

W.I.T MONTHLY

Women Inspiring Tomorrow

THE WOMEN'S RESOURCE CENTER & STRYKER INSTITUTE FOR LEADERSHIP



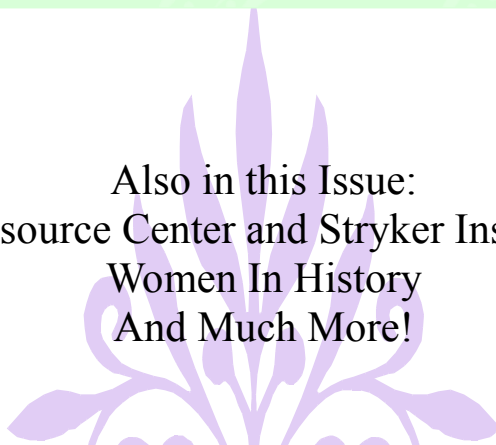
EATING DISORDERS AWARENESS WEEK (EDAW)

February 27-March 2 2012



FEBRUARY 2012
VOLUME 2,
ISSUE 4

Also in this Issue:
Women's Resource Center and Stryker Institute Updates
Women In History
And Much More!



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FEBRUARY 2012
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The Women's Resource Center and Stryker Institute are Proud to announce that we are Institutional members of the Association for Non-Traditional Students in Higher Education (ANTSHE)

ANTSHE is the premier advocacy and support organization for non-traditional students in college! For more information about ANTSHE, [please click here.](#)



**Association for Non-Traditional
Students in Higher Education**

"Together We Can Make a Difference"

Letter from the Editor

*E*ating disorders are serious illnesses. There are as many as 10 million females and 1 million males in the United States who are fighting an eating disorder such as anorexia or bulimia. Millions more are struggling with binge eating disorder (Crowther et al., 1992; Fairburn et al., 1993; Gordon, 1990; Hoek, 1995; Shisslak et al., 1995).

Eating Disorders Awareness Week (February 27-March 2) was created to prevent eating disorders and body image issues while reducing the stigma surrounding them and improving access to treatment. We at the WRC/Si are committed to raising awareness to these issues and to help those in need.

For more information about this week, go to our main event page in this newsletter and also our web site www.unco.edu/wrc.

~Jasmine Nicol





Students look at the art at the WRC/SI EDAW Art exhibit 2011.

“LOVE YOURSELF
FIRST AND
EVERYTHING ELSE
FALLS INTO LINE.
YOU REALLY HAVE
TO LOVE YOURSELF
TO GET ANYTHING
DONE IN THIS
WORLD.”
~LUCILLE BALL



© 2012 National Eating Disorders Association

Eating Disorders Week



Art and Body Fair 2011

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.

Feb. 27th 10 am - 1 pm – Mind and Body Fair
University Center
Wander the lower and Upper level of the UC where we will have many amazing vendors providing information, giving away prizes, and doing presentations.

Feb. 28th 6 pm Someday Melissa / Interactive Theater
Please join us in the UC Ballrooms where you can be involved in an interactive theater along with a viewing of the movie “Someday Melissa,” and discuss eating disorder issues.

Feb. 29th – All Day - Classroom Presentations
Jessica Hopkins, a Doctoral student here at UNC, will be doing a presentations in various classrooms.

March 1st 7 pm - Canvas and Chocolates
This is a brand new event! Everyone can create their own paintings while eating chocolate! There will be art teachers and students to give ideas and be there to help. Also, CPE students will give a presentation on Eating Disorders as well. Donations are welcomed.

If you have any questions or comments about these events, or would simply like more information, please do not hesitate to email Bernadette Cordova at

Bernadette.Cordova@unco.edu



2011 Inspiring Women Award recipients

FORGET ABOUT
THE FAST LANE. IF
YOU REALLY WANT
TO FLY,
JUST **HARNESS**
YOUR POWER TO
YOUR PASSION. -
~OPRAH.



2011 WRR Reception



Upcoming Events

Women's History Month

Join the WRC/SI in celebrating Women's History Month in March. This years theme is "Women's Education- Women's Empowerment." It is celebrating the journey to education of Women. More information about events throughout the month will be coming soon!

Inspiring Women's Award

ATENTION: Nominations for the 2011 Inspiring Women's Award Are Now Available (Nominations are due March 31, 2012).

These awards are given in 3 categories: Faculty, Staff and Student. Nomination forms are available at the Women's Resource Center located in Scott-Willcox 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 April 24, 2012.



If you have any questions or comments about any of the above events, or would simply like more information, please do not hesitate to email the editor at

Jasmine.Nicol@unco.edu

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 women's issues and 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!



The WRC/SI
Introduces the
Breastfeeding
Lactation
Station



Colorado law states:

*A mother may breastfeed in any
place she has a right to be.*

Colorado Revised Statutes 25-6-302

**Congratulations for nursing
your baby in public!**

**Breastfeeding is normal and healthy.
Breastfeeding in America is becoming the
norm and the credit goes to women like you!**



For more information please contact us!
Phone: 970.351.1492 or on the web www.unco.edu/wrc

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 cultivated 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.

Scott-Willcoxon Hall
1915 10th Avenue
Greeley, Co 80639
Phone: 970.651.1492
Fax: 970.351.1487

www.unco.edu/stryker

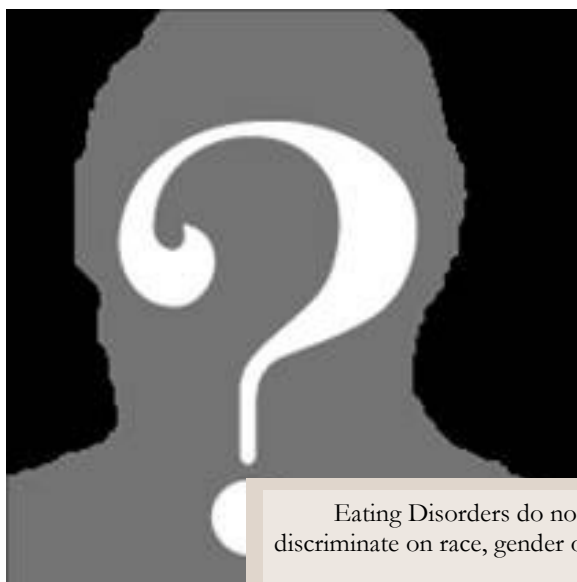
"MAKING A
DIFFERENCE
TODAY,
TRANSFORMING
THE WORLD
TOMORROW."



The Face of Eating Disorders



Gettys Image



Eating Disorders do not discriminate on race, gender or size.



Top: TV Personality Oprah Winfrey has openly talked about her struggles with Binge Eating.

Bottom: Singer and TV personality Paula Abdul went into treatment for Bulimia in 1994

Anorexia has its roots as far back as the 13th century

~(Bell, 1985; Davis & Bell, 1985; Zerbe, 1995).

There are many types of eating disorders. They can involve not eating, bingeing, purging and over exercising. Along with these symptoms, the people that these diseases target have many faces.

Eating Disorders are no longer seen as only an affluent white females issue. Eating disorders are illnesses that do not discriminate based on race, shape or size.

There are now over 11 million individuals in the United States— 10 million girls and women and 1 million men— who are suffering from anorexia and bulimia, and millions more are suffering from binge eating disorder.

Minority women are

coming forward about their own struggles with eating disorders. African American girls aged 11-14 have consistently scored higher than white girls of the same age on all Eating Disorder Inventory scales measuring features commonly associated with eating disorders (Striegel-Moore et al, 2000). Studies are also showing that Asian, Asian American, Hispanic, and Native American women are not immune to these diseases.

These diseases transcends all cultures and shows that there is no one cause for sufferers of eating disorders. But what is known is that we can join together in order to heal from and prevent these diseases.

AN ESTIMATED 10-15% OF PEOPLE WITH ANOREXIA OR BULIMIA ARE MALE. MEN ARE LESS LIKELY TO SEEK TREATMENT FOR EATING DISORDERS BECAUSE OF THE PERCEPTION THAT THEY ARE “WOMAN’S DISEASES.”

[~http://www.anad.org](http://www.anad.org)



<http://www.anorexia-reflections.com/>

Actor Denis Quad suffered from anorexia or “manorexia” while filming a movie where he had to lose a large amount of weight in the 90’s.

Meet the WRC/SI Staff



Selani Flores, Gena Duran,
Kenna Johnson, Bernadette
Cordova, Sara Witty, Yvette
Lucero-Nguyen

Kenna Johnson

*Director of the WRC/ Stryker
Institute*

Kenna.Johnson@unco.edu

Yvette Lucero-Nguyen

*Director for The Women's Resource
Center*

Yvette.Lucero@unco.edu

Sarah Witty

*Administrative Assistant for
WRC/SI*

Sarah.Witty@unco.edu

Bernadette Cordova

*Graduate Assistant for
Women's Resource Center*

Bernadette.Cordova@unco.edu

Gena Duran

*Graduate Assistant for
Stryker Institute*

Gena.Duran@unco.edu

Selani Flores

*Graduate Assistant for
Stryker Institute*

Selani.Flores@unco.edu

"IF YOU DON'T
UNDERSTAND
YOURSELF YOU
DON'T
UNDERSTAND
ANYBODY ELSE."
~NIKKI GIOVANNI

Student Assistants

Andrea Rascon

Andrea.Rascon@unco.edu

Alyssa Dransfield

Alyssa.Dransfield@unco.edu

Emily Musumecchi

Emily.Musumecchi@unco.edu

Jasmine Nicol

Jasmine.Nicol@unco.edu

Caitlyn Urhammer

Caitlyn.Urhammer@unco.edu



Top Row: Caitlyn Urhammer,
Alyssa Dransfield

Bottom Row: Emily Musumecchi
Jasmine Nicol, Andrea Rascon



Calendar of Events Highlights for:

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bingo- UC 8pm-10pm	2 The Annual UNC Lunar New Year Celebration: Year of the Dragon—UC Ballrooms 3-8 PM	3	4
5	6	7	8 Michener Library Film Series: Blacking Up-12:15-2:15pm	9	10	11 2012 UNC College of Performing and Visual Arts Gala: "Gala 30 - Better Than Ever!"-UCCC 8pm
12	13	14 UNC Scholarship Fair- 10-2pm in UC Ballrooms	15 Bingo-UC 8-10pm Michener Library Film Series: February One— 12:15-2:15pm	16	17	18 The Dearfield Dream- UC 9am- 4pm
19	20 Presidents Day	21	22 Michener Library Film Series: Freedom on my Mind- 12:15- 2:15pm Graduation Fair—UC 10:30am-4pm 2/22-2/24	23	24 Spring Job and In- ternship Fair- UC 2-5pm	25
26	27	28	29 Michener Library Film Series: Scarred Justice: the Orange- burg Massacre 1968 12:15-2:15pm EDAW 2/27-3-2			
February is Black History Month and Eating Disorders Awareness Month						

WOMEN'S RESOURCE CENTER AND STRYKER INSTITUTE



Women's Resource Center &
Stryker Institute for
Leadership Development

Phone: 970.351.1492
Fax: 970.531.1487
Scott-Willcox Hall
Campus Box 97
Greeley, CO 80639

Everyday Angels Fashion Show 2010



We're on the Web!

www.unco.edu/wrc
&
www.unco.edu/stryker



Henna station at
Mind & Body Fair
2011

"WHATEVER IS
BRINGING YOU DOWN,
GET RID OF IT.
BECAUSE YOU'LL
FIND THAT WHEN
YOU'RE FREE . . .
YOUR TRUE SELF
COMES OUT."

~TINA TURNER

How to Receive WIT Monthly:

If you or someone you know would like to receive WIT Monthly, simply follow these easy steps on how to add yourself to the WRC/SI Listserv and begin receiving the newsletter and bi-weekly updates:

1. In your email account, open up a blank message.
2. In the message box of your email, type exactly this:
QUIET ADD WRC-STRYKER DD=AX pw=dumb1
//AX DD *
your email address last name, first name
/*

example:

QUIET ADD WRC-STRYKER DD=AX pw=dumb1
//AX DD*
jasmine.nicol@unco.edu Nicol, Jasmine
/*

3. Now send to listserv@listserv.unco.edu.

That's all! Once you send the message, you should get a confirmation email welcoming you to the WRC/SI Listserv.



If you or someone you know has a submission for WIT Monthly, please email the editor at Jasmine.Nicol@unco.edu