Upcoming Events

Meet, Eat, and Learn
Wednesday, February 13th Noon - 1:00 pm
International Centre

Join us for a discussion with two students and Nikki Berg Burin, PhD, a professor in History and Women and Gender Studies, as we explore the word “Feminist” in today’s culture and explore how feminism plays a part in people’s lives. This event will introduce the “Who Needs Feminism” campaign and help kick it off at UND!

What is the Campaign All About?
A group of women from Duke University decided they wanted to change the perception of “feminism”. The “Who Needs Feminism” Campaign is aimed at challenging the existing stereotypes that surround feminists.

Happy Valentine’s Day
Thursday, February 14th
Also V-Day
For more information: http://www.vday.org/home

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Hours:
Monday - Friday:
8:00 am - 4:30 pm

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Shirley Chisholm  
First African-American woman elected to U.S. Congress who fought for women and minority rights.

Sarah Goode  
Inventor of the folding cabinet bed, which folded up against the wall into a cabinet. Her patent was the first one approved by an African American woman inventor.

Mae C. Jemison  
First African-American woman in space. She flew on the space shuttle Endeavor.

Barbara Jordan  
African American woman in the U.S. House of Representatives. She served Texas for 6 years. She fought for civil rights and rights of the poor.

Rosa Parks  
Played a huge role in the Civil Rights Movement when she refused to give her seat to a white man. This prompted a city wide boycott and led to a Supreme Court decision that segregation on city buses is unconstitutional.

Sojourner Truth  
Preacher who fought for civil rights, along with abolition of slavery and women’s rights. She worked as a counselor for the National Freedom Relief Association.

Harriet Tubman  
Played a big role in abolition of slavery. After escaping slavery in 1849, she helped others escape and flee via the Underground Railroad. She founded the Harriet Tubman Home for Aged Negroes and has fought for rights of women and slavery.

Eating disorders are serious conditions that affect the lives of many individuals. They affect emotional and physical health and can also be life threatening. It is important to recognize that eating disorders are not a lifestyle choice or part of a fad diet, they are REAL.

The good news is that the public is showing an understanding of how serious eating disorders are. The National Eating Disorder Association conducted a survey in order to find out how the public viewed eating disorders. Trends showed that there is an increased public awareness of eating disorders and a shift in how eating disorders are viewed.

The findings showed:

* 82% percent of respondents believe that eating disorders are a physical or mental illness and should be treated as such, with just 12% believing they are related to vanity.

* 85% of the respondents believe that eating disorders deserve coverage by insurance companies just like any other illness.

* 86% favor schools providing information about eating disorders to students and parents.

* 80% believe conducting more research on the causes and most effective treatments would reduce or prevent eating disorders

* 70% believe encouraging the media and advertisers to use more average sized people in their advertising campaigns would reduce or prevent eating disorders.

https://www.nationaleatingdisorders.org/get-facts-eating-disorders

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### 10 “Will Powers”

By: Michael Levine, PhD and Linda Smolak, PhD

I WILL ask myself, “Am I benefiting from focusing on what I believe are flaws in my body weight or shape?”

I WILL think of three reasons why it is ridiculous for me to believe that thinner people are happier or “better.” I will repeat these reasons to myself whenever I feel the urge to compare my body shape to someone else’s.

I WILL spend less and less time in front of mirrors—especially when they are making me feel uncomfortable and self-conscious about my body.

I WILL exercise for the joy of feeling my body move and grow stronger. I will not exercise simply to lose weight, purge fat from my body, or to “make-up” for calories I have eaten.

I WILL participate in activities that I enjoy, even if they call attention to my weight and shape. I will constantly remind myself that I deserve to do things I enjoy, like dancing, swimming, etc., no matter what my shape or size is!

I WILL refuse to wear clothes that are uncomfortable or that I do not like but wear simply because they divert attention from my weight or shape. I will wear clothes that are comfortable and that make me feel at home in my body.

I WILL list 5 to 10 good qualities that I have, such as understanding, intelligence, or creativity. I will repeat these to myself whenever I start to feel bad about my body.

I WILL practice taking people seriously for what they say, feel, and do. Not for how slender, or “well put together” they appear.

I WILL surround myself with people and things that make me feel good about myself and my abilities. When I am around people and things that support me and make me feel good, I will be less likely to base my self-esteem on the way my body looks.

I WILL treat my body with respect and kindness. I will feed it, keep it active, and listen to its needs. I will remember that my body is the vehicle that will carry me to my dreams!

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### Share YOUR Thoughts!!

Whether you want to give

the world a piece of your mind,

need an outlet for expression or

just like writing for fun, there may be a spot for your perspective or creativity in an upcoming

Women’s Center News*

We invite you to submit editorials, “slices of life” describing a particular experience, poetry or other forms of writing. E-mail your submissions to:

Und.womenscenter@email.und.edu

Please note that not all submissions will be published and that the UND Women’s Center reserves the right to edit submissions.
Valentine’s Day Fun Facts

❤️ The popular medieval folk belief that birds choose their mates on February 14 made doves a favorite symbol for Valentine cards. The dove was sacred to Venus and other love deities and was known for choosing a lifelong mate.

❤️ Valentine’s Day is a $14.7 billion industry in the U.S.

❤️ On Valentine’s Day, nearly 189 million stems of roses are sold in the U.S.

❤️ Approximately one billion Valentine cards are sent each year around the world. An estimated 2.6 billion cards are sent during the Christmas holidays.

❤️ Lace is often used on Valentine decorations. The word “lace” comes from the Latin laques, meaning “to snare or net,” as in to catch a person’s heart.

❤️ Teachers receive the most Valentine’s cards, followed by children, mothers, and wives. Children between the ages of 6-10 exchange more than 650 million Valentine cards a year.

❤️ The most popular flower on Valentine’s Day is a single red rose surrounded with baby’s breath. The red rose was the flower of Venus, the Roman goddess of love.

❤️ A common symbol of Valentine’s Day is Cupid (“desire”), the Roman god of love. The son of Venus and Mars, he was originally depicted as a young man who would sharpen his arrows on a grindstone whetted with blood from an infant, though now he is commonly presented as a pudgy baby. This transformation occurred during the Victorian era when business owners wanted to promote Valentine’s Day as more suitable for women and children.