

❖ The WELL-WOMAN ❖

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Welcome to The Well-Woman!

Welcome to a new year of **The Well - Woman** newsletter! This is the second year of publication for us, and we are enthusiastic about keeping you up-to-date about issues affecting women's health and wellness, as well as informing you about our activities happening on the Barnard campus. This year we have nineteen Barnard sophomores, juniors and seniors who are volunteering their time as Well-Woman peer educators. Most of what you will read in this newsletter during the year is written by them. You will also see them as they are presenting programs in the residence halls and other places around campus throughout the year. (Check out their list of topics on page 3.)

We hope you will find something in this and every issue that answers a question, piques your curiosity, or even surprises you. We appreciate suggestions for topics for upcoming newsletters so that we can address the issues that concern you, the Barnard community. We have a suggestion folder outside our door at 135 Hewitt, or you can reach us by phone at 854-3063.

Good luck with your upcoming papers and midterms, and get outside once in a while to enjoy fall in New York.



The Well-Woman Health Promotion Staff is:

- Giselle Harrington, Director
- Melanie Suchet, Ph.D.
- Nicole Champagne, M.Ed., GA
- Jayne Brownell, M.A., GA

"Spa Sunday" is Coming

Does the thought of October bring the thought of midterm stress? Then you'll be happy to hear that Well-Woman is planning a way for you to take some time to indulge yourself and wind down from mid-terms. On Sunday, October 29 from 2pm to 6pm, you can enjoy an afternoon of massage, meditation, aromatherapy, yoga, and good food, among many other self-indulgent, stress-free activities.

Look for a schedule of events in your mailbox in mid-October, but mark your calendars now for some time for yourself at Spa Sunday.

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Drinking Sensibly at BC

The college experience brings with it many personal pressures, and one of the most prevalent is drinking. Students, especially women, feel more confident in social settings if they have a beer in their hands. When we feel insecure and uncomfortable we tend to conform to drinking, disregarding the harm we are placing upon our bodies and our self-image. Alcohol in social settings is extremely accessible and accepted in college, especially in New York City. However, alcohol can quickly be abused, usually without the person noticing. When we get drunk we lose a huge part of our self, especially our judgment.

Sometimes, after a long week of studying and sitting through long tedious lectures, we have the urge to relax. Too many find this relaxation in getting "wasted." Instead of sitting back and enjoying one beer, in moderation, students tend to binge on alcohol which can result in alcohol poisoning. Just as serious are the situations one may find oneself in when under the influence of this mind-altering drug. Ninety percent of all reported sexual assault cases on campus included one or both students under the influence of alcohol (CORE Survey, 1991).

This enormous problem in our community is one which can be easily solved. Drinking in moderation is definitely not as harmful and it is much more enjoyable. Not only do you wake up with a clear head, but you can actually remember every detail of the night before. The difference between getting a little "tipsy" instead of "trashed" can enable you to keep yourself intact and to make decisions which will ultimately make a huge difference in your actions. To succeed in moderating the effects of alcohol, in addition to limiting your consumption, it is essential that you eat something during the day and drink a lot of water. These actions will provide nutrients for your system which alcohol will deplete,

and will counter the dehydrating effects of alcohol.

Before the next time you take a drink, you should begin to ask yourself why you find the need to get "wasted." More importantly, you must begin to be aware of the detrimental effects of alcohol, including the loss of vitamins which your body probably already lacks, and the altered judgment which can lead to potentially dangerous situations, such as rape, sexual assault, and unsafe sex leading to pregnancy and STDs. Not drinking may feel difficult when it seems that everyone else is doing it. But the more comfortable you become with your friends and yourself, the easier you will find being out socially without needing or wanting alcohol.

-Jess Levey '97

NYC Activities - Substance Free

Here in New York City there are many exciting things going on all the time. Especially on weekends, we often find ourselves trying to decide which activity will be the most enjoyable one. Sometimes it seems like the easiest option is to join our friends and classmates at a bar, club or party. But these situations often involve alcohol or other drugs, and maybe you're looking for some alternatives. These are lots of inexpensive, substance-free, and thoroughly enjoyable ways to spend an afternoon or evening here in the city:

- ◆ Movies (\$6.50 - \$7.50) or the \$2 Movie Theater (50th b/t 8th & 9th Aves.)
- ◆ Museums -most are open late on Thursdays and Fridays and sponsor free concerts and talks; the MOMA has live jazz;
- ◆ Student rate tickets at the opera, concert halls, or Broadway shows (usually \$10 - \$20);
- ◆ Art Galleries in Soho;
- ◆ Dance performances by small companies (sometimes in art galleries

and usually \$5 - \$8);

- ◆ Ice-skating in Central Park or Rockefeller Center;
- ◆ Go to the top of the Empire State Building or the World Trade Center;
- ◆ Visit the Winter Garden in the World Financial Center
- ◆ Postcrypt Coffeehouse - right here on campus! In the basement of St. Paul's Chapel every Fri./Sat. night;
- ◆ Student produced plays/ readings/ concerts;
- ◆ Billiards;
- ◆ Volunteer usher (and see a show for free!)
- ◆ Visit Little Italy or Chinatown;
- ◆ The Miller Theater (at Columbia-- 116th and Broadway);
- ◆ Minor Latham Playhouse (at Barnard-- 1st Floor Milbank);
- ◆ Jones Beach (take the train);
- ◆ Hiking and biking through Brooklyn and boroughs or in upstate NY;
- ◆ Free tickets to day or night talk shows (like David Letterman or Geraldo);
- ◆ Live jazz (at the Blue Note or Augie's-- order a soda!);
- ◆ Relax/ take a tour in the Cathedral of St. John the Divine (112th & Amsterdam) or St. Patrick's (5th Ave. at 50th);
- ◆ Window shop on 5th Avenue;
- ◆ Rollerblade in Central Park or Riverside Park (you can rent skates at Manhattan Sports-- bring a buddy);
- ◆ Rent a movie and bake cookies;
- ◆ Host a dinner party in your suite or lounge;
- ◆ Take the Staten Island Ferry (\$.50 round trip-- 1/9 to the last stop);
- ◆ Visit the South Street Seaport;
- ◆ Hang out at bookstores/ cafes (A Different Light-- 19th & 7th Ave, open 'til 12; Barnes & Noble 'til 11 or 12);
- ◆ The Apollo Theater (West Harlem);
- ◆ Comedy Clubs (some have a 2 drink minimum, but you can order soda);
- ◆ The Cloisters museum (last stop on the M4 bus);

Have fun!

-Stacy Hill '96

Well-Woman Presents...

Nurses' Notes

THE WELL-WOMAN CAFE



HOPE FOR HOT SEX

Fun workshop that explores ways to keep your sex life sizzling while still being safe. Hot and spicy.

SCOPE'S NIGHT OUT

The SCOPE peer educators leave the Well-Woman clinic for the night to deliver a personalized presentation to your floor about contraception, STDs, etc.

DRAW THE LINE

Abusive relationships can take many forms. Where do you draw the line between what is normal behavior and abuse?

BE WHISE! TUNE INTO "THE REAL WORLD: BARNARD"

Eating, control, body image, pressure... It's easy to get caught up in the perfection trap. What can we do about it?

GETTING OFF WITH YOUR CLOTHES ON

Interactive workshop that explores sexual communication and establishing personal limits. Hot and spicy.

DINNER, MOVIE, RAPE

1 in 7 college women (or more) is raped each year. This interactive workshop aims to educate about acquaintance rape on campus.



FROM THE BLUES TO THE MEAN REDS

Feeling depressed is the most common mental health issue on campus. Learn about the symptoms and ways to make life more positive.

NICE GIRLS AND SMART WOMEN ARE NOT IMMUNE

You've been taught that HIV and AIDS can happen to anyone. But do you believe it?



The Well-Woman Cafe offers free delivery to your floor by our trained peer educators. You can order a program directly, or contact your RA to arrange a group appointment.

In house-seating is also available on Tuesday nights from 5pm to 7:30pm at the Well-Woman clinic in Barnard Health Services.

The Well-Woman peer educators are HOPE, SCOPE, WHISE, and STAAR. Call 854-3063 today for reservations and information.

Welcome Back Well-Woman!
Tuesday nights are "Well-Woman" nights at the Health Services thanks to the lively input of the peer educators. We enjoy working with you, "Peer Eds"!

◆ Flu shots will become available to the general student population around October 15 for the price of \$5.00;

◆ HIV testing, and pre- and post-test counseling will be offered to Barnard students beginning late this fall;

◆ Hepatitis B vaccine is available to students for \$75.00 for the series of three injections over a six month period;

◆ Don't forget the Health Services offers post-coital contraception - otherwise known as the "Morning-After Pill." It is most effective when taken on the first day after unprotected intercourse has occurred. Come prepared knowing the date of your last menstrual period!

◆ Fall season (like winter and spring) is "cold" or upper respiratory infection season. If you "catch one" rest, rest, rest, and drink a lot of fluids. If you feel achy or sore, try Advil or Tylenol. For your sore throat, try tea, Advil/ Tylenol, and throat lozenges.

Meet Health Services

Health Services welcomes several new staff members this year. We are delighted to have all of them with us, and know they will contribute greatly to helping you get the best health care possible.

Phyllis McKinney, CNP. Phyllis is a nurse practitioner with many years' experience working with students both at Columbia Health Service and the Fashion Institute of Technology. You can see her both for medical and gynecological appointments. Away from Barnard, her own daughter is a first-year student at New York University.

Susan Liu, M.D. Susan is an internist (and Barnard alum), with fellowship training both in gastroenterology and hematology-oncology. She is here on Tuesdays, Thursdays, and Fridays primarily for medical appointments, though she will do some gynecology as well. Susan is also the mother of a 3 year old boy and a 4 year old girl, perhaps a second Barnard generation?

Jackie Bitterman, M.D. Jackie is an attending physician in the Adolescent Medicine Training Program at Mt. Sinai Hospital. She will be with us during the fall semester; an adolescent medicine fellow from Mt. Sinai will join us in the spring.

Carrie Vigilante, M.D. Carrie is a new psychiatrist with our Mental Health Service. She is a native New Yorker who did her medical school and psychiatric training at Tulane University in New Orleans, and is delighted to be back in NY. Carrie is the mother of a 2 year old, and she is also involved in analytic training at the Columbia-Presbyterian Psychoanalytic Institute.

Sylvia Wright, CSW. Sylvia also grew up in NYC, and is a graduate of the Hunter School of Social Work. In addition to her work at Barnard, she is also a Program Coordinator with the Visiting Nurse Service, where she has the overall responsibility for their short-term case management program.

We also have several advance trainees this year, both in the medical and counseling services:

Sharon Wheeler: Social Work intern, New York University;

Frances Tubens, M.D.: Adolescent Medicine Fellow, Montefiore Medical Center;

Wendy Neal, M.D.: Adolescent Medicine Fellow, Montefiore Medical Center;

P. Lalitha, M.D.: Internal Medicine Resident, St. Luke's Hospital;

Larissa Chaplia, M.D.: Internal Medicine Resident, St. Luke's Hospital.

Depression at Barnard: A Student's Perspective

Barnard is not immune to the widespread problem of depression. It is a serious illness that is overwhelming and devastating. I wanted to find out how depression can affect Barnard students, so I asked junior Jennifer Hondru to share her experience with me.

Jennifer's depression started before she came to Barnard. But she didn't know what it was until she got some help here. Jennifer explains what she did know: "I was really desperate and distraught and I needed to see someone." She describes depression as something that makes it hard to get through the basic tasks of the day like getting out of bed, showering, and getting to class: "Those tasks took all of my energy and anything beyond that was just about impossible, and took all the mental and physical energy I had."

She makes a distinction between clinical depression and plain old feeling sad. For her, the difference is "when you're sad you can talk yourself out of it in a couple of days, but with depression there is a chemical imbalance that keeps you depressed and it is no longer within your control to feel okay." It is normal to feel sad at times, but when it starts to get in the way of everyday functioning, it needs attention.

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