



# well·ness

/'welnəs/

“The quality or state of being in good health, especially as an actively sought goal.”

- Webster’s Dictionary

*The Observer’s WatchTower* team defines wellness as a position of balance between emotional, sexual, nutritional, mental, spiritual and academic health.

In this issue, we aim to evaluate the general state of the Augustana student body’s wellness. In doing so, we challenge our readers to take steps to increase their own wellness and to regard carefully the wellness of others in our community.



## TRIGGER WARNING

This issue focuses on wellness in its various forms, including mental health, sexual health and physical health, which may be triggering for some.

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## WatchTower Team

### EDITORS

Thea Gonzales  
Sophie Reid

### VISUAL TEAM

Kevin Donovan \*  
Alia McMurray  
Ian Murrin

### REPORTERS

Giselle Barajas  
Morgan Clark  
Olivia Doak  
Sarah Kayali  
Natalie McMillan  
Lizzie Oswalt

\* the front and back covers of this issue are by Kevin Donovan

All members of the WatchTower Team are part of the Augustana Observer staff and have been working the past term to investigate student wellness.

Have any tips for stories in the future?

Email us at [observer@augustana.edu](mailto:observer@augustana.edu) or send us a note at Old Main 204

## SEXUAL HEALTH RESOURCES OFF-CAMPUS



### The Project of the Quad Cities

Offers HIV and STI testing, free condoms, and free dental dams.

1701 River Dr Suite #110  
Moline, IL 61265  
(309) 762-5433



### Family Resources: Survivor Services

Offers resources for individuals who have been assaulted and can assist with access to pregnancy tests.

1521 47th Avenue  
Moline, IL 61265  
(309) 797-6534



### Rock Island County Health Department

Offers follow-up care services for continued STI and pregnancy testing.

2112 25th Ave  
Rock Island, IL 61201  
(309) 793-1955

**Emergency Hotlines**  
Free and confidential hotlines that operate to offer education and support about

- (1) pregnancy options
- (2) emergency crisis response
- (3) medical/legal advocacy

All-Options Talkline  
(888) 493-0092

Friends in Adoption  
(800) 982-3678

Survivor Services of Family Services  
IA: 866-921-3354  
IL: 309-797-1777