

October 2013  
Issue 41

*Women's Center*  
Alumni Hall, 2nd Floor

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

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## Career Services Adds New Talent and Experience

**This summer career services got some powerful additions to their team** — three women who are ready to bring their extensive and diverse expertise to UD students and alumni. University of Dayton career services is already one of the most prominent and respected resources for students on campus — but these three incredible women are making it even better.



**Seager**

### **Elizabeth (Liz) Seager**

joins as the associate director of career advising and experiential education. Seager has more than 13 years of experience in career advising, the latest six spent at the State University of New York at Geneseo.

Seager explains that she has, "a strong commitment to teach students and alumni that career development and planning is a lifelong process." This wisdom, developed over many years in the field, is welcomed with open arms by career services coworkers and students alike. Jason Eckert, director of career services, said, "she brings a passion for career development and is coordinating career advising and experiential education." Seager already loves her time at UD, commenting, "I'm really enjoying getting to know UD students — they are amazing individuals."



**Witt**

**Lisa Witt** comes to the career services team as an assistant director of career advising and liaison to the School of Engineering. Eckert recognizes Witt's "enthusiasm and ingenuity," and praises the

value of her background in working with diverse populations. "Her education in both engineering and counseling with more than 20 years of experience in the United States Air Force, will enable her to provide outstanding service to students." When asked about choosing the new position at UD, Witt remarked, "UD is a beautiful campus with a supportive, family-oriented environment that's located in a city I love."

**Amy Tanaka** fills the position of assistant director of employer relations and outreach. Tanaka has an incredible amount of experience — more than 20 years in human resources and operations management, including a position at a Fortune 500 company. "Amy is using her years of human resources and relationship-building experience to connect students to new and exciting employers and plan career fairs," Eckert said. Tanaka is excited about her decision to join UD, saying, "I love the spirit that comes from working with young adults, particularly those at UD." Tanaka also commented that the influence of the Marianist community and culture was evident not only during her initial interviewing process, but also in the work and everyday lives of the students, faculty and staff she encounters.



**Tanaka**

These women are destined for great things at career services. From their personal and professional experiences, each understands the unique struggles of women in the workplace today, and when asked to offer some words of advice, all had wisdom to share. Seager

# WHAT'S GOING ON?

## October is “Be A Better You: Love Your Body Month”



**There are many reasons I anticipate the beautiful fall season** — pumpkin everything, new classes and bonfires with dear friends. My fair skin, something I have been self-conscious of since high school, also embraces the beginning of “tights” season. Finally! I can wear a dress or skirt and not feel as though everyone is staring at my incredibly pale legs. I can dress as I like instead of in ways that will prevent society from judging me. Just as in nature, in this way fall is a sort of re-birth for me.

This October, however, I plan on taking a different approach. The Women’s Center is taking an initiative, combining Women’s Health Month (nationally held in September), Breast Cancer Awareness Month and Domestic Violence Awareness Month and dedicating an entire 31 days to “loving YOUR body.” The National Organization for Women (NOW) hosts a “Love Your Body” day every October 16th, and the Women’s Center decided to embrace all of October’s positive messages concerning women’s health, spreading the positive message to all women that, “You should love your body, too!”

Now, loving oneself is not an easy task. Every day we are flooded with media messages and social norms, constantly bombarding our brains with the possible “flaws” in our bodies. It doesn’t matter what generation you ask, society has always identified something we could “improve” about our bodies. These constant generational messages inhibit us as individuals from loving ourselves and, just as importantly, from spreading the spirit of self-love to others.

So, what’s “Be A Better You” all about? Pattie Waugh, programming coordinator for the Women’s Center, says it best, “Women should focus more on positive body messages, do a yearly check in with their health and make small changes toward wellness.” Learning to love and take care of ourselves can only inspire others to do the same.

I think I’ll begin by taking advantage of this “tights” weather because I can dress in comfort — not because the additional fabric hides my legs from society.

Where will you begin?

– Keelie Gustin (University of Dayton School of Law-2L)

## A Letter on Behalf of the “KL Cat”



**Dear University of Dayton staff, students, faculty and squirrels, Salutations.** I write you after long awaited anticipation and much deliberation on my own part, with what I hope will be an enlightening letter about my past. I have enjoyed the mystic cloak of rumor and unearned nobility that you humans have so kindly allowed me, so before I begin, I extend my gratitude.

I have seen many things in my lives. (I, like my other feline comrades, have nine. A story for another time.) And all the things I’ve seen have led me here to the University of Dayton.

I was born in 1853, in Milan, Ohio. A small boy found me in a field after I had wandered away from my family and lost my way. Thomas took me in and befriended me. He was a smart boy, always creating contraptions, some not always working. I spent two of my lives with him. He made something called a phonograph and a bulb of light that lasted longer than fire. Maybe you’ve heard of him?

After he died I decided to travel and met some interesting creatures on my way; a distant relative of Balto, a fearsome mouse who carried a rapier, a talking spider who had exquisite grammatical talents and her small pig friend.

I ended my travels here in Dayton, having heard about two brothers who could make humans fly. They reminded me of Thomas. I stayed, witnessing their success, a great flood that took over the city and the rise and flourishing of your school.

Here, I have stayed. Christened the “KL Cat,” as I often frequent the Kettering Labs hot-spot, just outside the doors — I am drawn by the hungry minds of students and the inspiring faculty and staff, and I’m always reminded of my first friend Thomas. I plan to stay much longer, taking vacations here and there of course, but returning to the place where the squirrels are many and the people kind.

Perhaps I shall write again. The old tale about how we cats were granted nine lives is truly thrilling.

Until next time,



Your “KL Cat”

– Samantha Hamilton '14





## Ask Dr. B.

### Migraine Headaches

#### Question:

Hey Dr. B,

For the past six or seven years I have randomly gotten migraine headaches. Usually they are extremely rare, around once or twice a year, but in the last month I have gotten three. They are characterized by nausea, vomiting, a one-sided headache and blurred vision (everything I look at looks like I stared at the sun with black spots and blurriness).

I am 21, and yes, I live the life of a college kid; late nights and caffeine cramming sessions are regular for me. My diet, admittedly, is horrible; I drink a lot of diet pop, which includes caffeine and aspartame, and I eat a fair amount of sweets. I do drink alcohol, but not in excess.

I'm not really surprised I get migraines, I just figure it's a part of being in college; what I'm wondering is why they have become so frequent and what treatment options are available? My hometown doctor has me on a constant prescription for 800mg Motrin, but it doesn't work anymore.

What else can I do to help cure these awful headaches?

Thanks,  
Jennifer

#### Answer:

Hi Jennifer,

The symptoms you describe are pretty classic migraine symptoms. Other common symptoms include sensitivity to light or loud sounds and worse pain after activity. Folks usually want to curl up in a quiet, dark place and sleep off a migraine.

Usually an increase in migraines is caused by stress (problems with classes, moving, relationship problems, etc.), change in sleep patterns such as not getting enough sleep or travel across time zones, or changes in diet. Women can also have problems related to hormone changes. Rarely, increasing headaches can be a sign of something more serious, such as a brain tumor or aneurysm. Again, those are very rare, but with a significant change in frequency or type of migraine symptoms, you probably should check with your doctor.

There are many medications that can be helpful for migraines, both for acute treatment and prevention if migraines are frequent. So maybe try something new. Also look for some other causes: Is there something particularly stressful in your life? Have you added something to your diet? (by the way, red wine and beer are common alcoholic offenders for folks with migraines. Usually other forms of alcohol are less likely to cause migraines.)

If you're looking for a "quick-fix," caffeine should actually be your go-to. It can relieve pain and pressure quickly. So this time, permission granted to brew that extra pot of coffee! Hope these suggestions help!

– Dr. Mary Buchwalder  
UD Health Center

# Let Go of Waiting for a Different Weight: Good Health Can Exist at Every Size

**Survival depends upon the strength of our guardians. These guardians enable our existence; yet we have the tendency to wage an indefinite war against our thankless saviors.**

We rarely think of our body as our “personal guardian,” but supporting our lives is its central mission. What would happen if we stopped fighting against and rather worked with our bodies? Health and well-being would be the result. That health would be manifested independent of weight considerations and would be accessible to people of diverse sizes and shapes. Health and well-being need not be delayed until you are a certain weight. Waiting until something is different before you accept and value yourself is inefficient, unsustainable and destructive. You are worth your attention and care right now before any change!

Despite popular misinformation, research indicates that people are more likely to responsibly invest in their potential and satisfaction if they first recognize themselves as a worthwhile investment. Self-criticism is risky, hurtful and unnecessary. Let go of worry. Self-acceptance does not breed self-indulgence; it means compassionately accepting responsibility for our well-being because we believe we’re worth it. This is both achievable and maintainable at any weight!

Regardless of your size, healthy attitudes are hard to practice and strengthen within a social environment that couples satisfaction with the never ending shrinking of our bodies and uneasiness with weight “stability” or gain. Thankfully, during the last 30 years, a consensus of medical and mental health professionals have backed a philosophy called “Health at Every Size.” This academically researched approach debunks the focus on weight as a central health indicator and supports the following guiding principles:

- ▶ Accepting and respecting the diversity of body shapes and sizes.
- ▶ Recognizing that health and well-being are multi-dimensional and that they include physical, social, spiritual, occupational, emotional and intellectual aspects.
- ▶ Promoting all aspects of health and well-being for people of all sizes.
- ▶ Promoting eating in a manner which balances individual nutritional needs, hunger, satiety, appetite and pleasure.
- ▶ Promoting individually appropriate, enjoyable, life-enhancing physical activity, rather than exercise that is focused on a goal of weight loss.

– Shamell Brandon, Psy.D.

Our bodies are our survival. Don't wait to appreciate and support that effort! Invest in your health through self-acceptance, pleasurable physical activity and balanced eating. For more information or research on “Health at Every Size”, check out these sources:

**Health at Every Size: The Surprising Truth About Your Weight** by Linda Bacon, Ph.D.

**“Goodbye, Scale. Hello, Health,”**

by Tori DeAngelis;

[www.apa.org/monitor/2009/04/weight.aspx](http://www.apa.org/monitor/2009/04/weight.aspx)

Association for Size Diversity and Health;

[www.sizediversityandhealth.org/index.asp](http://www.sizediversityandhealth.org/index.asp)

The Motivational Power of Self-compassion;

[www.huffingtonpost.com/kristin-neff/self-compassion\\_b\\_865912.html](http://www.huffingtonpost.com/kristin-neff/self-compassion_b_865912.html)

## Rays of Sunshine Through the Women's Center



**Marrero**

my opinion, that makes for better, easier work," Marrero shares. (Ah, friendliness and willingness to work hard — two aspects of academia for which UD is well known!)

It was this warmth which drew Marrero to UD for graduate school. She earned her undergraduate degree in psychology with a minor in family studies at Purdue University. Her focus was on positivity and the positive aspects of psychological studies. Marrero shared with me her passion for life when she said, "I found everything to be just so full of negativity, and that is not healthy. I wanted to focus on what made people happy and what people were doing well, so I have made positivity my goal and my focus not only in my academic studies, but also in every other aspect of my life."

And her life outside of UD is filled with love and caring. Originally from Cincinnati, Marrero lives in Beavercreek, Ohio, with her sister, a lawyer at Wright-Patterson Air Force Base, and their rescue dachshund named Wendy.

Marrero's philosophy seems to be a beautiful state of mind. We should all learn from her to live positively, as it makes everything in life as beautiful as it can be. If you would like to meet Marrero (as I know you all would because she is truly wonderful), she is staffing "Throwback Thursday" tables in Kennedy Union, where she will be handing out fun snacks along with information regarding October's "Be a Better You: Love Your Body Month." She can also be reached at 937-229-5390 or at [marrerok2@udayton.edu](mailto:marrerok2@udayton.edu).

Welcome to the Women's Center, Kate. And thank you for gifting us with your overflowing optimism!

– Joy Hamilton '14

# Successfully Balancing Life and Work

**We as students are sometimes fearful of the winding paths life may take us down;** anything and everything can be unexpected. The most important advice Dr. Jeanne Holcomb would give is to not be afraid to carve out a new path — it made all the difference in her own life.

“I was not very intentional about going to graduate school,” Holcomb said. “During senior year of my undergraduate studies, I was doing research with a faculty member in the sociology department, [and] it was upon his urging that I applied for graduate school at all.”

In addition to teaching and research, Holcomb also focuses on her own family life. Married nearly nine years and with two children and two dogs, she values time with her loved ones. They enjoy spending time together, even instituting fun traditions like “family fun Fridays,” when they each write a story or draw a picture and then share their work with one another.

Holcomb recently began her fourth year as a lecturer and mentor at UD, spreading knowledge by teaching courses in the sociology, anthropology and social work programs.

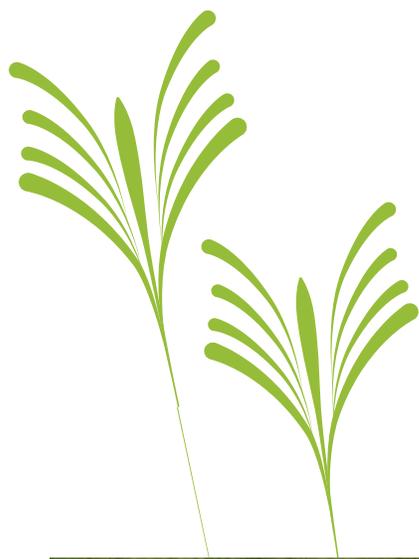
Beyond teaching, much of Holcomb’s research focuses on women’s experiences with breastfeeding. Her research addresses the complicated structural issues that make breastfeeding more than just an individual choice. She has presented her research at an annual meeting of the Academy of Breastfeeding Medicine, hoping to inform practitioners of its significance in the field.

“I think this exemplifies the heart of much of my research and my approach to teaching,” she says. “Areas of family life and childhood often seem so simple, seeming to be individual ‘choices’ or the responsibilities of individual parents, but when you really get into them, they’re more complicated than that.”

In fact, Holcomb says, she appreciates the emphasis UD places on mentoring and developing relationships with students — that being exactly what inspired her to attend graduate school at the University of Florida where she earned a doctorate in sociology with specializations in families and gender.

Holcomb lives every day with the intent of embodying her passion for her family and for her studies, as well as being the best professor, mentor and parent she can be. And she does an exquisite job. She is honored and respected by faculty and students alike for all of her efforts and is loved by her children for always striving to be the best mother she can be. Holcomb is one to be commended for the passion and love that propels her work in both academia and at home.

– Kellie Shutter '14



*Jeanne Holcomb and her children*



Continued from Page 1

encouraged “young women to embrace opportunities to lead.” Witt enthusiastically stated, “Become very skilled at what you do. Treat all persons professionally, and hold yourself accountable to a high standard!” Though the workforce where women are making comparatively less than men and holding fewer positions of leadership can seem intimidating to young women, Tanaka said, “I can’t think of a better time to be a woman entering the workforce.”

With examples such as these three women available to guide and give advice, UD students are destined to soar to great heights in their careers and all aspects of life.

– Kelly Miller '14

◀ Women's History Month display in Kennedy Union

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