

road trip

newsletter for commuter & off-campus students

October 2007

Did you know that in the United States a woman is diagnosed with Breast Cancer every 2 minutes?

Three Steps for Early detection of Breast Cancer

1. Yearly mammograms starting at age 35 -
2. Clinical breast exams every 3 years for women in their 20s & 30s and yearly for women aged 40 and older
3. Monthly Breast self-exams starting for women in their 20s

For instructions on how to give yourself a breast self-exam (or for a woman in your life) visit http://www.webmd.com/content/tools/1/slide_breast_self_exam.htm

- Worldwide, at least **1 in 3** women will be abused by an intimate partner in her lifetime.
- In the U. S., nearly **1 in 3** women report physical or sexual abuse by an intimate partner.
- **Women** account for **85% of victims** of domestic or dating violence.
- **Men** account for **15% of victims** of domestic or dating violence.
- In 2001, Intimate partner violence made up **20%** of all violent crimes against women.
- On average **more than 3 women** are **murdered** by a spouse or boyfriend **every day** in America.

Do you know someone who needs help because of domestic violence or dating violence? Call Project [REV] at 940.898.2744 for referrals and information on how to help.

NURSING CAREER DAY

Visit with prospective employers at the Dallas Parkland Campus **Nursing Career Day**, which will be hosted by the TWU Career Services Department. The Career Day will be held on Monday, **October 15th** from **10:00 a.m. – 1:00 p.m.** View a list of participating employers on the Career Services webpage at http://www.twu.edu/o-csl/CareerDays_Students.htm. Bring copies of your resume for distribution. Business Professional Attire required.



Find out what Fitness and Recreation, Commuter Services, and Student Health Services have to offer students.

Schedule:

Presbyterian Campus

Monday, October 1: 11 am—1 pm

Monday, November 5: 11 am—1 pm

Parkland campus

Monday, October 8: 11am—1pm

Monday, November 5: 11am—1pm



Want more information? Contact any of these departments at the following numbers:

Fitness & Recreation: 940-898-2933

Student Health Services: 940-898-3833

Commuter Services: 940-898-3227

Susan G. Komen Race for the Cure October 20, 2007 - Northpark Mall, Dallas

Registration is now open for the 2007 Race for the Cure.

What: 5K run/walk/race

Where: North Park Center, Dallas

Cost: \$30 per participant

When: Saturday, October 20th

Deadline: Friday, October 12th, 5pm

Join **Pioneers for the Cure** this year to help raise money for breast cancer and help our team try to repeat as largest educational team for the 3rd year in a row! Last year, nearly **200 participants** helped TWU raise money for breast cancer research totaling almost \$11,000.

Pajama Pioneers: Once again, you will have the opportunity to support the team from your very own home - in your pajamas if you wish! Just follow the steps on the website to register.

Team t-shirts: You will receive an official race packet from Komen which will include the coveted Race for the Cure t-shirt. You will also receive a team t-shirt which our team will wear at the race.

TO REGISTER GO TO TWUFITNESSANDREC.COM

Hate driving to Denton to buy your TWU t-shirts, bumper stickers, and other clothing and accessories? Did you know you can buy these items online through the bookstore and have them delivered to you?! Visit <http://twu.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=29556&catalogId=10001> or go the A-Z Index on twu.edu and go to B for bookstore.

