Every year, during the month of March, hundreds of thousands of events are held throughout the country to acknowledge and recognize the amazing accomplishments of women.

This national celebration and recognition of women’s historic achievements began in 1980 when National Women’s History Week was proclaimed by Presidential Proclamation. In 1987, this national celebration was expanded by Congressional Resolution to an entire month by declaring March as National Women’s History Month.

National Women’s History Month provides an opportunity to educate the general public about the significant role of women in American history and contemporary society. Establishing this focal celebration has encouraged schools to introduce new curriculum, and communities to recognize women who have been pivotal in their own communities.

The knowledge of women’s history provides a more expansive vision of what a woman can do. This perspective can encourage girls and women to think larger and bolder and can give boys and men a fuller understanding of the female experience.

Each March, to unify the observance of National Women’s History Month, a special theme is created. Women whose lives and extraordinary work exemplify the theme are selected as Honorees.

The theme for 2009 is “Women Taking the Lead to Save Our Planet.” This theme is timely in a year when the world is discussing the problems and repercussions of dramatic climate changes and the recognition of diminishing natural resources. If you think these ecological problems may be insurmountable, you will be encouraged and inspired by the dramatic actions of the 2009 Honorees.

The 2009 Honorees are women whose courageous, pioneering, and innovative leadership are helping to save our planet. There are over one hundred Honorees and their achievements and accomplishments span three centuries and seven generations. For each acknowledged NWHM Honoree, there are tens of thousands of other women who are equally committed and currently working in their own communities, states, and countries.

For more information about National Women’s History Month or for full list of the 2009 National Women’s History Month Honorees, visit www.nwhp.org.

A Little History About St. Patrick’s Day, March 17th.

St Patrick’s Day is the feast day of St. Patrick, the patron saint of Ireland. St Patrick was born in 385 A.D. in England. At the age of 16, he was captured by Irish raiders and sold into slavery to a sheep farmer. Lonely and afraid he turned to his religion for guidance and solace, becoming a devout Christian. He escaped when he was 22 and spent the next 12 years in a monastery. In his 30’s he returned to Ireland as a Christian missionary and it is believed that he died on March 17 in the year 461 A.D.
You get the most recuperative effects of your sleep. If you are sleeping less than 4 hours per night, you are not getting enough REM sleep necessary for good health.

7 Secrets of a Good Night Sleep

1. Sleep only when sleepy
2. Develop a sleep ritual to prepare your body for sleep
3. Go to bed and wake up the same time every day
4. Stop smoking
5. Decrease caffeine intake
6. Turn off the phone
7. Omit alcohol drinks past 7pm

Did you know that each person’s body has a sleep cycle, which includes 4 stages of sleep and periods of rapid eye movement (REM). REM is where you get the most recuperative effects of your sleep. If you are sleeping less than 4 hours of sleep per night, you are not getting enough REM sleep necessary for good health.

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Stress is a part of our everyday life. Whenever our bodies respond to any external or internal demand, we experience stress.

While stress often is thought of in a negative way, such responses can often be positive. For instance, your body recognizing and reacting to an oncoming car helps you to stay alive! However, when we remain in an heightened state of stress we may begin to experience adverse physical, emotional and mental effects. Therefore, it is essential that you are able to listen to what your body is telling you regarding the amount of stress in your life.

Some common signals that may indicate you are experiencing a heightened level of stress, and should consider making some changes in how you deal with stress are:

Physiological: increased heart rate and blood pressure, constipation/diarrhea

Physical: headaches, fatigue, nausea, sore neck/shoulders

Psychological: depression, anxiety, inability to concentrate

Think you might benefit from some new skills? Check out Upcoming events!
April is Alcohol Awareness Month

DID YOU KNOW...

♦ The alcoholic beverage industry relies on heavy and addicted drinking for the largest share of its profits! Hazardous drinking (5 or more drinks at one sitting) accounts for more than 1/2 of the alcohol industry’s multi-billion dollar market.

♦ Underage alcohol use is more likely to kill young people than all illegal drugs combined. More than 1,700 college students, 4.65 per day, in the U.S. are killed each year as a result of alcohol related injuries.

♦ Health risks from drinking include but are not limited to; increased incidence of cancers of the liver, esophagus, throat, and liver; Cirrhosis of the liver, immune system problems, brain damage and heart problems.

♦ Fetal Alcohol Spectrum Disorders (FASD) are the leading preventable cause of birth defects in the U.S., affecting as many as 40,000 babies per year.

♦ Over 75% of men or women who abuse their partners have been drinking prior to or at the time of the abuse.

♦ Alcohol is the nation’s third leading cause of preventable death after smoking and obesity.

♦ Driving drunk accounts for over 16,000 alcohol related deaths per year, 1/4 of all emergency room admissions, 1/3 of all suicides and more than 50% of all homicides.

UP COMING EVENTS/PROGRAMS/CLASSES

MARCH 12— SKIT WITH IT, 8pm-9pm in PAC

MARCH 17— ST. PATRICK’S DAY BLOCK PARTY, 3-7 in the Connelly Center

STRESS BUSTERS, March 23, 30, & April 6, from 6pm-7pm in the Counseling Center.

APRIL 27— TAKE BACK THE NIGHT RALLY & CANDLE LITE VIGIL, 8:00PM-9:30 PM, out in front of Admin building on the Legacy walk way.

Area Community Events


April 1— Shatter the Silence on Sexual Violence Outdoor Public Rally Sponsored by the Cleveland Rape Crisis Center http://www.clevelandrapecrisis.org/home/welcome

April 11— 5K Run/Walk for Kids
To Benefit the Christians Children’s Home http://www.cchome.org

April 18 - John Carroll University Spring Concert Event. Tickets on sale starting April 6th—$25.00 per Person. http://www.jcu.edu/subp
The counseling center provides both individual and group psychotherapy and psycho-educational services to the students of Notre Dame College. Some of the common issues addressed in counseling include but are not limited to:

- Depression/Mood disorders
- Stress/Anxiety/Panic
- Grief/Bereavement
- Physical/Sexual Abuse
- Substance Abuse
- Adjustment Disorders
- Couples Counseling
- PTSD
- Eating/Addiction Disorders
- 24/7 Crisis Intervention

To schedule an appointment, call or email us or stop by.

**WALKINS WELCOME**

**Meet Melanie Faithwalker**

Hello, my name is Melanie Faithwalker, the new Counselor Trainee at Notre Dame College’s Counseling Center. The counseling center is where we provide a holistic approach to mental and emotional wellness. I personally believe in what the counseling center represents and use this approach in my therapeutic style. I will be graduating in May from John Carroll University with a Master’s of Arts degree in Community Counseling. I am also a proud 2006 Alum of NDC where I earned a BA in psychology. My areas of interest include, but are certainly not limited to, Research Assessment, Chemical Dependency Counseling, sensation seeking behavior, and emotional intelligence. I am currently working on a qualitative study on African American Women in leadership positions in ministry.

**FACTS ON TAP: College Students and Alcohol**
www.factsontap.org

**ULifeline**
http://www.ulifeline.org/schools/notredamecollege

**We're on Facebook!**

**Do you know someone thinking about suicide?**
For help call: 216-623-6888

**www.ndc.edu/CampusNDC/counselingservices.aspx**
**www.NotreDameCollege.edu/campus_life/counselingHealthServices.aspx**