



Letter from the Editor

When one thinks about February most gag reflexes are immediately exercised as cliché images of love flood the brain. Many often forget about all the other holidays that occur in

February. February is also:

~National Eating Disorder Awareness Week ~ Black History Month ~ Chinese New Year ~ National Wear Red Day (Heart Disease Awareness) and many more. This February find something new to celebrate! Remember that it's not about focusing on a single day of the year to tell someone that you love or care for them, but rather something that you should strive to practice all year long. Not only to love others, but most importantly, to love yourself.

Best Wishes, Ashlei F.

Email: Ashley.Finney@unco.edu



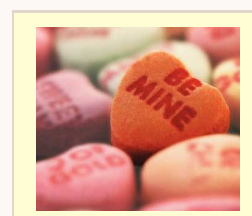
"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

~Lucille Ball

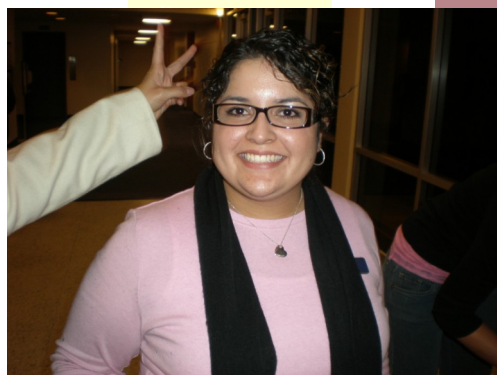


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Meet the WRC/SI Staff



Above: Coordinator for The Women's Resource Center
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"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
~Harriet Tubman



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Student Workers



Above: Jasmine Nicol & Andrea Rascon.

Women's Resource Center



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!

Mission Statement

We promote awareness on gender issues and empower students to achieve academically, grow personally and develop leadership abilities.

We Provide:

- Resources, information and referrals.
- An opportunity for discussion through cultural forums.
- A comfortable environment for women to meet and share viewpoints, knowledge, and experience.

United Brothers and Sisters is a committee that develops ideas for programming that UNC students would like to see on campus that address women's issues and initiatives. But it's not just for the ladies! Gentleman are encouraged to come and lend their ideas to planning events that are dedicated to being inclusive of everyone in the UNC Community!

United Brothas and Sistas meets every Thursday at 12:30 pm at Scott-Willcoxon Hall.

Get Involved at the WRC!

"If one advances confidently in the direction of one's dreams, and endeavors to live the life which one has imagined, one will meet with a



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



Above: Stryker Fridays at Scott-Willcoxon Hall.

“MAKING A DIFFERENCE
TODAY, TRANSFORMING THE
WORLD TOMORROW.”



About the Program

Program Requirements

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

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

Upcoming Events



Faculty Lecture Series
with Professor Paul
Hodapp

EDAW Model Info Meetings

@ Scott-Willcoxon Hall

Monday, Feb. 14th
12:15pm

Tuesday, Feb. 15th
11:00am

Thursday, Feb. 17th
4:00pm

Rehearsal: Tuesday,
Feb. 15th 5-7pm @ UC
Ballrooms

Colloquium With Leslea Newman

Feb. 15th, 2011

7-8:30pm

The Women's Resource Center in conjunction with the GLBT Resource Center will host a special speaking engagement in the UC Ballrooms with the author of *Heather Has Two Mommies*. Newman will speak about rights of gay and lesbian families and the history of the LGBT marriage movement with Q&A to follow. Tickets are available at the UC Ticket Office or Information Desk.

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.

Mind & Body Fair

Feb. 21st, 2011

10am-1pm

Wander the lower and Upper level of the UC where we will have many amazing vendors providing information, giveaways, and demonstrations!

Everyday Angels Fashion Show

Feb. 22nd, 2011

7-9pm

Join us at this powerful and fun event that is a celebration of the theme "EveryBODY has a Story", where we will portray the true meaning of beauty by celebrating everyday bodies.

"How to Help a Friend with an Eating Disorder"

Feb. 23rd, 2011

7-8:30pm

Come and attend this educational event to be held in Aspen C of the University Center as we discuss "How to Help a Friend with an Eating Disorder".

Art Show & Reception

Feb. 24th, 2011

6-8pm

Celebrate the close to a week of positivity with us, at Scott-Willcoxon Hall where we view powerful art relating to body image and share in chocolate and other refreshments.

Coming Soon!

Party with a Plan

Mar. 1st, 2011

Join us at Scott-Willcoxon Hall as we "Party with a Plan". Events will include: Music, Food, Party Pong, Flip Cup, and Karaoke—winners for the night could take home \$100!

March is Woman's History Month!

Be sure to check out next month's issue for a list of the wonderful programming we have planned!

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 Ashley.Finney@unco.edu, or stop by and talk to us!

Factors that may Contribute to Eating Disorders

Eating disorders are complex conditions that arise from a combination of long-standing behavioral, biological, emotional, psychological, interpersonal, and social factors. Scientists and researchers are still learning about the underlying causes of these emotionally and physically damaging conditions. We do know, however, about some of the general issues that can contribute to the development of eating disorders. NEDA acknowledges there may be a difference of opinion among experts and the literature on this topic, and we encourage readers to explore the topic further, using all means available to them. While eating disorders may begin with preoccupations with food and weight, they are most often about much more than food. People with eating disorders often use food and the control of food in an attempt to compensate for feelings and emotions that may otherwise seem over-whelming. For some, dieting, bingeing, and purging may begin as a way to cope with painful emotions and to feel in control of one's life, but ultimately, these behaviors will damage a person's physical and emotional health, self-esteem, and sense of competence and control.

“Eating disorders are complex conditions that can arise from a variety of potential causes. Once started, however, they can create a self-perpetuating cycle of physical and emotional destruction. All eating disorders require professional help.”

Psychological Factors that can Contribute to Eating Disorders:

- Low self-esteem
- Feelings of inadequacy or lack of control in life
- Depression, anxiety, anger, or loneliness

Interpersonal Factors that can Contribute to Eating Disorders:

- Troubled personal relationships
- Difficulty expressing emotions and feelings
- History of being teased or ridiculed based on size or weight
- History of physical or sexual abuse

Social Factors that can Contribute to Eating Disorders:

- Cultural pressures that glorify “thinness” and place value on obtaining the “perfect body”
- Narrow definitions of beauty that include only women and men of specific body weights and shapes
- Cultural norms that value people on the basis of physical appearance and not inner qualities and strengths

Biological Factors that can Contribute to Eating Disorders:

- Scientists are still researching possible biochemical or biological causes of eating disorders. In some individuals with eating disorders, certain chemicals in the brain that control hunger, appetite, and digestion have been found to be unbalanced. The exact meaning and implications of these imbalances remains under investigation.
- Eating disorders often run in families. Current research indicates that there are significant genetic contributions to eating disorders.

Ten Steps To Positive Body Image

“Remind yourself that “true beauty” is not simply skin-deep”.

1. One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can help you think about new ways of looking more healthfully and happily at yourself and your body. The more you do that, the more likely you are to feel good about who you are and the body you naturally have.
2. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.
3. Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
4. Remind yourself that “true beauty” is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
5. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.
6. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.
9. Do something nice for yourself -- something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

20 WAYS TO LOVE YOUR BODY!!

Compiled by Margo Maine, Ph.D.

1. Think of your body as the vehicle to your dreams. Honor it. Respect it. Fuel it.
2. Create a list of all the things your body lets you do. Read it and add to it often.
3. Become aware of what your body can do each day. Remember it is the instrument of your life, not just an ornament.
4. Create a list of people you admire: people who have contributed to your life, your community, or the world. Consider whether their appearance was important to their success and accomplishments.
5. Walk with your head held high, supported by pride and confidence in yourself as a person.
6. Don't let your weight or shape keep you from activities that you enjoy
7. Wear comfortable clothes that you like, that express your personal style, and that feel good to your body.
8. Count your blessings, not your blemishes.
9. Think about all the things you could accomplish with the time and energy you currently spend worrying about your body and appearance. Try one!
10. Be your body's friend and supporter, not its enemy.
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 and appreciate it.
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 it regularly. Don't exercise to lose weight or to fight your body. Do it to make your body healthy and strong and because it makes you feel good. Exercise for the Three F's: Fun, Fitness, and Friendship.
15. Think back to a time in your life when you felt good about your body. Tell yourself you can feel like that again, even in this body at this age.
16. Keep a list of 10 positive things about yourself--without mentioning your appearance. Add to it!
17. Put a sign on each of your mirrors saying, "I'm beautiful inside and out."
18. Choose to find the beauty in the world and in yourself.
19. Start saying to yourself, "Life is too short to waste my 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 beauty.

Don't Weigh Your Self-Esteem. It's What's Inside That Counts!

"Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day."

University of Northern Colorado Calendar of Events for:

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 APASS Party with a Plan 4:30-6pm IFS: "Uncle Bomee..."—Michener 7-9pm 7pm UNC Wrestling—Butler-Hancock 8:30pm Bingo @ UC	10 IFS: "Uncle Bomee..."—Michener 7-9pm & 9:15pm 7pm Women's Basketball—Butler-Hancock	11 UNC Wrestling 5pm & 7pm @ Butler-Hancock	12 Women's Basketball 2pm @ Butler-Hancock
13 "The Adding Machine" 2pm @ Gray Hall	14 Open Mic Monday 9pm @ UC	15 "The Adding Machine" 7:30pm @ Gray Hall	16 IFS: "Girl Who Played with Fire" 7pm @ Michener "The Adding Machine" 7:30pm @ Gray Hall	17 Ceasar Chavez Party with a Plan 4:30pm	18 "The Adding Machine" 7:30pm @ Gray Hall	19 "The Adding Machine" 7:30pm @ Gray Hall
20 "The Adding Machine" 2pm @ Gray Hall	21 Men's Basketball 7pm @ Butler-Hancock EDAW	22 EDAW	23 EDAW	24 EDAW	25 EDAW	26
27	28					



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

We're on the Web!

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

"Never to tire, never to grow cold; to be patient,
sympathetic, tender; to look for the budding flower and
the opening heart; to hope always, to love always~this is
duty.

~H.E. Amiel



*Ladies gather for
Stryker Fridays.*



How to Receive WIT Monthly:

If you or someone you know would like 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*
Ashley.Finney@unco.edu Finney, Ashlei
/*
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.



*Stryker Bowling
Night*



***Women's Resource Center
Stryker Institute for Leadership Development***

Inspiring Women Awards

**Recognizing the contributions of outstanding women
at the University of Northern Colorado**

Section I: Nominee Information – Self-nominations are encouraged as well

Nominee: _____

Nominee e-mail: _____ phone: _____

Nominee address: _____

Category (please choose one): ___ Student (undergraduate or graduate)

 ___ Faculty

 ___ Staff (classified or exempt)

Section II: Nominator Information

Nominator: _____

Nominator e-mail: _____ phone: _____

Nominator address: _____

Section III: Questions

Please complete the questions on additional pages and submit with nomination information.

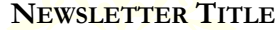
Nominator will receive confirmation of application. Nominations are being accepted for contributions by outstanding UNC women students, faculty, and staff members.

○ **Nominations** will be **accepted** until Thursday, **March 31, 2011 at noon**.

○ **Nominations should be submitted electronically to sarah.witty@unco.edu or Kenna.Johnson@unco.edu or in hard copy form to the Women's Resource Center, Scott-Willcox Hall.**

○ **Nominators will be asked to ensure the attendance of their respective nominees if their nominees win the award.**

All Nominees will be recognized at the [Women's Recognition](#).



1. What qualities does the nominee possess that inspire you and others? Self-nominees please answer “how you think you are perceived by others”.
2. Please list the activities, to your knowledge, that the nominee has participated both on-campus and in the community.
3. What is the most significant experience you shared with the nominee and what was the lesson you learned? Self-nominees please answer, “Through your experiences, what lessons have you learned”.