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From the Director's Desk

Women's History Month

Three speakers share knowledge with UD

The University of Dayton will welcome three prominent speakers to campus during Women's History Month. Although they come from different parts of the country, they all have done considerable work with fighting for women's rights.

Winona LaDuke is internationally known as a voice for Native American economic and environmental concerns. She is Anishinabe from the Makwa Dodaem (Bear Clan) of the Mississippi Band of the White Earth reservation in northern Minnesota, and credits her background with her interest in activism. She has written extensively on Native American and environmental issues, and began the White Earth Land Recovery Project, which works on protecting wild rice and local biodiversity, and buying back tribal lands.

In 1994, LaDuke was nominated by Time magazine as one of America's 50 most promising leaders under 40 years of age. She was the Green

Series.

Judith Ezekiel, a native of Dayton, is currently an associate professor of American Studies at l'Université de Toulouse-Mirail. Her book, *Feminism in the Heartland*, tells the story of second-wave feminism in Dayton. The book traces the lives of 85 women activists who fought for women's rights in this city and in the nation, and discusses four main organizations that structured the women's movement in Dayton.

According to Ezekiel, it is important for today's men and women to understand the women's liberation movement, as well as other movements in our nation's past.

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At a glance...

Robert Jensen:
February 28, 7:30 p.m.
Sears Recital Hall

Judith Ezekiel:
March 3, 4:30 p.m.
Roesch Library

Winona LaDuke:
March 6, 8 p.m.
KU Ballroom

Party vice presidential running mate to Ralph Nader in both 1996 and 2000. She will visit campus on March 6 as part of the Distinguished Speakers

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

PHONE: 937-229-5390
FAX: 937-229-5334

WEBSITE:
womenscenter.
udayton.edu

HERS develops future women leaders

The Summer Institute for Women in Higher Education Administration seeks to improve the status of women in the middle and executive levels of higher education administration. Beginning this year, the University of Dayton will nominate one female staff or faculty member per year to attend the institute.

Nearly 2,000 women have attended the conference since it began in 1976. This year, the conference will be held June 25 through July 21 at Bryn Mawr

College in Pennsylvania. The curriculum consists of intensive training, working 12 hour days Monday-Saturday. It is a unique opportunity for women administrators and faculty, preparing participants to work with issues currently facing higher education, such as the growing diversity of the student body and the work force. The Institute, which admits around 70-75 women per year, is co-sponsored by Bryn Mawr College and Higher Education Resource Services

(HERS).

"The purpose is really to develop future women leaders in higher education," said Lisa Rismiller, Director of the Women's Center. "People who are good candidates for HERS are women who have aspirations or certainly the talent and ability to rise to the administrative level at a university or college."

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What's Going On?

March is Women's History Month

Self-Defense Workshop

UD RecPlex. Explore the inner workings of self defense and learn practical actions to practice self defense. This program will help women connect spiritually with themselves to find the strength, passion and desire to be able to stand up for themselves in a variety of situations.

International Fair

6:00 KU Ballroom. The evening features a variety of entertainment with an international flavor and food from around the world. Contact the Center for International Programs at 229-3514 for more information.

Women's Leadership Conference

"Real Women... Real Stories." Notable women from the Miami Valley will be sharing their stories. To register for the conference call 229-3351. Tickets are \$10 for students, \$50 for community members.

Women's Advocacy Dinner

6:00 Reception and 7:00 Dinner KU Ballroom. To bring together the dynamic groups of women located across campus in an evening dinner to pay tribute to women's progress and empowerment, to celebrate the female spirit and bring awareness to issues of women's rights worldwide. Visiting historian Judith Ezekiel will deliver the evening's keynote address.

Wear Your Badge With Pride Day

A day to show your pride by wearing your Greek organization's letters.

Linda Tillery and the Cultural Heritage Choir

8:00 Boll Theatre. These songs are "survival music." As Tillery explains, "this music, particularly the spirituals, has kept Black people alive through slavery, night rider's raids, and segregation. This is the music that has been used as a support for just about every political movement in this country."

Hollywood Arms

Presented by the Dayton Playhouse, this is a funny and moving story of three generations of women living on welfare in California in 1941 and 1951. The play is showing Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. For tickets call 424-8477.

Through the Years... a look back at UD Women's fashion
A life-sized glimpse of "the look" for UD women, from the first female students in the 1930's to present day.

"Introduction to Basic Self-Defense: A Lecture in Why 90% of It's All in Your Mind"
Noon KU 331. Presented by Carolyn Zengel, this will include a discussion of mental and verbal self-defense, predators, and tips for staying safe.

For a more complete listing of events throughout March, visit our website.

March

For more information on WHM events, please visit our website: womenscenter.udayton.edu.

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|---|--|--|--|---|--|--|
| | | Robert Jensen Self Defense Workshop February 28 | Body Monologues Chinese Medicine for Sinusitis/Allergy 1 | 15 at 4:45: Appreciating Women in our Past 2 | Judith Ezekiel International Fair 3 | Women's Leadership Conference Women's Advocacy Dinner 4 |
| Busy Persons Retreat (3/5-3/9) 5 | Winona LaDuke Wear Your Badge With Pride Day 6 | 7 | Linda Tillery and the Cultural Heritage Choir concert 8 | 9 | Hollywood Arms (3/10-3/26) <i>Maangamizi</i> 10 | Spring Break (3/11-3/19) 11 |
| 12 | 13 | 15 at 4:45: The Women we are Today 14 | Through the Years... a look back at UD Women's fashion (3/15-3/31) 15 | 16 | 17 | 18 |
| 19 | 20 | Milagro Del Muyer 21 | Introduction to Basic Self-Defense Miryam Award 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 15 at 4:45: Blessing for our Future 31 | |

Heard wins YWCA award

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there's energy and if you share that with others, there's empowerment."

This award is a testament to Heard's passion- uplifting women and helping them to fulfill their vision and mission in life.

In addition to this award she has also received the Top Ten African-American Women Award, Dayton Daily News Ten Top Women Award, Up and Comer's Award, Woman of the Year from Metropolitan Women's Club and YWCA African-American Women's Achievement and Pathfinder Awards.

This time Heard will be sharing the stage with two of her inspirations, Reba Gaston and the Rev. Vanessa Ward. Seven women are receiving the Women of Influence award at the Recipient's Luncheon at the Dayton Convention Center February 28. For tickets, call the YWCA Dayton at (937) 461-5550, ext. 179.

• *Leslie Cebula*
Senior
Electronic Media

Women's Leadership Conference promises real stories from real women

"Real Women ... Real Stories" is a fitting title for an event that gives women the skills and resources to become leaders of the 21st century. This year, at the 5th Annual Annie T. Thorton Women's Leadership Conference (ATWLC), participants will hear real stories from real women in the Dayton community.

Since the inception of the ATWLC five years ago, more than 600 women have benefited from attending the conference.

"We live in a society where women's voices are often stifled or silenced," said Yemi Mahoney, a founder of the ATWLC. "It brings women together and allows us to transcend societal barriers

that divide us."

An important voice that has helped transcend these barriers is this year's keynote speaker, Vernellia Randall, a professor at the UD School of Law. Randall co-founded the Miami Valley Community Summit on Eliminating Racism, which is a call to action against racism at the institutional level.

"To look at where she sits today, one might never imagine the obstacles that she has encountered," Mahoney said. "I had heard her speak before and was motivated and inspired by her message. I believe those who hear her at the conference will feel the same way."

Along with Randall, four women from the Dayton area,

including Dayton Mayor Rhine McLin, Margaret Peters, Doris Ponitz and Gail Littlejohn, will tell their stories that highlight the journey of how they got to where they are today. A University of Dayton student from Rwanda will also be sharing her story of survival in the 1994 genocide that occurred in her country.

Keeping in line with the University's mission, Mahoney says, "[This conference] will provide new opportunities for women to grow mentally, physically, and spiritually."

• *Danielle Meinhardt*
Junior
Journalism

What's Happening with Students: New Opportunities in Women's Studies

Sheila Hassell Hughes, Director of Women's Studies

Since the inauguration of the Women's Studies major in 2004, the opportunities for students have been snowballing, and I want to take this opportunity to highlight a few.

In November, Women's Studies majors were invited to my home for dinner, and we had a fun time sharing our ideas and hopes for the program. One new initiative that arose from that discussion is "First Mondays for Women's Studies." On the first Monday of each month, Women's Studies majors, minors, and others interested in the Program, will be gathering for pizza or wings and conversation in the Women's Center. Our goal is to promote

connection and a sense of community among those in the Program, and we may eventually even launch a student organization. The February 6th meeting is set for 5-6:30 pm in Alumni 212. Students have also responded positively to the proposal of launching a student-centered feminist web-zine, to be linked to the Women's Studies Program web page. The zine will feature original writing by UD students—including creative work, book reviews, reflections, essays, the Durham Award winner, and maybe even a feminist advice column! Dr. Akhila Ramnarayan, who has just joined the English Department from Ohio State

University, has agreed to serve as faculty co-editor, and we will soon be forming a student editorial board. Join us for our first "First Monday" or contact the Program office at 229-4285 if you are interested in getting involved.

Many Women's Studies students are also involved in plans for this year's "Women's Week" and "Women's History Month" events. We are delighted to be sponsoring visits by Dr. Judith Ezekiel, Robert Jensen and Winona LaDuke. Women's Studies is also sponsoring a table for Women's Studies majors at the first Women's Advocacy Dinner March 4, and we hope to see you there!

Women's Center Profiles

UD's Woman of Influence

She may not see herself as an influence but to the lives she's touched in the Dayton community, she's more than an influence—she's a role model and inspiration.

Lynnette Heard, the Executive Director of the Office of the President of the University of Dayton, is being recognized with the 2006 YWCA "Woman of Influence" award for her commitment to promoting women and equality.

Her mission goes hand in hand with the YWCA's—empowering women and eliminating racism. "You find in life principles you have to stand by and my feet are firmly planted in these two principles," Heard said.

She lives out these principles daily in every role she's in, whether it's in her career, community service, or family life. Currently she's the president of the Alpha Kappa Alpha Sorority Inc. (Trotwood Chapter); member of the Queen City Chapter of The Links, Incorporated; Junior League of Dayton Community Advisory Council; Kettering Medical Center's Walk for Women's Wellness

Committee; and the National Underground Railroad Freedom Center.

"I've always been called to service," Heard said. "It's so ingrained in my whole being, my DNA, if you will. I know no other way."

"I've always been called to service. I know no other way."

-Lynnette Heard

She was taught by the lives of her mother and her mother's friends, whom she calls godmothers, that women could do anything. Heard first started serving and multitasking to help her mother. Her mother lost her hearing after Heard's birth so she grew up interpreting and relaying her mother's messages.

Heard saw the deafness as a blessing. "It gave me a compassion for those appearing different," Heard said. "Watching her bravery and courage from this was truly inspiring to me."

Her mother never let her loss of hearing get in the way of serving others and she became the first Y-Teen Director at the Dayton YWCA. Heard likes to say, "My life is wrapped in YW," because of the leadership it gave her as a Y-Teen and it was the place her parents met.

"If women rise, our society rises," Heard said. "In joy

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The Art of Irish Dance

Building up strong legs is great, but what really counts are students with a passion for something they truly love. Students possessing a



talent are wonderful, but having them take that talent and share it with the UD community is a gift to the university. Senior, Ashley Herb, and junior, Kelly Gallagher, have done just that. Combining Herb's 13 years of Irish dance experience with Gallagher's 15 years of dedication to the art, these two women have molded the UD Irish Dance Club from the ground up.

"We wanted to create the club for the large Irish dance population we have at UD," Herb said.

There are an overwhelming number of students on campus who come from Irish descent, making a large population of students familiar with Irish dance. The initial goal was to target the campus' competitive Irish dancers, who had stopped dancing when they went off to college and were taken away from their dancing routine, but the club actually caters to a wide range of dancers; from people without an Irish heritage or prior knowledge of Irish dance, but who have the desire to learn, to students who have been dancing competitively for years. The club presents people of all dance

backgrounds with numerous opportunities, such as in-services for dancers brushing up on or just learning the dancing techniques.

Currently, they are working to set-up a schedule for the group to come together and practice. This year, the dance team also plans to perform at local nursing homes, St. Patrick's Day shows, possibly participate in the Dance Marathon, and take part in numerous other dance functions.

"The club is really just starting to get off the ground," Herb said, but there is reason to believe that the Irish Dance Club has found itself a happy home on UD's campus.

With the Irish Dance Club just beginning its second year of existence, there are around 30 dancers already signed up on the club roster, up from last year's head count of 25 members.

"We really had no idea that it would be so popular," Herb said. "We hope that after we leave, future generations of dancers will keep it alive."

For further information on the club, contact Ashley Herb at herbasha@notes.udayton.edu, or Kelly Gallagher at gallaka@notes.udayton.edu.

• Betsy Simon
Senior
English

Health & Wellness



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Ask the Doc

Mary Buchwalder, M.D.

*I've thought about becoming a vegetarian?
Is this a good idea?*

Well, it depends. Some people go veggie for ethical reasons: to better feed the world by decreasing our meat consumption, or to preserve the lives of animals. These reasons stand on their own merits. If you wonder if it is healthier than a diet that includes meat, the answer is yes and no. Americans in general eat too much fat and not enough fruits, vegetables and whole-grains. Most vegetarian diets supply the latter, but can also easily have too much fat if lots of whole-fat cheese, eggs and nuts are

used for protein. And meatless diets tend to be low in iron, zinc and some B vitamins, so if you plan to avoid ALL animal products, extra care must be taken to include these nutrients and get adequate good-quality protein daily. If you also do not intend to eat or can't tolerate dairy, then you have to be careful to get other sources of calcium too. If you intend to go totally veggie, make sure to read about it first or talk to a registered dietitian.

Also, if you're interested, you can contact the Vegetarian Society of Greater Dayton area, a local group with

an interest in vegetarianism, at vsgda@yahoo.com or (937) 885-1432. You can also contact the UD Dining Services dietician Wylan Ganote at 229-4225.

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 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.

International Spotlight

From *The Hindu*,
India's National
Newspaper

**Gearing up for more
medical tourists**
K. V. Prasad

COIMBATORE: Mark J. Biggers, 50, is the second U.S. citizen to undergo a hip resurfacing surgery here within a month. He is convalescing at Ganga Hospital and is set to leave for home in Arizona. Gregg Dean, 59, left for home in Wyoming last week after a resurfacing surgery in another hospital.

A home and land developer, Mr. Biggers is among the growing club of foreigners, especially in the U.S. who surf the Internet for orthopedic surgeons and land in Coimbatore. Talking to presspersons at the hospital, Mr. Biggers forecast a rise in the inflow of U.S. patients to India.

*To read the
complete article,
go to
[www.thehindu.com/
2006/01/31/stories/
2006013111110100.htm](http://www.thehindu.com/2006/01/31/stories/2006013111110100.htm)*

Body Monologues calls for thoughts about your body

What thoughts do you have about your body? When you think about it what feelings arise? What feelings do you have about your body during certain situations: such as, when you get out of bed in the morning; when you are eating lunch with a friend; when you encounter an uncomfortable situation; when you try on a new outfit in the dressing room at the store; or when you see someone whose body you'd love to have? We often do not think much about our bodies until they begin to

break down or when we compare them to others' bodies. Our body is our house- we live in it 24 hours per day, seven days per week, and 52 weeks per year, or in other words, ALWAYS. We love it, we hate it, we reward it, and we punish it, usually all without thinking much about "our house."

Well here's your chance to do an inventory of "your house" (e.g. your body) or have a "heart-to-heart" talk with your body. Since March is Women's History Month, we invite all faculty, staff, and students to write a Body Monologue. The

Monologue may include: descriptions, feelings, emotions, attitudes, thoughts and/or experiences of living in YOUR body, your personal house. Please email your Monologue to rebecca.cook@notes.udayton.edu or patricia.waugh@notes.udayton.edu no later than February 24th. We plan to publicly post these Monologues anonymously around campus the first two weeks of March. If you would like to participate but do not want your monologue posted, please let us know.

• *Becky Cook, Ph.D.
Counseling Center*

In its first showing at the University of Dayton, the *UD Monologues* seeks to personalize women's lives and experiences on campus, and encourages all students to relate.

Both male and female students had the opportunity to submit monologues to be performed by one of 12 cast members, nine women and three men. Because each monologue is written by a student at the University of Dayton and is drawn from experiences of the students, the show is personal to the campus.

Josh Richarddt, co-director of the show, encouraged students to look within themselves and really find their voice.

"This is celebrating women and women's issues," Richarddt said. "If students are able to find their voice then it will be an effective show."

Richarddt said it is a rarity when a show comes along that gives students of the campus a chance to speak up and share their own thoughts and feelings. Men and women who see the show are encouraged to learn about and relate to the situations discussed in the monologues.

"I think that's what art should be about," Richarddt said.

Leslie Singel, co-director, said the *UD Monologues* helps to show the reality of each situation.

"The theater is a fantastic medium to get the message out because you have this audience in front of you listening to what you have to say," Singel said.

The show will include about 20 monologues, both comedic

I'm hanging out on Humanities plaza. Maybe I'm producing a play or attending a lecture. You probably think you know me. Actually, a part of you, no matter how much you want to deny it, may be just like me. Consider me your conscience. But I hear others around me, behind me as I walk through campus. What's it that people call me? Call us? It varies I guess.

Voices Raised

UD Monologues is a diverse show everyone can relate to

UD Monologues

When: Friday Feb. 24 8 p.m.
Saturday Feb. 25 8 p.m.
Sunday Feb. 26 8 p.m.

Where: UD's Black Box Theatre

How: Call 229-3685 for reservations

and dramatic, covering a wide variety of issues, from eating disorders and dating to "chick flicks" and cars.

"It's going to be a very diverse show," Singel said.

Singel warns that the show is not what viewers may be expecting.

"Don't have any preconceived notions," Singel said. "Don't come in thinking you're going to see a certain kind of show."

Singel and Richarddt hope the *UD Monologues* continues in coming years.

"We want it to be the start of something new," Richarddt said.

The show will appear in the Black Box Feb. 24-26, with an open dress rehearsal Feb. 23. Tickets are free of charge, but reservations must be made by calling (937) 229-3685. Donations to Womanline of Dayton, a non-profit counseling center dedicated to the prevention and treatment of sexual abuse, will be accepted.

We first met when I was a freshman in high school. I didn't really have any friends and I was wandering around the lunchroom looking for a place to sit. That's when Annie found me. It may not seem like much, but that day—the day I met Annie—that was one of the defining moments of my life.

Step on the treadmill. Browse through the programs. No idea what any of those mean. Hm. Quick Start it is... I hit half a mile. How long has it been since I ran even a quarter mile? Probably since I was nine.



Women's Center Newsletter

Tricia Parman Editor

Lisa Rismiller Women's Center Director

Pattie Waugh Administrative Assistant

Contributors

Leslie Cebula UD Student

Betsy Simon UD Student

Danielle Meinhardt UD Student

Sheila Hughes, Ph.D Women's Studies Program Director

Mary Buchwalder, M.D. UD Health Center Director

Becky Cook, Ph.D UD Counseling Center

Subscribing

To subscribe to our free newsletter, e-mail us at parmantg@notes.udayton.edu and include your mailing address. Please contact Tricia Parman if you have any ideas for an upcoming issue at parmantg@notes.udayton.edu.

LaDuke, Ezekiel, Jensen to speak at UD

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"It is so important to understand how change is within our reach," Ezekiel said. "It is important for young women and men today to see how so much of what they take for granted was won through struggle—and how it can also be taken away."

Ezekiel will be on campus March 2-4. She will speak in Roesch library at 4:30 p.m. on Friday, March 3 and will be the Keynote Speaker for the Women's Advocacy Dinner on March 4.

Robert Jensen is an associate professor in the School of Journalism at the University of Texas at Austin. Much of his research has focused on pornography and men's violence. He is an activist in the feminist movement against sexual violence in the National Feminist Antipornography Movement.

"Pornography is more mainstream and normalized than ever, and those who critique are dismissed as prudes," Jensen said. "But, in

fact, to critique pornography is to contribute to real sexual liberation." Jensen will be at UD Feb. 28.

"I would like students to realize that pornography, which is often dismissed as harmless, plays a role in constructing our ideas about gender and sexuality," Jensen said. "If we look closely at the images in pornography, we should be disturbed by the woman-hating messages."

• Tricia Parman Women's Center Communications

Advancing women in higher education

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Tenured female faculty and exempt staff members at UD had the opportunity to apply for nomination. Because of the content of the HERS program and the caliber of women from other universities who will attend the conference, only tenured faculty and B level and above exempt staff women are eligible for nomination. Applications were sent to a committee of seven women, including Rismiller, that narrowed the selection down to not more than three individuals. The selections were then given to Dr. Dan Curran, President of UD, and the provost, Dr. Fred Pestello, who will ultimately decide who will be nominated for the conference.

According to Rismiller, many HERS graduates go on to be deans and presidents of universities, as well as other mid-level positions. The women have the opportunity to grow both academic and

administrative leadership.

"Women who are selected to attend will be accomplished professionals," said Kathy Watters, professor of Communication and committee member. "HERS will provide these women with an intensive leadership and networking experience."

Pat Meyers, dean of the College of Business at UD, attended HERS at the beginning of her administrative career in higher education.

"Participating in HERS opened many possibilities for me that I had not known existed," Meyers said. "I saw the range of skill and understanding needed to make good things happen at a university, with its diverse perspectives and dedication to inclusiveness. It was like seeing the Pacific Ocean or the Rockies for the first time; it blew open my world view."

Curran decided to sponsor a

UD faculty or staff member after hearing reactions from women who had attended the institute.

"The program itself I think is just outstanding. The networking that occurs for the individual that goes is tremendously helpful for that person and also for the university," Curran said. "I saw it as a win-win."

According to Curran, the woman nominated to attend the conference will be able to see perspectives of other institutions and become familiar with different areas of the university. This will make the participant more rounded and allow her to bring new ideas to UD.

"This is something we'd like to see go on into the future," Curran said. "This is a long term commitment."

• Tricia Parman Women's Center Communications

To learn more about the Summer Institute for Women in Higher Education Administration, visit their website at www.brynmawr.edu/summerinstitute or <http://president.udayton.edu/announcements.asp>



From the Director's Desk

February 2006
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Keep your mind and heart open to new possibilities

*Many women have told me that who they are today, where they are personally and professionally, is **not** what they'd had in mind just 2, 5 or 10 years ago. I guess women shouldn't be surprised when our personal lives take turns from our carefully laid out plans.*

When "happily ever after" turns out to not be so happy after all, mental and physical illnesses take their toll, and life in the cute house with the picket fence turns out to require a high-mileage minivan and a big mortgage, perhaps we should have seen it coming. After all, such dreams usually involve other people, spouses, partners, and children, and those people have to do their part to make it all work according to how we women have it all envisioned.

But that's the personal side. I believe women can and should have more control over their work outside the home. Some try making carefully constructed "career plans" with timelines, milestones and no built-in contingencies. Still others drift along with nary a career plan or professional goal in sight. A happy medium is probably best, but still, I'd advise that all women leave room for surprises, opportunities, even serendipity, in their worklives. I believe

you need that room, that unplanned space so that your eyes – not to mention your mind and heart – can see those surprises and opportunities as positive things. So that you'll grab onto them and incorporate them into your worklife before they slip away. If you've planned it all out to the Nth degree, or not done any planning at all, you won't be looking for change, for inspiration. You won't take advantage of mentoring programs, volunteer to lead or serve on committees, expand your workplace network and your horizons. So keep your mind and your heart open – and soon enough you'll be able to say, "I didn't plan to be doing this work, but I love what I do!"

• Lisa Rismiller
Women's Center Director



University of Dayton
Women's Center
212 Alumni Hall
Dayton, OH 45469-0322