

◆ The WELL-WOMAN ◆

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Intimacy

"Inmost, deepest, profound or close in friendship." This is how the Oxford English Dictionary defines intimate. Intimacy is a condition that is reached when people, friends or lovers, reach a depth of comfort and satisfaction in each other's company. Intimacy can be sexual, but it can also be talking, teaching, or listening. Intimacy involves being close to someone else, and getting that close to someone else inevitably makes you more aware of your own feeling and puts you more in touch with yourself as well. It can be a small felling that starts in your toes and then sets your heart racing. When was the last time you felt really intimate with someone? Here are some creative ideas for achieving intimacy. Good luck experimenting with friends, partners, or even yourself...

- ☺ Dancing cheek to cheek
- ☺ Taking pictures of each other
- ☺ Singing

- ☺ Holding hands across a restaurant table
- ☺ Washing someone's hair
- ☺ Enjoying a meal with your fingers
- ☺ Feeding each other
- ☺ Being naked
- ☺ Exercising together
- ☺ Writing letters
- ☺ Reading poetry
- ☺ Massage
- ☺ Painting each other
- ☺ Watching trash TV together
- ☺ Walking in the rain
- ☺ Listening
- ☺ Letting someone teach you something
- ☺ Playing board games
- ☺ Having a candlelit meal
- ☺ Cuddling
- ☺ Looking into someone's eyes
- ☺ Play frisbee in Central Park
- ☺ Listen to music together
- ☺ Rent a black and white film and make popcorn
- ☺ Eye sex
- ☺ Stroking someone's cheek
- ☺ Try on each other's clothes
- ☺ Bake cookies
- ☺ Stay in all day

- ☺ Say "I love you" or "I care"
- ☺☺ Smile at yourself in the mirror, keep a journal. The first step toward intimate relationships is a close and positive one with yourself!

-Diana Adams-Ciardullo '98

Rethinking Sexuality New Rap Group

Have you been questioning your sexuality or rethinking what sexuality means to you?

New feelings and/or experiences can be confusing and alienating.

Come join us.

Well-Woman is starting an informal, drop-in rap group to explore any and all aspects of sexuality important to you.

Tuesdays 12-1 with
Melanie Suchet
in the Peer Education Room
135 Hewitt

The Well-Woman Health
Promotion Staff is:

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Nurse's Notes

◆ Make your gynecological appointments sooner than later for routine annual exams. End of semester times (past spring break) tend to fill up quickly. Beat the rush!

◆ Remember, HIV testing is ongoing in Health Services. If you're not sure if you want to be tested, come in to talk to someone about it.

◆ Seniors! Give yourself a graduation present of non-smoking. Come in and talk to us about help quitting, including the nicotine patch. Keep your eyes open for a Stop Smoking workshop later this semester.

◆ If you are traveling to exotic places over spring break and will need immunizations, find out what you need and order them through Health Services early.

◆ Avert a crisis! There are mental health appointments open at this time. Professionals are available to help you cope with whatever is on your mind, no matter how large or small you perceive it to be.



Vegetarian Health

As more people are adopting a vegetarian lifestyle, questions arise about how to plan a diet that provides an adequate level of nutrition for good health. Different types of vegetarians will need to balance their diets in different ways to maintain a healthy lifestyle. There are essentially three types of vegetarians: 1) vegans, who exclude all animal products from their diets, such as meat, eggs, cheese, and other dairy products; 2) lactovegetarians, who exclude meat (including poultry and fish) and eggs, but include other dairy products in their diet; and 3) lacto-ovovegetarians, who do not eat any type of meat, but do eat eggs and dairy products. Lacto-ovovegetarians are the most common in the United States.

A nutrition expert at the New York Medical College has developed a vegetarian food guide pyramid, similar to the one recommended by the U.S. Department of Agriculture. Using this pyramid as a guide could help keep you on track with your vegetarian diet.

In this pyramid, any type of vegetarian can find foods to include in each recommended group. The only extra recommendation for vegans is the addition of 3-5 teaspoons of vegetable oil, and 1 tablespoon each of molasses and brewer's yeast per day.

The rest of the food

pyramid for all vegetarians is as follows:

☒ 2 to 4 servings from the milk and milk substitute group (such as 1 cup of skim milk or 2 cups of soy milk, 2 cups non-fat cottage cheese, or 1 ounce of non-fat cheese)

☒ 2 to 3 servings from the meat/fish substitutes group (like 1 cup of cooked lentils, beans, or peas, 6 ounces of tofu, 4 tablespoons of peanut butter, or 2 ounces of nuts)

☒ 3 or more servings of vegetables (1 cup raw or 1/2 cup cooked, including at least 2 servings of green leafy vegetables and 1 raw salad)

☒ 2 to 4 servings of fruit (1 piece of fruit or 6 ounces of juice, including 1 source rich in iron [like strawberries or watermelon] and 1 rich in vitamin C [like oranges or grapefruit])

☒ 6 to 11 servings of grains and starchy vegetables (2 slices of bread, 1/2 an english muffin or bagel, 2 ounces of cereal, or 1 cup of cooked brown rice or noodles, all whole grain only)

Remember, this guide is only a guide! What matters in your diet is balance and variety over time, rather than following a prescribed list every day of your life. If you eat a range of foods, and eat the recommended amount of calories for a woman your age, you should have a nutritious diet and will reap the benefits of a vegetarian lifestyle.

Beyond the Body

by Priscilla Gilmore

Learning about one's body is really what P.E. is all about.

Not just how to move or how to move in a specific way (i.e. develop sports skills), but to understand how this "learning to move" relates to our mental awareness of ourselves: our body image.

Some women use exercise (they may have learned this from the media) and restriction of food as a way to change, to control their body image. This use of exercise is actually almost a MISUSE, not the real intention of Physical Education. In fact, authentic or well taught P.E. (it can be a variety of methods, but usually reflected by a teacher's philosophy), does not only focus on exercise as a means to control one's physical shape. Change in physical appearance is merely a by-product of learning what Physical Education is about: The understanding and acceptance of who you are--the physical body integrated with the mental/ intellectual self.

Physical Education can provide this integrated experience by making oneself feel good. Researchers have consistently shown that exercise improves thinking and mood. Physically active people are less depressed than inactive individuals. The strongest evidence for that belief involves "self-efficiency": the confidence in one's ability to master life's challenges. Stringently controlled trials show that exercise boosts confidence and raises self-esteem, particularly feelings about one's body image.

Quiz: Are You an STD Wiz?

With the scare of HIV/AIDS always hunting us, we often forget about the other STDs that are floating around. Are you STD Aware? Take this quiz and find out...

- Which two STDs are most prevalent on Barnard's campus?
 - Herpes
 - Chlamydia
 - Gonorrhea
 - Genital Warts
- What percentage of women infected by chlamydia display no symptoms?
 - up to 75%
 - about 50%
 - less than 25%
 - up to 90%
- _____ Americans contract an STD in their lifetime.
 - 1 out of 10
 - 2 out of 10
 - 1 out of 4
- _____ percent of Barnard women will be diagnosed with either a sexually transmitted infection or pregnancy each year.
- You can contract Genital Warts through:
 - vaginal sex
 - oral sex
 - anal sex
- The human papaloma virus can cause the following conditions:
 - genital warts
 - abnormal pap smears
 - pelvic inflammatory disease
 - A & B only

Your ratings:

4-6 correct - you are an STD wiz!!

3 or below - you know your stuff (kind of), but you may want to read up on some literature that you can find in the Well-Woman office (135 Hewitt)!

ANSWERS: 1.b,d 2.a 3.c 4.10 5.a,b,c 6.d

What Ever Happened to Love?

In the desperate and fervent attempt to educate our society about the practice of safer sex through the use of condoms and dental dams, we have inadvertently abandoned the beauty of love. Recently I read a speech by Dr. Thomas K. Hearn, Jr. (1993) entitled "In the 1960s There Was No Free Love--In the 1990s There Is No Safe Sex," which highlights the need for a revival of the power of Eros.

In a part of his speech, Dr. Hearn talks of Plato's "Symposium" in which Socrates discusses the nature of Eros and the idea that human sexuality is not limited to the act of sexual intercourse. In that work, Socrates explains that to wholly understand human sexuality, the physical act of sex cannot be separated from the human psyche.

Dr. Hearn explains that "from sexual love, eros draws us to ultimate beauty, what is divine, universal, and transcendent. Eros begins in sex, but it yields transcendence." Through sexual love we may achieve transcendence, or "sacred ecstatic experiences that expand our awareness and understanding." In an age where safer sex necessitates the use of condoms and dental dams, the nature of eros is still able to move the spirit.

Although educating our society about high risk behaviors and the use of condoms is crucial, I believe that remembering the beauty of sex, its ability to move the spirit and create an unspoken union, is equally important.

-Sarah Jones '97

Indulge Yourself!

Chocolate Fondue

Combine and stir in a heavy saucepan over low heat until smooth:

1 cup semisweet chocolate pieces

1/2 cup evaporated milk

1/4 cup marshmallows (optional)

Keep warm.

For all chocolate lovers, here is a recipe that you can share with family, friends, and lovers. Make the fondue and dip bread, cheese, crackers, and all kinds of fruit: strawberries, grapes, and apple wedges. You can dip them with toothpicks, forks, or your fingers, but make sure to give the dipped pieces a moment to cool before eating.

If you're with a friend or partner on Valentine's Day, you may want to make this scrumptious fondue and take turns feeding dipped chunks to each other. It's a tasty, chocolaty way to celebrate the day with someone you love. The servings also tend to be small, so fat and calorie conscious folks can indulge without regret.

So have fun, and don't forget to lick the pot once it has cooled!

-Zehava Berger '96

(Recipe from "Joy of Cooking" by I.S. Rombauer and M. Rombauer Becker)

"All anyone ever talks about is sex!"

While dictionary definitions of sex and sexuality are limited, and a definition of sexual orientation didn't even exist in my "college" dictionary, these words are frequent fodder for discussion across our campus. These dialogues range from the "who's sleeping with whom" chatter, to serious confrontation in the area of personal choice and sexual expression, to frustration over the seemingly incessant topic of "sex."

Sexual expression is a broad idea, but most people tend to forget that the choice *not* to be sexually active is also a form of sexual expression. Human beings remain sexual and sensual whether or not they choose to engage in physical sexual activity (by themselves or with others).

College is a place of vast personal and sexual exploration, especially for young women. Many decide to begin sexual activity (in varying degrees); some decide during college to remain "virgins" or to stop being physically sexual after earlier activity. Many of these decisions are either religious or spiritual in nature, and all are deeply personal.

Self-esteem is often a factor in these decisions. In some cases it encourages exploration of physical sexuality, other times it causes a retreat. In either situation, the most important element is that your decision makes you feel good. Advice from friends, parents, or "significant other" can be helpful, but ultimately the decision is yours.

-Alexa Dietrich '96