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The Dickinson College

Women's Resource Center Newsletter

Carlisle, Pa.

Vol. 1, No. 4

Campus Food Consciousness

A panel discussion on Improving Institutional Foods took place on Monday at noon, starting off the three day Mini-Week series, "YOUR HEALTH: A Matter of Life and Death." Professor Priscilla Laws moderated the session, which began with the chance for everyone to have lunch together, sampling nuts, granola, fruits, and various herbal teas as the discussion progressed. Anne Moyer Halpin, author of BETTER FOOD FOR PUBLIC PLACES and editor of FOOD ON CAMPUS: A RECIPE FOR ACTION proved a lively speaker, beginning her speech by pointing out the many medical problems people are likely to encounter from a lifetime of poor eating habits coupled with life in a stressful environment. Ms. Halpin mentioned various colleges throughout the country which have implemented alternatives to the traditional institutional food, quite successfully. These alternatives include "Co-op 2000," an independent dining area at Cornell University which only serves meals totalling 2000 calories, eliminating needless sugars, gravies, soft drinks and other "junk" foods high in calories and low in nutritional content. The benefits of vegetarian meals, she believes, are healthier and more complete diets for students, along with a raised consciousness of what is good for our bodies.

Carolyn Schrack, a Community Resource Specialist at Penn State advocates education at an early age as the only means by which people will desire to eat proper diets. Students themselves, she emphasized, must select a good diet. Ms. Schrack also stressed management problems involved in improving cafeteria food; the cost of food remains great and is increasing. Wayne Modny, Director of Food Services at Dickinson, also stressed the importance of education as a means of increasing awareness of the types of food we desire to eat. Mr. Modny pointed out that two students, Tom Mack and Frank Fondiller, have been working along with Mr. Modny in working out recipe alternatives for the vegetarian diners.

Depression & Stress A Growth Process

On Tuesday, January 31, 1978, Mary Ellen Rich lectured on "Depression/ Stress and You" to a large crowd in Drayer Lounge. Ms. Rich explained how depression and stress can be used as positive forces in our lives. Because we live in a rapidly changing world, an inner resilience is needed to respond to the psychological stress which is naturally produced. When we are emotionally healthy, we can bounce back and become enriched by the experience. This resilience is creativity, and the creative process is disruption and growth. Furthermore, the more we deal with options, the more spontaneous we become in our creativity. Stress can be defined as a shift in an individual's equilibrium. We cope by regaining our balance. Ms. Rich maintained that it is alright to fall down, and to reach out for help. Those individuals who encounter few problems develop little depth. Although we must exist in the present, we cannot deny the past or the future. We can deal with stress by withdrawing from life or by using it as an enriching, growing experience.

Death and Dying: How We Cope

On Monday evening, Reverend James Rimmer conducted a session entitled "Transitions - How to Deal With Loss." He started out by making the audience concentrate on the idea of dying-by suggesting we place ourselves in the position of a seriously ill person. We then examined how we felt and came up with the following reactions: loneliness, helplessness, fear, anger, denial of one's feelings. We tried to visualize how we would like to die by looking at eight different cases and choosing the one we most preferred and the one we least preferred. We discussed what frightens us the most about the process of dying, death itself, and which we feared more. Reverend Rimmer, who often visits hospitals and talks to seriously ill people, says that the most common fears people have are: pain, loss of control, eternal punishment after death, and being totally alone. However, not everyone can communicate verbally their fears. Some talk around it, such as a person who makes a comment about the weather being gloomy and ugly outside, when actually it is a sunny day. Indirectly, he or she is trying to communicate how they feel. Other people use what the Reverend called symbolic nonverbal language to express their fears. He sighted several cases in which children with leukemia drew pictures symbolizing not only how they felt, but also, in some cases, pictures which indicated when they

were going to die and how. In general, the session was very interesting. Though the idea of death and dying is not a pleasant subject, there is a lot to be learned about how we are to deal with it.

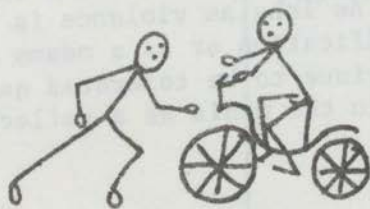
Physical Fitness and Awareness

Women are becoming increasingly aware of the needs and benefits of a regular exercise program. As part of this mini-week series Professors Sandra Stitt and David Watkins lectured on Physical Fitness. Professor Watkins discussed Aerobic exercise, or a physical activity designed to use oxygen, thus elevating the pulse rate. Contrary to popular belief, Aerobic exercise is not only running, it is any exercise (be it tennis, swimming, etc.) which substantially raises the heartbeat.

Theoretical reasons for a physical exercise program were considered. Exercise can provide diversion and relaxation. Some find it a means to express personal competition and dominance. Health reasons were also discussed. It is often said that the mind controls the body. Actually, the condition of the body can have a considerable effect upon the mind. Exercise makes us feel good, and increases our mental alertness.

Professor Stitt discussed fitness problems special to women. Pregnancy and exercise, for example, is often a source of misconception. Actually, a physically fit woman can have both an easier pregnancy and delivery. Furthermore, an exercise program (under a doctor's supervision) can be continued well into pregnancy.

Healthy is a beautiful look. Women today are well proportioned and conditioned; they aren't afraid to be strong. Being physically sound carries over into everything you do. Women are feeling good, looking good, and taking pride in themselves.



Comment...

A feminist group known as Women Against Violence Against Women (WAVAW) was formed a few years ago to protest the violent portrayal of women in the media. A recent target of their efforts has been the recording industry which has increasingly been producing album covers, bill boards and posters which portray women as objects of violence. On these and other mediums used by the recording industry in their advertising campaigns, women have been depicted as bruised, chained, beaten or about to be raped. WAVAW maintains that such advertising is dangerous because it reinforces the attitude that victimization and brutalization of women is acceptable. In support of their position, WAVAW cites psychological studies which show that, as rape and the victimization of women are blatantly exploited in the mass media, rapists and women beaters may cease seeing themselves as abnormal, and may become resistant to any kind of rehabilitation.

Some examples of the offensive album covers that WAVAW is protesting are:

By Montrose (Warner/Reprise) "Jump on It" with an illustration of a woman's crotch,

By New York City (Chelsea Records) "The Best of New York City" showing a woman being chased by a gang of men,

By Ohio Players (Westbound Records) "Ecstasy" showing a chained woman smiling at a man.

The feeling of WAVAW is that the cumulative effect of such pro-violent anti-woman portrayal produces a society that is casual about violence - particularly violence against women who are often portrayed as wanting it or liking it. As long as these attitudes are fostered and encouraged, violence against women will persist. This viewpoint was expressed very effectively by a spokesperson for WAVAW:

"In order to move toward a society that is free from violence we feel that the amount of violence in the media should be greatly reduced. Especially important is eliminating the connection or confusion between violence and sexuality. As long as violence is depicted as a form of sexual gratification or as a means of obtaining it, violence will continue to be tolerated as valid sexual expression portrayed in the media as a reflection of reality."

WAVAW does not advocate censorship, rather it is attempting to pressure the recording industry to regulate itself. And the recording industry will not regulate itself unless enough pressure is put on it by the public. In the end, it must be realized that this is more than a problem of women; it is both a problem and a symptom of the violent society in which we live. Solving the problem rests on the ability of the public to understand that ultimately, violence against women is violence against everyone.

Martha Aleo

The Mini-Week: A Wealth of Knowledge

The Mini-Week on Health sponsored jointly by the Women's Resource Center and the Office of Student Services provided valuable knowledge about everyday health concerns that are not talked about often enough. The effort was greatly needed as evidenced by the large turnout of interested students. The range of the topics make the event worthwhile to all members of the College community.

The concept of the Mini-Week should be continued with more campus organizations planning the sessions and participating in them. A wealth of faculty members and other speakers from the area are available, and eager to participate in discussions on subjects which they are highly knowledgeable: Perhaps with a physical center from which these groups could work, such has been proposed for the women's groups on campus. Such experiences should be continued and expanded in order to increase our awareness of such things as were explored in the Mini-Week 1978, "YOUR HEALTH: A Matter of Life and Death."

Women's Resource Center
Newsletter

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Chaplain Reist on Sexuality

Ed note....The article is taken in part from Chaplain Reist's presentation at the Mini-Week Seminar "Your Sexuality, and Physical and Meantal Health."

Healthy human sexuality cannot be separated from the total sensual life, nor from the life of the emotions and the spirit. By "sensual" I mean all the physical characteristics and events which comprise bodily life - arms, legs, eating, drinking, sleeping, touching, running, kissing, etc. By "emotions" I mean that energy and those feelings which move us to perform or to avoid such sensual acts as I just mentioned. By "spirit" I mean the self-consciousness and social awareness that human beings have, which causes them always to question who they are, why they exist, and how they might become more fully human.

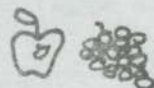
There is no dualism in human beings. We do not HAVE a body which contains a different or more important soulish or spiritual being within it. The soul and the body are intimately connected; a being which has or is a soul without a body is an angel; a being with a body without a soul is an animal. There is nothing wrong with animals or angels; however, we are neither. Rather, we are human beings, individuals who exist as soul/body unites. The ego, therefore, is always involved in bodily expressions - gestures, touches, intercourse. Since no single ego is self-sufficient, the human person seeks sociality for fulfillment. In this search, the question of responsibility arises, for each ego has longings, desires, and hopes that wish for and deserve fulfillment. In this desire for fulfillment, we sometimes abuse others, intentionally or unintentionally. Responsible and healthy sexual behaviour means caring for the other person, whether at meals when we eat, or at love when we kiss.

How can we learn to behave responsibly and healthily in our sexual life? I am convinced that neither Hugh Hefner, Anita Bryant, or Larry Flynt (even post-conversion Flynt) have the answers to the question; in fact, they rarely ask the right questions. There is no formula for healthy sexuality. Human beings are not mindless love machines or performing computers which simply respond to stimuli or which can be programmed. But individual persons become persons only through responsible action with others; this leads to such concepts as "covenant," "contract," "agreement," etc. I am further convinced that men and women are created in the image

of God and that our social and sensual and moral life together - when we will and call and love each other - is a reflection of that often neglected image. Just as God's love called us into being (creation), so does our love for each other affirm the unquestioned and intrinsic worth of us all. Any sexual act or attitude that ignores these questions and principles, I wish to debate and to contest. What these principles and views actually produce in our life together, I wish to question and to discuss.



Food Fiction



At the session "Are You What You Eat?", Priscilla Laws was one of three speakers on the panel. She spoke for approximately 10-15 minutes on "Facts and Fallacies About Natural Foods."

She began by describing the 'four white poisons' : sugar, salt, lard or animal fat (cholesterol), and flour. A life time of eating these poisons can cause such diseases as diabetes, heart disease, hyper-tension, breast cancer, and multiple sclerosis to name a few. But there are also immediate effects one can get. One thing that surprised this writer was the results from a study done on people eating under three different conditions. The first group ate a normal nutritional breakfast and tested the highest in maintaining a daily schedule of mental and physical activities. The second group had no breakfast and tested low. The third group, however, ate only doughnuts and coffee and tested even lower than the second group! Mainly because the sugar in this meal is especially dangerous. Immediately the person has a burst of energy (or hyper-activity), but when it wears off, the sugar causes depression and fatigue.

Professor Laws also sees problems with technology. We process food so much today, that we have lost many of the important vitamins we need. A term she uses - Double technology fix - can easily be seen in the new natural food fad. People want to go back to natural ingredients, so the companies produce cereals, such as Country Morning. These new cereals are just as bad, if not worse than the other cereals, because they are so heavily sweetened with honey, molasses and brown sugar. When rats are tested, those who were fed on the natural cereals actually died faster!

Professor Laws' solution is to go back to whole grains and eat more unprocessed raw food. So, the next time you reach for that coke at 11 o'clock - better think again!

Yoo Sweet?

Sugar is the predominant source of sweetness in the American diet. Research has shown that tooth decay is a result of heavy sugar consumption. A recent 60 Minutes broadcast went so far as to suggest that sugar can be addictive. To test that postulate on yourself, you might want to consider temporarily lowering your intake of sugar. Here are several ways, suggested by the Consumer and Food Economics Institute, to reduce the use of sugar:

- Try not adding sugar to cereals. Avoid frosted or sugar-coated cereals.
- Add raisins, fresh fruit, such as bananas, or peaches, or canned fruits packed in their own juices to cereal rather than sugar.
- Use raisin bread instead of adding a sweetener, such as jelly or jam to plain bread.
- Eat dried fruits as a snack. They are naturally sweet.
- Eat fresh fruits in season.
- Serve cakes without frosting. To add sweeteners, sift a little powdered sugar over the top of the cake.
- Use honey or corn syrup to sweeten beverages.
- Dissolve sugar in water to make a sweetener.

For recipes for baking without sugar write to:
U.S. DEPT. OF AGRICULTURE
Agriculture Research Service
Center West
Beltsville MD 20705

And... February 15...
Remember the E.R.A.
on Susan B. Anthony Day!