

# etc.

[PEOPLE ■ PLACES ■ WHATNOT]

## 'Real Men' speak out

CHRIS DIXON Staff Writer

Feminism, often symbolized by individuals such as Gloria Steinam, has a new advocate in Jackson Katz, a former football player and founder of the anti-sexist organization, Real Men.

Katz will deliver his speech, "Football, Feminism and Other Contemporary Contradictions," at the "Outstanding Women at USC Celebration."

"The women at Women's Student Services felt he would be good because he is man involved in feminist issues," said Heather Zaslansky, a graduate assistant with Women's Student Services. "We hoped men would be more inclined to come and hear feminist issues discussed."

As men become more sensitive to women's issues, sexism should begin to dissipate, she said.

"I don't know if it will change it, but it will make some people think twice about it," Zaslansky said. "It's important for men to get involved in women's issues."

According to Zaslansky, Katz's speech will teach women all men are not monsters.

"It's important for women to see that men are trying to make a difference," Zaslansky said. "He played football, he was a typical jock. To hear women's issues coming from someone like that will break stereotypes."

According to Michelle Jerome, coordinator of Leadership and Women's Programs with the Women Student's Association, young men have a lot to learn about feminism.

"We hope young men will learn that feminism isn't just a women's movement," Jerome said. "It's an appreciation of our differences and what is good with both sexes. Hopefully, it will alleviate the reputation of feminism being militant. Feminism is about equality for everybody."

The "Outstanding Women at USC Celebration" also includes an award presentation to the "Outstanding Woman at USC." There are five finalists, all of whom are undergraduates.

"We started the award four years ago to recognize the accomplishments of women," Jerome said. "Women were not getting the recognition in school that men were getting. Teachers were calling on men more."

The "Outstanding Woman at USC" award gives women the opportunity to celebrate each others' accomplishments.

"A lot of times their contributions go unnoticed," Jerome said. "We are making progress, and we need to recognize where we have made progress. We wanted to make sure people knew about the outstanding contributions women have made on campus."



LUCY ARNOLD Staff Writer

Carey was a 20-year-old college student when her mother developed breast cancer. Even though her mother survived the cancer, Carey became concerned about preventing the disease.

She knew that cancer didn't usually strike women her age, but she wondered, "Is there something I can do to reduce my chances of developing breast cancer later?"

Breast cancer is an issue that touches women of all ages. According to the American Cancer Society, more than 180,000 American women will develop breast cancer this year, and some 46,000 women will die from it.

Although cancer usually strikes women over 50, some college-age women will develop breast cancer. More importantly, all younger women can start now to protect themselves from breast cancer.

A monthly breast self-examination, affectionately known as a BSE, can be an early alarm system for detecting cancer. The American Cancer Society recommends that all women over the age of 20 perform a BSE every month.

A woman who begins doing a breast exam at a young age can protect herself from cancer, and as she becomes aware of what her breast feels like normally, she will be able to detect any changes immediately.

The BSE is a two-step process. First, a woman should lie down with a pillow behind her right shoulder and her right arm behind her head. Then she should use the left hand to feel the right breast for abnormal lumps. Don't forget that some lumps are a part of normal anatomy. A woman can be sure that she has checked the breast thoroughly by choosing a pattern (circular, for instance). The left breast should be checked in the same way.

For the second part of the process, she should stand in front of a mirror. She should look for

differences in the way her breasts look. Dimpling, color changes, swelling and discharge could indicate a problem.

When a woman begins doing a BSE herself, she must remember to perform the breast exam at the same time every month, preferably right after her period. If she thinks she has detected a problem, she should call her doctor immediately.

For more information about the BSE and to pick up a pamphlet, visit the Women's Center or the Health and Wellness Programs Office, both located at the Thomson Student Health Center.

The American Cancer Society has published a list of risk factors for breast cancer. If you find that any of these factors apply to you, perform a monthly BSE and have a health professional perform a breast examination at least once a year (usually, breast exams are included in a gynecological check-up).

Risk factors for breast cancer include:

- Over 50 years of age
- a family history of breast cancer (if your mother or sisters have had breast cancer, you are at an increased risk)
- personal history of breast cancer
- never giving birth, or giving birth after age 30
- long menstrual history (if you began menstruating earlier than 12 and began menopause after 55, you are at an increased risk)

Research is currently being done to determine if a high-fat diet and being overweight contribute to risk of breast cancer.

The American Cancer Society provided the facts and statistics used in this article.

# Breast Defense

## Paying attention to body, warning signs helps prevent breast cancer

### Breast Self-Examination

1. Lie down and put a pillow under your right shoulder. Place your right arm behind your head.

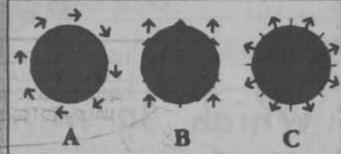


2. Use the finger pads of your three middle fingers on your left hand to feel for lumps or thickening. Your finger pads are the top third of each finger.

3. Press firmly enough to know how your breast feels. If you're not sure how hard to press, ask your health care provider or try to copy the way your health care provider uses the finger pads during a breast exam. Learn what your breast feels like most of the time. A firm ridge in the lower curve of each breast is normal.

4. Move around the breast in a set way. You can choose either the circle (A), the up and down line (B) or the wedge (C). Do it the same way every time. It will help you to make sure that you've gone over the entire breast area and to remember how your breast feels.

5. Now examine your left breast using right hand finger pads.



6. If you find any changes, see your doctor right away.

Information and illustrations from the American Cancer Society

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## Leadership positions are available



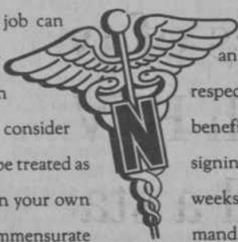
- Garnet & Black Quarterly Magazine Editor
- The Gamecock Summer Editor
- The Gamecock Fall Editor
- WUSC - FM Station Manager

Applications can be picked up in the Russell House room 331. Deadline for completed applications is 5pm, April 13.

All positions require that applicants be junior or senior standing, have a minimum GPR of 2.50 overall or minimum GPR required to remain in good standing in the major college (whichever is greater), and must have worked for the respective organization for at least one year (or equivalent experience). Applications are judged on their submitted samples of work responses on their application form, two letters of reference, and a formal interview before the Board of Student Publications and Communications on April 24.

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