

Celebrating the gifts of diversity

Stop Hate works to make all feel welcome

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The Stop Hate campaign is designed to make all students, staff, and faculty feel free from incidents of hate on the University of Dayton campus.

UD is working diligently to make this a safe, inclusive campus for all people. Stop Hate Week took place on the University of Dayton campus during the last week of October with a variety of activities aimed at raising awareness of the issues of hatred, bias, and bigotry on campus.

In recent years, the university administration became aware of occurrences on campus of bias-related incidents against people based on race, ethnicity, sex, orientation, and gender. Some students were feeling as though their concerns were being ignored, and that the university was



turning a blind eye to acts of intolerance.

UD President Dr. Dan Curran responded by authorizing the creation of the Bias Related Incident Response Team (BRIT). The purpose of BRIT is to review each report of a bias related incident and determine how best to handle the situation, as well as to raise awareness among the entire UD community that bias-related incidents happen frequently on campus.

A Stop Hate website now exists where members of the UD community can report bias-related incidents,

whether they are personal occurrences or something that is witnessed. Reports can be made anonymously, or by giving your name if

you wish to be contacted. Once a report has been submitted, an email containing the report is sent to the Department of Public Safety, the President's Office, Student Development, Human Resources, Affirmative Action, and Udit. UD uses a holistic, interactive approach to resolving bias-related incidents so that all the facts are brought to the forefront.

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Human Rights Week hopes to evoke change

UD's second annual Human Rights Week begins Sunday, Jan. 29 with a Student Symposium, International Music and Dance concert and a Racism Dialogue Panel.

The week was organized by a group of 25 students with the goal of promoting dialogue and addressing various human rights issues. A quote from Martin Luther King, Jr. is the group's motto, "Injustice anywhere is a threat to justice everywhere."

"Through dialogue about human rights we hope to

encourage students to identify, investigate and question pre-existing social norms relating to the fulfillment of people's basic needs," said Andrea Smith-Rippeon, Human Rights Week Team Coordinator.

Taking place throughout the week are activities planned by student organizations, Student Symposium projects and presentations.

On schedule for Monday, Jan. 30 is a National Issues Forum that will address business and human rights.

A Teach-In and Student

Symposium is set to take place Jan. 31. The teach-in will give students, faculty, and community members the opportunity to share their experiences and understanding of human rights in an open dialogue. Also planned for the night is an Art Street event, including an art display, student presentations on different topics and a Film Festival.

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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



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What's Going On?

First year students prepare for new holiday experiences

Many first year students at the University of Dayton are experiencing some holiday seasons away from home for the first time. Although most students go home for the Christmas holidays, experiencing the atmosphere on campus can still be a big change.

Being away at college makes many students appreciate the time they have with their families. Many are more excited than usual about

spending quality time with their loved ones during the holidays.

"Going home to share the stories of their newfound adult life, hoping to see change in their role at home, excited to see friends and share stories... what an exciting time!" said Debra Monk, Director of Community Standards and Civility.

Below are some first year students' expectations about their first holiday season at college.

• Tricia Parman
Women's Center
Communications

What are you looking forward to for the holidays?

"I'm looking forward to being with family, and all the extra attention I'll get for being a college student."

-- Nelisha, Political Science

"I'm looking forward to seeing family, eating real food, and the comfort of my own room."

-- Daphene, Civil Engineering

"I look forward to the good food, a good homemade meal, and spending time with family and old friends."

-- Deanna, Biology

"I look forward to seeing all of my family together because we all have not been together since the 4th of July."

-- Lauren, Psychology

How does this holiday season feel different from the past?

"Being away for this holiday season makes me feel like I am going to miss out on some of the fun. I'm going to miss the planning of everything and the anticipation of the holiday."

-- Ashley, Education

"Being away at college makes the holiday season seem more important because you learn to cherish your time with family."

-- Natalie, Psychology

"Less family-oriented, but with so many people to help here you think less about what you're missing out on."

-- Katie, Undecided

"It feels different because I'm not with my family. It really makes me appreciate the time I spend with my family. I want to be home again!"

-- Jillian, Education

Unity Week embraces diversity on the UD campus

As a Marianist university, the University of Dayton promotes the Marianist spirit by welcoming students from diverse ethnic and economic backgrounds with differing abilities and gifts. UD encourages students to make the most of their gifts by contributing to the good of the entire university and help students become aware of their own talents and heritage in order to appreciate the differences between all of us.

A week-long celebration

at UD promotes the importance of unity and diversity. "Unity Week" serves to facilitate and promote openness and togetherness between all individuals and groups on campus. The focus is not concentrated on one individual or group specifically, but on the whole picture.

Unity Week is headed by SGA and led by the Student Committee on Unity and Diversity (SCUD). Erin Meyer, the Director of Campus Unity, is in charge of planning Unity Week along with the help of

SCUD, SGA, and other campus organizations. Together they develop programs, plan and create events, and raise awareness of issues on diversity and unity.

Unity Week 2006 is still in the planning stages, but many activities are being considered. Some activities being planned are a Unity Mass in the Chapel, a keynote speaker, a cultural talent night, and a cultural potluck where different groups bring in food, dress, and music of their culture. Workshops led by UD faculty to address specific topics throughout the

week are also in the works.

Meyer says that several campus organizations are in charge of individual activities throughout the week and many issues will be addressed.

"We will work with these organizations in order to collaborate and make Unity Week the best it can possibly be," Meyer said. "I am very excited about Unity Week '06!"

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New People, New Projects in Women's Studies

Dr. Sheila Hassell Hughes
Director of Women's Studies

Women's Studies has not only expanded its curriculum, with the addition of a new major, but we have also been drawing in new people with the interest and energy needed to support our growth.

Many readers have already spoken with Sandra Christie, our new Administrative Assistant. Ms. Christie, who joined our staff in August, had previously devoted more than 15 years to UD in similar positions in the Music Department and in the Dean's office. She even worked a brief stint for Women's Studies back in the mid-80s. Sandy thus brings years of experience and institutional know-how to our office, in addition to her warm personality and passion for women's issues. If you haven't done so, please introduce yourself and welcome Sandy back to the UD community! We are also delighted to have Ms. Jama Brown, a hard-working and highly organized Psychology major, back again this year as our student assistant.

Faculty are also among those who've been added to our roster and helped to make crucial new initiatives possible. Our list of affiliated faculty has grown substantially and now includes 40 women and men from across the university. Most come from the humanities and social science departments, but we also have representatives from Health and Sport Science, Law, the Counseling Center, and Roesch Library. A number of the

new additions have come to UD in recent years, bringing with them research and teaching interests in women's and gender studies. Others have been at UD for some time but find their current interests and/or new developments in the Program drawing them into our circle of common interests and commitments. Several new members have also been appointed to the Women's Studies Committee, which advises the Director. An up-to-date list of faculty is available to interested students and faculty.

Most significantly, we are expanding our student base. Early in the second year of our new curriculum, we have 10 majors and at least 15 minors. Student inquiries are growing, and many of those who request information about the minor are interested to learn about the option of double-majoring. Raising student awareness about the curriculum thus remains a high priority. But recruitment isn't the end. Fostering a sense of identity and community among Women's Studies students is also important, especially since most of our majors come to us in their second or third year of study, often after declaring a first major. We are currently working on ways to address this issue, such as planning a social event for all majors later this semester and launching a Women's Studies sponsored, student-centered on-line feminist "zine" Eventually, we hope to see a Women's Studies student association on campus. Such a group could ultimately help shape the direction of the Program in new ways, as well.

Stop Hate website for reporting bias-related incidents

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"We want everyone to be aware immediately that the incident has happened," said Lynnette Heard, Executive Director of the Office of the President.

Within 24 hours of a complaint being submitted, a BRIT member is assigned to act as a liaison to the alleged victim. Many times when reports are issued they only provide a sketchy overview, so the liaison serves to get more details on the situation so BRIT can determine the next step.

"The more we know, the more we can be diligent about turning ourselves around and



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making sure people understand that this is not the place," Heard said. "Not here."

"The more we know, the more we can be diligent about making sure people understand that this is not the place. Not here."

Lynnette
Heard

According to Dr. Carol Cummins-Collier, Assistant Vice President and Associate Dean of Students, Stop Hate is important to UD because of the emphasis the school places on community.

"Community means that you embrace everyone," Cummins-Collier said. "It's ok to be an individual, but part of what we say about community is that we need to celebrate the that everyone gifts brings."

• Tricia Parman
Women's Center
Communications

*If you experience or witness a bias-related incident, report it at **sphat@ud.edu***

Women's Center Profiles

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UD student brings attention to Uganda

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Children as young as four years of age walk to find refuge because their homes have become hotbeds for child abductions and death at the hands of the rebel forces in Uganda. As the feet of these small children continue to patter softly on the roads to safety, their families cry out to the world for help. Some people, such as Emily Nohner, have taken the time to see the tears these people have shed for nearly twenty years.

Nohner, a junior International Studies and Political Science major, traveled to Southern

Uganda and Rwanda this past summer to study the almost two decades of constant battle in Northern Uganda. Nohner said her first spark of interest in the Ugandan strife began when she heard an NPR interview that was conducted with a mother of a young girl who had been abducted at age 10 by rebel forces, and then returned to her family after eight years of rape and torture. Nohner credits her passion for Ugandan human rights to the double-dose of this mother's plea to the captors to set the



remaining children free, and her call out to the world to not turn their backs and refuse to recognize the suffering of the people.

While in Uganda,

Nohner stayed with a family who shared their experiences of the last twenty years of the war. According to Nohner, the family "showed no emotion and carefully chose their words."

"They don't talk about their struggles often, but they all had their own stories, pain and

and histories," Nohner said. "But it was encouraging to see how these people have survived."

Nohner also helped organize the GuluWalk, which occurred in Dayton Oct. 22. The walk is a worldwide event, in which people bring attention to the troubles of the night commuters in Northern Uganda.

But why should we care about these people and their struggles?

"We should all care because this happens everywhere, not just in Africa," Nohner said. "We should care because they are humans."

• Betsy Simon
Senior
English

Breast Friends: Sharing love, laughs, and hope

Most organizations, clubs, and groups on campus are working to expand their numbers, but this one is different.

Breast Friends is an informal group of UD faculty and staff that hopes no one has to go through what they've been through: the battle with breast cancer. The group is made up of breast cancer survivors, and together they're working to find a cure through awareness and fundraising.

Judy Caruso, Assistant Director/Operations of Residential Services is a six and a half year survivor. She came up with the idea

when she was joking around with other survivors and called them her "breast friends" at UD's Relay for Life 2004.

Breast Friends is comprised of six survivors who meet quarterly for lunches, assist with Lee Denim Day, raise money for the Making Strides Against Breast Cancer walk, and support each other day by day. It is a unique support system giving survivors the proof that someone else survived it and that he or she can do it, too.

"It changes your life surviving it and we're all about helping others," Caruso said. "And we have fun while we do it, too."

This year about 300 UD

faculty and staff wore denim and donated five dollars or more to the Susan G. Komen Breast Cancer Foundation for Lee Denim Day. They raised a total of \$1880, \$370 more than last year. Later in October a team of 16 people, including Breast Friends and others, walked and raised money for the Making Strides walk in downtown Dayton. The team raised close to \$300 and doubled the amount of participation from last year.

Whether it's rowing in a Rowing for a Cure event, planning awareness events, eating lunch, taking walks, or simply laughing, these survivors share more than just an experience with breast cancer—

they're breast friends forever.

"We always know we're only a phone call away," said Kate Henry, who works in the Office of the Rector and is a three-year survivor.

If you are a breast cancer survivor, know of someone on campus who is, or have questions about Breast Friends and want to get involved, please email or call Judy Caruso at 229-3317 or Kate Henry at 229-4122.

• Leslie Cebula
Senior
Electronic Media

Health & Wellness



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Menopause... now what?

At one time or another, most women will experience menopause. Menopause is the stopping of the menstrual cycle due to the process of aging, and a decrease in estrogen levels. In the United States, this usually occurs when the woman reaches her late 40s or early 50s. The average woman will live one-third of her life after the onset of menopause.

Menopause can be recognized by a number of symptoms. These include mood swings, vaginal dryness, insomnia, and hot flashes. Some women may have 20-30 hot flashes each day.

Decreased estrogen puts women at a higher risk for Coronary Heart Disease (CHD). Several treatment methods can be used for CHD.

ERT, or estrogen replacement therapy, is used for women who have had their uterus removed. Using ERT involves an increased risk of stroke, blood clot formation, and bone fractures, and its

effects on breast and colorectal cancers are uncertain.

HRT, or hormonal replacement therapy, provides estrogen and progesterone and is used in women who still have their uterus. HRT comes with some health risks, including an increased risk of stroke, heart attack, blood clots, and breast cancer. However, women who use HRT have seen decreases in hip fractures and colorectal cancer.

There are a number of alternatives to hormone therapy. To help with hot flashes, women can take soy, Vitamin E, or Vitamin C. Chamomile, peppermint, and lemon balm are shown to help with insomnia. For women who suffer depression during menopause, St. John's Wort and Vitamin B-6 have been proven to offer relief.

Although menopause is often seen as a negative time in a woman's life, it doesn't have to be. With knowledge on the topic, women can better understand their bodies and realize that menopause is just one more necessary step in life's journey.

• Tricia Parman
Women's Center
Communications

For more information on menopause, check out these books and others located in the Women's Center Resource Center, Alumni Hall room 209:

Could it Be... Perimenopause? by Laurie Ashner and Steven R. Goldstein

The Pause: Positive Approaches to Premenopause and Menopause by Lonnie Barbach

Ask the Doc

Mary Buchwalder, M.D.
But I read it on the 'Net...

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Where do you go when you have a health-related question? Your friends? Your mom? The internet?

First, we're always happy to try to answer your questions here at the Health Center. But if you would like to do some research on your own, I have a few sites that might be helpful for you to bookmark:

www.familydoctor.org

Provides good general medical information, flow sheets to check certain symptoms and whether or not you should be seen by a doctor.

www.webMD.com

Allows you to search for all sorts of medical questions.

www.healthfinder.gov

General information on various health topics, and lists of many sites with reliable health info on almost any topic (also, en espanol).

www.nih.gov

National Institutes of Health provides information on lots of topics.

www.cyberdiet.com/reg/ffq/

Provides nutrition information for 40 different fast food chains.

www.physsportsmed.com/personal.htm

Great journal with information for patients as well as physicians on many topics in sports medicine, nutrition, supplements, etc.

www.cdc.gov/health/

The Center for Disease Control and Prevention with great info on many health topics, including women's and men's health, teen health, and many specific topics.

You can find these links on our website:

www.udayton.edu/~healthcenter/links.htm

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.

Voices Raised

Artists Speak Out on Ending Racism

The Ending Racism art exhibit will be displayed in the UD Women's Center through Dec. 15. The display features over 20 works of art from students, faculty, and artists in the Dayton community. The display can be viewed from 9 a.m.-10 p.m. Monday through Wednesday, and 9 a.m.-5 p.m. Thursday and Friday.

The works of art in the display all contribute in some way to

conversations about racism. Some show the effects of racism, while others question why people hold racist attitudes. Some of the artwork is a protest against racism, and others point to solutions.

The display is being held in conjunction with the Community Summit on Eliminating Racism for the Miami Valley. This year, the two-day summit will be held at

the University of Dayton Dec. 9-10. The focus is to eliminate institutionalized forms of racism, such as practices of businesses and schools in Dayton. For more information on the summit, contact Judith Huacuja at 229-3210.

Below are a few of the works of art featured in the Ending Racism display.

• Tricia Parman
Women's Center
Communications



End Racism

Nicole Rottmueller

Forces of Nature

Chrissy Cox



I'm Hopeful

Molly Miller



Racism is Taught

P.B. Hensley



Finding the Unity Within

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Subscribing

To subscribe to our free newsletter, e-mail us with your mailing address at parmantg@notes.udayton.edu. If you have any comments or article ideas for an upcoming issue, email Tricia Parman at parmantg@notes.udayton.edu

Director's Desk: Women sharing faith

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be a true "win-win", so I hope we're able to make it work. We'll keep the UD community posted about this, but in the meantime, if you have any questions about "Women of Faith", contact Nancy Seyfried at 229-1391.

• Lisa Rismiller
Women's Center Director

Human Rights: Opening Eyes for Justice and Peace

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A keynote speaker sponsored by Engineers in Technical, Humanitarian Opportunities of Service-learning (ETHOS) will present in the KU Ballroom on Feb. 1. Student presentations will be on display the entire week in Torch Lounge and will be able to be viewed throughout the day.

Another keynote speaker will give an address on Feb. 2. The speaker has yet to be announced.

On Feb. 3, a dinner and Career Panel are planned to give students a glimpse into different opportunities available for continued

human rights education after UD, and various careers in human rights. To end the week a 24-hour film series will begin in Liberty Hall continuing until Feb. 4.

"UD's greatest resource is its students—with the right motivation we have the opportunity to effect meaningful change, but the first step to evoking change lies in awareness," Smith-Rippeon said.

For more information on Human Rights Week, contact Andrea Smith-Rippeon at smithram@notes.udayton.edu.

• Katie Michelau
Senior
Journalism and Philosophy

Unity Week has activities for all

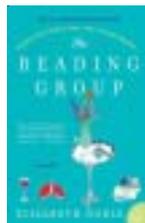
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SCUD welcomes all students to participate in the preparation and activities of Unity Week. If you would like to become a member of the committee, e-mail Erin E. Meyer or Jessica L. Jenkins for more information.

• Danielle Meinhardt
Junior
Journalism

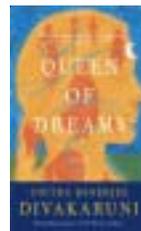
Happiness is the ability to recognize it.
-Carolyn Wells

What are you reading?



The Reading Group
by Elizabeth Noble

The Reading Group follows the trials and tribulations of a group of women who meet regularly to read and discuss books. Over the course of a year, each of these women become intertwined, both in the books they read and within each other's lives. Inspired by a shared desire for conversation, a good book and a glass of wine, the four friends undergo startling revelations and transformations despite their differences in background, age and respective dilemmas. The women grow to express their views through the books they read and become increasingly more open as the bonds of friendship cement.



Queen of Dreams
by Chitra Divakaruni

Queen of Dreams is a tale of mothers and daughters, love and cultural identity. Rakhi, a young painter and single mother, is struggling with her relationships with ex-husband Sonny, and her dream-teller mother, who has rarely spoken of her past or her native India. Rakhi has her hands full, raising her daughter and running the teahouse she owns. When a national tragedy turns her world upside down and Rakhi needs her mother's wisdom more than ever, she loses her in an accident. Uncovering her mother's dream journals allows Rakhi to discover her mother's secrets and sacrifices—and to confront her fears, forge a new relationship with her father, and revisit Sonny's place in her heart.

From the Director's Desk



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Women of Faith builds community through spiritual experience

"Community-building" is a concept central to the mission of the UD Women's Center. Exactly how we foster the building of communities of women varies, but doing so is always at the forefront of our planning.

Any time we approach an issue (e.g. eating disorders) or try to capitalize on an opportunity (e.g. Equality Day) we work to bring together a diverse group of people with varying experiences and perspectives to enrich our discussions and improve our planning. So it was only natural that when I was contacted by graduate student Nancy Seyfried about the possibility of the Women's Center sponsoring a group of women to attend the July 2006 "Women of Faith" conference in Cleveland, I saw a potential opportunity to live up to our mission.

Nancy and two other UD women, Jacinta Mergler and Kathy Wehkamp, were all familiar with past "Women of Faith" conferences and were very passionate about wanting other UD women to have the opportunity to "...connect with God and with each other." These women all described "Women of Faith" as a powerful, personal, Christian spiritual experience, and they wanted nothing more than to share it with other women.

As we talked about how the Women's Center might help them accomplish this, I found it difficult not to be overcome by their contagious enthusiasm. Their vision is to have as many as 26 UD women travel to Cleveland together next summer to attend "Women of Faith". I, on the other hand, see it as an opportunity to support a group of women who share that experience and wish to remain connected once they return. *That*, I told them, was very much in keeping with the Women's Center's mission to foster spirituality and community at UD. Ultimately we agreed that if they can recruit a group of UD women to attend, the Women's Center will give them some financial support to help offset the cost of the event tickets. Even more importantly, we agreed that once the group returns, the Women's Center will help them reconnect here, on campus, and hopefully become an informal, faith-sharing, women's group. Such a partnership could

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