



Yoga students and their guests at Pine Hill Yoga classes were treated to complimentary sessions recently thanks to John and Nancy Schlosser, long-time area teaching professionals. The gesture was to honor Earth Day, a special holiday for the Schlossers, who met for the first time on the first Earth Day in April of 1970, two children and three grandchildren ago. (L-r) John Schlosser, class leader; Lindy Heim and Kristen Ash, class participants, at the Women's Trust headquarters in Wilmot Flat.

## Colby-Sawyer Hosts Project To "Break The Silence"

By Michelle L. Buser '09  
Colby-Sawyer College

Colby-Sawyer will host the New Hampshire Clothesline Project for the 14th consecutive year. The project is a display of over 5,500 t-shirts with written messages and illustrations that visually demonstrate the impact of violence against women and men who are survivors of abuse (sexual, domestic, mental, etc.). These shirts represent the need to "break the silence." The women and men who contributed to the project did so to show the courage required to survive and heal from abuse. By hanging these shirts out in the open, the abused and their families can leave behind some of the pain of the past and continue their healing process.

The event, sponsored by Colby-Sawyer's Department of Campus Safety Women's Initiative with support from the AmeriCorps Victim Assistance Program, will be held in Mercer Hall through Saturday, May 2. The project will be open for viewing to all college and community members from 9 AM to 5 PM and 6 PM to 8 PM on Friday, and on Saturday from 9 AM until noon.

The Clothesline Project has a presence in more than 40 states and five countries. Colby-Sawyer is one of two locations in New Hampshire where the

project is displayed each spring. Though the State House lawn in Concord shows some shirts, only Colby-Sawyer shows all t-shirts made since the beginning of the New Hampshire Clothesline Project.

National surveys reveal that one in four college women have been subjected to rape or attempted rape since the age of 14, and that nine in 10 acquaintance rapes are never reported. Every day, approximately 1,870 sexual assaults occur across the United States. Viewing the vast collection of shirts is often enough to encourage a survivor of abuse to make a shirt and break his or her silence. There will be materials available to anyone who wishes to contribute to the project by hanging a shirt.

Through events, prevention education, and survivor support, the Campus Safety Women's Initiative seeks to educate men and women about sexual assault and domestic violence. The Clothesline Project provides a nationwide network of support and information for communities interested in starting their own local projects.

For more information on the Clothesline Project, please contact Donna Brennan at 526-3927.

To learn more about other public events at Colby-Sawyer, visit [Colby-Sawyer.edu/events](http://Colby-Sawyer.edu/events).

## Program Covers Managing Diabetes In A Tough Economy

*Managing Diabetes in a Tough Economy*, a program sponsored by The Friends of New London Hospital (NLH) and the Newport Health Center (NHC), will be held on Thursday, May 21, from 6 to 7:30 PM at NHC, 11 John Stark Highway, in Newport.

Recent studies show that people with diabetes are increasingly risking their health by cutting back on doctor visits, insulin, medications, and blood-sugar testing as they lose income and health insurance in the recession. This program will help people avoid such cut-backs, which can have drastic negative impacts upon their health.

Presenters are Kathryn Porterfield, MSN, ARNP, NLH Community Health Educator and Sarah Anderson, RD, LD, Nutrition and Food Services at NLH.

Topics include: meal preparation using locally grown food; wearing comfortable, inexpensive, and protective footwear; thrifty ways to exercise; healthy eating on a budget; balancing carbohydrates at cook-outs; and more.

Healthy refreshments will be provided. Informative materials will be available. Please RSVP no later than May 20 to Bonnie Peistrup at 863-4100 or [Bonnie.Peistrup@NewLondonHospital.org](mailto:Bonnie.Peistrup@NewLondonHospital.org).

### COA from page 26

Thursday – 10 AM

Contract Bridge – 9:30 AM

Dominoes – 1 PM

Bicycle Group – varied AM departure times, see Courier for details

#### Friday

Walking at Proctor Academy Gym – 8:30 to 10 AM

Chair Exercises – 10:15 AM

Scrabble – 1 PM

Long-Term Care Options, Second Friday – 10:30 AM

Blood Pressure Clinic, First Friday – 10:30 – 11:30 AM

Foot Care Clinic, First Friday – 12:20 – 2:30 PM by appointment

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