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Women's Center  
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Other times  
by reservation

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## “Let Your Light Shine”: The 2014 Miryam Award



*Shauna Adams*

**This year's Miryam Award shines a bright light on Dr. Shauna Adams and Shane White. Since 1996, UD campus ministry's Center for Social Concern has recognized with the Miryam Award those who have gone beyond their**

normal duties to transfer personal passion into effective and positive social change. Adams and White received this year's award due to their “selflessness in support of women achieving their dreams,” Mary Niebler, associate director for the Center for Social Concern, said.

“We see them both as agents of change in the lives of so many women in our community, as they have encouraged and provided resources for them to thrive,” Niebler continued.

Adams serves as the executive director of the University's Center for Early Learning and as an associate professor in the School of Education and Health Sciences. The committee selected Adams due to her continued guidance and support of women in education, which allows these women to pass along Adams' efforts through their own teaching.

“I cannot think of a single person who works harder for the women in her life, helping them to improve their skills, take

on leadership roles and engage in service projects,” her nominator, Dr. Joni Baldwin, said.

Adams has cultivated an environment of support and comfort for UD women through projects like a curriculum that caters to working mothers wishing to continue their education.

White, UD's associate director of University Information Systems, volunteers his time broadcasting and promoting the UD women's basketball team. He traveled with and broadcasted the team at his own expense due to insufficient funding.

After a year, White's position was finally included in the budget. He now has been the Flyers' official commentator for five years.

Krystal Warren nominated White because his dedication “...provides a platform to showcase our team that we would otherwise not have,” and because he “...truly provides a voice for female athletes through his passion for equal rights, fair treatment and opportunities for women.”

Both recipients have helped others shine in their respective fields.

– Eileen Comerford '15



*Shane White*

# WHAT'S GOING ON?

## What did you value most about “Campus to Career” 2014?



*“The networking dinner. Including a professional at each table and the keynote’s speech made it easy to converse with [the professional women].”*

*“The women-centered focus. It was nice to just be with professional and student ladies!”*

*“The comfortable environment ... I felt I could be myself and ask questions I may not be able to elsewhere.”*

*“Getting reassurance that an internship or job will work itself out, and that it is possible to get the career you love through hard work and networking.”*

*“Advice about being the best version of yourself!”*

*“Speaking to REAL women, especially UD alums, who have jobs ... that gives me hope!”*

*“Not only networking with professionals, but also networking with peers was a valuable experience. [Keynote speaker Jon Vroman] was also hugely valuable and engaging.”*

*“Having a supportive group of young, professional women [alumnae who graduated within the past five years and comprised the Young Professionals Panel] to look up to and talk with about their careers so far.”*

**From these quotes, it’s clear:** The fourth annual “Campus to Career: Bridging the Gap” conference held March 12 in KU resonated with more than 150 female student attendees. These comments came from women students in more than 20 different majors in the College of Arts and Sciences, as well as the schools of Business Administration, Education and Health Sciences, and Engineering. Some had attended “Campus to Career” in past years; others were first-timers. Their — and UD’s — sincere thanks go to our partners in this event: the GE Women’s Network. Without their expertise, commitment and support, “Campus to Career” would not exist.

– Lisa Rismiller, Director

# PROFILE

## “I Hate Bullies”

“I hate bullies,” UD lecturer Christopher Burnside told 179 gamers.

“If I had one of those ‘I Am a Feminist Because...’ posters, mine would say, ‘...Because I hate bullies.’”



Christopher Burnside

He knew the answer would resonate with gamers. Since the age of 10, Burnside has been involved with tabletop role-playing games, collecting Magic: the Gathering trading cards and playing video games. Choosing gaming over “playing sports or other socially acceptable activities for teenage boys” led to “teasing” and “mocking.” It’s just something gamers deal with, he said.

UD’s Fantasy and Science Fiction Appreciation Club (FASFAC) hosted the 22<sup>nd</sup> annual UD Con this February. At the gaming convention, Burnside’s keynote speech addressed gendered bullying, or what he called his “intersection of common interests”: gaming and gender studies.

“I firmly believe I would not be the teacher I am today without Dungeons and Dragons,” Burnside said. Now, “instead of figuring out what’s in the abandoned farmhouse,” he’s teaching English courses, including one about *Buffy the Vampire Slayer* – a course dedicated to girls and vampires.

His interest in gender studies and theory directly and indirectly manifests in his *Buffy* class and his own writing, he said. In his most recent play, he interweaves concepts and ideas about gender into the plot.

At UD Con, Burnside visually captured gender disparities in gaming by showing monsters. “Male monsters... some of them were disgusting and horrifying. Every female monster was gorgeous, even

while being a monster; they’d just give her green hair or something,” Burnside said. “The female characters’ primary characteristic is that they’re beautiful – no matter what sort of character they were depicting. The male characters you’re looking at can be old, they can be bald, they can be fat.”



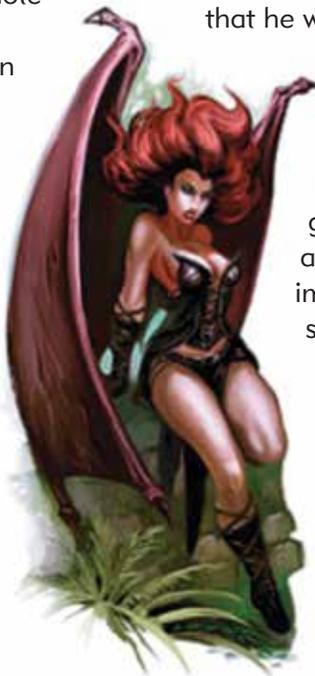
He then referenced an incident that occurred two years ago within the community of Magic: The Gathering. The world champion at the time, Jon Finkel, went on a date with a journalist he’d met through a dating website. Then, as Burnside said, the journalist wrote an article disparaging Finkel “...for not disclosing that he was a, like, professional nerd on the dating site.

“The feedback, the fallout, of that article was that a lot of people came to his defense and said that she was being shallow and horrible. But, all of the attacks on her were gendered attacks. Instead of saying this [was] an article she shouldn’t have written, they immediately made it about gender,” Burnside said. It demonstrates the possible “negative aspect of community.”

FASFAC vice president Rachel Armstrong experienced this negativity, especially from family members, when she started playing video games: “I’d be like, ‘Can I play?’ and they’d say, ‘No...not really.’”

“The reason we don’t have an inclusive community in gaming for women,” Burnside said, “is because we don’t make it okay for women to be involved in gaming. The only thing we have to do is make it okay.”

– Amanda Dee ‘16, Editor



## Have you made your graduation “bucket list?”

It’s the time of year when students are getting ready to finish finals, say their goodbyes and head back home for the summer. For seniors, however, this time will be different. The four (or five) years are up, and it’s time to move on to bigger and better things. Seniors may feel bittersweet — done with papers and tests but moving away from what was home for four years. As a recent graduate (May 2012, James Madison University), I know the feeling.

Graduating students may find themselves staring at Mary’s statue a little longer than usual, looking longingly at Stuart Hall, reminiscing about the fun times they had as a first-year (even though at the time they cursed the far walk) or visiting the Serenity Pines garden they always promised they would visit.

To make the most out of the final days, end it positively. Savor as much as possible. When I was getting ready to graduate, I wanted to do all the things I always said I was going to do but never did. Graduating students can make a “bucket list” of all the places they want to go or all the things they want to do before the semester ends. These could be places commonly associated with UD’s community like a basketball game or even the greater Dayton area like the National Museum of the United States Air Force. Trust me, there is nothing worse than moving away from a place without visiting a famous attraction that was only a short car ride away.

I encourage students to take lots of pictures as they go on these adventures (candid shots are the best). Creating a scrapbook or putting photos in an album is a great way to capture these memories. Putting them on Facebook or Instagram just isn’t enough sometimes. Seniors should also try to spend as much time with their friends as possible. It is much harder to stay in touch once everyone has gone their separate ways and funds are limited. I strongly believe seniors will leave their undergraduate careers much more positively if they use these techniques to savor their goodbyes.

– Rebecca Kinsey, counseling center trainee

*Congratulations class of 2014.  
Best of luck to you all.*



# Ask the Doc: Sinus Infections

## Question:

Hey, Dr. B.! How can I tell the difference between a cold, a sinus infection and bronchitis?  
– Megan

## Answer:

*Hi, Megan —*

Good question. A cold is basically a viral infection that affects the whole airway system, including the sinuses, nasal passages, throat and bronchial airways. More than 200 viruses have been identified as causes of typical cold symptoms: runny nose, sinus pressure, sore throat, fatigue and sometimes low-grade fever. Cough (bronchitis) often accompanies these symptoms but can develop later in the first week and continue past the sinus and throat symptoms. Physicians previously thought that, since bacterial sinusitis has similar symptoms, an antibiotic might help and wouldn't hurt. Unfortunately, over the last couple decades, we're seeing multidrug-resistant germs, people developing allergies or serious reactions to multiple antibiotics and new research showing that we might be seriously harming our cohabiting "good" intestinal bacteria; one recent study suggested that antibiotics may be contributing significantly to our obesity epidemic by changing our intestinal biome. Additionally, most respiratory infections, while miserable, resolve spontaneously in seven to 10 days. So, the Infectious Diseases Society of America offered guidelines in 2012 for physicians, recommending that they consider bacterial sinusitis an illness and treat it accordingly if one of the following criteria are present (in otherwise healthy adults):

-  *Upper respiratory symptoms last 10 or more days without any improvement.*
-  *Severe symptoms, such as a fever of at least 102 degrees, last for at least three to four consecutive days.*
-  *Typical cold symptoms improve at day five or six then significantly worsen ("second sickening").*

According to a University of Michigan Health System recommendation, only five in 1,000 colds lead to bacterial sinusitis. And, antibiotics generally don't do much for most coughs. A high fever, chest pain or difficulty breathing accompanying cough should be evaluated by a physician.

So, Megan, treat your symptoms with decongestants, cough meds, acetaminophen and/or ibuprofen, and you generally can wait out most colds (except as noted). If you see a physician, ask if an antibiotic is necessary or if they think symptomatic treatment will suffice.

And don't forget the basics of good health: get enough sleep, exercise regularly and eat healthy!

– Dr. B.

*"Ask the Doc" is a service of the University of Dayton health center.  
This service is not intended to replace a visit with a physician.*

# FROM THE GA'S DESK

## Inspiration Station

On March 31, the Women's Center gave away free T-shirts to anyone who participated in our "Inspiration Station." Students, faculty and staff wrote short notes on postcards to UD women who inspire or support them, thanking them for their contributions to our community. The notes were then mailed to those extraordinary women. By the end of the afternoon, 200 T-shirts were given away — and at least 200 UD women received "heartfelt thanks."

— Kate Marrero, Women's Center graduate assistant

Brittany Ramsey

You are a great leader, and I really admire your support and guidance over the last 4 years. Thank you for all you've done for APO and ResLife.

- Anonymous

Professor Sue Klosterman  
I just wanted to thank you for your spunky & engaging attitude in my geology class last year. It is no easy task captivating a room full of business students, but you did. You are a very strong, witty, bright person & it was a joy being in your class. Thank you!

-Madelaine

Holly Baker

Inspires me to be happy and to appreciate life!

-Anonymous

Women of SGA

You inspire me to be a better senator, and tackle hard issues. The awareness you bring to campus for our cause is amazing, and you are all beautiful flowers.

-Anonymous

Dr. Natalie Hudson

Thank you for being such a great positive role model. For not only me but thousands of other students to grow into great community models, just like you. Continue to bear your light upon the world.

Frederick

Lisa Warren

You are inspiring because of your sincere helpfulness and cheerful attitude.

-Nancy

Professor Karen Connair

You inspired me to try my best in math, & really try to apply myself. You made me want to get an A, and I accomplished it! Thank you!

-Anonymous

Maddie McDermott

I am so proud of how hard you've been working these past few weeks! You are beautiful and fantastic!

-Logan

Michelle Naparano

You are so freaking awesome! You inspire me to be a better person and realize it's okay if all I want to do is stay in on a Friday. Your work ethic and dashing good looks are very inspiring. You are awesome and I love you!!

-Angela

*“Let's dare to be ourselves, for we do that better than anyone else can.”*

— Shirley Briggs

## Female Flyers – Consistent Leaders On and Off the Court

From bracket busting to last-minute, game-winning shots, the UD men's basketball team is something to be proud of in our campus community. Its success during March Madness engulfed the spirit and support of the student, alumni and city of Dayton communities; however, during all the team's triumphs and celebrations, some members of our campus community have been overshadowed.

The UD women's basketball team is something our campus not only should be proud of, but also should be supporting with equal zeal. With five consecutive NCAA appearances, a second consecutive A-10 regular season championship, more than 20 wins in seven seasons, the lead in the A-10 for attendance and its record-highest NCAA seeding (sixth), it is time the UD community gives the women's basketball team the recognition they deserve.

"With all of the hype surrounding our men's team, I think it's important to recognize our amazing women's team for a great season. They fought hard against Florida until the very end, and I don't think any Flyer could ask for more," said junior Sara Minge, a cheerleader for the women's basketball team.

At Dayton, community is at the heart of our character; we need to do a better job of supporting all members of that community. Red Scare has done an excellent job coordinating events to cheer on the men's team. From watch parties to team send-offs to bed sheet contests, Red Scare has been the cornerstone for swelling the Flyer spirit on campus during the men's NCAA journey. Sadly, there was no Red Scare watch party or other campus event to encourage students to cheer on our women's team as they played Florida on March 23. Many UD students did not even know the women were playing NCAA games that weekend.



It's discouraging that we have failed as a community — during Women's History Month — to celebrate the athletic, smart, talented women that are creating UD history on the court. In 2010, in his Women's History Month presidential proclamation, Barack Obama stated, "Women's History Month is an opportunity for us to recognize the contributions women have made to our nation and to honor those who blazed trails for women's empowerment and equality. ... I call upon all our citizens to observe this month with appropriate programs, ceremonies and activities that honor the history, accomplishments and contributions of American women."

As a campus, we need to support all our female Flyers. So, as exciting as March Madness has been for the men's team, let's take a second to say congratulations to our women's basketball team for being consistent leaders on the court and on campus.

– Libby Durnwald '14

*\*\*Editor's note: Upon the men's team's return to campus from their Elite Eight game, the women's team was also celebrated for their victories. We hope this is just the beginning of our efforts.\*\**

## UD alumnae among 2014's Top 25 Women to Watch

**Women in Business Networking (WiBN)**, based in the Miami Valley, aims to encourage success and support in a professional community of women. Since 2009, WiBN has annually recognized 25 women who leave a mark in their respective fields and positively impact their communities.

This year, we congratulate UD alumnae Irene Dickey '82, Vicki S. Giambrone '81 and Caitlin Bortolotto Krebs '05 undergrad and '06 MPH for their achievements. All three have been involved with the annual "Campus to Career" conference.



*Irene Dickey*

**Irene Dickey** is a lecturer at UD's School of Business Administration and has won five teaching awards. She also is adviser to UD's Women in Business organization, Zeta Tau Alpha sorority and the Marketing Club.



*Vicki S. Giambrone*

**Vicki S. Giambrone** is the vice president of strategic partnerships and chief business development officer for Dayton Children's Hospital. She is part of the child advocacy committee of the Ohio Children's Hospital Association and helps with the Children's Hospital Association. She also is past president of UD's Alumni Association.



*Caitlin Bortolotto Krebs*

Caitlin Bortolotto Krebs is CityWide Development's business development officer, helping local business owners expand their companies. She also is a member of the Junior League of Dayton, Generation Dayton, Dayton Sister City Committee and the Dayton Ballet marketing committee, and she serves on the advisory board for WiBN.