:

September 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day UNC Closed	4	5 CPE Sex in the City	6 Night Games	7	8
9 UNC Student Radio Food Drive	10	11	12	13 Take Back the Night Meeting 5 p.m.	14 UNC Student Radio Concert	15
16 UPC Movie: Schrek	17	18	19 WRC Open House 3:30-4:30pm	20 Night Games	21 ASB Applications Due	22 Native American Day
23 UPC Movie: A Knight's Tale	24	25 UPC Movie: A Knight's Tale	26 WRC Book Club Brownbag	27 Yom Kippur Night Games	28	29 Gift of Girlfriends Workshop 11-2 p.m
30 UPC Movie: Swordfish						

Ms. Foundation's Living Wage Campaign Puts Labor Day in Perspective



"American women continue to dominate low-paying fields and low-paying positions in higher paying fields"

9/4/2001 - While millions of Americans celebrated Labor Day this weekend, 48 percent of the labor force - women - had less to celebrate, according to the Ms. Foundation's new comprehensive book and campaign, *Raise the Floor*. Despite 30 years of feminist progress for women in the labor force, American women continue to dominate low-paying fields and low-paying positions in higher-paying fields. With a minimum wage of just \$5.15 to add up to only \$10,712 per year, working women, who make up two out of three minimum wage workers, can barely support themselves, let alone their children. In fact, while women represent 48 percent of the labor force, they represent 59 percent of workers earning less than eight dollars per hour.

The Ms. Foundation's new campaign, which works for a living wage for all workers, both men and women, proposes:

- * national minimum needs budgets for adults and families;
- * a realistic federal minimum wage
- * policies to supplement wages to assure that people can meet their basic needs.

-Article from Feminist Majority Foundation Online
www.feminist.org/news

Martin is First Woman to Play NCAA Division I

8/31/2001 - Amidst cheers from an audience of more than 11,000 people, Ashley Martin made history on Thursday by scoring a field goal for Jacksonville State University and becoming the first woman to play and score in a National Collegiate Athletic Association (NCAA) Division I football game. By the end of the game, Martin had kicked three points for her team, received a standing ovation, and broken another barrier for women in sports. Two other women have been on NCAA teams, Kathy Klope and Katie Hnida, but neither were given playing time.

Nearly three decades have passed since the enactment of Title IX, a federal law prohibiting sex discrimination in federally funded education, including athletics. As a result of Title IX, women have benefited from more athletic opportunities and more opportunities for athletic scholarships. However, while Martin's victory is one for all women in athletics, women athletes still have a long way to go to reach parity with men in sports. Collegiate women's athletic programs receive only 26% of college sports' operating budgets and less than 30% of college recruiting money.

For more information on women in sports, visit www.feminist.org/sports/sports.asp

-Article from Feminist Majority Foundation Online
www.feminist.org/news



"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

-Elizabeth Kubler Ross

What Are Your Biases?

If you are curious as to what unconscious biases or prejudices you may have visit **www.yale.edu/implicit** to take a new test that has been developed that claims to measure lingering prejudices. Psychologists Anthony Greenwald from the University of Washington and Mazarin Banaji of Yale University developed the Implicit Associations Test which "measures speed of reactions to sets of names and words which have strong associations with gender and race." This test, once again, is available on the web. Check it out and see what your biases may be.

Thanks to About Women On Campus, NAWC, Volume 8, Number 2 spring 1999

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UNIVERSITY of
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Women's Resource Center

Scott-Willcoxson Hall

1915 10th Ave

Greeley, CO 80639

Phone: (970) 351-1492

Hours Of Operation:

Monday-Friday: 8 am-5 pm

Resource List

Abuse (shelter)	(970) 356-4226
AIDS/HIV	(970) 223-6227
Child Abuse	(970) 350-9605
Runaway Hotline	1-800-621-4000
Suicide Hotline	(970) 353-3686
Assault Survivors Advocacy Program	(970) 351-1490
Sexual Assault Survivors Inc.	(970) 352-RAPE
United Way of Greeley	(970) 353-4300
A Women's Place	(970) 351-0476
Social Services	(970) 352-1551
UNC Counseling Center	(970) 351-2496
North Range Behavioral Health	(970) 353-3686
CARE Child Advocacy	(970) 356-6751
WINGS Incest Support Services	1-800-373-8671
College Transition Center	(970) 351-1391
Counseling Center	(970) 351-2496
Disability Access Center	(970) 351-2289
Drug Prevention/Education	(970) 351-2573
Police Department	(970) 351-2245
Residence Life	(970) 351-2721
Student Health Center	(970) 351-2412

Upcoming Events

WRC Open House

September 19, 3:30 p.m. @ WRC

WRC Book Club Brownbag

Divine Secrets Of the Ya-Ya Sisterhood

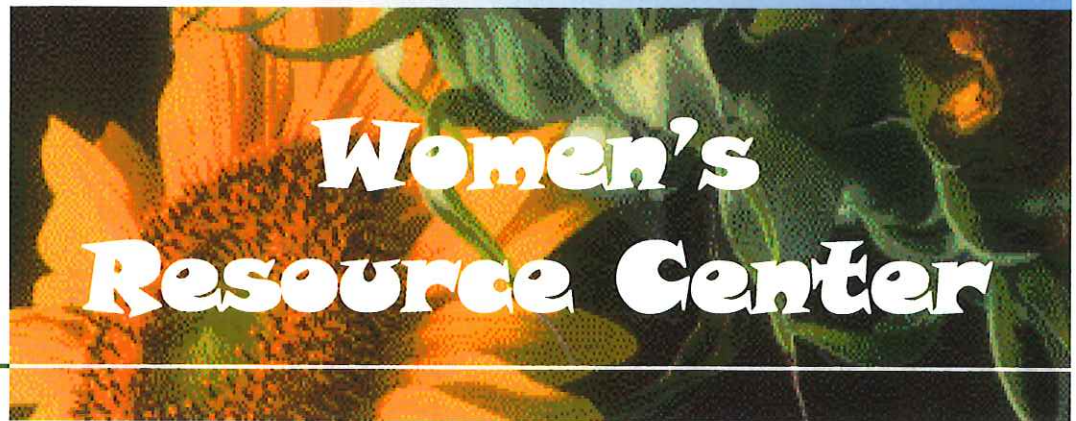
September 26, Noon @ WRC

Drinks provided

The Gift of Girlfriends Workshop

September 29, 11-2 p.m. @ WRC





Take Back The Night March!

Demand a World With Out Violence or Rape!



On October 25th, UNC's 6th annual "Take Back The Night" march will be held as a collective protest by the community against violence. Aiming to unify the community of Greeley, Colorado, protest violence against people of all genders, ethnicity's and orientations, this march hopes to promote awareness of the attitudes and behaviors that perpetuate violence.

The first Take Back the Night rally was held in Germany in 1973 and marches now occur throughout the United States, Canada, Latin America, India, and Europe.

Live music will begin at 6:00 at the Garden Theatre (between Gunter and Carter). The program will begin at 7:00 and the march at 7:30. Send the message that violence and rape are unacceptable and help take back the night!!!!

DID YOU KNOW.....

The number of women who have been murdered by their intimate partners is greater than the number of soldiers killed in the Vietnam War.

-<http://www.now.org/issues/violence/stats.html>

In Honor of Take Back the Night...

WHAT TO DO IF YOU KNOW SOMEONE WHO IS BEING ABUSED

The following was distributed at the Colorado Attorney General's 2nd Annual Conference on Violence and the Workplace, February 15, 2001, during the workshop on "Relationship Violence Comes to Work – Practical Advice" presented by representatives of AMEND and Family Tree.

- Ask direct questions of her situation, gently. Give her time to talk. Ask again a few days later. Don't rush into providing solutions.
- Listen, without judging. Often a battered woman believes her abuser's negative messages about herself. She may feel responsible, ashamed, inadequate, and afraid she will be judged by you.
- Let her know that you care about her and that she's not responsible for the abuse. Explain that physical violence in a relationship is never acceptable, at any time. There's no excuse for it – not alcohol nor drugs, not financial pressures, not depression or other mental illness, not jealousy, and not any behavior of hers.
- Make sure she knows that she's not alone – that millions of American women of every age, race, and religion face abuse, and that many women find it extremely difficult to leave. Emphasize that when she is ready, she can make a choice to leave the relationship and that help is available. Also emphasize that domestic violence tends to get worse and become more frequent with time and that it does not go away on its own.
- Explain that domestic violence is a crime – as much of a crime as robbery or rape – and that she can seek protection from the police or courts.
- If she is planning to leave, remind her to take important papers, such as birth certificates, passports, health insurance documents, food stamps, photo ID/driver's license, checkbooks, Social Security cards, immunization records, etc., for both herself and her children.
- Provide her with information about local resources – that phone number of the local domestic violence hotline, support groups, counseling agencies, shelter programs, and legal advocacy services.
- Contact your local domestic violence program yourself for advice or guidance.
- She may need money, help finding a place to live or a place to store her belongings. She may need assistance to escape. Decide if you feel comfortable helping out in these ways. If you don't, you can still encourage her to store some money in a secret place in case of emergency.
- If she remains in the relationship, continue to be her friend while firmly expressing your concern for her safety. Remember that, for many battered women, leaving an abusive relationship can take time and may not happen right away.

-Thanks to www.findthegood.org

In Honor of Take Back the Night...

KNOW YOUR BASIC RIGHTS IN A RELATIONSHIP

- * The right to receive goodwill from the other person.
- * The right to receive emotional support.
- * The right to be heard by the other and the right to be responded to with courtesy.
- * The right to have your own view even if your partner has a different one.
- * The right to have your feelings and experiences acknowledged as real.
- * The right to have a sincere apology for any jokes you feel are offensive.
- * The right to clear informative answers to questions that concern what is legitimately your business.
- * The right to live free from accusation and blame.
- * The right to live free from criticism and judgment.
- * The right to have your work and your interests spoken of with respect.
- * The right to receive encouragement.
- * The right to live free from emotional and physical threat.
- * The right to live free from angry outbursts and rage.
- * The right to be called by no name that devalues you.
- * The right to be asked respectfully rather than to be ordered.

-Thanks to www.findthegood.org

Look at Yourself!**LOOK AT YOUR RESPONSES.**

How much violence do you tolerate?

LOOK AT YOUR LIFESTYLE.

Acknowledge your own potential for violence in daily activities.

LOOK AT YOUR NEED TO RETALIATE.

Find win-win solutions. Learn to forgive.

LOOK AT YOUR RESPECT FOR OPPONENTS.

Listen, seeking truth.

EXAMINE YOUR LANGUAGE.

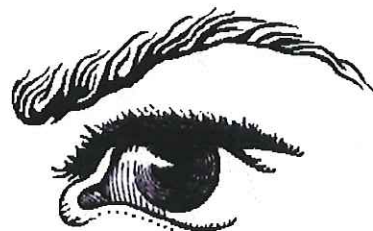
Use peaceful and inclusive words.

LOOK AT YOUR HUMOR.

Do not use put-downs and racial, ethnic, or gender slurs.

LOOK AT YOUR ABILITY TO CELEBRATE DIVERSITY.

Honor difference.



-Thanks to www.findthegood.org



*To be of the Earth is to know
 the restlessness of being a seed
 the darkness of being planted
 the struggle toward the light
 the pain of growth into the light
 the joy of bursting and bearing fruit
 the scattering of your seeds
 the decay of the seasons
 the mystery of death
 the miracle of birth*

-John Soos

The Four Agreements...

A Simple Book, A Profound Change.

The Four Agreements by don Miguel Ruiz is a simple yet profound book based on ancient Toltec wisdom. A nationwide best seller, this book offers a "powerful code of conduct that can rapidly transform lives to a new experience of freedom, true happiness, and love." The author is featured in September's Oprah magazine being interviewed by Ellen DeGeneres. DeGeneres claims the book has helped her change her world.

THE FOUR AGREEMENTS:

BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the actions of others, you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and express what you really want. Communicate clearly with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life

ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self judgment, self-abuse, and regret.



OCTOBER 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Birthday of Gandhi	3	4	5	6
7	8	9	10	11 National Coming Out Day	12	13 WRC Film Fest and Potluck 11:00 a.m.
14	15 Homecoming Week	16 World Food Day-U.N.	17	18	19 Bonfire/ Fireworks/Rally	20
21	22	23	24 United Nations Day	25 Take Back the Night March 6:00 p.m.	26	27 National Make a Difference Day
28	29	30	31 Halloween			

The Stryker Institute for Leadership Development

The mission of the Stryker Institute for Leadership Development is to cultivate the leadership capability and educational attainment of talented adults with untapped potential. This new leadership development program was funded by UNC alumna Ronda Stryker and is housed in Scott-Willcoxon Hall. The objectives of this institute include:

- 1) improving the educational access for non-traditional women, ethnic-minority citizens, other individuals from under represented groups, prospective students from disadvantaged backgrounds and

- 2) recognize and foster the emerging leadership abilities of students, faculty and staff from under-represented groups and
- 3) cultivate leadership in students of the future and their families. Congratulations are in order for the scholarship recipients! Recipients will participate in workshops, seminars and other leadership building components to "enhance the talents they already possess."

Congratulations to ...

Polly Bell

Jolynn Chacon

Angelica Corral

Oralia Davila

Cecilia Fernandez

Sylvia Flores

April Goggans

Noemi Medina

Lisa Marie Miramontes

Yolanda Molina

Consuelo Villalvilla

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Residence Life	(970) 351-2721
Student Health Center	(970) 351-2412

Upcoming Events

WRC Film Fest and Potluck
"Sleeping with the Enemy"
Oct. 13th, 11:00 a.m. @ WRC

Take Back the Night March
Oct. 25th, @ Garden Theatre
Live music starts @ 6:00
Program starts @ 7:00
March begins @ 7:30

