



JCU First Things First Newsletter

April 2012

WOMEN'S HEALTH



Women's Health Day-2012

Women's Health Day 2012 (WHD12) is coming soon! Stay tuned for more information as April 12th nears! Besides informational tables in the atrium from 11am - 1pm, there will be a dive-in movie (in collaboration with the Carroll Cinema Society) in the pool in the evening, along with crafts, food, t-shirts, and much more! Come have fun in the RecPlex, and "de-stress" as the end of the semester nears!

FREE HIV and STI Testing on CAMPUS in THURSDAY, 4/12



Nurses from the Board of Health will be at the Student Health Center, 12n-4pm, testing (non-invasive) for HIV, Gonorrhea and Chlamydia at no cost to the student. If needed, medication will be provided free of charge to the student. No appt needed. Please call the health center, 216-397-4349, with any questions.



RELAY for LIFE 2012



Relay for Life will be on campus April 14th, 12 noon to midnight. Relay For Life is a life-changing event that helps communities celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. It's not too late to sign up! Grab some friends and help fight cancer! For team and other information [click here!](#)

April is Sexual Assault awareness month



John Carroll University, along with the Voices and Faces Project and the Cleveland Rape Crisis Center, will be presenting a panel discussion about **careers in the arts of healing** including such fields as testimonial writing, art therapy, theater as healing, philosophy as healing, psychological counseling, spiritual counseling, and self-care. This event will represent a follow-up to a writing workshop to be sponsored by the Voices and Faces Project and the Cleveland Rape Crisis Center to heal survivors of domestic violence, sexual violence, and human trafficking. The panel discussion will take place on Monday, April 16, 7:00-9:00PM, in the LSC Conference Room of the D.J. Lombardo Student Center. Refreshments will be served after the event. For further information, please contact John McBratney, Chair of the English Department, at 216-397-4526 or jmcbratney@jcu.edu, or Amanda Rolf, Program Coordinator of the Violence Prevention and Action Center, at 216-397-2175 or arolf@jcu.edu.

Shane Windmeyer

The Impact of Hate

Wednesday, April 11, 2012 at 7pm

Dolan Science Center, Donahue Auditorium



Many of us do not understand the impact of bias and hate on a college community. We are neither prepared to handle an incident, nor empowered to actively do anything to prevent one. Fighting hate begins with awareness. Most victims are so frightened and shocked, they don't know where to turn on campus for help. For more than a decade as founder of the national Stop the Hate Train the Trainer Program (www.stopthate.org), Windmeyer has trained more than 1,200 people to actively prevent and respond to hate crimes.

Kye Allums

Courage Transcending Gender

Wednesday, April 25 at 7pm

Dolan Science Center, Donahue Auditorium



Kyler Kelcian Allums, goes by Kye (pronounced 'KAI' 'AL-ums') is a college basketball player who plays on George Washington (GW) University's women's team. He was born in a female body and originally named Kay-Kay Allums, however, he identifies as a male. Allums is the first openly transgender student-athlete to compete for the Colonials' Division I women's basketball program. Allums says: "GW has been supportive during this transition. This means a lot. I didn't choose to be born in this body and feel the way I do...[but] I'm celebrating me—and just being happy and being myself—not having to hide anything."

Finding support through prayer

Sometimes there are difficulties, challenges and joys that you want to share with everyone. Other times you might want to be supported, but not so publicly. There are several ways this is possible at John Carroll. At Sunday Mass you are encouraged to mention your own petitions (for yourself, family or friends) when the lector says: "For what else shall we pray". There are also pray intention books in our chapels; [click here](#) for prayer intention link.



On the last Wednesday of every month (so one more Wednesday this semester – April 25th) we pray for all those who are have health challenges. You can have the names (first or full names) on a prayer card and these are read at the 12:05 pm Mass in Rodman Chapel.

On Tuesdays, our community prays the Rosary in Rodman Chapel at 12:05 pm. If you would like a prayer intention offered during this time, e-mail Ann Buda at abuda@jcu.edu

So, do not feel alone, ask a friend to pray for you, or your resident minister, or submit a request to one of the sites listed above. As Elizabeth Elliott said in an America article, "[Digital Offering](#)" "Where two or three are gathered..." takes on new meaning when hundreds or thousands of people see your prayer request and offer their own prayer on your behalf.



The Best Foods for Deep Sleep

Can't sleep? Forget sleep aids! Snack on these 5 healthy foods that promote deep sleep to kick sleep problems to the curb.



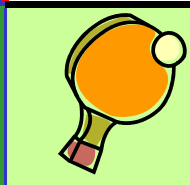
Nonfat Popcorn The carbohydrates in nonfat popcorn help bring the amino acid tryptophan into your brain, where it's used to make a sleep-inducing neurotransmitter called serotonin. Since eating a heavy meal within two hours of bedtime can keep you awake, low-calorie popcorn (just 93 calories in three cups popped) is a great late-night snack.

Dried Tart Cherries A handful of dried cherries provides the requisite serotonin-boosting carbs, it's one of few food sources of melatonin, which promotes better sleep.

Garbanzo Beans (Chickpeas) High-fiber garbanzo beans are rich in vitamin B6, which your body uses to produce serenity-boosting serotonin.

Chamomile Tea This herbal tea lacks the caffeine found in traditional teas, and it has a calming effect on the body. (Also, a warm liquid can make you sleepy by raising body heat.)

Honey A rise in blood sugar can reduce the production of orexin in the brain. Orexin is a recently discovered neurotransmitter that's been linked to wakefulness. Try drizzling a small amount of honey in your chamomile tea. A different route to sleep: eat desserts low in sugar.

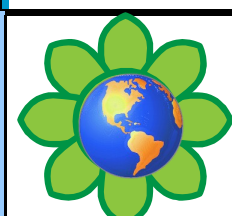


Intramurals



Do you think your chances of winning one of the coveted intramural championship t-shirts are over? Think again... there are plenty of opportunities in the month of April to add to your intramural wardrobe! Sign up for badminton by April 4th, as well as ping pong and euchre by April 13th! And your final chances are with dodgeball and wallyball, with deadlines on imleagues.com by April 17th. Come join the fun in Intramurals! And don't forget to cheer on your friends in soccer and softball throughout the month of April!

Take Back the Night is an internationally held march and rally intended as a protest and direct action against rape and other forms of sexual violence. There will be a week of events taking place the week of April 23rd. The "main event" will be the Rally, March, and Speak Out, which takes place on the evening of Thursday the 26th, starting at 6pm. More information will be available closer to the date.



April 22nd is Earth Day – celebrate our joy in the gifts we receive from our earth. The Earth Day Coalition presents EarthFest 2012 from 10am-5pm at Cleveland Metroparks Zoo. EarthFest is Ohio's largest environmental education event and the longest running Earth Day celebration in the nation. Click for more information: <http://www.earthdaycoalition.org/>

Defeat Diabetes® Month 2012

April is Defeat Diabetes month.

25.8 million people, or 8.3% of the U.S. population, have diabetes.

More than one third of them don't yet know they have it!

AND In 2010 an estimated 79 million Americans aged 20 years or older have prediabetes.



Why are we so concerned? Diabetes is a serious progressive illness that if not controlled can be life threatening. Diabetes can cause numerous complications including kidney failure, blindness, heart disease and amputation. But, with early detection diabetes is manageable, allowing those afflicted to live long and fruitful lives. Although no cure for diabetes exists, proper treatment can control the disease and prevent complications.

The Defeat Diabetes Foundation (DDF) is on a mission to save children and their families from the pain of diabetes. The first step their campaign to Defeat Diabetes® is creating awareness of the [risk factors](#), [warning signs](#), its high financial costs and many [complications](#).

The first line of defense for JCU students should be prevention. What can you do?

Maintain a healthy weight....If you are overweight try to lose that extra weight. Moderate weight loss of 7% of your weight -- may cut diabetes risk.

Get plenty of fiber. Get 14 grams of dietary fiber for every 1,000 calories you eat.

Go for whole grains. Make at least half your grains whole grains.

Get regular physical activity. Go for 2.5 hours per week

Make your diet healthier...choose more fruits and vegetables; reduce fat content, by eating less fried foods.

For more information go to <http://www.defeatdiabetes.org/> or <http://www.diabetes.org/>