

From the Director's Desk

The added challenges faced by UD women faculty

who were born outside the U.S. were brought to light recently for those fortunate enough to have attended a Women's History Month lunchtime discussion between 6 foreign-born women faculty and 20 additional faculty and staff.

During those 90 minutes we learned that while they came from very diverse cultures and a wide variety of academic disciplines, the 6 women had some strikingly similar experiences as UD faculty members.

In talking about their adaptation to the world of American higher education, all these women stressed the importance of having colleagues willing to serve as mentors during this critical time. Many of them had been educated in systems very different than those in the U.S. They were accustomed to faculty who were often distant, even inaccessible, to students. Contrast that to UD where students expect faculty to not only have convenient, regular office hours, but also to be available by e-mail and even telephone.

And their experiences with UD students, too, had remarkable similarities. While they understood that most UD students' reactions to them was a result of the

students' own limited exposure to people from other cultures, they agreed that how "foreign" they looked and how "weak" their spoken English was also had a major impact on how they were perceived. UD students often seem to expect these women to act "traditionally" and represent their unique cultures, while at the same time speak perfect English. There was also a shared sense that for some students, the faculty members' gender may have been as much of an issue as their ethnicity.

I appreciated the openness and candor of these women faculty, and came away puzzling over what the Women's Center could do to make such transitions easier. I'll keep mulling that over, but really, we should all be thinking about what we can do to make acclimating to UD as easy as possible for our diverse colleagues. It's one more way we can all embody the Marianist charism...

• Lisa Rismiller
Women's Center Director

UNIVERSITY of DAYTON

Women's Center



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Encountering God

Women's retreat offers new opportunities

The first weekend of March brought new opportunities to a group of women on UD's campus. Five leaders, eleven retreatants, one graduate student, and one full time campus minister set out for a great experience provided by Campus Ministry.

Years ago there was a women's retreat on campus open to students, faculty, and staff, however this opportunity ended when the leaders left UD. This year that possibility was given to female undergraduates once again through a retreat called "Encountering God".

Katie Meyer, graduate assistant for retreats here at UD, provided this opportunity to UD female undergraduate junior, senior, and 5th year students. This group of women traveled to

Grailville Retreat Center in Loveland, Ohio for a weekend away to reflect, gather together as a community of women, hear others' stories, share their own experiences, and support one another.

Meyer explained "while there are many opportunities for spiritual development that exist on campus, (retreats, small faith sharing groups, service clubs, and worship services, to name a few), none focus on and speak directly and specifically to young women on campus."

Meyer said that through her two years here at UD she has realized that there is an abundance of women interested in retreats. There are always more women on retreats than men and women are the ones always placed on waiting lists.

Throughout this weekend retreatants experienced talks, personal reflection time, small and large group activities, prayer reflections, sharing of meals, as well as small group sharing. The participants were divided into three groups of 5-6 people in order to share their experiences with others and create community on a personal level.

Meyer's goal through this process was "to offer a retreat that allows young women to reflect upon and share their faith through rituals and prayers that engage the experience of being a woman."

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Women's Center

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Award winner goes beyond required duties

Sr. Mary Louise Foley, F.M.I. is walking around with a new honor to her name—this year's annual Miryam Award.

On Friday March 30, Foley received the Miryam award which included a plaque with her name on it and a \$1,000 gift to a fund or organization of her choosing that will help further enhance the climate for women on campus.

"One of the main things we look at when considering candidates for this award is for work that goes above and beyond the person's required duties here at the university,"

says Selena Hilemon, Coordinator of Community



Outreach for the Center for Social Concern.

Foley's work on campus clearly goes above and beyond her required duties as campus minister to

faculty and staff and to the Law School. She also runs the Hand in Hand program which supports pregnant women students so that they can remain in school and make positive life choices.

"She does everything from scheduling doctor's appointments, driving students to their appointments, recruiting volunteers for child-care, gathering baby equipment such as clothes, beds, diapers, etc," Hilemon says.

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What's Going On?

Campaigns show support for LGBT members of the UD community

During the month of April, there was a two-part awareness campaign that showed support for the lesbian, gay, bisexual, and transgender (LGBT) members of the University of Dayton community. These campaigns also demonstrated solidarity with the struggles endured by many of these people due to discrimination and harassment.

Last spring students from UDI 341, the Sexual Diversity and Human Development mini-course, introduced the LGBT awareness t-shirt campaign. This course, taught by Juli Burnell and Lisa Rismiller, introduced UD to the "Gay? Fine by me." campaign.

The cause was met with overwhelming support from the UD community. There were 1,000 orange t-shirts

featuring the slogan which were proudly worn around campus all day.

Some of the students in UDI 341, along with Student Allies, have updated the ante this year but not without minor

roadblocks. After last year's t-shirt distribution, it was brought to their attention that the "Gay? Fine by me." phrase had been trademarked.

"[We] were asked not to use it again unless they bought the

shirts directly through the site of the guy who trademarked it," Jessica Parker, secretary of Student Allies and member of the UDI 341 class says.

So this year, those taking the mini-course decided to do something similar to that slogan and on Tuesday, April 3rd, there were 1,500 orange t-shirts distributed outside Humanities and Kennedy Union Plaza reading "Gay? I'm cool with that."

Although the t-shirts were free, around \$200 was raised by individual student donations alone.

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Stander Symposium panel addresses issues of health and beauty

It is difficult to flip through a magazine or watch television without coming across issues related to body image and gender. Health and beauty are symbolic to defining "who" a woman is in our society. Although it may be easy for all of us to recognize the distortions of reality, it is much more difficult to openly talk about the health and beauty issues facing women today.

Fortunately, three women at UD voiced their opinions on the subject and presented

their scholarly work on health and beauty to students and faculty during a panel presentation at this year's Stander Symposium.

Current student Beth Lownik presented her honor's thesis using the framework of public health to examine our culture of beauty. Graduate student Laura Russell presented her master's thesis on eating disorders and recent graduate and Hermes Award winner Amy Batchman shared a reflective piece on her own struggles with eating disorders.

Dr. Sheila Hassell Hughes, who chaired the panel, said "the three approaches

complemented each other effectively and brought real texture to our thinking about women's bodies as a site of crisis and contestation in the U.S. today." "From an objective as well as personal standpoint, I have researched and lived the dangers of eating disorders, and through [these experiences] I have become very determined to help others dealing with these crises," said Russell on why she participated in this panel. "It is my hope that sharing my research with others will raise both awareness and new insight to understanding this phenomenon as a deeply rooted experience."

The Health and Beauty panel was sponsored by the UD

Women and Gender Studies Program in an effort to bring more visibility to student's work on gender issues and to the program itself, said Hassell Hughes. The Women's and Gender Studies program director hopes that next year even more students will be encouraged to present panel presentations discussing topics of gender.

• Jessica Smith Graduate Student

Foley "humbled to be so honored"

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Foley says that the Hand in Hand program is very special to her and that it is important to "give assistance and encouragement to these young women who need accompaniment on their journey."

Sr. Laura Leming, F.M.I. who has lived with Foley for many years, adds that since taking over leadership of the program, Foley has "cultivated a whole cohort of women faculty and staff and spouses of faculty and staff

who can serve as resources for our women students."

It is also clear to her that the Hand in Hand program is very special to many people on campus.

She says, "They offer their help in countless ways, from providing financial resources to baby beds and clothes and homemade blankets."

"I am humbled to be so honored. But it's clear to me as I receive it that it truly belongs to countless people in our University family," Foley

says. "We are truly blessed on this campus."

Foley truly believes other women deserve the award more than she.

"Mary Louise is never focused on herself and what she's doing," says Leming, "She is always drawing others into the ministry and giving them credit for the generosity and talent that surfaces to make Hand in Hand a reality."

• Danielle Meinhardt Women's Center

Retreat offers time to reflect on faith

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Christine Schneider, a sophomore who attended the retreat said that the best part of the experience was that "the women were so inspiring." Schneider also suggested, "For people who want to experience a retreat but think the [retreats] wouldn't fit

them then this is the way to go. It was quiet, calm, and laid-back."

"I hope ALL students take the opportunity to seriously reflect about where they are in life in terms of their own experiences of faith" said Meyer.

The women that

participated in this year's women's retreat had an opportunity to do that and the overall outcome of this experience was extremely positive.

• Liz Tracy Senior Sociology

Day of Silence symbolizes silenced community

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Part 2 of the campaign involved Student Allies putting on an event this year in protest of harassment, discrimination and hate crimes against the lesbian, gay, bisexual and transgender community. This campaign is called the National Day of Silence. It falls on April 18 but was recognized by UD on April 17 because of the events of Stander Symposium.

"The Day of Silence is a day when students who choose to participate remain silent for a portion of the day to symbolize how the LGBT community and their allies are silenced by harassment, discrimination, and hate crimes," Parker says.

Bridget Reibeling, Student Allies member, designed the t-shirts for the Day of Silence. The black and white shirt featured a composite image of a person on the front side.

"I photographed several people and using Photoshop CS2 I manipulated the pictures and began to piece them together to make what looks like one person," says Reibeling, "Across the mouth I placed a piece of duct tape [and] written on the duct tape is the message 'Day of Silence 4.17.07.'"

Reibeling and fellow allies members were satisfied that the image was able to represent the idea that "when the gay, lesbian, bisexual, and transgender community and its

supporters come together, [they] become one body, many parts in one whole."

The back of the t-shirt further explains the Day of Silence by expressing the reasons why the participant is remaining silent for the day.

A discussion was held at 6 p.m. on April 17 in the Women's Center to share participation in the day's events. Parker adds that the discussion was to also discuss further steps that can be taken "on UD's campus to make it a more accepting and welcoming place for those who are LGBT."

• Melissa Pickerel Sophomore Undecided Business

Women's Center Newsletter

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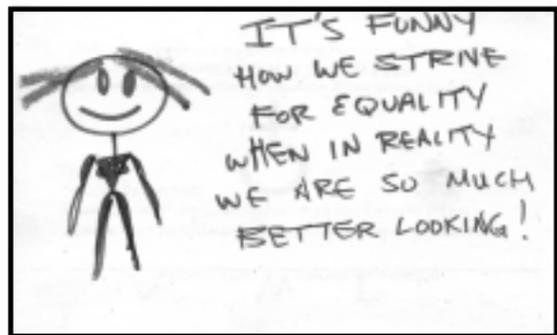
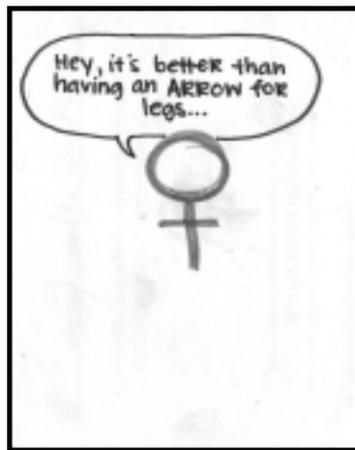
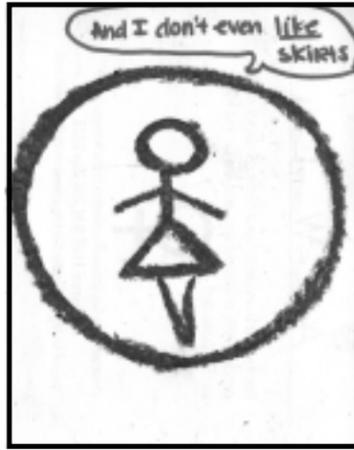
Mary Buchwalder, M.D. UD Health Center Director

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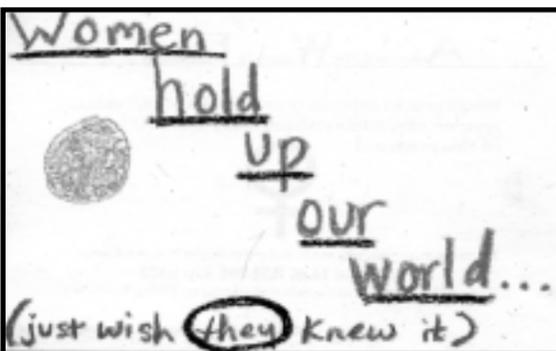
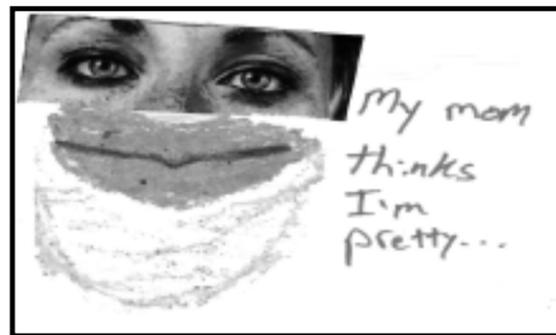
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Voices Raised

Expressing Your Feelings



The student group Advocating Women's Equality (AWE) came up with an idea for students to decorate cards such as these. The directions were to decorate the cards in any way to express their feelings about women, gender, sex, relationships, and life. These cards were displayed at the Women's Advocacy Dinner on March 30th. To see the entire collection, stop by the Women's Center on the 2nd floor of Alumni Hall.



Women's Center Profile

Students raise money for trip to women's shelter in Guatemala

This summer, volunteer leader Beth Ann Saracco and fifteen other students from the University of Dayton's Center for Social Concern are traveling to Quetzaltenango, Guatemala to take Spanish classes and volunteer at the women's shelter, Nuevos Horizontes.

Nuevos Horizontes is a domestic abuse center that uniquely offers shelter to both women and their children. It offers support and services to those in situations of personal difficulty and social risk. The center also has different offices that specialize in certain areas, from providing job skill training classes in one location, to medical services in another. There is even a daycare center that allows mothers to work and attend classes.

According to the Nuevos Horizontes website, their overall goal, as their name suggests, is to bring

new and brighter horizons to the lives of women, children, families, and communities in Guatemala. However, the women's shelter does not receive any funding from the government and works solely from donations and private funding.

Recently, their main funding has ended and they are now especially in need of contributions to keep operating.

"Since it has recently lost the majority of its funding, if we UD students are able to maintain a relationship with this organization we can use our mission of learn, lead, and serve to reach people across the world," junior Spanish major Lisa Monnot says.

The main goals of the students volunteering in Guatemala are to make others aware of the struggles women face in the country and to raise money through fundraising to donate to Nuevos Horizontes.

"I truly believe in what this organization is doing for women in this country and also know how generous this campus can be to a worthy cause," Saracco says.

Along with collecting donations on their own, the students traveling to Guatemala this summer have also raised money in many other ways. They have been selling the Women's Month Committee's unsold shirts from last year and they auctioned off a framed photograph of senior UD student Molly Joyce and the children of Nuevos Horizontes at the 2007 Women's Advocacy Dinner. Their biggest fundraiser, the Nuevos Horizontes Fashion Show happened on April 22.

"We have definitely been blessed by many generous students thus far," Saracco says. Saracco and the other students going on the trip hope to be successful in their mission and gain a lot from the experience as a whole.

"To simply be a female

college student presented with the opportunity of higher education is a privilege the rest of the world will never receive," she says. "I know that it is places like Nuevos Horizontes that is altering [the women's] mindsets, that is giving them the hope that for so long was denied to them. We must never lose this mindset of hope because Nuevos Horizontes is only one example of an organization that is finally allowing women the opportunity to dream about a better life for themselves and their children."

To visit the Nuevos Horizontes website, go to: www.ahn.org.

• Katie Brennan
Junior
Journalism

A Unique Idea for Mother's Day

Every year, the group Jewish Women International (JWI), sponsors a noteworthy campaign for Mother's Day. JWI's Mother's Day Flower Project delivers fresh bouquets of flowers to more than 150 battered women's shelters across the United States and Israel on Mother's Day.

For each contribution of \$25 or more, JWI will send a beautiful Mother's



Day card to one of the special women in your life, to let her know that a donation has been made in her name.

Proceeds from the Mother's Day Flower Project help at-risk women and children on Mother's Day and all year, funding a variety of JWI programs that offer comfort and opportunities to start building a brighter, independent future.

Honor special women in

your life while you join the movement to end domestic violence on Mother's Day and every day.

For information on how to donate, visit the website at http://www.jwi.org/site/c.o.kLWJ3MPKtH/b.2485211/k.44F1/About_the_Mothers_Day_Flower_Project.htm

Ask the Doc

Mary Buchwalder, M.D.

Hi Dr. B,

Should I get the new HPV vaccine? I've never had sex, so I don't think I have much (any?) risk.

Thanks so much,
Maria

Hi Maria-

The new HPV vaccine, Gardasil, protects women who have not been previously exposed to the HPV types included in the vaccine.

There are two HPV types included that account for 70% of cervical cancer, and two types that cause most genital warts. Ideally the vaccine should be given before one becomes sexually active, like you, because it isn't protective if a woman has already been exposed to the included HPV types. It is possible, even if you plan to wait until you marry to have sex, that your spouse may have had an HPV exposure from external genital contact or intercourse. So, protecting yourself still makes sense.

There is another vaccine in final studies that may be protective for women already exposed to these same cancer-causing HPV types. I'm anxious for that to be approved, as it may be better for women

already potentially exposed. The Centers for Disease Control and Prevention does recommend that girls and women who are between ages 9-26, even if already sexually active, get the 3-shot



Gardasil vaccine series. It is likely to provide some protection. All women should also continue annual Pap testing.

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

Note: the e-mail address above is NOT checked daily. Do NOT send personal or emergency questions; please come to the health center or dial 911 for emergencies!

Health

Take the plunge

Experienced swimmers and inexperienced swimmers have been getting ready for Dayton to Daytona yet again this year with the 2nd annual Swim to Daytona. From Dayton to Daytona it's 940 miles, so the goal for swimmers was to swim 940 lengths of the pool in order to win a chance at a free trip. The swimming proved successful for many students trying to get in shape for Daytona, so why not keep up the swimming year round?

Excerpt from the *Wellness Letter* from the University of California, Berkley

Why swim?

Swimming is one of the best whole-body workouts. It builds heart and lung capacity, tones all major muscles, improves flexibility, and reduces stress. Moreover, you're less likely to injure yourself in water than when running, cycling, or playing tennis, for example. Because the water's buoyancy makes it easy on the joints, swimming is especially good for people who are overweight or have arthritis or other musculoskeletal problems.

Can swimming help me lose weight?

Yes, but while swimming burns a lot of calories (about 600 an hour, on average, depending on the stroke and intensity), recreational swimmers lose less weight than would be expected from other aerobic activities, like running, cycling, and brisk walking. Scientists speculate that cold water dissipates much more heat from the body than air at the same temperature does, and that this energy loss, occurring day after day, may stimulate appetite to keep the body warm. If you want to lose weight, swim faster and longer—and watch your calorie intake afterwards.

What's the best stroke for a workout?

You'll burn the most calories doing a fast crawl (freestyle) or the butterfly stroke—almost 750 per hour for a 150-pound

person, followed by the breaststroke and backstroke, and then the sidestroke. It's good to do a few different strokes for a well-balanced workout. Over time, work out longer, preferably using different strokes and speeds.

What about equipment?

A kickboard is good for practicing kicks and strengthening your legs. Swim fins help you develop leg and abdominal muscles, increase ankle flexibility, and can improve your aerobic workout overall. Hand paddles give your shoulders, chest, arms, and back an extra workout.

Any other swimming tips?

Use proper form or you'll tire faster. Most swimmers don't breathe properly. When your face is in the water, exhale through both your nose and mouth. Then, before you totally run out of air, come up and take a breath, again using both your nose and mouth. It's not necessary to breathe with every stroke, but don't hold your breath either. And don't kick too hard. What propels you forward should be your arms more than your legs; kicking is more for balance and should be done from the hips (not knees) and just enough to break the water surface and create a small turbulence, not big splashes.

& Wellness

Volunteering provides many real benefits

Why volunteer? Well, many people volunteer for a variety of different reasons. Those reasons may be to do something for someone else, but they also include wanting to benefit personally some way as well.

At UD, the Center for Social Concern provides many opportunities for faculty, staff, and students to do service work. According to their website, the center "tries to integrate the moral principles and academic learning of the University community by encouraging ethical responsibility for sustaining and enhancing human dignity and social justice."

Nick Cardilino, the Director for the Center for Social Concern, says that

doing service provides many benefits to community service agencies that are trying to provide a lot of services, but on very small budgets. The center provides those agencies with volunteers so that they do not have to pay hired workers.

"The service that is given is also usually done with a compassionate heart of love, which often does more for the person 'receiving' the service than the service itself," says Cardilino.

Cardilino also comments that many of the volunteers would receive in the process.

"The ironic thing is that most of the volunteers I work with come back to me and say something to the effect of, 'I thought I was going to give through my volunteering, and I did, but

I never expected to receive so much!" says Cardilino.

He says that some of the things that the volunteers receive are "new friendships, laughter, new insights into social problems, a great feeling of real joy, growth in their spirituality, a general sense of belonging, and the satisfaction of having used their gifts and talents for the good of others."

Cardilino believes it is extremely important for people to get involved in their community. He believes that American democracy and Christianity (along with most other religions) do not work without this sort of participation. "Not only do we have a right to be involved in our communities (through service, political involvement, etc.), but we have a responsibility to be," Cardilino says. "If we don't,

what sort of world will we leave to our children and our children's children?"

For more information on service opportunities at UD or in the Dayton area, visit the Center for Social Concern website at <http://campus.udayton.edu/~csc/>.

• Danielle Meinhardt
Women's Center

Volunteering to Explore Career Possibilities

Excerpt of Article from ServiceLeader.org

Susan J. Ellis of [Energize, Inc.](http://www.energize.com)

Are you looking to start a career or to change jobs? Volunteering is a marvelous way to explore possible career options. It is relatively risk-free in that you can sample a work field or setting without making a long-term commitment to it. This allows you to discover whether or not you like the work or are good at it — and if you discover it's not for you, you can move on without disrupting your resume or your cash flow.

On the other hand, if

you find the work exciting, you can increase your volunteer commitment so that you learn even more about this new job field and your talent for it. Eventually, volunteering can lead you to a paying job—by providing contacts, references, and something tangible to show on your resume. For new graduates, volunteering can place you a notch above your fellow students who may only be able to show prospective employers that they studied in the classroom and held minimum-wage summer jobs. Your

volunteer work will demonstrate that you have practical skills, can function in a work environment, and care about your community.

For those who are tired of their present job, volunteering is a welcome change of pace. It allows you to test yourself in new situations and to see what truly interests you. It gives you the luxury to fail — the chance to risk doing something you've never done before and to learn from it even if it doesn't work out. Community service shows prospective employers that you not

only want to make a change in your job, but that you have already made a change and now want to expand your "extracurricular" activities into a full-time career.

Experiment with volunteering and keep your talents youthful. You will learn the most by involving yourself in causes and agencies you want to help succeed. So while you gain career exploration, the agency gains a great volunteer — a win-win situation.