

GALENTINE'S

NEWSLETTER FROM THE INSTITUTE FOR WOMEN'S LEADERSHIP
VOLUME 1. ISSUE. 8 SPECIAL EDITION



Galentine Grams

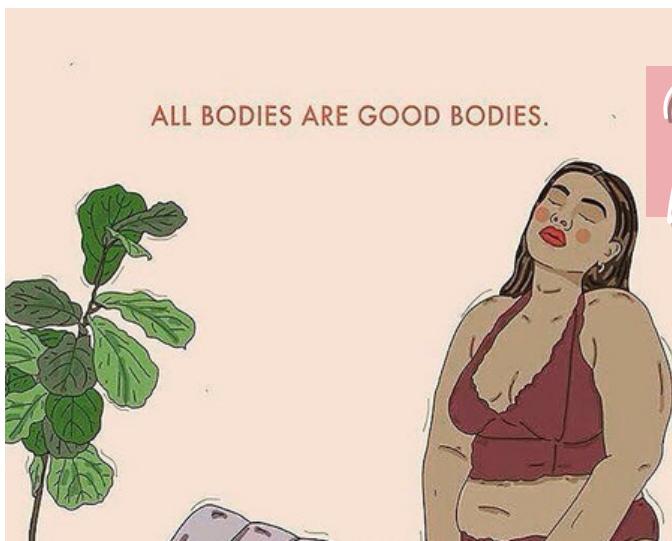
Mon. 8th 9:30-11:30 AM
& Wed. 10th
9:30-10:45 in Gorecki

Notion Planner

Monday. Feb. 8th
7-8 PM on ZOOM



ALL BODIES ARE GOOD BODIES.



Body Gratitude Yoga

Saturday, Feb. 13th
4 PM in Alum Hall and
Zoom

An Open Letter to My Soulmates:

There's a lot of soulmates in the world - indexed and definable. There's the companion soulmates, who float in and out of your life and are there for a very specific purpose. They may be there for a short time, or a long time. I guess time evades this kind of connection. There's the healing soulmates, who provide you with life learnings and teachings. They always manage to show up, and show out in such a timely manner that it makes you finally believe in perfect timing. There's the twin flame soulmate, where you overcome emotional barriers together. You have spent many lifetimes with your twin flame, and they're a constant. They're the flame that doesn't go out, no matter the strength of the wind against it. They beat the odds.

As I write these definitions, a man doesn't come to mind. This season is often saturated with red hearts, and red roses, red lips and red wine. And mostly every single relationship dripped in red in February is celebrated with a man. But as Valentine's Day approaches this year, I look at these definitions of soulmates and the notion that my girlfriends deserve the title of soulmate is certain.

A lot of my memories with my girlfriends are archived in slow motion. I don't know if that's the hopeless romantic in me, or the girl who knows these moments are the ones she will look back on in years to come and know, quite positively, these were the moments in which she was made.

My companion soulmates are the ones who seem to be sent by fate. They're the ones who might not always be on speed dial, or in your recent texts, or even a regular in your living room on a Friday night. But somehow they are there, ready and present, at the brink of every monumental change, of every long-awaited achievement, of every moment you wish there was a hidden camera to have captured it. These girls are the ones who invented the pinky promise. These friends are the ones who remind you that you can never go too far where you can't come back home again.

My healing soulmates are the ones that know the power of just sitting together, no words or music or advice needs to be shared. Simply being in the presence of them seems to alleviate the pain that being in your twenties can induce. These are the girls who are the first to give you that, “Are you ready to leave this party?” look when you just aren’t feeling it. These are the girls who know what you need two steps before you even know yourself. They’re the midnight McDonald’s runs, the empty Ben and Jerry’s cartons in your trashcan, the hand squeeze that means more than a word of encouragement.

Then there’s my twin flames. The girls who turn up the girl power anthem, and scream with you to the pay-back lyrics in the passenger seat of your hand-me-down car to the boy who broke your heart. They are the windows down, lose your voice, get your confidence back to the off-key melody to the guy that could never see you in such a flattering light as the girl driving. It makes weed-wacking through the emotional turmoil of being a college student not just manageable, but memorable. It almost makes you miss the bittersweet pinch of sadness because you know the adventure that will unfold to bring you out of the funk will be one you’ll talk about for years.

This Valentine’s Day I sift through the home movies in my head of my girlfriends at their best. And at their worst. Because sometimes those are the moments worth remembering. All in slow motion, so I can pan my way through the faces that built me, the hugs that saved me, the smiles that inspired me. So I can jump up and down again in the living room of the dorm that barely fit all of us. So I can remember laughing so hard no sound was coming out. So I can remember the sight of a single file line of ladies coming into my room, blankets in hand, attempting to fit on my twin XL bed. So I can remember that soulmates aren’t always the ones with a deep voice and a beard. They’re the girls who already fulfilled a lifetime of happy-endings, one friendship at a time.

-Lauren Simonet

Menstrual Cups

Having a uterus can cost you up to \$18,000 over a lifetime. Period products such as tampons and pads can be quite expensive, especially for those living in poverty. Tampons and pads are also extremely wasteful as they are individually packaged and need to be changed every 4-6 hours.

The average period-haver will create up to 62,415 pounds of waste that ends up in a landfill. When it comes to the health side of things, tampons can be a scary product. Toxic shock syndrome (most common with super absorbent tampons) is a bacterial infection that can occur if a tampon is left in for too long.

This health issue can be life-threatening and it's important to take it seriously. There are also an abundance of chemicals and other additives that go into tampons that can be harmful to our vaginal health. When we look from an economic, environmental, social and health standpoint, tampons and pads aren't really making the cut anymore. We deserve to have a safe and healthy menstruation, so what are our options? Let's talk about menstrual cups. Menstrual cups last for up to 10 years and can help to divert an abundance of single-use period products from ending up in the garbage. This saves you money and our environment at the same time. Another wonderful benefit of this medical-grade silicon cup is that you can keep it in for up to 12 hours with no chance of developing toxic shock syndrome.

If you are interested in making the switch to the menstrual cup, I have good news. The sustainability office is partnering with OrganiCups to provide a FREE menstrual cup to any student who signs up for one between February 10th and 24th. Be sure to check out the Instagram page "csbsjusustainability" to get more information.

Bennie Best Friends



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