

OCTOBER 201  
VOL. 3, ISSUE 2

# W.I.T Monthly

Women Inspiring Today

THE WOMEN'S RESOURCE CENTER & STRYKER INSTITUTE FOR LEADERSHIP DEVELOPMENT

[WWW.UNCO.EDU/WRC](http://WWW.UNCO.EDU/WRC)  
[WWW.UNCO.EDU/STRYKER](http://WWW.UNCO.EDU/STRYKER)

"LOVE YOURSELF FIRST AND EVERYTHING ELSE FALLS INTO  
LINE. YOU REALLY HAVE TO LOVE YOURSELF TO GET ANYTHING  
DONE IN THIS WORLD."

~LUCILLE BALL



Eating Disorders Awareness Week  
February 25-March 1, 2013

*Everybody Knows Somebody*

In

This Issue

Inspiring Women's Award  
Eating Disorders Awareness Week  
And more



Scott-Wilcoxon Hall Campus Box 97  
1915 10th Ave. Greeley, CO 80639  
Phone: 970-351-1492  
Fax: 970-351-1487  
Hours: 8am-5pm Monday - Friday

# ATTENTION:

## Nominations for the 2013 Inspiring Women's Award Now Available

*(Nominations due March 29, 2013)*

Do you know a UNC woman that has a lasting effect on those around her? Someone who inspires, encourages, and truly makes a difference and positively impacts our campus community?

If you do, don't hesitate to nominate her for an  
**Inspiring Women's Award!**

These awards are given in 3 categories: Faculty, Staff and Student.

Nomination forms are available here and at the **Women's Resource Center** located in Scott-Wilcoxon Hall or go to:

<http://www.unco.edu/wrc/NominationForm.htm>

**Please return the form to the Women's Resource Center.**

The awards will be announced at the Women's Resource Center's annual Women's Recognition Reception on April 30, 2013.

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## ONE BILLION RISING STRIKE | DANCE | RISE!

UNC Rising V-Day 2/14/2013

**One Billion and Rising is a movement to end  
domestic and sexual violence against women!**

All women and men who are interested in participating in the One  
Billion Rising Revolution coming to UNC February 2013 visit

[www.unco.edu/wrc](http://www.unco.edu/wrc)

There will be an interactive informational meeting on  
February 4<sup>th</sup> at 4:30pm at the Women's Resource Center located at  
Scott-Willcoxon Hall 1915 10<sup>th</sup> Ave. Greeley, CO.

If you have questions or can't make it to the meeting please feel free  
to email Cassie Williams at [will9193@bears.unco.edu](mailto:will9193@bears.unco.edu) or Sarah Witty  
at [sarah.witty@unco.edu](mailto:sarah.witty@unco.edu)

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Bringing  
education  
to life

## Updates



From Left to Right: 1) V-Day advertisement  
2) The 2012 Inspiring Women's Award Recipients; Yeni Violeta Garcia, Barbara Hawthorne, and Beverly Hundertmark  
3) A Henna Station at the 2012 EDAW Mind and Body Fairy

### V-Day

The WRC/SI will be having tables at the University Center to raise awareness about V-Day and to raise awareness against domestic violence. V-Day is a global activist movement to help stop violence against women and girls. The tables will be set up on 12 p.m. February 14. For more information on V-Day, you can visit the V-day website at [www.vday.org](http://www.vday.org)

### Eating Disorders Awareness Week (EDAW)

Held annually across the nation, Eating Disorder Awareness Week occurs during the last week of February to educate and empower individuals through programming that encourages a healthy and positive body image for everyone. Please join us in the many wonderful, fun and impactful events that we have planned this year. For more information on the events at this years EDAW please visit our website at [www.unco.edu/wrc](http://www.unco.edu/wrc).

### Inspiring Women's Award

The WRC/SI are now taking nominations for the 2013 Inspiring Women's Award. Each year a student, faculty, and staff member of UNC receives the award in recognition for their inspiring work at the Women's Recognition Reception in April. For more information you can visit the WRC website at [www.unco.edu/wrc](http://www.unco.edu/wrc).

If you have any questions or comments about any of the above events, or would simply like more information, please visit our website at [www.unco.edu/wrc](http://www.unco.edu/wrc) or call at (970)351-1492



## WOMEN'S STUDIES

### AT THE UNIVERSITY OF NORTHERN COLORADO



#### What can a Women's Studies Minor do for you?

A minor in Women's Studies complements knowledge and skills gained from several majors, including English, Africana Studies, Mexican American Studies, Health, History, Political Science, Education, Theatre, and Business. Because we all interact with people who inhabit a multitude of gendered, racial, sexual, class, and religious identities, a Women's Studies minor makes anyone a **competitive job candidate** and a **conscientious member of society**. The Program offers informal reading groups, an honor sorority, and university and community events.

#### Requirements: 18 Credit Hours

12 core credit hours:

- WS 101 Women in Contemporary Society
- WS 240 Women, Race, and Class
- WS 335 Global & Cross-Cultural Perspectives of Women
- WS 350 Feminist Theory

6 elective credit hours: Please see the UNC *Catalog* or consult with WS faculty.

We're happy to meet with you!



### DECLARE YOUR WOMEN'S STUDIES MINOR TODAY!!

#### Contact Information

Coordinator: Lorie Sauble-Otto 2008/2009  
Chris Talbot 2009/2010  
Phone: (970) 351 2629  
Email: [lorie.saubleotto@unco.edu](mailto:lorie.saubleotto@unco.edu)  
[christine.talbot@unco.edu](mailto:christine.talbot@unco.edu)  
Location: Candelaria 0140

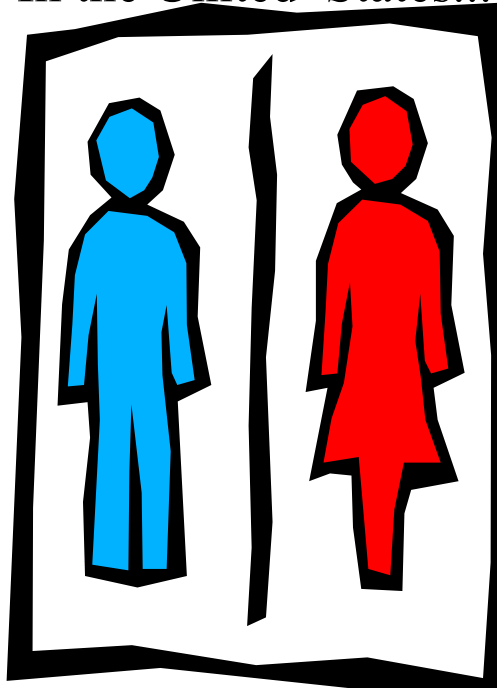
## Eating Disorders Awareness Week February 25-March 1, 2013

*Everybody Knows Somebody*

In the United States...

**10 million** men suffers  
from an eating disorder

Men are less likely to  
seek treatment for  
eating disorders  
because of the  
perception that they  
are "woman's diseases"



**20 million** women suffers  
from an eating disorder

**25%** of college-aged  
women engage in  
bingeing and purging  
as a weight  
management technique

**95%** of those who have eating disorders are  
between the ages of 12 and 25.8

Over **one-half** of teenage girls and nearly **one-third** of teenage boys use  
unhealthy weight control behaviors such as skipping meals, fasting, smoking  
cigarettes, vomiting, and taking laxatives

## The Women's Resource Center



The Women's Resource Center provides programs, discussions, and materials about women's

initiatives and development.

The WRC promotes leadership, celebrates the achievements of women, and raises awareness on the status of women.

There are many opportunities for involvement here at the Women's Resource Center, be it contributing your ideas to the Programming

Committee, being a part of Campus Outreach, or helping with specific events we would love to have you as a part of the Women's Resource Center team!

### Mission Statement

- The Women's Resource Center promotes awareness of gender initiatives and empowers students to achieve academically, grow personally and develop their leadership abilities.

"I USED TO WANT  
THE WORDS 'SHE  
TRIED' ON MY  
TOMBSTONE.  
NOW I WANT  
'SHE DID IT.'" —  
KATHERINE  
DUNHAM

### 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 resource library. Students are invited to use the center for a quiet or group study space. Please call 970.351.1492 to reserve meeting times. We are eager to share our facility with you!

### Annual Programs

**Take Back the Night:** An annual march and rally to unify and protest violence against any person.

**Women's Conference:** An opportunity to educate UNC students, faculty and staff on women's issues

**Eating Disorders Awareness Week (EDAW):** a week dedicated to raising awareness about body image and eating disorders.

**Women's History Month:** a celebration of women's accomplishments and contributions throughout history

**Women's Recognition Reception and Inspiring Women's Award:** Recognizing the extraordinary contributions of outstanding women on campus



The Inspiring  
Women's Award



## About Us: Stryker Institute for Leadership Development

The Stryker Institute for leadership development was created in 2001 through the generous gift of Ronda E. Stryker and the William D. Johnston Foundation. Ronda Stryker, an alumna of the University of Northern Colorado, envisioned her contribution to enable and empower non-traditional aged women from under-represented groups who would benefit from additional opportunities and resources.

### Mission Statement

The Stryker institute fosters and cultivates the emerging leadership capabilities and educational attainment of the traditionally underrepresented and non-traditional aged women.

### About the Program

#### Program Requirements

- Admission to UNC and enrolled fulltime in a degree-seeking program
- FAFSA completion by March 1st.
- Completion of UNC's Universal Scholarship Application.
- A 2.75 GPA from high school, UNC or other University.
- A conveyed commitment to participate fully
- Receive an invitation to apply

#### Scholarships

In addition to our multiple services, Stryker is dedicated to helping students foster and cultivate their leadership capability and educational attainment by providing financial support in the form of undergraduate and graduate scholarships.

Stryker scholarships are available to female non-traditional students who want to contribute their talents to their community and make a difference.



Interested individuals and those who require additional information may contact the Stryker Institute.

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[www.unco.edu/stryker](http://www.unco.edu/stryker)

"MAKING A  
DIFFERENCE  
TODAY,  
TRANSFORMING  
THE WORLD  
TOMORROW."





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## Meet Our Staff



Yvette Lucero-Nguyen  
WRC/Stryker  
Director



Sarah Witty  
Administrative  
Assistant



Bernadette Cordova  
WRC/Stryker  
Graduate Assistant



Selani Flores  
Stryker Graduate  
Assistant

## Student Assistants

Jasmine Nicol  
Caitlyn Urhammer  
Savana Griego,  
Emily Musumecchi  
Becca Koller  
Rosi Garcia  
Caedi Coler



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*Calendar of Events Highlights for:*

*February 2013*

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u><i>It's Black History Month</i></u>					1	2
3	4	5	6	7	8	9
10	11	12	13	14 V-Day <a href="http://www.vday.org">www.vday.org</a>	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
EDAW February 25-March 1						



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