

2011 Hall of Fame Honoree



Dr. Cheryl (Miller) Dellasega
Class of 1971

A well-known author on the issues of anorexia, bulimia, female adolescence and relational aggression, Dr. Dellasega has spent twenty-five years as a researcher, counselor, teacher and nurse practitioner. Currently, she is a professor of women's studies at Penn State University, as well as a professor of humanities at Penn State's College of Medicine. The founder of Club and Camp Ophelia, which are programs designed to help girls learn the power of connection with other girls, she has received numerous awards, including the YWCA Reilly Award, Penn State's Outreach Award, and the American Association of University Women's "Woman of the Year" award.

Dr. Dellasega has written six books centered around the issues of female adolescence and relational aggression, including "Mean Girls Grown Up," "Surviving Ophelia" and "The Starving Family," for which she received both a Family Choice Award and the June Roth Medical Writing Award from the American Society of Journalists and Awards. In 2007, her "Blogrls" fiction series for young adults was launched.

Cheryl lives in Hershey, Pennsylvania, near two of her children and has a beloved four-year-old granddaughter who visits frequently and has already been a guest at "Miss O," the elementary-school version of Club Ophelia. In addition to volunteer work, Cheryl enjoys reading, watching movies, swimming, and her West Highland White Terrier, Lacey.

Her website is www.cheryldellasega.com, and this site includes a link to her blog.