

March 2014  
Issue 43

Women's Center  
Alumni Hall, 2nd Floor

9 a.m. - 5 p.m.  
Monday - Friday  
Other times  
by reservation

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## Choose to Remember

Women's History Month is "a time to remember those who fought to make freedom as real for our daughters as for our sons," as President Barack Obama stated in his 2013 Women's History Month Presidential Proclamation. In the midst of our hectic, caffeine-fueled days, sometimes we forget. We forget the women on campuses, the female doctors and the girl bands. We forget the moms, the sisters and the daughters. Mark March as the month to remember.

— Amanda Dee '16, Editor

### Women you may never have known but should never forget



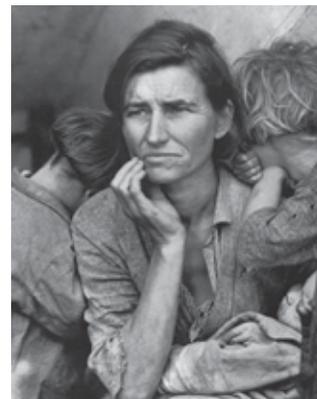
Sor Juana portrait circa 1666

#### Sor Juana Inès de la Cruz

Sor Juana was a self-taught poet, philosopher and scientist during the Spanish Inquisition — an era of rampant religious intolerance and misogyny. After being forbidden to attend university disguised as a male, she joined a convent to continue her writing and studies. *La Respuesta*, her most controversial work, proposed that women and men were intellectual equals.

#### Dorothea Lange

Dorothea Lange is most famous for her photographs of migrant workers during the Great Depression and Japanese-Americans in internment camps during World War II. She captured the suffering and bravery of families and prisoners, which resulted in government censorship of much of her work. "Migrant Mother," one of her most iconic images, represented the desperation and pain of a hard-working mother.



"Migrant Mother"

The Library of Congress archives



Iris Marion Young

#### Iris Marion Young

Iris Young was a political science professor at the University of Chicago prior to her death in 2006. She advocated for a more inclusive concept of social justice and exalted the importance of raising the voices of the discriminated trapped in the private sphere. Young has been considered one of the greatest feminist philosophers of her era.

\*\*Information pulled from [nationalhistoryclub.org](http://nationalhistoryclub.org), the Library of Congress and The University of Chicago news office, respectively.

# WHAT'S GOING ON?

## Women's History Month Calendar of Events

DATE	TIME	LOCATION	EVENT
2/18 - 3/16	Daily	ArtStreet	<b>The Inner Beauty Project</b>
2/25	7-8:30 p.m.	ArtStreet Studio B	Creative Culture Exchange: <b>Media, Art and the Right to Feel Beautiful</b>
2/26	5-6:30 p.m.	Women's Center	<b>Charmed or Alarmed?</b>
3/1	9 a.m.-2 p.m.	Kennedy Union	<b>Colors of Leadership Conference</b>
3/3	7:30 p.m.	Boll Theatre	Gail Dines presents: <b>Sex, Intimacy, and Identity in a Porn Culture</b>
3/4	7-8 p.m.	Marianist Hall Learning Space	Created Equal Film Series discussion: <b>The Loving Story</b>
3/12	4:30 p.m.	Keller Hall Courtroom	Dr. Mary Frances Berry Skype presentation: <b>The African American Freedom Struggle</b>
3/12	4:30-9:00 p.m.	Kennedy Union	<b>Campus to Career: Bridging the Gap</b>
3/12	7-9 p.m.	ArtStreet Studio E	<b>Wednesday Workshop: The Rubi Girls Unveiled</b>
3/13	4-6 p.m.	Roesch Library Lobby	<b>International Women's Day Tea &amp; Poetry Reading</b>
3/14	8 p.m.	ArtStreet Studio B	<b>Miss Representation</b> film screening and discussion
3/15	9 a.m.-7 p.m.	Off Campus	<b>Women's Issues Plunge</b>
3/15	5:30 p.m.	RecPlex	<b>International Festival</b>
3/18	12-1:15 p.m.	Liberty Hall 08	<b>Table of Plenty: Women's Choices and Expectations of Women</b>
3/18	4:30-8:30 p.m.	ArtStreet Studio D Gallery	<b>B2</b> with Crystal Michelle, DCDC
3/19	Noon & 4:30 p.m.	Humanities Center Room 257	Selected readings from <b>Unruly Catholic Women Writers</b>
3/19	5:30-7 p.m.	Women's Center	Opening Reception for <b>Reading and Writing the Body</b>
3/19	7:30 p.m.	Science Center Auditorium	<b>Band of Sisters</b> film screening and discussion
3/19	7-9 p.m.	ArtStreet Studio E	<b>Wednesday Workshop: #ArtStreetSelfieProject</b>
3/20 - 3/22	Varies	<a href="http://udayton.edu/students/consciousness_rising">udayton.edu/students/consciousness_rising</a>	<b>Consciousness Rising Conference</b>
3/20	7 p.m.	Kennedy Union ballroom	<b>UD Speaker Series: Jody Williams</b>
3/25	4:30-6 p.m.	Chapel of the Immaculate Conception	<b>Miryam Award</b> presentation and prayer service
3/25	7:30 p.m.	Kennedy Union ballroom	<b>The Thin Line</b>
3/27	5-6:30 p.m.	Women's Center	<b>Mean Girls on Campus: Slut-Shaming in Our Community</b>
3/26	8 p.m.	Humanities Plaza	<b>Take Back the Night</b> March and SpeakOut
3/24 - 3/27	Daily	Campuswide	<b>Busy Person's Retreat</b>
3/31	7 p.m.	RecPlex	<b>UD Speaker Series: Mary Robinson - Stander Symposium</b> keynote address

For more information, go to [udayton.edu/womenscenter/calander](http://udayton.edu/womenscenter/calander).

# HEALTH & WELLNESS

## Ask the Doc

### Question:

I'm really confused by all the things I hear on the news about coffee. Is coffee bad for you or good for you?  
– Jason

### Answer:

Hi, Jason —



A 2013 survey showed that 83 percent of Americans drink coffee to the tune of 3.1 cups per day. Coffee consumption has increased over the last several years. Some good quality research has assessed the risks and benefits of drinking coffee. Moderate consumption (three 6-ounce cups, which is two mugs or so) has shown protective effects on health and no convincing evidence of harm. Cholesterol levels may slightly increase, but the overall chances of death from heart disease will decrease, particularly in women. Coffee has a tiny effect on raising blood pressure, but it may reduce the risk of diabetes mellitus. In the past,

studies purported to link coffee to bladder and pancreatic cancer; later, definitive studies showed that coffee did **not** cause cancer. Remember, coffee has been quaffed for more than a thousand years and the bad news ought to be out by now — and it just isn't. Newer studies tend to support a negligible effect of coffee on death from heart disease. So, enjoy your coffee (black is better) with a clear conscience. I know I do.

– Dr. Anthony Foley  
UD Health Center

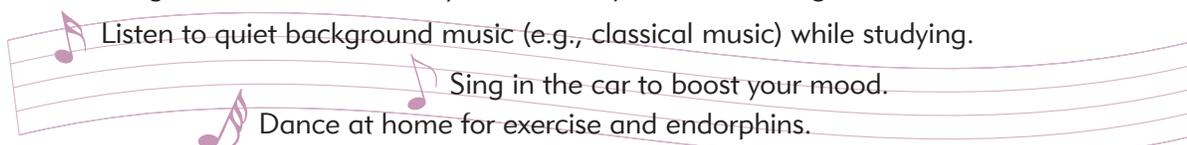
*"Ask the Doc" is a service of the University of Dayton health center and is not intended to replace a visit with a physician.*

*"Music provides a kind of pleasure which human nature cannot do without."* – Confucius

**One of my favorite things to do in the evening is sit on my front porch and listen to music.** I find that I match the music to the mood I'm in at the time. This can lead to catharsis, or emotional release. While research differs on the value or need for catharsis, allowing our feelings a space in our lives can heal us. Whether it's anger, sadness, pain, excitement or satisfaction, the right song can encourage us to deal with emotions we'd prefer to keep submerged.

Music, as discovered in studies, expedites and deepens the brain's learning processes. Many music therapists work with children and adults with special needs to facilitate learning. That is to say, music can change our perceptions and beliefs (aka learning) — a key to overcoming emotional ruts in which we often find ourselves.

The following activities are other ways music can promote learning:



Much of popular music ultimately touches on themes that can evoke powerful emotions. Many times in my life, a phrase or an entire song has spoken to me and offered support or comfort. Knowing that someone had once felt what I was feeling helped me feel less alone and more hopeful for the future. Sometimes, however, music distracts us from what we're feeling or doing. Silent moments are also necessary to prompt reflection and calm the nerves.

I hope you take some time to play a favorite album or playlist or venture out to find new music. It could help you feel more emotionally balanced and less stressed!

– Dr. Matthew Heiner  
UD Counseling Center

## Voices Away From Home: From the Known to the Unknown

— Amanda Dee '16, Editor

**UD graduate students Yuki Yoshida and Fatema Albaloooshi ventured from the known to the unknown.**

Yoshida moved from Japan where women choose between two work tracks — career or noncareer. The career-track includes business positions in which men and women are both considered professionals. The noncareer-track includes clerical jobs in which women are not considered for promotion. Once a Japanese woman chooses the noncareer track, changing to the other is nearly impossible. Yoshida chose this track.

After seven years of working as a sales assistant for a broadcasting company, Yoshida quit her noncareer-track job. She wanted to “study seriously” and learn “specific skills”; she wanted a career-track job. She moved to Pittsburgh to study English. There, she met women who, as she described, “would not be considered traditional if they were in Japan.”

She continued, “They knew what they wanted to be and what they wanted to do in the future. ... When I first met them, I was disappointed in myself because they were so different from me. Then, as I talked to them, they gave me a lot of advice, and I figured out what I wanted to do.”

Now Yoshida is at UD working toward an MBA with an accounting concentration.

When Yoshida came to UD in 2012, she spent her free time with other Japanese students. They saw the Indian Student Association (ISA), the Muslim Student Association (MSA) and the Chinese Students and Scholars Association (CSSA); they realized they wanted to officially introduce their own Japanese culture to the University. Yoshida now serves as president of the Japanese Student Association (JSA), which she founded in 2013.



*Yuki Yoshida*



**Fatema Albaloooshi**

**Fatema Albaloooshi moved to Dayton from Bahrain, a relatively liberal country in the Middle East.** There, she witnessed women ministers and ambassadors and grew up with a mother whom she calls, “the most important woman in her life,” and an elder sister who pursued engineering.

“Of course having those examples in my life would influence me to try to be just like them or even better,” Albaloooshi said.

Now Albaloooshi is working toward a doctorate in computer engineering at UD.

As a Muslim, Albaloooshi said she initially was afraid of attending a Catholic university — a university founded on a religion she knew nothing about. But, “[her] decision to attend this Catholic school has never been regretted,” she said.

Albaloooshi serves as the public relations representative of the Muslim Students Association (MSA). When Muslim students needed a bigger prayer room, the MSA raised its voice. When Muslim female students needed private exercise space, the MSA again raised its voice. And the University listened.

Yoshida speaks in soft, quiet English, and Albaloooshi speaks quickly and emphatically; both women use their voices to make UD a better home for themselves and others.

# FROM THE DIRECTOR'S DESK

## It's Time to Go Green

As I write this, the small text in the corner of my Porches screen reads, "DAYTON, OH 5.5 F." Hopefully, the weather will have warmed up considerably by the time you read this. Still, by now, even the most die-hard snow lovers among us are anxiously awaiting the first green hints of spring. Would you like to hurry along the "greening" of campus? Maybe you haven't yet heard, but you can — we all can.



The Green Dot initiative is an innovative strategy for combatting "power-based personal violence" (i.e., sexual, partner and stalking violence) within a given community — in this case, the UD community. Green Dot, encourages all members of the community to take positive actions that will eventually overwhelm negative aspects of that community. Green Dot's mission on this campus is to encourage and empower as many students, faculty and staff as possible to take actions — large and small — to prevent personal violence.

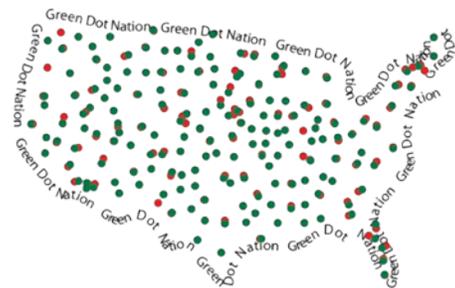
You may be asking, "What exactly are green dots?". To quote the official UD Green Dot website, "A green dot is any choice, behavior, word or attitude that promotes safety for everyone and communicates utter intolerance for power-based personal violence in our University of Dayton community. A green dot is anything you do to make our community safer."

The following are just a few examples of potential green dots. No one can do them all, but each of us can find ways to put our own green dots on the UD map. And once we do, our campus will not only be a place where the spring vegetation flourishes, but also where each and every student thrives.

– Lisa Rismiller, Director

## How can you support Green Dot?

- Believe that rape, dating violence and stalking are unacceptable and say it out loud.
- Look out for friends at parties.
- Write a paper on violence prevention.
- Add "green dot supporter" to your email signature line.
- Assign books and papers about violence prevention.



To find out more about Green Dot and how you can contribute to the greening of campus, visit [go.udayton.edu/greendot](http://go.udayton.edu/greendot) or email the Green Dot team at [greendot@udayton.edu](mailto:greendot@udayton.edu).

## The Last Box

**This was it.** When this box was sorted through, it would all be over — my “daughter duties” complete. I could not wait for it to be done: I had dreaded this box in particular. The box contained the genealogy stuff mom accumulated throughout her life. Now, I had to sort through and distribute the final miscellaneous items of her life. Did I mention I have zero interest in genealogy?

The box seemed huge! Oh, it started out average, a clear plastic bin about 2 feet by 3 feet by 30 inches; but the longer it took up space in my house, the bigger it seemed to grow. By the time I started sorting, I would have sworn it was the size of my dining room. At least it seemed that way once the contents started tumbling out.

The usual stuff was there: cards made for her in elementary school by her children and grandchildren, play and dance recital programs, graduation and wedding announcements, etc. She kept everything, along with years of notes on her lineage. Newspaper articles she collected covered my floor. Sorting would take me days.

One article in particular stopped me in my tracks. Why would she have saved an article titled, “Women Who Ruled?” She would not have called herself a feminist, so why would she have kept this? At first I thought it was something she wanted to give me for my work at the UD Women’s Center, but it predated that office’s existence. I laid it aside and continued sorting, still unable to put that article out of my mind.

As I sifted through these fragments of her life, I found thank you cards to her for supporting other women with their life struggles. That led me to think about her friends and their various races, ethnicities and orientations. I realized then that she was interested in that article because she was interested in women being treated equally. I thought that interest originated in me, but as it turns out, I inherited it. In that last box, I found the greatest treasure of all — a broader understanding of my mom and my own DNA.

This Women’s History Month, my wish for you is to find and honor the history of the women in your family.



Photo courtesy of Pattie Waugh

*Five generations of women in the Hughes-Waugh family.*

– Pattie Waugh, Programming Coordinator

## University of Dayton Celebrates the Accomplishments of Women

Women's History Month is the perfect time to highlight some of the prominent women the University is bringing to campus.

Women from around the world and all walks of life have championed human rights issues and tirelessly worked to advance causes, raise awareness and educate others about the contributions women make in big and small ways every day. This month, the University of Dayton Speakers Series brings two such women to campus, offering the opportunity to celebrate achievements and become inspired to action.



Jody Williams

### JODY WILLIAMS

A 1997 Nobel Peace Prize winner, Jody Williams is chair of the International Campaign to Ban Landmines, and the author of *Banning Landmines: Disarmament, Citizen Diplomacy, and Human Security*.

Thursday, March 20, 2014  
7 p.m.

Kennedy Union ballroom



Mary Robinson

### MARY ROBINSON

The first female president of Ireland and former United Nations High Commissioner for Human Rights will keynote the annual Brother Joseph W. Stander Symposium.

Monday, March 31, 2014  
7 p.m.

RecPlex