

From the Director's Desk

Challenging behavior that works against our community

"UD girls love COC. They do it for the kids." Seen these phrases anywhere around campus? How about on the chests and backs of UD students at the end of last semester? Actually, reading the words without seeing the graphics that accompanied them – a buxom young woman in a scanty "Santa suit" and a candy cane and stars arranged into a phallic symbol – you could be forgiven for missing the thinly-veiled sexual references. But put the words and graphics together and the result is a message that's an insult to all students who work hard to organize Christmas on Campus each year, not to mention all the men and women who find the overt sexualization of "UD girls" offensive. Keep in mind, too, that these t-shirts were produced, sold and worn within weeks of an exchange of *Flyer News* editorials about students wearing and selling clothing and calendars featuring photos and messages that many felt denigrated and inappropriately sexualized women. Clearly these T-shirts struck a nerve as a group of students took formal action against the student responsible for the shirts.

Typical college issues, you say. Why should UD be any different, you ask? How about because *The Catholic and Marianist Philosophy for Community Living at UD*, commonly called 3-7-12, envisions a unique community. UD students are quick to cite our

sense of community as one of the major factors in their decision to come here. It's this same community that's described in 3-7-12 as one where "all members of the community treat each other with respect" and "daily habits acknowledge the value and dignity of every member of the community." So if that's the kind of community we aspire to be, doesn't it necessitate us having the courage and commitment to challenge each other when we do or say things that work against building that community? We should if we believe that "building community requires more than friendliness" and "friendliness and hospitality are genuine expressions of a process that necessarily includes conflict, division, and all manner of human suffering and failing."

Friendliness and hospitality abound at UD, but we tend to avoid the conflict and division that can, when tempered with respect and compassion, bring us all to new levels of understanding and appreciation. The t-shirt incident is just one example of UD students speaking up and challenging behavior they believe works against our vision of community. Such challenges should happen more often. Then, and only then, will the community described in 3-7-12 be not just a vision, but UD's reality.

• Lisa Rismiller
Women's Center Director

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Women's Center



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Celebrating Women's History

March is Women's History Month and the Women's Center, along with many other offices, departments, and clubs have planned a month long of activities and events for the University of Dayton.

But UD wouldn't be able to celebrate this month if it weren't for those who originated the idea in the first place.

In the sixties, the women's movement made women question their invisibility in the history textbooks. This movement also raised the opportunities of women and produced many women historians.

"When I started working on women's history about thirty years ago, the field did not exist. People didn't think that

women had a history worth knowing," says women's historian Gerda Lerner.

Before the 1970s, women's history was an unknown topic in the school curriculum. According to the National Women's History Project (NWHP), in 1978 California initiated a "Women's History Week" celebration in the schools. This was an enormous success and soon after schools all over the nation began planning their own programs for Women's History Week.

In 1987, the NWHP petitioned Congress to expand the national celebration to the entire month of March. Since then, March has been the official month of the celebration.

The popularity of these celebrations has created an interest in uncovering women's forgotten heritage.

According to the NWHP website, with the help and leadership of the NWHP, "educators, workplace program planners, parents, and community organizations in thousands of American communities have turned National Women's History Month into a major focal celebration, and a springboard for celebrating women's history all year round."

• Danielle Meinhardt
Women's Center
Communications

International Women's Day: Acknowledging the contributions of women

For decades, women all over the world have been fighting for equal rights both politically and socially. On March 8 each year, women come together to celebrate International Women's Day to review how far they have come in their struggles.

International Women's Day is a significant accomplishment for women. According to the United Nations General Assembly, it is a day "to recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women." The day also is to "acknowledge the contribution of women to the strengthening of international

peace and security."

In 1909, the first National Women's Day was observed on February 28 to honor the 1908 garment workers' strike in New York, where women protested against the working conditions and unfair pay.

In 1911, International Women's Day was marked for the first time in Austria, Denmark, Germany and Switzerland, where more than one million men and women attended rallies. They demanded women's right to vote, hold public office, and to end discrimination on the job.

Since those days, International Women's Day has assumed a new worldwide dimension for women in many different countries. According to the UN, "the growing international women's movement has helped make the commemoration

a rallying point to build support for women's rights and participation in the political and economic arenas."

The UN also says that in recent decades, women's access to education and health care has increased, their participation in the labor force has increased, and legislation that promises equal opportunities for women and respect for their rights has been adopted by many countries.

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Women's Center

LOCATION:
Alumni Hall, 2nd Floor

HOURS:
9 a.m. – 10 p.m.
Monday – Wednesday
9 a.m. – 5 p.m.
Thursday – Friday

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udayton.edu



What's Going On?

Women's History Month Events

Something for everyone ...

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See Calendar for Dates...

STUDENTS: Flyer TV Film Series

The series' theme is women who have overcome obstacles and persevered to become defining figures for women everywhere. Films range from documentaries to Oscar-winning dramas.

PUB Night: Women's History Month Kick-off and Fundraiser

8pm in KU Pub: Joe Anderl and Julie Roth will be playing. Tickets are \$4 each.

Dodgeball Tournament

9pm-11:15pm, Recplex: This event is a fundraiser for the Advocating Women's

Equality (AWE) student organization.

Jane Caputi presentation: "From Goddess to Garbage."

7:30pm, Science Center Auditorium: Dr. Jane Caputi will present a lecture entitled "From Goddess to Garbage," focusing on the historical religious meanings of symbols, most centrally, that of the naked female body, that have been appropriated and distorted in contemporary pornography and popular culture.

Take Back the Night

7pm, Artstreet and Humanities: There will be speakers, open mic, and music.

Women Build of Dayton

7:15pm, KL 405: Kathy C. Wallace, Women Build Construction Program Manager for Dayton Ohio Habitat for Humanity will discuss the Women Build Project with

students in the Minority Engineering Program, SWE, Phi Rhos, the New Engineering Program, and others interested in hearing more about this program.

UD Monologues

Black Box Theatre: The UD Monologues displays the talents of 15 UD students, performing an array of original monologues with comic and dramatic themes.

Boys... Ahem, Girls and Their Toys

1-3pm, Parking Lot RP7 (Next to Rudy's Flyby): Afternoon demonstrations will be held to teach students about car maintenance. Topics covered will include oil changes, tire changes, car fluids, and other minor, but necessary, auto maintenance. Snacks and prizes will also be included. (Rain Date is Wednesday, March 28.)

Women and Theology

6-8:45pm, Artstreet Studio B: A panel will talk about their faith journey or what aspect of faith empowers them as a women. The discussion will then be open to the audience.

UD Women's Ultimate Frisbee Club Tournament

9am-3pm, NCR fields and Carillon Park: This is UD's first women's tournament for Ultimate Frisbee on campus. This is a fun and exciting sport, so come watch the fun.

M-Fest

All Day event in Artstreet Plaza: M-Fest is an all day experience celebrating mental health through expressions of music, art and testimonials. It will feature a line-up of bands, raffles and art on-site.

womenscenter.udayton.edu

UD hosts International Women's Day events

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In honor of International Women's Day, UD is hosting three events. The first event is an International Student Panel and Food Fair. It will be held on Wednesday, March 7 beginning at 6pm in the World Exchange lounge, room 16. This event will discuss women's issues around the globe followed by a food fair lasting until 9p.m.

Also on Wednesday, there will be a breakfast roundtable on Africa. It will be held in Alumni Hall, room 16, World Exchange lounge from 8:30am until 10am. The Women's

Empowerment Research Task Force: Lubwe will hold a Roundtable Discussion: What is the role of women as citizen leaders in the global context? How can women cross-culturally work together to empower one another? How has our studies/experiences in Africa shaped our thoughts to such questions?

On Thursday, March 8, there will be a faculty exchange series and lunch. Come hear the stories of a panel of international women faculty who will share their experiences of coming to the US. Gain an appreciation for the important per-

spectives they bring to the UD community by hearing about trials and triumphs of being an academic in another culture.

The UN says, "International Women's day is a time to reflect on the progress made, to call for change, and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities."

- Melissa Pickerel Sophomore
- Danielle Meinhardt Womens Center

Meinhardt successful on and off the field

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She describes herself as having good hand-eye coordination, an athletic body build, and good timing, which make her successful as an athlete, especially on the football field. Meinhardt also loves that the sport is fun to play and that people around her think it's exciting that she is on a women's team.

My dad is the most excited for her I think," says Meinhardt's sister Danielle. "Everywhere we go he tells people, even some strangers, that he has a daughter who plays football. He has even made business cards with her picture and name on it to

hand out."

Meinhardt never complains about the stereotype of women playing football, as most would think may be an issue. She says the only challenge about women's professional football is getting the word out about the team because not many people know that the sport exists.

"We get a decent amount of fans at the game- maybe around 300, but we definitely need more," she says.

Besides playing for the Cincinnati Sizzle, Meinhardt works as a personal trainer at a private training studio in Cincinnati. She was recently promoted to the assistant manager

position and hopes to become a studio manager when more locations are opened.

In the future, Meinhardt wants to own a sports performance training facility in southern California. Since she has trained athletes in the past, she enjoys being around them and "constructing and implementing" workouts that will help them to get better.

"If women's professional football ever would pay its players, I would definitely be interested in playing football for a career!" she says.

- Katie Brennan Junior Journalism

March

For more information on WHM events, please visit our website: womenscenter.udayton.edu.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				PUB Night: WHM Kick-off and fundraiser	Women's Retreat (3/2-3/4)	
				1	2	3
Busy Person's Retreat (3/4-3/8)	The Thin Line Dodgeball Tournament	Food for the Soul: Contemporary Marianist Women Asra Nomani	International Women's Day Roundtable: Africa International Student Panel and Food Fair	UN International Women's Day: Faculty Exchange Series Panel		Spring Break (3/10-3/18)
4	5	6	7	8	9	10
		Food for the Soul: Contemporary Marianist Women	"Betty Tells Her Story"	YWCA Women of Influence Luncheon		
11	12	13	14	15	16	17
	Jane Caputi "From Goddess to Garbage"	Food for the Soul: Contemporary Marianist Women	Take Back the Night Women Build of Dayton	Miryam Award Presentation Guerilla Girls @ Miami U.	UD Monologues (3/23-3/25)	Annie T. Thornton Women's Leadership Conference
18	19	20	21	22	23	24
	Boys...Ahem,Girls and Their Toys: A guide to car maintenance Women and Theology prayer and discussion group	Food for the Soul: Contemporary Marianist Women			Miami U, Women and Leadership Celebration Event Women's Advocacy Dinner	UD Women's Ultimate Frisbee Club Tournament M-FEST
25	26	27	28	29	30	31

WLC educates and empowers women

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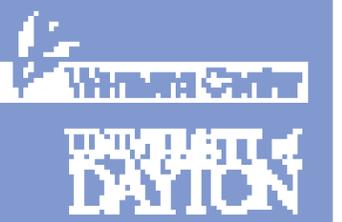
This year's conference will also incorporate a Student Leadership Institute where essentially one session during each time slot will be designated as part of the Institute. These sessions are open to everyone and will address topics of particular

interest to undergraduate students.

"The ATWLC is supposed to educate and empower women. It is my hope that the same is happening while we plan the conference. The committee has a great time together. We dialogue and

debate. We laugh. We brainstorm. We learn. We overcome barriers. And when it is all over we celebrate our success!" says Mahoney.

- Jessica Smith Graduate Student



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Women's Center Newsletter

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Subscribing

To subscribe to our free newsletter, e-mail us at meinhadc@notes.udayton.edu and include your mailing address. Please contact Danielle Meinhardt if you have any ideas for an upcoming issue at meinhadc@notes.udayton.edu

Voices Raised

Voices of Women in History

Address of Susan B. Anthony before her trial (June 1873)

"The preamble of the federal constitution says: "We, the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare and secure the blessings of liberty to ourselves and our posterity do ordain and established this constitution for the United States of America."

It was we, the people, not we, the white male citizens, nor yet we, the male citizens; but we, the whole people, who formed this Union. And we formed it, not to give the blessings or liberty, but to secure them; not to the half of ourselves and the half of our posterity, but to the whole people—women as well as men. And it is downright mockery to talk to women of their enjoyment of the blessings of liberty while they are denied the use of the only means of securing them provided by this democratic-republican government—the ballot."



(1820-1906)

"The Morality of Birth Control" Margaret Sanger (Nov. 18, 1921)

"We know that every advance that woman has made in the last half century has been made with opposition, all of which has been based upon the grounds of immorality. When women fought for higher education, it was said that this would cause her to become immoral and she would lose her place in the sanctity of the home. When women asked for the franchise it was said that this would lower her standard of morals, that it was not fit that she should meet with and mix with the members of the opposite sex, but we notice that there was no objection to her meeting with the same members of the opposite sex when she went to church.

The church has ever opposed the progress of woman on the ground that her freedom would lead to immorality. We ask the church to have more confidence in women. We ask the opponents of this movement to reverse the methods of the church, which aims to keep women moral by keeping them in fear and in ignorance, and to inculcate into them a higher and truer morality based upon knowledge. And ours is the morality of knowledge. If we cannot trust woman with the knowledge of her own body, then I claim that two thousand years of Christian teaching has proved to be a failure."



(1879-1966)

Address of Elizabeth Cady Stanton at the Hearing of the Woman Suffrage Association (1892)

"The strongest reason for giving women all the opportunities for higher education, for the full development of her faculties, forces of mind and body; for giving her the most enlarged freedom of thought and action; a complete emancipation from all forms of bondage, of custom, dependence, superstition; from all the crippling influences of fear, is the solitude and personal responsibility of her own individual life. The strongest reason why we ask for woman a voice in the government under which she lives; in the religion she is asked to believe; equality in social life, where she is the chief factor; a place in the trades and professions, where she may earn her bread, is because of her birthright to self-sovereignty; because, as an individual, she must rely on herself. No matter how much women prefer to lean, to be protected and supported, nor how much men desire to have them do so, they must make the voyage of life alone, and for safety in an emergency they must know something of the laws of navigation. To guide our own craft, we must be captain, pilot, engineer; with chart and compass to stand at the wheel; to watch the wind and waves and know when to take in the sail, and to read the signs in the firmament over all. In matters not whether the solitary voyager is man or woman. Nature having endowed them equally, leaves them to their own skill and judgment in the hour of danger, and, if not equal to the occasion, alike they perish."

• Danielle Meinhardt
Women's Center
Communications



(1815-1902)

FACULTY/STAFF: Food for the Soul

12pm noon; KU 222: Theme for this month's program: *Contemporary Marianist Women*. Every Tuesday, lunch is provided but reservations are necessary. Contact x92409 to reserve your spot.

"Betty Tells Her Story"

2pm, Roesch Library RM 701: Our culture's emphasis on female beauty underscores the poignant saga of Betty's search for the perfect dress—and why she never got to wear it. This story illustrates the dimensions of a simple incident as a young woman tells two versions of the same story.

Women and Leadership Celebration Event

11am-1pm, Miami University Shriver Center, Multipurpose Room, Oxford Campus: The event celebrates the leadership initiatives of the women at Miami University and furthers individuals' and community development around the topic of leadership. The highlight of this event is the presentation of the Women's Leadership Awards which recognize and honor women who go beyond the expected. The luncheon also features a keynote lecture each year. University of Dayton graduate student Stacy Ingraham will present a workshop on Mentoring.

ALL:

Annie T. Thornton Women's Leadership Conference

9am-5pm, KU: This year's keynote speaker is author, Emmy Award winner, and former news anchor Donna Jordan. The theme will be

"Changes, Challenges, Choices: The Art of Women's Leadership."

UD Women's Fashion Through the Decades

All day in KU Lobby: Much has changed since women were first admitted to the University of Dayton in the 1920s, particularly in the way of fashion. To detail these changes, the "UD Witness" will each be wearing a sandwich board that displays the popular fashions and hairstyles of each decade since women were first allowed to attend the institution. The ladies will be on display in the lobby of Kenny Union.

Busy Person's Retreat

UD Campus: This retreat is for students, staff, and faculty and will be held on campus and designed to fit your busy schedule. Contact Sr. Mary Louise Foley at X92093.

Art Show and Auction

LTC Gallery during Library hours: The show will feature all the work that will be in the auction at the Women's Advocacy Dinner. Bids may also be placed at the Gallery Show before the dinner.

Asra Nomani

8pm, KU: Distinguished Speaker Series presents Asra Nomani, a former Wall Street Journal reporter. Nomani wrote "Standing Alone in Mecca: An American Woman's Struggle for the Soul of Islam," "An Islamic Bill of Rights for Women in the Mosques" and "An Islamic Bill of Rights for Women in the Bedroom."

Miryam Award

Chapel with Reception in Torch Lounge: The Miryam Award is given annually to a person or group that has enhanced the climate for women and their work on campus.

Women's Advocacy Dinner

7pm, KU Ballroom: The purpose of this year's dinner is to unite the campus in celebration of women's achievements and to also generate awareness of issues that continue to afflict women both throughout our community and globally. Keynote speaker: Mary Douglas Vavrus. She serves as a referee for several scholarly journals. Dr.

Vavrus is a member of the graduate faculty of Feminist Studies program and teaches graduate courses including political economy on media culture, feminist media studies, qualitative methods in media studies, and feminist cultural studies and electoral politics at the University of Minnesota.

For a more detailed list of these events visit womenscenter.udayton.edu

A Round of Applause For...

Dr. Caroline Merithew. She was awarded the Anita S. Goodstein Junior Scholar's Prize in American Women's History. This prize honors the best article published in the field of American Women's History. She was honored for her work: "We Were Not Ladies: Gender, Class, and a Women's Auxiliary's Battle for Mining Unionism." The award is from the University of the South and provides support for her work and also funding to travel to campus to give a lecture to faculty, students, and the family of Anita S. Goodstein (a renowned women's historian in the field). The annual Goodstein lectures are to serve to enrich the learning environment on campus by presenting to students and faculty the latest thinking and research of outstanding historians. Dr. Merithew's lecture will be on March 5.

Women's Center Profiles

Defying traditional female roles

UD Alumna QB for professional women's football team

Think girls can't play football? Just ask starting quarterback for the professional women's football team, the Cincinnati Sizzle. Tina Meinhardt, a 2004 University of Dayton graduate, defies traditional female roles by playing the male-dominated sport. The natural athlete has always been active in sports. Growing up, Meinhardt played softball, soccer, and basketball, and excelled in each. She also played neighborhood sports with the boys like street hockey and backyard football.

"Football was always my favorite sport to watch, but I knew I could never join a team because girls were not allowed to play football on boys' teams," Meinhardt says. At UD, Meinhardt was a member of the Mountaineering Club and participated in recreational sports like flag football and Ultimate Frisbee. She also had the opportunity to work with high school soccer players in the Dayton area and became



the strength and conditioning coach for one of the local club teams. Meinhardt first heard about women's football during her junior year of college but was too busy with school to actively pursue the opportunity. After graduation, at a family gathering, her uncle saw her talent tossing a football and mentioned that Cincinnati had a women's team called the Cincinnati Sizzle. He also told her that she had a better arm than

the current quarterback on the team. This motivated Meinhardt to contact the team's head coach, former Cincinnati Bengals running back Ikey Woods. Woods told her where to show up for conditioning and she joined the team that day. Meinhardt says she loves the fact that women are playing football now and that leagues are forming across the nation. "What I like most about being a part of the team is the simple fact that I love the game of football and it's been a dream to be a quarterback. Never did I imagine that I would ever have the chance to become one," says Meinhardt.

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ATWLC Committee plans for success

Women here at UD are busy; there is no doubt about that. Two of these busy women not only work full-time at the university, but also participate in the planning committee for the annual Annie T. Thornton Women's Leadership Conference (ATWLC). First there is Jenna Davis who is a UD alumna, the Assistant Director of Student Involvement and Leadership and also heads the volunteer committee for the ATWLC. Then there is Oluyemi (Yemi) Mahoney. She is the Assistant Director for

Kennedy Union and the Chairperson for the ATWLC. Mahoney co-founded the ATWLC in 2002 in order to provide women of all backgrounds the opportunity to come together and discuss personal and professional challenges facing women today. Although the original planning team is no longer intact, Davis and Mahoney, along with seven other UD members, comprise the planning committee. "This is the largest number of committee members since the beginning of the ATWLC. The variety of ages, experiences, and perspectives will help us create a conference that

truly offers something for everyone," says Jenna. Faculty and staff members on the current planning committee include Susan Byrnes, Sandra Kellam, and Karen Slattery. Graduate and undergraduate students involved in the planning include Megan Ossim, Angela Westerheide, Samantha Brandenburg, and Megan Sellick. The committee begins planning for the conference in the fall. Once they generate a theme they start targeting speakers who represent that theme. "Some of the decisions and processes are done as a

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Health & Wellness

Ask the Doc

Mary Buchwalder, M.D.

Dear Dr. B-

I am 5'1" and weigh 115 pounds. I'd really like to weigh 105. I can watch what I eat and get to that weight, but it always goes right back to 115. Help!

Sherri

Hi Sherri-

Why do you want to weigh 105 pounds? There are a broad range of weights that can be healthy. For someone who is 5'1", weights from 96 to 133 pounds are considered medically to be within a healthy range (for someone who is not pregnant or unusually muscular).

Our bodies usually will tend to maintain our weight at a certain point, and unintentional weight loss can be a sign of significant medical illness. So maybe your body is healthiest at 115 lbs.

There are many questions to consider: Why do you want to weigh less? How do you feel physically while dieting? How do you feel physically at the weight that sounds more natural for you? What are your eating habits? Do you deprive yourself of favorite foods, and then over-eat them at other times? Does your diet go to extremes—too careful some days, then go crazy other days? Do you have any medical conditions that require a special diet (diabetes, high blood pressure, etc.)? Are you happy with your body? If not, why not? Do you think happiness would come at a lower weight? Really? How realistic are female images in the media (Hollywood, fashion magazines, etc.)?

Many Americans don't suffer from diagnosable eating disorders, but many in our society DO suffer disordered eating. We yo-yo diet. We fret about unattainable weights. We expect to look like models (or, for guys, like super-heroes). This can be very unhealthy both physically and psychologically.

Make peace with food. "Diet" should be the way you eat throughout your life, and should emphasize healthy foods, but also should include small amounts of your favorite treats, guilt-free. Enjoy your foods! Make sure you get some regular activity, whether an exercise that you love, like bicycling (for me!), or chores like vacuuming or cleaning the tub. And, Sherri, if your body maintains your weight at a healthy BMI, get rid of your scale.

Dr.B

"Ask the Doc" is a service of the University of Dayton Health Center. If you have any questions that would be of general interest, please send them to: askthedoc@notes.udayton.edu This e-mail is NOT checked daily. Do NOT send personal or emergency questions; please come to the health center or dial 911 for emergencies! This service is not intended to replace a visit with a physician.

How Powerful is Your Inner Voice?

We all have an inner voice, which can be positive or negative. For many of us, the voice is predominantly negative and the more "believable" voice.

In the area of body image, this is the voice that tells us that we have fat thighs or that we are not thin enough. Sometimes this voice is screaming at us and at other times it is a constant, quiet, murmur. For people struggling with eating issues and eating disorders, it seems like the voice is "always present, always believable."

The effects of this voice, if it is predominantly negative, can be depression, anxiety, and a poor self-concept. However, we also have a positive inner voice, which we can tune in to, and even turn the volume up as much as the negative inner voice. But both voices cannot

seems like you are feeling depressed or anxious, begin to listen to your inner voice. What is it saying and how can you change it?

To learn more about how the negative inner voice affects people with eating issues and disordered eating, come to **The Thin Line**. This is a one-person play in which the actor portrays four personalities- a person with an eating disorder, her mother, a friend, and her negative inner voice. *The Thin Line* will be presented on March 5 at 7pm in the KU Ballroom. There will be a panel discussion immediately following the play.

• Becky Cook
UD Counseling Center

Judge this book by the back cover...

Diary of an Anorexic Girl

Blythe is a typical teenage girl struggling to find her place in a private, suburban, high school world. When her classmate begins to lose weight, Blythe's competitive spirit drives her to lose more. A sudden interest from the cutest boy in school spurs her romantic dreams on until she hits rock bottom at eighty-nine pounds.

Blythe struggles with her faith in God while she's in hush-hush therapy sessions for "her issue," and she begins to recognize the sacrifices she's made for a seemingly perfect body. Through the help of her best friends, she begins to regain the confidence to face her worst fears.