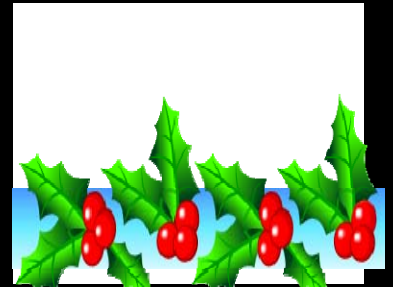


Issue 10



November 2008

## Save the Dates: Upcoming FLAME Info

- January 2009: Rehearsals for the cast of the Vagina Monologues begin
- January 14, 2009: FLAME's first meeting of the semester! Bring your friends!



**“It's important to remember that feminism is no longer a group of organizations or leaders. It's the expectations that parents have for their daughters, and their sons, too. It's the way we talk about and treat one another. It's who makes the money and who makes the compromises and who makes the dinner. It's a state of mind. It's the way we live now.”—Anna Quindlen**

## **The Road to Eating Disorders**

On November 17, Shannon Schmidt and Lydia Wiede from Student Counseling Services came and presented “The Road to Eating Disorders.” They started off with some statistics.

- 69% of women use magazine images as a guide to what they should look like.
- The average fashion model is 5'11" and 117 lbs. The average woman is 5'4" and 140 lbs.
- Marilyn Monroe is known as the biggest sex symbol of the 20<sup>th</sup> century and she was 5'5" and a size 14.

Shannon Schmidt highlighted that disordered eating is about attitude. Eating disorders can be viewed as a range of unhealthy attitudes and behaviors. Someone may not qualify under one of those specific categories (bulimia/anorexia) but are still unhealthy and may be on the road to those categories. The key to knowing if your attitudes or behaviors are unhealthy is if you are restricting yourself and/or surveying yourself on a regular bases.

Self surveillance is any behavior where you are constantly worrying about how you look. For example, if every time you walk by a mirror you look to make sure your shirt is covering your love handles. Self surveillance also takes another level when you are comparing yourself to how others look and feel ashamed that you do not look like them. For more information, contact Student Counseling Services at 309-438-3655 or at [www.counseling.ilstu.edu](http://www.counseling.ilstu.edu)  
-Julie Watchenheim



**Heather Greiter will be our new Co-Event Chair**

**Welcome New Executive Board Members!**



**Elise Franchi will be our new Secretary**



**Christine Bauman will be our new Treasurer.**

## Vagina Monologues 2009 Auditions

The auditions for the 2009 production of The Vagina Monologues were held November 11<sup>th</sup> and 12<sup>th</sup> and open to all women who were interested in participating. All sorts of women auditioned: freshman, seniors, community members, acting majors, women who had never been on stage. It was a fantastic two nights. Congratulations to all of the new cast members! We can't wait to work with you!



### 2009 Vagina Monologues Cast Members!

Megan Belcher	Krista Fanning	Rebecca Miller	Jess Strohfeldt
Tracy Bovee	Anitra Hines	Brittani Mosinski	Samantha Thomas
Erin Box	Vicky Hurst	Sara Neiman	Laura Tiemens
Kaitlin Christakos	Annie Jaeger	Nicole Nesbitt	Viola Woolums
Lauren Colby	Megan Kleemann	Katie Sebald	Kelly Wren
Shavon Coleman	Amanda Lorenz	Kelsey Sharp	
Kathryn DeWitt	Hillary Miller	Tonya Starnes	

## Countering Domestic Violence

On November 3, F.L.A.M.E. hosted Court Advocate Shelly from Countering Domestic Violence. She came to talk to the group about the organization and its services

CDV offers a 24-hour hotline for victims of domestic violence, their friends and their loved ones (309-827-7070). They also offer free individual counseling, support groups, children's services, legal advocacy and emergency shelter services. CDV also works with local hotels to house victims if the shelter is ever full.

Being a Legal Advocate, like Shelly, involves assisting with the order of protection process that some victims choose to follow. These advocates are located at police stations and at the State's Attorney's office. If you are interested in being an advocate for CDV, there is a 40 hour training process.

Every time the police receive a report about domestic violence, CDV also receives all of that information and attempts to contact the victim to provide any services they can. If you would like more information, contact an executive board member.



## Exec Contact Info

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Hello Everybody!

I started this newsletter in October 2007 in the hopes that it would help keep everybody up-to-date on the latest news and events with F.L.A.M.E., even if not everybody could always attend meetings. After ten editions, I want to hear your thoughts.

What do you like about the newsletters? What don't you like? What should I keep? What should I change? How should I redesign it to get more people to actually read it? Give me any comments or constructive criticism that you have!

It's been a pleasure to work with all of you and to make these newsletters every month. For those of you who are graduating, keep in touch! For those of you still at ISU next semester, I'll see you Monday nights at 8!

In Feminism,  
Kati Cruger  
FLAME Public Relations