



The

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Illustration by Michael Byrne

Not so Picture Perfect : The Facts on Body Image and Disordered Eating

Colleen Mitrano
Jennifer Motisi
Editors-in-Chief

Here's something to think about: 5-10 million women and girls, and 1 million men and boys in the United States are suffering from an eating disorder. In fact, 20 percent of SHU students screened by the counseling center showed significant body image issues/and or disordered eating behaviors. 2 percent these students met the criteria for having an eating disorder.

But, not everyone with body image issues suffers from an eating disorder. According to the National Eating Disorders Association, body image is "how you see yourself when you look in the mirror or when you picture yourself in your mind." It is "what you believe about your own appearance (including your memories, assumptions, and generalizations), how you feel about your body, including your height, shape, and weight." Body image is also about "how you sense and control your body as you move, and how you feel in your body, not just about your body."

Those with a positive body image have a "clear, true perception" of their shape, and see their bodies how they truly look.

They "understand that a person's physical appearance says very little about their character and value as a person." They also accept and feel proud of their bodies and feel comfortable and confident.

Negative body image refers to a distorted perception of your appearance. Those who suffer from body image issues are often convinced that only other people are attractive and that their own body is a failure. According to the National Eating Disorders Association, people with a negative body image, "feel ashamed, self-conscious, and anxious" about their bodies, and feel "uncomfortable and awkward" in their bodies.

According to the Renfrew Center, "body image problems occur along a continuum that ranges from mild dissatisfaction to severe body-hate. Body-image disturbance is generally seen in conjunction with self-esteem issues, depression, eating disorders, or sexual abuse."

There are several warning signs that a body image problem may exist. The Renfrew Center suggests that such signs include not being able to accept a compliment, constantly comparing yourself to others, calling yourself disparaging names such as "fat" or "gross," equating thinness with

beauty, success, and happiness, and seeking constant reassurance from others that your looks are acceptable.

Body image problems range from simply being uncomfortable with an aspect of your body to having an eating disorder.

According to the Renfrew Center Foundation, a Connecticut based organization that serves to advance education, research, and treatment of eating disorders, "People develop eating disorders as a way of dealing with the conflicts, pressures, and stresses of life. Their eating disorder may be used as a way to express control when the rest of their life seems chaotic."

In an attempt to control their weight, some people will purge, others will binge, and some will just not eat at all. These are all serious, life threatening problems.

Bulimia Nervosa is a cycle in which a person will binge eat and then quickly purge. According to the Renfrew Center, "Bulimia can have severe medical consequences including dental and esophageal problems, kidney damage, chemical imbalance, and an overall loss of energy and vitality. It can even prove fatal."

Binge Eating disorder is marked by uncontrolled overeating followed by periods of depression and guilt. Binge eaters

will eat even after they are uncomfortably full. Consequences of binge eating include heart problems, high cholesterol, diabetes, and depression.

Anorexia Nervosa is a serious, life-threatening disorder where a person starves him or herself. Men and women who are anorexic are obsessed with food, and often will misuse laxatives and become preoccupied with exercise. According to the National Eating Disorders Association, anorexia can cause an abnormally slow heart rate and blood pressure, reduction of bone density, muscle loss and weakness, dehydration, kidney failure, fatigue, dry hair and skin, and hair loss.

A fourth, and less well known eating disorder is food addiction. According to the Food Addicts Anonymous website, "food addiction is a bio-chemical disease." Men and women who suffer from this disorder are addicted to substances such as "sugar, flour, and wheat in all their forms. They also include fats and any other high-carbohydrate, refined, processed foods."

Everyone has their days when they feel uncomfortable and awkward in their bodies. The key is to learn to accept and celebrate your body as it is.

Battling the Scale: A Girl's Struggle with an Eating Disorder

Anonymous
Contributing Writer

Imagine being confined to a cell: jail, P.O.W. camp, whatever. Imagine only being able to eat certain foods, dress a certain way, and to perform hours of physical labor each and every week, rain or shine.

The sad thing is that this is no prison. This was my mind-or more accurately what formally was my mindset.

Saying that I no longer have problems with eating, weight, and self esteem would be a lie, but it is definitely getting better. In the beginning it all started with a diet. I was thirteen and in eighth grade-insecure, a little awkward, but at that age I figured when you have no control over a situation-virtually no chance of change in sight-I could only look to myself for change.

"I guess I'm a nice enough person," I would think. "I volunteer, I'm nice to everyone, I'm not too selfish...I'm not exactly perfect on the inside, maybe a little too sensitive? But what about your clothes? Or your eyebrows? Or that fat that hangs over your jeans when you sit at the lunch table? I bet you could change that. Easy! Don't eat tacos at lunch when your other skinny friends do. Eat a salad, or for that matter, don't eat at all, because who likes an overweight girl?"

Did I really think being skinny would make the world a better place? No, I definitely didn't-distorted as my mind had twisted, I still had the clarity to know that being thin couldn't fix the world over twice. I just rationalized that to heighten my self esteem, to be more desirable to guys and to make my life easier, I could just lose weight.

By 14 I had figured out how to lose the baby fat, but when high school rolled around it wasn't enough. I danced to stay active, but my past few relationships with the opposite sex had failed and I was con-

vinced something was wrong with me. Am I ever going to pretty enough? Is it because I'm not thin enough? What is wrong with me?

I passed my time staying active in school-President of this, head of that committee... Looking back I must have appeared happy and content. I finally could control my life. But sometimes, such as when my high school relationship ended, I turned to a bottle of vodka or maybe a dish of pizza.

Realistically speaking, the thought of eating a whole pizza might cause the onset of a stroke, but eating a couple of pieces would guilt me into exercising for hours and hours. Running, lifting, laxatives, and dexatrim three times a day to make up for the deep dish pepperoni. The day after would consist of a five mile run and some granola and a salad. My weight stayed the same and the doctor told me my weight was healthy and normal. Well normal wasn't good enough.

Overall my first year of college was fun but free time after finishing papers and running a couple miles at the gym left me with time to look at myself. It was all about the physical-never the emotional. I never thought my problems were caused by nicknames I was called in middle school; I should be over that, right? I guess I wasn't able to face them, so instead I dealt with them and every other stress in my life by eating less and exercising more to form the "perfect image."

The summer going into sophomore year

was the season where everything changed drastically. I can not put my finger on exactly what triggered the unhealthy eating patterns and obsessive behaviors to explode, but they did. I was so sick of thinking of everything I ate, everything I couldn't eat, everything I wanted to eat but couldn't because that would only result in several hours at the gym and a week of no carbs, sugar or fat.

I ate a piece of cake on my birthday and made myself throw it up. It was painful but if this is how I could eat socially without working out tediously and thinking about it, then so be it. It was such a relief to find an answer- the "magic pill" that overweight people try so hard to find and

I found it! Sure it was painful, but hey-if that would help me look more like Gisele Bundchen, then awesome!

After that everything seemed fine. I started hanging out with new guys, I was getting good grades and I could never complain about my girlfriends. I was losing weight too: first five pounds, then twelve. This still wasn't enough for me to be happy with. I had to keep going.

The boys fizzled out and I was alone to think about what was wrong with me again. My mathematical solution for maintaining and continuing to lose weight was to eat only a certain amount of calories a day-half of any normal college girl, and to work out and burn an 'x' amount of calories. This went on for months and I was the only one who didn't notice I was wast-

ing away. Some of my friends knew and I acted upset, like I really wanted to change. But, the fear of gaining weight was scarier than the health complications I was flirting with.

The next month I threw up blood and that was the red flag. I scheduled an appointment with a doctor and the recovery process began. I was convinced that I could be cured by the end of the week. I could establish a way to keep the weight off and stop starving and purging. I was so wrong. Old habits die hard and within the first month of therapy nothing changed. I still starved, sweated it out, and purged at times.

The second month was the same and the third, but eventually I came to realize that there were superficial reasons for my disorders (to be skinny, pretty, successful, well-liked, and desirable), and then the real reasons (low-self esteem, need for validation, distorted body image) and that I needed to distinguish the two.

With therapy, I am heading down the right path. I am not the only one out there dealing with this, and millions of teen girls do battle with their bodies each and every day.

It's been six months and I am getting better. Sometimes I feel like I am in an abyss and no one is there to pull me out, but I am the only one who can truly want me to heal all wounds, physical and emotional.

I can blame those kids in middle school, the nasty girl at the lunch table, the boy who broke my heart, my family or the media. In the end, though, the pressure and desire for perfection and thinness comes from me. Put things into perspective; thank God for what you have, and get help if you are ready to combat it-don't throw years away trying to look like a particular Victoria's Secret cover girl. You have so much to live for.



Contributed Photo

Spectrum to Sponsor Celebration of Womanhood Event

Nadia Korovesi
Spectrum Editor-in-Chief

Every woman is different but all women together share a common characteristic, which acts as an invisible bond that makes their relationships even stronger. That connection is none other than the mere fact of being a woman. The woman figure is recognized for its empowerment and compassion, for the emotional aspect of herself, for her inner strength, and for her ability to give unconditional love. It is a personal need for women to stay connected and discuss their commonalities and their differences.

On March 12, The Spectrum, The I AM ME! Project, the Esteemed Woman Foundation, WomenWorks in Progress and several other on campus organizations will sponsor "Women's Images: Inside and Out," a full day conference that explores and celebrates the many aspects of a woman's self-image at Sacred Heart University. During that day women of all ages from across the nation will be able to celebrate their inner and outer beauty. Additional sponsors of the event include The Counseling Center, The Social Work Club, The Department of English and Modern Foreign Languages, and The Department of Media Studies and Digital Culture.

The conference will feature well-known speakers, including authors, celebrities, ar-

tisans, and academics focusing on issues that affect women. Those who participate at the conference will have the opportunity, among other things, to attend keynote ad-

too aware of the difficulties that women have with developing healthy images of themselves. For the longest time after I lost weight, I walked around still feeling the



Contributed Photos

Conference keynote speakers (left to right) Author Deborah Santana, Vogue model Aly Dunne, and supermodel Emme.

dresses from Emme, supermodel and host of E! Entertainment's Fashion Emergency, Deborah Santana, author and COO of the new Santana Band, and Aly Dunne, former Vogue cover model and body image expert.

Dr. Debbie Danowski, Ph.D., Assistant Professor of English and Media Studies at Sacred Heart University, came up with the idea for the conference. "As someone who used to weigh over 300 pounds, I am all

same in my mind. This being so, I wanted to have a day that not only encouraged women to feel good about themselves but celebrated self-esteem and success," said Danowski.

Apart from being the chief organizer of the conference, Danowski is also the founder of the I AM ME! Project, which "is a new initiative on campus that is designed to promote healthy self-esteem among college students. The idea is based on a poem

by Virginia Satire about appreciating the uniqueness of yourself. In the future, I hope to assist in organizing workshops and lectures on campus directed at both male and female students," said Danowski.

"The concept behind the conference, as I see it, is to look at the many different aspects of a woman's self-image, and to offer opportunities for exploration and growth within those areas. The philosophy behind it is that we are all beautiful from the inside out, and we need to rejoice in our inner beauty and take inspiration from one another," said Suzie Galler, Founder and President of the Esteemed Woman Foundation, which has as a mission to encourage women of all ages and backgrounds to build and maintain a healthy sense of self-worth.

One of the conference's objectives is to make women with low self-esteem feel good about themselves. "The goal of this conference is to enrich and celebrate women's lives, encourage self-acceptance and promote success through workshops and lectures," said Dr. Danowski.

The different panels of discussion will attract various personalities, backgrounds, and ages of women. "The conference is reaching out to a variety of women's organizations, groups and individuals whether they are mothers, teens, twins, college students, professionals, married, single, entre-

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Sacred Heart Weighs In

Sarah Decker
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Associate Editors

In a recent study Sacred Heart has measured up to national statistics when it comes to weight management. To put these statistics to the test, a group of Sacred Heart men and women were surveyed to see how the University measures up on body image and health. The answers revealed more than just percentages - they gave a realistic look at how diets effect the every day lives of many students.

At this very moment, 10 million females and one million males are fighting a life and death battle with an eating disorder, according to the National Eating Disorders Association.

65 percent of the Sacred Heart students surveyed revealed that they had either experienced or known someone who has had an eating disorder. Only 69 percent of those cases have been diagnosed and/or treated professionally.

When it comes to body image, 80 percent of American Women nationally are dissatisfied with their appearance. Unfortunately, dissatisfaction with one's body can often lead to over-exertion at the gym or unhealthy eating habits.

Currently, about 91 percent of college women had attempted to control their weight through dieting while 22 percent dieted "often" or "always."

SHU students polled also returned simi-

lar results. 22 percent of the women polled that they were very conscious of their weight and what they ate, however 55 percent of females polled said they were only slightly conscious and occasionally second guessed food choices.

57 percent of the males said that they were not concerned about what they ate whatsoever, although there were a significant amount of males that were slightly conscious of their eating habits.

Since Sacred Heart showed that the majority of students are health-conscious, it wasn't a surprise to find that they have regular exercise goals to maintain or improve their physiques.

A large 92 percent of males and 89 percent of females exercise regularly. Those who exercise have either the goals of losing weight or being healthy in mind. Those whose goals were to lose weight were 26 percent, while those aiming to be healthy came out on top with 50 percent.

Many people, 24 percent surveyed, had both intentions in mind. Out of the total number of students surveyed, 64%, whether they exercised or not, considered themselves to be in shape.

Sacred Heart students have shown to be health and weight conscious without letting it control their lives exercising and not restricting their eating habits to conform to societal standards.

The following chart shows healthy body mass index for your weight and height.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	139	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	129	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	153	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
Healthy Weight							Overweight					Obese					

Source: National Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1996. NIH/National Heart, Lung, and Blood Institute (NHLBI).

Looking Beyond the Mirror: Battling with an Eating Disorder

Anonymous
Contributing Writer

I can remember being five years old. Sitting on my dad's lap, and telling him that I was fat. I still have this vivid image of being in our den, with tears streaming down my face and asking my dad to help me lose weight. In fourth grade I remember lying about my weight to my best friend because I wasn't comfortable with the truth. Getting weighed at the doctor's office made me anxious from sixth grade on. Looking back on those years, I was never overweight; it was always the complete opposite. Little did I know that as I got older, a large part of my life would be consumed with obsessive thoughts concerning weight and food. After a five year struggle with an eating disorder I have learned a lot, and I found because of it I am a much stronger person.

Thoughts concerning my weight were always lurking in my mind, but the behaviors did not begin until I was in the seventh grade. I entered that year naturally weighing one hundred and eleven pounds at five feet nine. I lost nine pounds that summer and it scared the people around me. Not realizing the damage I was doing to myself, I was ecstatic that the numbers on the scale just continuously decreased. At the time I perceived myself as heavy and repulsive. Yet, looking back at pictures I realize that I looked skeletal and sick. After being confronted by teachers, my closest friends and even family members, I became nervous that someone would force me to see a doctor and I quickly put the weight back on.

During my transition to high school I entered into a vicious eating cycle that became unfeasible to break. I would have my "not eating" days Monday through Thurs-

days, when I would consume nothing but water, diet soda and coffee. On the weekends I was unable to restrain from eating and I would binge.

The guilt that followed eating was too much for me to handle, and it was time I took care of the mistakes I made. My new rule was that I could only eat if I got rid of it afterwards. It was an easy way out and a punishment all at the same time. I began forcing myself to throw up in ninth grade, but this wasn't a regular event for me because it was draining and difficult. Besides throwing up I abused other forms of purging by using laxatives and diuretics. Doing tremendous amounts of harm to my body, I slowly began to feel the side effects. I was dizzy and even blacked out. I had constant headaches, insomnia, and a lack of energy.

In the fall of tenth grade I had reached the lowest point of my eating disorder, both physically and emotionally. Besides feeling fatigued from starving, bingeing, and purging, I was dancing five days a week for hours on end. My dancing began to suffer and that was when I realized I needed to speak up and get help. Dance meant everything to me and I didn't want to sacrifice my dream because of food. I then decided to do the hardest thing I had ever done in my life, tell someone.

October 12, 2001, was the first day of my journey into the recovery process. Finally telling my mom led to tears, screams, hugs and a strong sense of relief for the both of us. Although this was a gigantic step, the problem was far from solved. I still had a long journey in recovery ahead of me. The next few years of my life were like a roller coaster. I was diagnosed with an eating disorder.

Tracey Gold once said, "Having anorexia felt like I was drowning. I would

struggle to reach the surface and stick my hand up waiting for someone to grab it and pull me out. Somewhere along the way, I realized that the only person who could pull me out was me." For me this is the part where strength had to come into play. Fully recovering from an eating disorder is difficult. The thoughts and feelings might always be there. So finding the ability to fight it is key. So therefore I had to let my strength let my subside my fears and allow the rest to fall into place.

It has now been three years since I have begun the recovery process. I have become more mature about my problem and more realistic about certain aspects of the disease, and obtained a greater sense of self. For quite some time I was going through the motion of the counseling and therapy process with no intention of actually focusing on the problem. Until a year ago, I never actually pictured myself living without my eating disorder. But, recovery meant taking risks, trusting in others, being honest, and challenging all of my beliefs. The fear of getting better just seemed to wipe away the pain of being trapped in my eating disorder.

My first step was to try to untangle the eating disorder web created and try to discover the beginning of my problem. I dug deep into my thoughts and personality traits and found the origin myself. A main root was the way I dealt with emotions. Instead of expressing my feelings, my eating disorder 'talked' when my words and thoughts failed to be expressed. Learning how to voice all of this was one of the first things that made me stronger as an individual.

Fortunately, I was able to comprehend most of the inner demons that caused me to become rapt in my eating disorder. Yet, I needed a support system to get me through

the process. My mom and I have an exceptionally close relationship but that made it harder for me to turn to her for help. I knew that all of my behaviors were hurting her and that was the last thing I wanted to do. My mom was amazing throughout this rough time in my life but, sometimes I didn't need a mom, I needed a friend. My dance teacher is the older sister I never had. Because I saw her every day and we know each other really well, she became aware of my struggles. I turned to her for support, she believes in me when I lose faith and is always right there to help me up when I stumble.

I have learned a lot through all these years of trying to rid myself of something that had become part of my identity. I feel every experience I go through, positive or negative, will help shape the person I will one day become. I am not sorry for having a few rough years because I truly believe that everything happens for a reason.

For a while my whole world was consumed with how people perceived me and what they were thinking about me. But I realized what people say and think about me is something that I cannot change. I had to learn how to know how I felt about myself on the inside and accept the person I am. And now I feel I am ready for the challenges that lie ahead of me. I am even confident that I can through almost anything.

We are only given one chance in this world and we are in control of making it as good or as bad as we want. A lot of times with eating disorders, it is one step forward and two steps back. But those are challenges I have to face. Yet one thing, you just always have to remember, life isn't about the numbers on the scale anymore; it is about being happy with the quality of life you are living.

To Flik or Not to Flik...That is the Diet Question

Sarah Decker
Kayla O'Brien
Associate Editors

Many students feel that losing weight and maintaining a healthy diet is impossible when eating in Flik. Jennifer M. Ignacio, RD, CDN, a Nutrition Specialist for Flik Independent Schools by Chartwells, shows just how possible it can be.

Q: For a student who is trying to diet, what would be some of your suggestions for meal choice?

A: When eating to lose weight, it is important to remember that the goal is to reduce your calories enough that you lose weight slowly (no more than 1 or 2 pounds per week) while still providing your body with the important nutrients that it needs to keep you healthy. Typically, students do not eat enough vegetables, fruits or whole grains. This is unfortunate because vegetables contain important nutrients with very few calories and lots of fiber that can help fill you up. Whole grains are also a great source of fiber and other nutrients. Fresh fruit is great way to get needed nutrients and a little taste of sweet without overdoing it on fat and calories. By choosing meals that always include fruits, vegetables and whole grains, and getting some exercise every day a student should be able to get to and maintain a healthy body weight.

Q: How does Flik decide the selections to offer the students?

A: We base our selections on our Food

and Nutrition Philosophy. Our philosophy is to individually design menus based on the dining facility and community's needs, utilize fresh and seasonal foods and to the extent possible, prepare our foods from scratch, limiting the use of processed foods and avoiding foods containing artificial flavorings and preservatives.

Q: Does nutrition come into account often?

A: Nutrition plays an important role in our Food and Nutrition Philosophy. We use minimal amounts of fat in food preparations. We

primarily use olive and canola oils, which have more mono- and poly-unsaturated fats and less saturated fat than other cooking oils. We use non-hydrogenated canola oil for fried preparations. To the extent possible, our salad bar items are prepared fresh on premise. Low-fat dressings, cottage cheese, yogurt and reduced cholesterol mayonnaise are available daily. Fruit juices, low-fat and fat free milks are available daily. Seasonal fruits and vegetables are offered daily, utilizing local farmers practicing ecologically responsible farming methods whenever possible. We purchase fresh ground beef and hamburger that is 80% lean. In addition, as the corporate Nutrition Specialist for Flik Independent

Schools, I am available to consult with our onsite team as they develop menus with healthy eating in mind.

Q: What is the typical fat/carbohydrate content of a bundle meal?

A: Our bundle meals vary from day to day and according to which items are selected. A typical meal will consist of a main entrée which is composed primarily of protein with varying fat content depending on the preparation, a side starch, which is composed primarily of carbohydrate, and a vegetable, which is composed of carbohydrate with some protein. The healthiest way to choose your bundle

meal is to pick the leanest entrée choice, like the chicken or fish. If you want to trim some additional calories, skip the starch and choose a double vegetable serving, or the vegetable option and a side salad. When it comes time for the beverage, stick with water or a diet soda to avoid the extra hidden calories that high sugar beverages can provide.

Q: Is it possible to "watch your weight" in Flik?

A: Absolutely! With all of the options available, people who are watching their weight should not be discouraged from eating in the dining hall. With our soup and salad bar, deli station, grill and hot entrée areas there are options at every meal that

can fit into a healthy diet.

Q: Many students indulge in the low fat frozen yogurt. What are some of the nutrition facts of them? Are they truly low fat?

A: We serve low-fat and fat-free Colombo frozen yogurt. By law, anything that is labeled "low fat" must contain 3g or less of fat per serving and anything that is labeled "fat free" must have less than 0.5g of fat per serving. So, yes they are truly low fat. The thing to remember, however, is that they are not calorie free. The yogurts contain, on average, 100 calories per cup serving. Even though the fat content is low and they are generally a better choice than full-fat ice cream at around 150 calories per serving, these calories will add up if you eat a lot of it.

Q: Students get a healthy salad, and pile on the dressing. What are the nutrition facts of some of the dressing choices? Any suggestions you would give these students?

A: Salad can be a very healthy option, but you're right, the dressing can sabotage an otherwise low calorie meal. Adding just two tablespoons of a creamy dressing, like bleu cheese, can add as much as 150 calories and 16 grams of fat. Luckily, there are a lot of flavorful and low calorie options to dress your salad. Our salad bar always features at least one low fat dressing option as well as flavored vinegars and specialty oils.

For more information about Flik Independent Schools by Chartwells, go to www.eatlearnlive.com.



Don't Worry, Be Happy -10 Self-Esteem Boosters

- ✓ Keep positive - replace any negative thoughts with happy ones
- ✓ Be realistic about what you can do. Trying to be perfect and comparing yourself with other people can damage your self-esteem.
- ✓ Recognize that everyone makes mistakes. When you make a mistake, do not put yourself down. You can learn from your mistakes.
- ✓ Spend time with people who make you feel good. Do things that make you feel worthwhile.
- ✓ Enjoy eating well, being active and feeling good about your self.
- ✓ Do something you have been putting off.
- ✓ Do something you are good at.
- ✓ Get seriously relaxed.
- ✓ Remember all the things you have achieved.
- ✓ Treat yourself to something you love, and tell yourself you deserve it. Go to a baseball game, spa, or shopping!

Body Image Conference Comes to SHU

Continued from Page 2

preneurs, etc. The workshops and programs will offer diversity in terms of what women want to focus on such as self-discovery, spirituality, career, and relationships," said Barbara Scala, President of WomenWorks in Progress that aims in building community for women and providing invaluable resources in order for women to discover new possibilities and to enjoy life.

The organizers of the conference are full of positive energy and they believe that it will encourage self-acceptance and promote success through workshops and lectures.

"Women and teens who attend the conference will leave feeling energized and enthusiastic about their lives. The experience will offer them new ideas and ways to look at their lives and motivate them to enrich their lives in ways that they never before imagined," said Danowski.

"Women will feel that this is a day just for them to self focus and to enjoy. They will also gain a sense of 'community' of women and experience strength in women

uniting to learn, gather information and share ideas," said Scala.

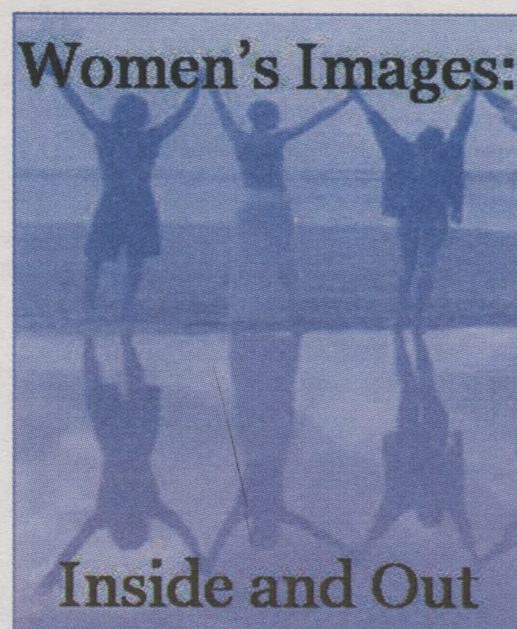
Galler shares a similar point of view. "To me, this conference provides an opportunity to bring women with varied backgrounds and interests together in the spirit of community, celebrating our womanhood,

exploring and growing together," she said.

"Women's Images: Inside and Out" will be a celebration for women across the nation. Usually women tend to spend a lot of time taking care of everyone except themselves, but on March 12 they will have the opportunity to dedicate a whole day just for them! "I hope women and girls will see this as a

unique opportunity to come together and focus on our strengths and our joy at being women; that they will truly take advantage of this unique day and encourage us to continue this as an annual event," said Galler.

The outside organizations sponsoring the event are: Bigelow Tea, Global Executives, A Mind Of Her Own, LLC, and Kantar. The media sponsors are: Connecticut Post, and Woman Magazine.



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