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## Women's Center

LOCATION:  
Alumni Hall, 2nd Floor

HOURS:  
9 a.m. - 10 p.m.  
Monday - Wednesday  
9 a.m. - 5 p.m.  
Thursday - Friday

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# The 85<sup>th</sup> Anniversary of Women's Suffrage: Its Impact on Today's Women

*How did you spend your first year of college? In the early part of the 20<sup>th</sup> century, young women were celebrating their newly acquired right to vote.*

After a 72 year struggle, women were granted the right to vote on August 26, 1920 with the adoption of the 19<sup>th</sup> Amendment. Since then, women all across the United States have taken advantage of the opportunity by getting involved in local and national politics.

In order to honor the 85<sup>th</sup> anniversary of Women's Suffrage, the University of Dayton held a "Women Win the Vote" celebration in the dining halls on campus. During the afternoon, staff and faculty members distributed cake and information about the 19<sup>th</sup> amendment.

"It was an honor to serve cake in KU in order to recognize this fabulous achievement that my foremothers won for me, and that hopefully my daughters will never take for granted," said Joyce Carter, Vice President of Human Resources. Carter felt honored to vote in a presidential election the year she turned 18, and has voted in every election since.

Dr. Carolyn Ridenour, from Teacher Education, also participated in the activities on August 26<sup>th</sup>. She found it to be an important event because of the need to continually draw attention to the struggle women faced.

"I think [voting] is such an important obligation because that's one of the very few times that we have for our voice to be heard," Ridenour said. "We

### *Thanks to those who assisted with the "Women Win the Vote" Celebration*

*Joyce Carter  
Becky Cook  
Sandra Christie  
Joyce Dean  
Mary Gaible  
Kathleen Henderson  
Sophie Henrichs  
Donna Hess  
Judith Huacuja  
Pat Johnson  
Judy Keyes  
Judy Martin  
Rosie O'Boyle  
Carolyn Ridenour  
Judy Scheidt  
Julie Slife  
Janet Smith  
Michelle Tedford*

have an impact on who our leaders are going to be. I think voting does make a difference."

According to Ridenour, voting also raises awareness of women's issues. She was active in the feminist movement in the 1960s and '70s, and fought against gender bias in schools' curriculum.

Dr. Fran Pestello of the Sociology Department has memories of her mother, Hattie Lu R. Geyer, taking part in politics. Born in 1920, Hattie always

considered the adoption of the 19<sup>th</sup> Amendment to be a significant event in US history. She never missed an opportunity to exercise her right to vote, and was involved politically in other ways as well. On several occasions, Hattie worked the polls during elections, and was also involved in protests of the Vietnam War. She considered herself a feminist and was always concerned about women's rights.

Women of Hattie's generation serve as role models for women today. These women show us that it is important not to take our voting rights for granted.

Dr. Pestello also believes that the widespread voter apathy in the United States could be helped by looking at citizens of other countries who are currently struggling to have their opinions heard.

"It really is astounding what people who don't have that right are willing to go through. People should look at that and say 'Maybe there really is something important about this and we shouldn't take it for granted.'"

• Tricia Parman  
Women's Center  
Communications



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# What's Going On?

## Be a Better You: Love Your Body Month

Love Your Body Day is a national celebration which was originally created to empower women to fight back against sexual stereotypes in the media. The campaign serves to provide positive images of women and to encourage them to accept their bodies exactly how they are. This year, Love Your Body Day will be celebrated nationally October 19.

The University of Dayton will have its own version of Love Your Body Day. At UD, the celebration will be called "Be a Better You: Love Your Body Month," and will last the entire month of October.

The purpose of this campaign is for students, staff, and faculty to set healthy habits for the upcoming year. The Women's Center is combining efforts with the Health and Counseling Centers, Human Resources, the Wellness Program, and Residence Education to bring attention to certain issues.

A walking tour through Woodland Cemetery was held Wednesday, October 5. The hour-long guided tour departed from the Erma Bombeck Memorial plaque, and returned to campus by 6 p.m. Families and children were welcome.

Lee Denim Day is a nationally recognized event that was held on the UD campus October 7. Anyone had the chance to donate 5 dollars for breast cancer research, and in return, were permitted to wear denim to work. Lee Denim Day is the



to allow for exercise on lunch hours, while still leaving enough time for lunch. Pattie Waugh, of the Women's Center, will lead walks leaving from the C lot near Alumni Hall at noon on Tuesdays and Thursdays. Join Mary Buchwalder, Director of the UD Health Center, for brisk walks leaving from the entrance to the Health Center at 1 p.m. on Mondays, Tuesdays, and Fridays. Pedometers,

compliments of Anthem, will be used to track the number of steps walked, and participants will be eligible for a raffle drawing at the end of the month.

The Be a Better You Campaign is also sponsoring several presentations for students. Mary Gamble gave a presentation on self-esteem at Art Street on Sunday, October

world's largest single-day fundraising event for breast cancer research. Every year since the event began in 1996, the program has received increasing amounts of recognition and dollars earned. It has raised more than \$52 million nationally for breast cancer research, education, treatment, and screening programs.

Throughout the month of October, there will be several 20 minute walks around campus. The purpose of these walks is

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*"A primary reason that women and girls smoke and are afraid to quit is their terror of gaining weight — the tobacco industry plays on this in ad after ad."*

—Jean Kilbourne

*"Creating the idea that independence was attached somehow to smoking or that it was a sign of rebellion to endanger your health has been the main purpose of cigarette advertising."*

— Gloria Steinem

### How can you get involved?

#### Making Strides Against Breast Cancer

Making Strides is a noncompetitive 5 mile walk to raise awareness and funds to fight breast cancer. Funds raised support American Cancer Society breast cancer research, education, advocacy, and patient service programs.

The event begins at Fifth Third Field, 220 N. Patterson Blvd., at 10 a.m. Saturday, October 22. Registration starts at 9 a.m. Contact Kate Henry at 229-4122 for more information.

# Alcohol affects women's bodies different from men's

Keep the gender fight to the ranks of the work place. Conduct the duel on the court, but keep the battle off the bar stools. You are best to wage a war where the playing fields are equal, but where alcohol is concerned, men have a natural upper-hand over women, due to genetics. Genetics influences many aspects of our lives, and alcohol consumption is no exception in the discrimination between the X and Y chromosomes.

"It takes a woman fewer drinks to feel the same effects as a man," said Dr. Mary Buchwalder, the Director of the UD Health Center.

Women, on average, have a smaller build than men, and women's bodies have higher proportions of fat to muscle. Alcohol, a water soluble substance, breaks down faster with the presence of water; men's bodies have more water because of their larger build.

But often the most ghastly of the effects alcohol has on women will come after the drinks have already been swallowed. The consumption of alcohol will almost immediately begin affecting judgment, concentration, and memory.

Scott Markland, the coordinator for Alcohol and Drug Education at UD, stated

that exposure of alcohol to the body can cause impairment to the short term memory, as well as a person's ability to transport material from short term to long term memory storage.

"The danger is that a person cannot measure what they do not have memory of," Markland said.

For women, the long term complications of alcohol consumption are greater because the alcohol is much more concentrated in a woman's body than a man's.

"Women tend to be the objects of violence, and it is the impact on judgment and memory that help to contribute to it,"

Markland commented.

To regain the control alcohol can take away with little notice, Markland advises that women nurse their drinks and consider drinking water or non-alcoholic beverages to keep their bodies hydrated.

• Betsy Simon  
Senior  
English

## Changing the World ... for Academic Credit: Service Learning in Women's Studies

Sheila Hassell Hughes, Director of Women's Studies

One of the key components of the new major in Women's Studies is WST 390, a course designed to link critical thinking about gender in the classroom with service to women and social action in the Dayton community. The course, which reflects UD's Catholic and Marianist commitments to social justice, community-building, and educating the whole person, also emphasizes three activities central to the field of Women's Studies: the integration of research with social action, the application of academic knowledge to communities beyond the University, and consideration of how theory and practice ought to be mutually shaping forces.

Students who have completed WST 150 (or, at present, other

approved coursework in Women's Studies) may register for Service Learning in Women's Studies (WST 310), which combines an individual placement for service with a community organization that addresses women's needs and/or advances gender justice with formal study that facilitates reflection upon, contextualization of, and analysis of the service work, social problems, and institutions involved.

A minimum of 1 credit hour of WST 390 is required for the major in Women's Studies, and students may count 1, 2 or 3 hours of WST 390 credit towards the major or the minor. (Because WST-prefix courses cross domains of knowledge, they do not count towards the Women and Culture cluster).

Students have a variety of options for enrolling in the course. In the Winter 2006 term, I will be teaching WST 390 for the first time as a group study course for 2 credit hours (*note*: we may also be partnering with Dr. Judith Martin to grant ASI 228 credit for her mini-course on women and Buddhism next semester, and interested students could combine these two courses for 3 hours of credit towards the minor or major). Students interested in enrolling in my class—especially those who hope to substitute other courses for the WST 150 prerequisite—should contact me in advance and indicate any particular areas of interest for service, as I am in the process of establishing relationships with organizations who might take

placements next term.

Students may also sign up for WST 390 credit as an independent study (1-3 hours) under supervision of a willing faculty member, with approval from the Director of Women's Studies. With approval of the instructor, WST 390 may also be "attached" to another course. For example, a student enrolled in PSY 443 (Psychology of Women) might commit to a service placement working with battered women and, upon completion of the service learning requirements tied to the PSY course content, earn additional credit for 1 hour of WST 390. Faculty teaching in the Women and Culture, Social Justice, Cross-Cultural, and Catholic Intellectual Tradition clusters may want to make this an option for their students.

# Women's Center Profiles

## The Learning Space offers new experiences

Karen Archer Slattery began working at the University of Dayton in August 2004. She is the Administrative Assistant to the Learning Space in Marianist Hall, and conducts various activities around the space.

Karen's job is to perform the overall management of the Learning Space.

"Basically it is whatever needs to be done at the time it needs to be done," Karen said. "There is a routine to a certain extent, and then it's just whatever happens depending on what someone needs."

It is her job to make sure the technology is working properly, set up

computers and audio-visual equipment as needed, and to conduct any troubleshooting if necessary. Karen also monitors the Learning Space, making sure everything is neat and orderly.

The Learning Space encompasses open class space, which is mostly used by the CORE and social justice programs, as well as study space for individuals. There are usually three classes using the space at any given time, and students are allowed to study while classes are in



session. Groups of students and academic programs use the space as well, and it is Karen's duty to book spaces for these groups to work.

"It's very different than anything I've ever worked in. It's a very innovative type of space," Karen said. "I love what I'm doing."

Since Karen has begun working at UD, she has not found it difficult to acclimate herself to the campus.

"The job did not allow me not to be acclimated," Karen

said. "It was either you do it or it won't get done."

Karen chose to join Professional Office Personnel (POP) in order to meet people at UD, as her job does not allow her to work directly with other offices on campus. She also feels it is important to become part of groups that will help professionally.

So far, Karen's job has gone rather smoothly. She has found that students respect the Learning Space, and tend to not damage it in any way.

This year her goal is to make sure things run as smoothly as they did during the last

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## Women's Studies majors put gender issues in focus

"It's like that song, 'I am woman, hear me roar!' Women are strong and powerful, even if they don't realize the capacity to which they can change things," states first ever freshman Women's Studies major, Abby Bowden.

At the University of Dayton, the field of Women's Studies puts women in focus to determine how gender connects with factors such as race and class to shape our lives. It brings approaches from other fields to discuss critical theories of gender and to improve the lives of women, which help men

and children also.

Bowden is one of only six students, including one male, who has declared a major in Women's Studies.

"I feel like I have to step it up and show all of my professors what I am made of since I am a pioneer," Bowden says.

With a degree in Women's Studies, Bowden dreams of starting a magazine directed towards adolescent girls. "I want my magazine to convey a message that the only thing you have to be is yourself and that's beautiful and unique enough. If people don't like who you are the way you are, they aren't worth it."

Several Women's Studies majors have another major or

minor that helps them understand the marginalization of women and their accomplishments. Sophomore student Jenna Connor is a Religious Studies major, and has recently added Women's Studies as a second major.

"I wanted to learn more about the differences in gender, primarily from a religious perspective. God made man and woman different but equal, and I wanted to go in depth into this."

Two weeks into the program, Connor is absorbing as much information about women's issues as possible. She comments, "I feel like I knew nothing going in and now that

I am surrounded by all these intelligent people, I am just absorbing their knowledge. I love the classroom atmosphere!"

In the near future, Connor hopes to be a youth minister but also believes that Women's Studies would help her become part of women's ministry if she felt called to do so. "I'm not sure where this major will take me. I think [with] the knowledge I obtain, I can translate to others and then, in turn, we may be able to start re-thinking gender roles and how we see them in society."

• Danielle Meinhardt  
Junior  
Journalism

# Health & Wellness



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## “Would we love it if we had it?”

October is Be a Better You: Love Your Body Month, and what a foreign concept this is to most of us. What is the perfect body, and would we love it if we had it? It seems that many of us believe we can only love and appreciate a perfect (or near perfect) body. Did you know that by age 6, girls have internalized the idealized, slender body and 40% have expressed a desire to lose weight? By age 9, they have begun to take action and 50% have started their first restrictive diet. Of adults, 40% of women and 20% of men are dieting at any given time (although 62% of the dieting women and 44% of the dieting men were not considered overweight). Body dislike and hatred can consume a lot of time and energy, contribute to low self-esteem and in some cases can lead to an eating disorder.

The staff at the Counseling Center works with students

who have become consumed with body dissatisfaction. They work with undergraduate, law, and some graduate students for this issue as well as a variety of other concerns. There is no cost for seeing a therapist at the Counseling Center. Some students believe that you need to have a major crisis to be seen. This is not true. No problem is too minor to seek services. Issues that are common are adjustment to college, eating disorders, alcohol problems, depression, anxiety, grief and loss, issues related to trauma (such as feelings of despair as a result of a natural disaster such as Hurricane Katrina), academic problems, and difficulty selecting a major, just to name a few. Just call 229-3141 to set up an appointment.

We hope to make this a regular mental health column in this newsletter so if you have any mental health questions, please email them to [rebecca.cook@notes.udayton.edu](mailto:rebecca.cook@notes.udayton.edu).

• *Becky Cook*  
Counseling Center

## Ask the Doc

Mary Buchwalder, M.D.

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*Dr. B-*

*I'm living in Marycrest, and everyone's coughing and sneezing. How can I avoid getting sick?*

*Sarah*

Ahh, living in a dorm! Lots of fun, but sometimes akin to living in a Petri dish too! All kidding aside, communal living increases your risk of acquiring colds, flu, and any other contagious germs floating through your residence hall. While you can't avoid someone coughing in your face, the following things have been shown to reduce your chances of getting sick:

1. Get enough sleep. Most young adults need 7-9 hours a night. Lack of sleep doubles your risk of getting sick when exposed to cold germs.
2. Eat a variety of healthy foods, emphasizing fruits, vegetables, and whole grains.
3. Wash your hands or use a waterless hand sanitizer frequently.

4. Keep your hands away from your eyes, nose and mouth. Many germs are picked up from doorknobs and transferred from our hands to our respiratory system by touching our faces.

Even if you're careful, it's common for students living in dorms to have twice as many colds as most adults (4-6 vs. 2-3 per winter). Make sure to see a doctor if you get cold symptoms associated with high fever (101+), severe headache or stiff neck, severe sore throat, difficulty swallowing, difficulty breathing, persistent sinus headache or symptoms that last more than 10 days.

*Dr. B*

“Ask the Doc” is a service of the University of Dayton Health Center. If you have any questions that would be of general interest, please send them to: [askthedoc@notes.udayton.edu](mailto:askthedoc@notes.udayton.edu) This e-mail is NOT checked daily. Do NOT send personal or emergency questions; please come to the Health Center or dial 911 for emergencies! This service is not intended to replace a visit with a physician.

### ***Did You Know?***

*\*80% of women want to lose weight?*

*\*More than 80% of 4<sup>th</sup> grade girls have been on a fad diet?*

*\*20% of females have had or plan to have cosmetic surgery in their lifetimes?*

*\*85-95% of people with anorexia nervosa and bulimia are female?*

*\*About 22% of women continue smoking during pregnancy?*

# Voices Raised

## Department of Visual Arts Faculty Exhibition

*The Department of Visual Arts Faculty Exhibition appeared in the Rike Gallery throughout September. It featured 27 works of art from 21 faculty and staff members. Following are just a few of the artworks that were represented at the exhibition, as well as a short biography of the artists who created them.*

*Photos taken by Tricia Parman*



**Erin Holscher**  
***Heavy Dreamer***  
**Mezzotint and line and wash etchings**

This is my second year of teaching at UD. I am an Assistant Professor of Printmaking and Drawing and I love teaching these subjects because they are what I am most passionate about doing. I make prints and drawings and I enjoy sharing what I do with others. I love seeing people be challenged and excited by something that is new to them, whether it be a printmaking process, an artist they have never come across, or an innovative approach to drawing. Teaching is both challenging and rewarding, and I am continually learning with the exchange of energy and ideas that occurs in the studio classroom.

**Kyle Phelps**  
***At the Gate***  
**Resin and mixed media**

I started teaching here at the University of Dayton in 2001. I teach 3-D design and Ceramics. I like teaching these subjects because I feel that there's a direct link to how I create art and what is taught and practiced in the classrooms (both ceramics and 3-D design). Many of the techniques and methods that I use to create artwork is used directly by my own students. It's like practicing what you preach. The best part of my job is just the pure freedom to create art and being able to pass that knowledge on to future artists.



**Jeffrey Cortland Jones**  
***On the Account of an Absence***  
**Enamel, resin, latex, and acrylic on MDF**

Jeffrey Cortland Jones is currently in his 6<sup>th</sup> year teaching at the University of Dayton. He teaches Foundations 2D Design and Color Theory. He enjoys teaching these subjects because they are the basic foundations of art and design, and it's where the artist starts to understand how and why images and objects are built.

What is the best part of his job? "I work almost only with freshmen and it's nice seeing and helping them make the transition to adulthood."

# Karen Archer Slattery finding new home at UD

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school year, and for students to continue using the space in innovative ways.

Karen is currently taking Introduction to Religion in order to finish her bachelor's degree in general studies. She is planning to combine her background in education and humanities to create a degree.

Prior to UD, Karen worked at Goshen College in Indiana as an Administrative Assistant to Adult and External Studies and the Ohio State University in the Student Financial Aid Department.

• *Tricia Parman*  
*Women's Center*  
*Communications*

# Be a Better You events for everyone

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2. A presentation by Becky Cobb titled "Personally Fit" will be held in Virginia W. Kettering Hall, on Sunday, October 16. Nancy Poeschl will give a presentation on nutrition at the Marianist Hall Learning Space on Sunday, October 23. Both presentations begin at 7 p.m.

The Body Monologues will take place in late October. Students will have the opportunity to submit stories, reflections, or poems about their bodies. These will be posted anonymously on bright pink, life-size cutouts of women, and placed in multiple locations around campus. All students who provide submissions will be entered into a drawing.

A series of Brown Bag lunchtime presentations will take place throughout the month. "Baby Boomers' Eyes: New Options for Old Problems" will be presented by Ronald Warwar, M.D. on Wednesday, October 12. He will discuss how eye conditions arise, as well as what today's technology can do for them. Scott Hall, Ph.D., will present "Being in Transition" on Wednesday, October 19. Dr. Hall will discuss how understanding the processes involved in change can make it less confusing and more optimistic. A third presentation will be on the topic of menopause, but as of print time a date had not been set. All presentations will be held in KU 311 from 12:05-12:50 p.m.

• *Tricia Parman*  
*Women's Center*  
*Communications*

*For complete details about all "Be a Better You: Love Your Body Month" events, go to the "Calendar" page of the Women's Center website at <http://womenscenter.udayton.edu/calendar>.*

# Diversity helps open eyes

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conscious once again that Dayton really is a good place to live, to go to school, to raise a family. Though it's not perfect, I have a new-found appreciation for the relative "richness" of my "Midwestern" life. And even though I wouldn't necessarily say, "This experience is the best memories in my life!" as Ayaka did when she e-mailed me a week after arriving back in Japan, I do believe her brief presence in my life was a true gift – the gift of appreciation and thankfulness for life in America as seen through the eyes of a young woman from the other side of the world.

• *Lisa Rismiller*  
*Women's Center Director*

# What are you reading?



## *My Sister's Keeper*

by Jodi Picoult

By age thirteen, Anna has undergone countless

surgeries so that her older sister, Kate, can fight leukemia. Anna was conceived as a bone marrow match for Kate — a role that she has never questioned until now. Anna makes a decision that could tear her family apart and have fatal consequences for the sister she loves.

## Women's Center Newsletter

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## Subscribing

To subscribe to our free newsletter, e-mail us at [parmantg@notes.udayton.edu](mailto:parmantg@notes.udayton.edu) and include your mailing address. Feel free to contact Tricia Parman if you have any questions, concerns, or an idea for an upcoming issue.

# From the Director's Desk



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## Embracing diversity can better our community and ourselves.

*We could all benefit from occasional reminders of what we have to gain from UD becoming a truly diverse and inclusive community.*

For me, that reminder came in the form of a 19-year old woman named Ayaka Hayakawa. Ayaka (I-yah-kah), as she insisted I call her, was one of a group of 12 young women who came to UD this past August for a month-long, English-language intensive course offered by ELMI, the English Language Multicultural Institute. She and her 18-20 year old colleagues were all students of various disciplines attending Japan's Sugiyama Jogakuen University. Ayaka and her friends came to UD for this program, which is part language education, part cultural exchange. In the month that they were here, they lived with host families, spent 3 hours each morning in class, and then spent each afternoon doing things many of us take for granted, like going to the Dayton Mall, the Air Force Museum, Paramount's King's Island, Sunwatch, downtown Yellow Springs, etc. They also spent some time learning about the American West from a Troy, OH troupe of "cowboys," making "Americana" crafts, and having Mary Kay makeovers.

In addition to all the various forms of learning these young women participated in, each was assigned a volun-

teer "conversation partner," one of a group of UD faculty, staff and students who committed to spending at least one hour per week meeting with their assigned student and conversing with them in English in order to further develop the student's conversational skills. It was through this "conversation partners" program that I was matched with Ayaka, and quickly came to realize that I got as much out of the experience as she did.

At our introductory meeting we shyly made small talk and then set a schedule to meet twice a week. The first meeting was a bit awkward, but once Ayaka got comfortable, we readily shared details of our families and our lives. We talked about our respective tastes in music, art, food, sports, etc., but most of the time we talked about the things Ayaka and her colleagues saw and did during their time in Dayton. For me, these conversations were a rare opportunity to "see" things I've seen many times before and frankly had probably taken for granted. Thus enlightened, I became

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