

WIRED

WOMEN'S INTRA-CAMPUS RESOURCE EXCHANGE

WINTER 2007

ZINE



LOVE YOUR BODY

Editor-in-Chief of
all that is freakin' Cool: 
Myra Long



Is this your first time?

If you'd like to get more information about
The OSU Women's Center

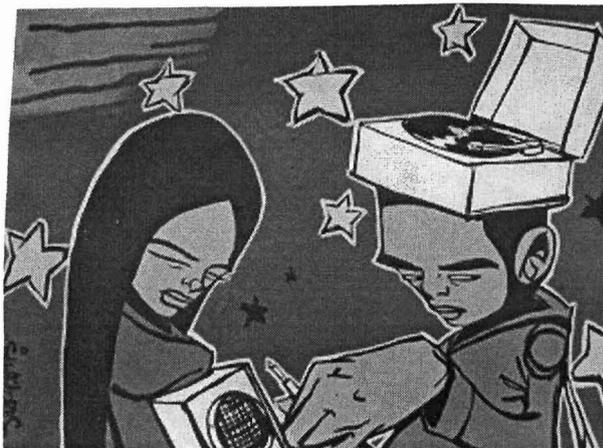
Please Contact
737-3186

www.oregonstate.edu/womenscenter/
womenscenter@oregonstate.edu

the Women's Center is accessible to all.

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External Reviewer



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.

* * *

For more information, contact the National Eating Disorders Association at 603 Stewart St., Suite 803, Seattle, WA 98101
Information and Referral Helpline: 800-931-2237 or www.NationalEatingDisorders.org

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"WHEN YOUR HEART IS IN YOUR DREAM,
NO REQUEST IS TOO EXTREME."
~ JIMINY CRICKET

page 1



Ten Steps To Positive Body Image



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.

1. **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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.



* * *

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2 "If you don't like the way the world is, you * change it. You have an obligation to change it. You just do it one step at a time."
 ~ Marian Wright Edelman *

Top Ten Reasons To Give Up Dieting

#10: Diets don't work. Even if you lose weight, you will probably gain it all back, and you might gain back more than you lost.

#9: Diets are expensive. If you didn't buy special diet products, you could save enough to get new clothes, which would improve your outlook right now.

#8: Diets are boring. People on diets talk and think about food and practically nothing else. There's a lot more to life.

#7: Diets don't necessarily improve your health. Like the weight loss, health improvement is temporary. Dieting can actually cause health problems.

#6: Diets don't make you beautiful. Very few people will ever look like models. Glamour is a look, not a size. You don't have to be thin to be attractive.

#5: Diets are not sexy. If you want to be more attractive, take care of your body and your appearance. Feeling healthy makes you look your best.

#4: Diets can turn into eating disorders. The obsession to be thin can lead to anorexia, bulimia, bingeing, and compulsive exercising.

#3: Diets can make you afraid of food. Food nourishes and comforts us, and gives us pleasure. Dieting can make food seem like your enemy, and can deprive you of all the positive things about food.

#2: Diets can rob you of energy. If you want to lead a full and active life, you need good nutrition, and enough food to meet your body's needs.

And the number one reason to give up dieting:

#1: Learning to love and accept yourself just as you are will give you self-confidence, better health, and a sense of well-being that will last a lifetime.

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"THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS."

~ELEANOR ROOSEVELT

THREE



Health Consequences of Eating Disorders

- Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health.
- Eating disorders are not just a "fad" or a "phase." People do not just "catch" an eating disorder for a period of time. They are real, complex, and devastating conditions that can have serious consequences for health, productivity, and relationships.
- People struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment; the greater the likelihood of physical and emotional recovery.

Health Consequences of Anorexia Nervosa: In anorexia nervosa's cycle of self-starvation, the body is denied the essential nutrients it needs to function normally. Thus, the body is forced to slow down all of its processes to conserve energy, resulting in serious medical consequences:

- Abnormally slow heart rate and low blood pressure, which mean that the heart muscle is changing. The risk for heart failure rises as the heart rate and blood pressure levels sink lower and lower.
- Reduction of bone density (osteoporosis), which results in dry, brittle bones.
- Muscle loss and weakness.
- Severe dehydration, which can result in kidney failure.
- Fainting, fatigue, and overall weakness.
- Dry hair and skin, hair loss is common.
- Growth of a downy layer of hair called lanugo all over the body, including the face, in an

Health Consequences of Bulimia Nervosa: The recurrent binge-and-purge cycles of bulimia can affect the entire digestive system and can lead to electrolyte and chemical imbalances in the body that affect the heart and other major organ functions. Some of the health consequences of bulimia nervosa include:

- Electrolyte imbalances that can lead to irregular heartbeats and possibly heart failure and death. Electrolyte imbalance is caused by dehydration and loss of potassium and sodium from the body as a result of purging behaviors.
- Potential for gastric rupture during periods of bingeing.
- Inflammation and possible rupture of the esophagus from frequent vomiting.
- Tooth decay and staining from stomach acids released during frequent vomiting.
- Chronic irregular bowel movements and constipation as a result of laxative abuse.
- Peptic ulcers and pancreatitis.

Health Consequences of Binge Eating Disorder: Binge eating disorder often results in many of the same health risks associated with clinical obesity. Some of the potential health consequences of binge eating disorder include:

- High blood pressure.
- High cholesterol levels.
- Heart disease as a result of elevated triglyceride levels.
- Secondary diabetes.
- Gallbladder disease.

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"FEW WILL HAVE THE GREATNESS TO BEND HISTORY
ITSELF, BUT EACH OF US CAN WORK TO
4 CHANGE A SMALL PORTION OF EVENTS."
~ ROBERT KENNEDY

A Reflection...

It's hard to admit that you have a problem. Nobody wants to admit weakness. And I've always been willing to say I'm wrong, to say that I'm at fault. But to say that I had an eating disorder is the hardest thing I've ever had to admit.

I have struggled from a young age with my height, my breasts, my hair, my skin, my weight. I have never been able to say, "I'm satisfied," but I realize that I'm not alone. In high school, this obsession turned into anorexia, then bulimia. I hated my body, and I hated myself. I despised everything that made me ... well, me. I delved into drugs and alcohol, in hopes of not having to think about who I really was.

My hatred of myself enabled me to enter into a few emotionally and physically abusive relationships, where the little self esteem I had was destroyed. I struggled with depression, anxiety, obsessive-compulsive disorder, and at the same time was getting ready to start college.

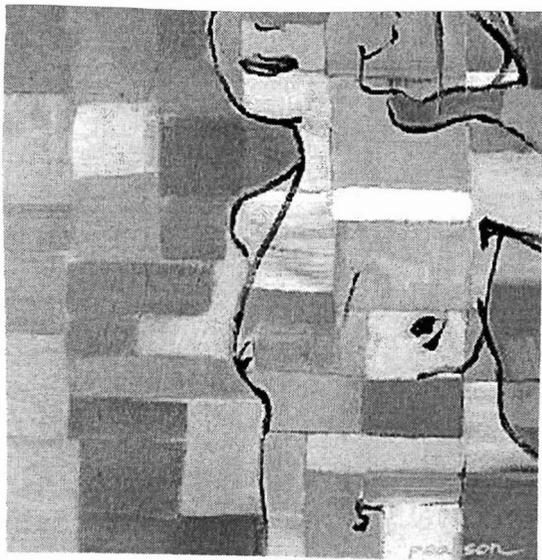
I made a choice in high school to leave drugs behind. I chose to change my friends, to change my attitude. I hoped to change my entire life, and do things my parents could be proud of. So, I started college with a new outlook, and I decided to start doing everything that I wanted. I didn't hold myself back for fear of failure. I believed that if I made people believe I was confident that I too would start to believe it.

I have accomplished a lot here. I've been involved on many levels here at OSU, through being a Resident Assistant, orientation leader, START leader, Women's Center employee, sorority member, newspaper writer, etc, and my confidence has grown. But I still struggle very much with my body, and as recent as this summer, I have been bulimic. I am still working on my alcohol abuse and am trying to find out what the real underlying problems are.

I have admitted that I have an eating disorder. And I am proud to say I am getting help.

I've also had to admit the fact that no matter how many friends I have, no matter how much my boyfriend loves me, no matter how much I want to love myself ... I don't yet. I've come to realize that loving yourself is a lifelong process, a process I'm in right now. Maybe I won't ever accept my body completely, and maybe if I lose those twenty pounds, I'll still feel empty.

But if we as women look deeper into what makes us good people, and decide that we want to be recognized for more than our tight butts and tiny waists, then we can start that process of loving ourselves. And when we do, the whole world is at our fingertips.



By MEAGAN
WILLIAMS



SIVE

WHAT I DID LAST FALL



By Meghan Hollis

During the fall term of 2006, I was the Field Organizing Intern for the National Organization for Women in Washington, DC. I am still wrapping my brain around the entire experience and trying to come up with a good answer for the commonly asked question "how was DC?" Here is my best attempt:

My experience in Washington, DC was amazing. I spent my days working with some of the foremost organizers in the feminist movement and had the chance to see the inner-workings of the oldest feminist organization in the nation. I helped plan grassroots events, wrote speeches, worked on a House campaign in Pennsylvania for several weeks, organized and worked with numerous national and state leaders on myriad projects, and attended many events, protests and briefings on topics concerning women.

Beyond the tangible things I did while I was there, however, was the knowledge and experience that I gained. Everyday I was surrounded by things as they happened, and before they were on the news. I was the one marching at the protest at the Supreme Court, rather than reading about it the next day in the newspaper, I was the one in the audience at events where politicians were speaking, rather than watching them on C-SPAN. It was euphoric and I still cannot believe how much I was able to do and see. I was able to be there during a very exciting and some might say, important, period in politics. The Democrats took back Congress, and I was in DC during all of it.

6 "I WANT TO BE REMEMBERED AS THE PERSON WHO HELPED US RESTORE FAITH IN OURSELVES."
~WILMA MANKILLER

It will take me months, maybe longer, to fully comprehend my experience and all that I have gained from it. However, there are a few things that I have already grasped.

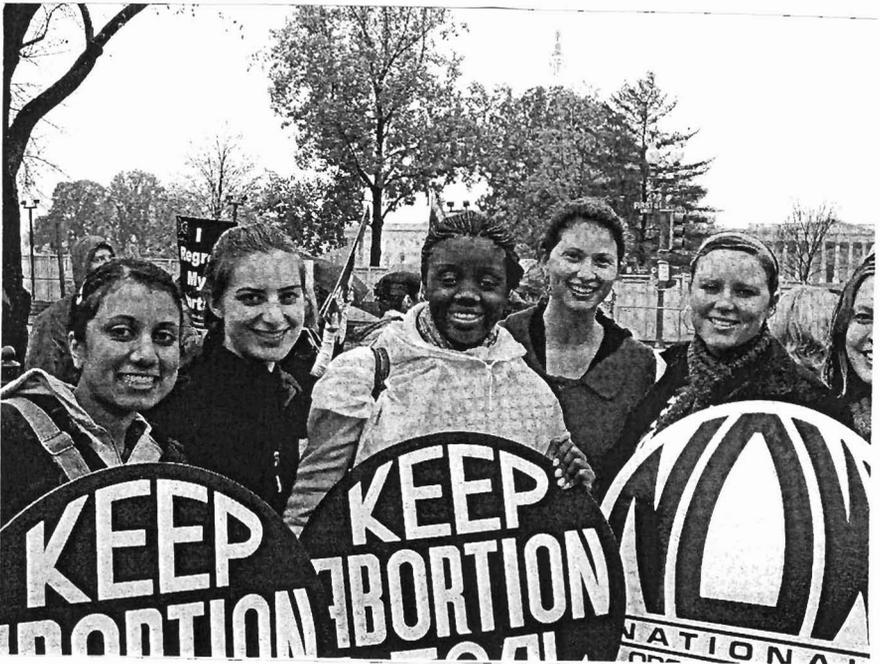
There is hope for feminism and for equality. Progress is slow, and it feels even slower when immersed in the movement, but there are a lot of organizations doing good work. One of the main problems I am still trying to understand is the complicated, political, splintered nature of the feminist, and dare I say liberal, movement. There are ten organizations for every cause, each with a nuance of difference, each with a lot of energy to contribute and each with a different approach to the problems that we all see. The words "coalition" and "ally" are used a lot in social change movements, but rarely applied to the full extent. I saw how difficult organizing on a national level is; it is more difficult than I could have ever imagined. We all have causes and we are all spread thin. Yet we will never see our goals realized unless we put our slight differences aside, to organize together.

When I left for DC, I left to find all the answers. I left to understand how to better organize and rally people on issues. I left to better understand why it is difficult to do all these things on a college campus, a place where energy and passion should be the most visible.

I did not find the answers. I realized that this is the nature of social change everywhere, even in the national hub of politics. Every region and every organization has these problems. We need to remember our goals and not get frustrated in the process. We will get there one day. It might not be in our lifetime, but at least we are working for something better.

There is a lot of work to be done and it will take a long time to do. The good news is that there are a lot of people who might be willing to help; getting them motivated is the problem.

Maybe the best answer to the question "how was DC?" is: It was amazing. I learned that there is a lot to do. I was re-energized and realized how much passion I have for these issues. I realized that I want to spend my life absorbed in the tiresome process of creating social change.



"Life is either a daring adventure
or nothing." ~Helen Keller

seven

From Angela on Activism



BY
CHELSEA
RUEDIGER

Activists today have done it, I know I have.

I find myself thinking "if I had been around for the Viet Nam War, I would have protested." Or, "I would have gladly joined the non-violent action of Freedom Summer in Alabama." Even, "Wouldn't it have been amazing to help propel the Women's Lib movement forward?" Activism today just doesn't seem as exciting, as immediate, as...romantic.

I have heard many activists talk about the good old days, back when students walked out of schools, anti-war protestors risked being jailed, and direct action was an extra curricular activity. So how could it be that someone like Angela Davis would never go back? Who wouldn't want to go back to the Summer of Love? Well, in her words, "it was a dangerous time." It's so easy for us now, so distant from that reality to think...danger? Sounds exciting.

Not so exciting for Dr. Davis who ended up, in the summer of 1970, as the third woman ever on the FBI's Top Ten Most Wanted list. Not so exciting after spending months on the run, crossing an entire country to evade the police. Not so exciting after being thrown in jail on trumped up charges and seeing so many of her friends and fellow activists coming to the same fate. In fact, some of them (such as Mumia Abu-Jamal or Leonard Peltier) are still there today. Less exciting, more scary.

8 "WE ARE PRONE TO JUDGE SUCCESS BY THE INDEX OF OUR SALARIES OR THE SIZE OF OUR AUTOMOBILES RATHER THAN BY THE QUALITY OF OUR SERVICE AND ONSHIP TO MANKIND." ~ Martin Luther King Jr.

Although Dr. Davis was exonerated and released in 1972, her message is still highly relevant today. As young activists we have got to embrace the opportunities that we have now. We can't keep romanticizing the past, thinking it was something that it wasn't. It was a scary time for many people, a time of serious turmoil for our country. As activists, we are lucky to be living in the wake of that, reaping the benefits of all those who worked before us. And, as Dr. Davis reminded us, not just the MLK Jr's or the Rosa Parks', but all the activists who will never be remembered by name, people who fought and struggled and gave their time, some their lives, so that we could enjoy the relative safety of today.

But of course, the work is nowhere near done. Why fantasize about Viet Nam protests when you can organize a protest against the War in Iraq? What good comes from dreaming about working with Dr. Martin Luther King when racism is still alive and kicking? By all means, look to that past. There are many great thinkers, creative activists, and successful actions that can be replicated, refurbished, and rethought; and so many mistakes that we can avoid. We should always keep moving forward and using the new tools that we have available to us.

We appreciate the legacy of Dr. Davis; but even more inspiring is what she is doing today, and what she believes that we, as contemporary activists, can accomplish. So thank you, Dr. Davis, for bringing your spirit of hope to us; for gracing the conference with your wise words, your stories about the past, and your ideas for the future.



Niner

What To Do With Your Honey When You Have No Money

As the term progresses and prospective and past assignments begin to really stress us out, it is important that we take a step back and take some time out of the week to focus on our bodies, souls and relationships.

Below is a list of activities to do with yourself, a friend, child or a lover. Activities on this list will not only get your mind off of school but raise your endorphins and in some cases raise your heart rate too. We only have one body and soul and it is imperative to keep both in tip-top shape for the best life possible. Don't forget to take your camera so that you can always remember the cheap thrills of your college days that made working this hard worth it.

- o Take a hip-hop class at Dixon
- o Go shopping for the most hideous outfit ever
- o Walk to the covered bridge
- o Paint your toenails
- o Play Twister
- o Put on old clothes and go Puddle Jumping
- o Pack a picnic and go play Frisbee
- o Go online figure out how to make a kite, make it, trek over to the beach and test it out
- o Play on the kiddie structures in the park
- o Plant a tree
- o Make paper airplanes and walk to the top of a building and watch them fly.
- o Build a fire and make s'mores
- o Walk to the grocery store and then make an awesome, unique dinner together
- o Go on a hike
- o Play hide n' seek

ALISHA
DeVOGELE

"BIG-BONED" BY KATHLEEN HOAG

My Mom called me big-boned
I guess that was the nice way of saying chubby
Even my 3rd grade teacher said so
In front of the whole class
I wasn't supposed to take offense to it
I did realize I was bigger than all of my best friends
It didn't really matter to me before
But I then became aware of what I looked like
I decided that I was okay with it
I had friends and I felt healthy
I liked to eat and nobody was going to stop me from
Eating those Cheetos for an after school snack
So what if I was big-boned?
Or whatever you want to call it.
I was happy to be me
And that's all that matters.

WHO KNEW IT'D BE SO SWEET?

Internships: that first stumbling step towards your future adulthood. They often involve making coffee, filing for hours on end and wearing uncomfortable and expensive "office wear" everyday. They also involve a lot of going home at night and wondering "What the hell am I going to do with the rest of my life?"

Except, of course, if you decide to intern at the OSU Women's center! I've been interning here since the beginning of winter term as a grant writer, and let me tell you, I am having the time of my life.

Reasons why the Women's Center is better than any other internship:

- The staff is made up of lovely ladies who, instead of glaring at you when you ask a question, offer to help you with whatever project you are currently stressing over.
- You can wear your everyday uniform of jeans and a sweatshirt without judgment (even if you've been wearing the same jeans for about a month).
- People often bring in cookies and pies.
- You can make your own hours.
- The Women's Center is located right on campus so you don't have to move to another city or live in a terrifying studio apartment with roaches to have a great internship.
- You can design your own internship. Whether you want to design a program for older than average students with children or spend your days begging for grant money (like me), there are a million different things to help out with at the women's center.
- Working for a non-profit group looks great on a resume.
- You can feel good about the work you are doing to bring greater equality to the OSU campus.

**men of
quality**

**respect
Women's
Equality**

NATHALIE
WEINSTEIN

P. 11



Leadership Experience Available!

The Oregon State University Women's Center, established in 1973, offers learning experiences that help women transform themselves and society. Its educational programs reflect the diverse views of women from all walks of life. The center provides advocacy, support, programs, resources and opportunities to translate concerns into action.

Students seeking employment at the Women's Center:

- ❖ Must be a currently enrolled student at Oregon State University for at least 6 academic credits (undergraduate or graduate).
- ❖ Preference given to students with work-study funding.
- ❖ Must be in good academic standing for the term prior to selection and during the entire period of employment.
- ❖ Must have a demonstrated knowledge of women's issues and feminism. Must exhibit sensitivity toward traditionally underrepresented groups (such as students of color, LGBTQQIA students, and differently-abled students).
- ❖ Must maintain a cumulative GPA of 2.0 or above (undergraduate) and 3.0 or above (graduate).
- ❖ Must not be on disciplinary probation.

Specific Positions include:

- ❖ Office Coordinator
- ❖ Outreach & Activism Coordinator
- ❖ Publications Coordinator
- ❖ Volunteer Coordinator
- ❖ Marketing Coordinator
- ❖ Program Coordinator
- ❖ Special Projects Coordinator
- ❖ Webmaster



General Job Responsibilities:

- ❖ Greet, inform, and refer visitors as needed.
- ❖ Regularly use and respond to WC email and listservs.
- ❖ Answer and respond to WC phone calls.
- ❖ Receive and sort incoming mail.
- ❖ Check out and shelve library materials.
- ❖ Maintain front desk.
- ❖ Maintain cleanliness and organization of kitchen, back room, and main room.
- ❖ Assist in maintaining postings, events, and resource bulletin board, as well as other reference materials.
- ❖ Assist in the planning and implementation of events that represent relevant local, national, and global women's issues (e.g. domestic violence awareness, sexual responsibility, and queer pride).

For more information on specific positions and how to apply visit us at <http://oregonstate.edu/womenscenter/>.



TWELVE

What Can I Do?

Plenty, Sister!



Liberated

Your breath on my skin;
my fingers tracing across your outline.

Like staccato music notes, my heart beats;
like thunder in the sky;
pounding city streets.

I heard you thinking about it all night
long;
you and I both know it would be a
mistake.

But one breath away; one breath so long.
a breath that travels from deep within me;
onto my lips;
longing to be free.

Your hands on my skin; I want to let you,
but I don't think I can do this again.

A parting of lips;
a hand traveling slow;
both of us know where the other wants
this to go.

The warmth of hands on skin already hot;
so much more than I expected,
but please don't stop.

The sealing of a moment; a pressing in of
flame;
how much longer will this go until I'm
whispering your name...

Giving direction; guiding motion;
only skin touching skin;
only devotion to this moment.

Will this only be once?
Will the fire go out quietly?

Will our lives go on as if this never
happened in the first place?

But don't think about it; just keep moving
over me.

Don't think about tomorrow, just about
this being free.

Fingers over skin; hands over lips;
curves in a shadow; legs around hips.

These moments so quick; I wish I could
slow them down;
keep them as memories, but I can't stop
them now.

This motion inside;
this fire on my skin;
this ache in my body;
I can't hold it in.

So long I've been thinking about it;
we could have stopped at the first kiss.
But curiosity killed us;
I'm lost in this.

My mind is swarming with what I want
from you;
but in the same moment,
I want to do what you want me to.

When morning comes, what will we say?
Let's just worry tomorrow about what
happened today.

For now let's just focus on what's you and
what's me;
I can't imagine this feeling with anyone
else;
this feeling of free.

By Bayley Putman

"We are the heroes of our own story."
~ Mary McCarthy

The Director's Cut

What I Have Learned as an External Reviewer

By Beth Rietveld

Those of us who work in the over 400 Women's Centers across the country are always open to new ideas from our sister Centers. We usually come together once a year for an annual conference to share best practices and challenges. I find these conferences invaluable learning opportunities.

In the past two years I found another way to extend my learning...and to give back some of my own knowledge and experience. I have become an external reviewer for Women's Centers at Iowa State, University of Connecticut and most recently Miami University in Oxford, Ohio.

What I learn from each visit to another campus Women's Center is that many of us are experiencing exactly the same challenges, no matter where we are located. And many of us have thriving programs that may appeal to a wide audience, but draw only a minority of "feminist-identified" women.

Here are just a few of the latest discoveries I have made after my third program review at one of the top Women's Centers in the country:

- 1) There is a university expectation that we (Women's Centers) will draw men into our programs and hold specific programs on topics for men.
- 2) There is an expectation across the country that the Women's Center should be the center of all "sexual assault" prevention and education programs.
- 3) Programs on eating disorders generally happen about once a year under the auspices of "Eating Disorder Awareness Week" or "Love Your Body Day."
- 4) Likewise, "Black History Month," "Women's History Month," "Breast Cancer Awareness Month," and the various "Take..." days (Take Back the Night and Take Your Daughter to Work Day) happen during specific times of the year.

I expect that as long as male privilege exists, Women's Centers will be focused on women and not men. Men will always be welcome at our events and in our spaces and will hopefully bring open minds and a desire to learn and create change as allies. And as long as men are over 95% of the perpetrators of sexual assault, then prevention programs need to be addressed directly to men (in a space that isn't called a "Women's Center.") And if we restrict our programming to the once-a-year days, weeks and months, we will never truly see the change we wish to be.

So here's to programs, services, support and awareness all year round for all students...and not just the "feminist-identified" students. I'd love for everyone to get beyond the "f-word" and start realizing that the more we all know about sexual assault, disordered eating, breast cancer and other life issues the better off we all will be. And the more we celebrate black history, women's history, and the accomplishments of International Women, native peoples, differently-abled individuals, the more we can be inclusive and welcoming every day of the year

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