
◆ The Well-Woman ◆

Volume 4 Number 3

Barnard College

March 1998

◆ From our Director

Keeping Perspective

Spring Break is nearly here. We look forward to going someplace warm and sunny, or to staying in New York and doing things and going places that we don't have time for during the academic year. Too often, however, it becomes a time for us to find more reasons to be dissatisfied with ourselves: We are not thin enough for our spring clothes, not organized enough, not far enough along with our thesis, not working hard enough to find a summer job. I would like to suggest that this Spring Break you use the time to reflect on the positives in your life. Find three things about your body that you really like--the way your eyes sparkle with enthusiasm, your hands can soothe or create, your legs can run. Of course there are things about yourself that you might want to change--that's natural, and fine to work toward if you want. But we live in the present, moment by moment, and it's these moments that make up our lives. To accept the present and to find good in it--and ourselves--creates our view of the future.



The articles in this newsletter focus on Spring Break and offer suggestions for how to get the most out of it, wherever you happen to be. As much as we want everyone to have fun on the break, I would be remiss not to remind folks that excesses of any kind--alcohol, sun, unprotected sex--are not the best ways to enjoy a vacation. In fact, excesses tend to--ultimately--take the fun out of life. The break is a good way to prepare for the last eight weeks of the semester by storing up lots of sleep and relaxation. We at Well-Woman hope you have a restful and rejuvenating time. Enjoy!

Giselle Harrington, Director

◆ Newsflash

Roofies Update

Rohypnol, a sedative commonly known as "roofies," is often abused by those who slip it into the drinks of the unsuspecting. The drug acts as a powerful narcotic that effectively leaves people who have ingested it unable to defend themselves against assault, and unable to remember the assault when they recover.

Hoffman-La Roche, the company that manufactures Rohypnol, has reformulated the drug so that it dissolves more slowly in liquid and releases a bright blue color as it dissolves. This will hopefully prevent abuse, but keep an eye on your drink.

Inside This Issue

- ☞ *Top 10 Stupid Pickup Lines*
 - ☞ *Appreciating the Body You Have*
 - ☞ *Finding Summer Internships*
 - ☞ *Tropical Paradise--in Your Dorm*
 - ☞ *Latex & Love Survey Results*
-

◆ Health

The Importance of Being Hydrated

For those of you planning to escape the city this spring break, it is important to remember to take care of yourself while on vacation. Specifically, too often we forget the importance of staying hydrated.

Whether you are headed to the beach or are getting ready to hit the slopes--or simply catching your breath here on campus--it is important to remember to drink a lot of water! The human body thrives on water. Water composes 85% of the blood, 75% of the muscles, and about 75% of the brain. Water is also necessary to regulate body temperature, carry nutrients, remove toxins and waste material, maintain blood volume, and to provide the medium in which all cellular reactions occur.

Dehydration happens when people either do not drink enough or lose water through activity. Dehydration raises body temperature to a dangerous level because the body's internal cooling mechanism, sweating, cannot keep up with the amount of heat generated. Heat cramps, heat stroke, and heat exhaustion are all caused by dehydration. Cramps tend to hit the abdomen,

legs and arms, while heat stroke is characterized by flushed skin, chills, a headache, profuse sweating, fatigue and weakness. In severe cases there can be elevated pulse, nausea and acute confusion. Of course for any of these symptoms seek medical attention, and go to a shady place and take in fluids.

Not everyone knows which fluids *hydrate*, so here are some good tips:

- ◆Caffeine is actually *dehydrating*. This means that coffee, colas and non-herbal teas are **not** good sources of hydration.
- ◆Alcohol is dehydrating, and when used to excess causes vomiting, which can lead to severe dehydration.
- ◆Sugary drinks--sorry--are also not optimal.
- ◆Sports drinks like Gatorade do hydrate, but are not really necessary unless you're Michael Jordan.
- ◆And the fluid blockbuster is: **water** (and herb-tea or seltzer, which are water too). Drink up!

Ronnie Grinberg

The
Well-Woman
Staff:

Director
Giselle Harrington

Graduate
Assistants
Sonja von Coll
&
Amanda Newman

Nurse's Notes

○There will be a week for senior Gyn appointments in April. If you will be graduating and need to update your Pap Smear you can schedule an appointment with Health Services.

○If you plan to join the Peace Corps you will need an HIV test. Since it takes approximately 3 weeks to obtain the results please make you HIV test appointments soon.

○Don't forget to refill your prescriptions before Spring Break.

**Questions?
Comments?**

Feel free to drop off your anonymous questions in our envelopes outside the Well-Woman Office at 135 Hewitt or outside Health Services.

Look for the answers in the Barnard Bulletin on Wednesdays in the Q& A column.

◆ Self

Bodies on Break

Spring break is around the corner, and the tell-tale signs are everywhere. Women throughout campus are feeling the strain of the race for bodily perfection, putting a damper on the long-awaited vacation. The message is that our bodies are *out of control*. Hence, while gym memberships, diet mania and beauty regimens empty our wallets and promise us the world, the stress of it all is killing our spring spirit.

One example is the pre-spring break workout. Although getting in shape can be a very positive thing, for some people it is just one more chore on their long list of obligations. To make matters worse, one may be greeted by the staff at the Columbia gym with a cheery "We guarantee results--we'll have you in shape before spring break!" While the intention is to be encouraging, the implication is that first, you need "results," (whatever that means), and second, that two weeks--or a month--is a realistic time frame in which to reshape your body. Most women admit that they don't think they can change their bodies in a month's time--and wonder why they continue to try. "It's just something I feel like I have to do," one student said.

The bottom line is,

nobody is completely satisfied with his or her body one hundred percent of the time. We have good days and bad days, skinny days and overweight days, pretty days and ugly days. And you never know what to expect when you stumble to the mirror in the morning. But if the tone of your day is riding on the image in the mirror, chances are, you'll end up missing out on a lot.

Of course, most of us really just want to enjoy ourselves, and not let a zit ruin our good time. And you *can* have a good break even if you don't look exactly the way you dreamed you would. No one loves every aspect of his or her own body. Accentuate the parts you like, and forget about the parts you don't. If you spend your entire vacation comparing your ankles to her ankles, or her waist to your waist, you might miss the pleasure of being away from it all. Enjoy the warm sand beneath your feet, or the snowy mountains around you, or the bustle of city life. Take long naps, take yourself out to dinner and a movie, write letters to old friends, or read a book. Treat yourself--and your body--like the friend it is, and you can get on with the really important business of enjoying your vacation.

Ali Marron and
Brittany Retherford

Top 10 Stupid Pick-Up Lines

Apparently, there are those Don-Juans (or Juanitas) who will still try anything to get you in the sack. Be advised: tired lines only work on the soused or insecure, and we know *you'll* keep your head when you hear these winners. And now, the top 10 stupid pick up lines for Spring Break '98:

10. I forgot my number--can I have yours?
9. Can you give me a quarter? My mom told me to call her when I fell in love.
8. Hi, my name is Milk--I'll do your body good.
7. Can I see your tan lines?
6. The more I drink the prettier you get.
5. I like your pants--they'd look great on my floor.
4. Someone call heaven because there's an angel on the loose!
3. Can I buy you a drink, or do you just want the money?
2. Oh, you're a feminist--well we've got so much in common because I LOVE women too.
1. Do you believe in love at first sight or should I walk by again?



Beating Spring Break Boredom

So it's spring break and a freak hurricane postponed your cruise, leaving you stranded in your dorm. Here are some tips on beating break boredom and discovering a New York paradise: ● Catch some rays on the Quad Lawn, then take a dip in the clear blue Barnard pool ● Take a cruise to Staten Island on the ferry ● Hop on the subway for a picnic amid the tulips and a stroll through the Chinese Gardens, all at the Bronx Botanical Gardens ● Turn up the heat, lounge in your bathing suit, **Strawberry Orange Frosty** in hand:

Strawberry Orange Frosty

- 2 scoops crushed ice
- 10 fresh or frozen strawberries
- 4 oz. orange juice
- 1 oz. simple syrup*

Preparation: combine all ingredients in blender. Serve in a tumbler garnished with orange twist and a strawberry.

**To make simple syrup, combine 2 cups water and 1 cup sugar in a saucepan and bring to a boil, stirring until sugar dissolves--boil gently for 5 minutes. Makes 2 cups, keeps in fridge 6 mos.*

Robin Brox & Melissa Marrus

Finding Summer Internships

Tired of that job at the local mall? If you are interested in broadening your experience (and not afraid to make less--or no--money) then a summer internship may be the thing for you. If you are interested in the field of Women's Health, which is one of the fastest-growing fields both nationally and internationally, there are many opportunities available. In addition, a large number of various women's organizations offer internships. Both the Office of Career Development (11 Milbank, X42033) and The Center for Research on Women (101 Barnard Hall, X42067) have lists of internship positions. If you don't know how to go about finding an internship, or need help with other things such as preparing a resume or writing a cover letter, you can contact Barbara Lee, the internship coordinator at the Office of Career Development. Here is a sampling of some of the Women's Health organizations that offer internships:

- Global Alliance for Women's Health
- Immigrant Women's Health Project
- Iris House (center for women with HIV/AIDS)
- National Abortion Rights Action League (NARAL)
- National Alliance of Breast Cancer Organizations
- Planned Parenthood

In addition, the following women's organizations also offer internships:

- Asian Women in Business
- Feminist Majority (Washington, D.C.)
- Financial Women's Association (FWA)
- Lesbian Herstory Educational Foundation
- National Organization for Women (NOW)
- The Feminist Press at CUNY
- United Nations Development Fund for Women
- Women Make Movies

Jennifer Applebaum & Sabrina Wu

The Results Are In!

On February 11 & 12, four hundred Barnard students filled out our "Latex & Love" women's health questionnaires, and received goody bags filled with Valentine's treats. **Stress management** and **body image** emerged as the two topics which students are most interested in learning more about. **Pregnancy prevention** was the least popular topic among those surveyed. **Health fairs** and **movie nights with discussion** were the top two choices in educational programming.

In the open-ended question, regarding topics of concern on which Well-Woman doesn't currently offer formal programming, we learned that there are many topics that Barnard women wish to learn about in greater detail. Among the more oft-requested topics were: information on **breast cancer prevention**, **mental health**, **abuse**, **health concerns of minorities**, and **healthy eating**. The next issue of our newsletter will be devoted to dealing in depth with many of these topics.