

# Name Our Newsletter!

Do you have a creative title for the Women's Center Newsletter?

Send entries to: ali.kroeger@gmail.com or stop by the Women's Center, room 204, to submit your idea!

**If your title is chosen you will win a \$40 Visa Gift Card**

All submissions will also be entered into a drawing for a Bookstore or Chipotle Gift Card!!

Last day to enter your idea is Tuesday, October 30th

The Women's Center reserves the right to edit any entry submitted



UNIVERSITY of DAYTON



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

October 2007  
Issue 17

# Loving Your Body From the Inside Out

inside

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Name the Newsletter Contest!

Raise your hand if you love the fact your thighs touch, your eyes are a little too close together, and the only way you can get in those pants you bought last month is to jump off the top of your house?

Whether it is the ongoing battle with those thighs, or your inherited big feet, "Everyone picks something about themselves they don't like," says Pattie Waugh, coordinator for this year's "Love Your Body" month. "But," she goes on, "what we need to understand is that there is no one body that is perfect." Waugh, along with the Women's Center, various UD departments, and surrounding community organizations have planned programs and events throughout October to promote this idea.

Inspired by the alarming statistic put out by the National Organization of Women Foundation (NOW) that one in five women are dissatisfied with their body image, the Women's Center hopes to counteract this overwhelming negativity associated with a

woman's body. From breast cancer awareness, to domestic violence awareness, the goal of "Love Your Body" month is to shine a positive light on each and every shape, size, and feature women's bodies possess.

Kicking off the month's events will be distinguished speaker, Dr. Gail Dines. A professor of Sociology and Women's Studies at Wheelock College in Boston, Dr. Dines will present a lecture entitled,

*"We need to understand that there is no one body that is perfect"*

"Sex(ism), Love, and Identity in a Pornographic Culture." Her presentation will focus on the profound media and popular culture influences upon every aspect of our most private lives.

Another event focusing on body image is a sculpture exhibit that will be displayed in Roesch Library. The exhibit created by Larry Kirkwood entitled, "The Body

Image Project" will feature a variety of sculptures made from the casts of real women's bodies. He will also be at the library on October 4th to talk about his work.

During the month is a photography exhibit by artist and author Jan Goff-LaFontaine. Her photography exhibit, "Out of the Shadows," exposes through black and white photographs of forty women who have survived domestic violence and also shares the stories they have lived to tell.

Complementing LaFontaine's display, the Artemis Center for Alternatives to Domestic Violence will be hosting a community event entitled, "A Call to Men" on October 10th and 11th.

The intent of "Love Your Body" month is to let women know it is okay to love their beauty marks, embrace their flaws, and experience their lives instead of hiding them.

- Katie Brooke  
Senior  
English

## 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

## Out of the Shadows

From Oct. 15 through Nov. 2 the Women's Center will display a special photography exhibit, "Out of the Shadows," by Jan Goff-LaFontaine for members of the university and greater Dayton communities.

The photos to be displayed are from Goff-LaFontaine's book, "Women in Shadow and Light: Journeys from Abuse to Healing." The book chronicles the journeys of 40 women - ages 19 to 95 - who were abused at some point in their lives.

The photos of these women are meant to show

strength. The women were photographed nude, and Goff-LaFontaine's focused in on the specific body parts that helped the healing process

The project began in rural Door County, Wisconsin and concluded nationally. Goff-LaFontaine used the photos to help the abused women reconnect with a sense of beauty to relieve the shame often associated with abuse.

"Helping abused women rebuild their self-esteem, I have watched the wounded

Continued on P.2



"Cheryl!"

# What's Going On? October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	1	2 Gail Dines presents: "Sex(ism), Love, and Identity in a Pornographic Culture" KU Ballroom 8:00	3 Body Image Project Roesch Library Ladies Night Out - Grad Student Women 6:30-8 p.m. - WC	4 "Laser the light that heals" 12 p.m. - KU WELL House Dinner & Discussion 5 p.m. - WC Body Image Project Presentation 7 p.m. - Roesch	5	6 Making Strides Against Breast Cancer - Bowling tournament 2:30 - Troy Bowl Women's Expo Dayton Convention Center																																																																																																		
7 Women's Expo Dayton Convention Center FREEFAHL Concert Artsstreet	8 Making Strides Monday	9	10 Artemis Center's A Call to Men 7:15- Omega Baptist Church	11 A Call to Men 6:00 - Masonic Temple National Coming Out Day	12	13																																																																																																		
14	15 Out of the Shadows Exhibit opens Women's Center until Nov. 2nd	16 Creating Inclusive Communities noon - KU West Ballroom Greek 101	17 Book Read: You The Smart Patient TBD	18 Coping with "What Is" Discussion 12 p.m. - KU Love Your Body Day Postcard Project - Marianist Hall Learning Space	19	20 Making Strides Walk Wegezryn Gardens 2:00																																																																																																		
21	22	23	24 Flu Shots in the UD Health Center Weight Loss Surgery Panel	25 Silencing the Inner Critic - Building Self-Esteem 12 p.m. - KU 207	26 Graduate Student - Guided Retreat Through Sunday Governor's Island, Indian Lake, OH	27																																																																																																		
28	29	30 Women's Center Newsletter Naming Contest Deadline!!	31	<p>September 2007</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p>November 2007</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
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## Photo Exhibit

continued from P.1  
become healers. My new workshops utilize digital cameras to help abuse survivors find the beauty within themselves. I've discovered this method to be empowering and liberating for abuse survivors," says Goff-LaFontaine.

After their interviewing and photography sessions the women reported feeling a new sense of self-confidence. By sharing their stories and photos the women not only allowed themselves to grow, but also spoke out for other silent victims. The entire

process finished as a thought-provoking display of pictures and an inspiring revealing of resilient personalities.

Goff-LaFontaine is



"Adell and Sheila"

a photographer and author whose ongoing work is dedicated to bringing awareness and healing through art. She handcrafts each of her sensi-

tive portraits to offer viewers a glimpse into the essence of her subjects. Her work has been compared in the press to Anne Lebowitz and Richard Avedon. Goff-LaFontaine's photos have been exhibited in galleries and museums throughout the United States and are included in many private and public collections. She is on the faculty of Peninsula Art School in Wisconsin, teaches privately from her home studio in Aptos, CA and continues to do freelance photography.

-Ashley Owens  
Junior  
Public Relations/Spanish

## Sr. Annette Schmeling, making changes at UD

continued from P.3

typical way of thinking and look at new ways. "We can look at the same picture and have different stories," she says.

According to Sr. Schmeling, one of the biggest challenges facing women today is "having the courage to be who God has called you to be and not being externally focused based on what soci-

ety tells us is important." Sr. Schmeling also added that women are under tremendous pressure to fit in, "We can be comfortable in our situation but are we comfortable with ourselves?"

Sr. Schmeling offers advice for young women considering positions of leadership, "Know yourself, know yourself very well," and have

both male and female mentors and role models. "I have both in my life," she adds, "I value both, they bring different perspectives."

- Charity Smalls  
Senior  
Journalism, Psychology



## Pinwheels from the Women's Leadership House

continued from P.3

pus. Each pinwheel, which students will be encouraged to take, will bear a fact about the socio-economic realities women face. On October 4th a larger dinner will be held at the Women's Center to discuss the issue of body image. This talk will coincide with a week-long art exhibit and artist lecture. Other activities planned for the year include a women's themed movie discussion and a house display in March for

Women's History Month.

"We're really excited to make a ruckus on campus this semester," says housemate Christy Jones, a senior English major. "We want to engage underclassmen in discussions about women's issues and at the same time encourage them to consider living in the house next year."

The Women's Leadership House works in conjunction with the Women and

Gender Studies Department and the Women's Center. Those interested in attending a dinner or seeking information about the house should contact Katie Zabriskie at zabriskl@notes.udayton.edu.

- Katie Zabriskie  
Senior  
English, Religious Studies



## Thoughts and feelings about Mary

continued from P.3

ness Administration, looks at the statue and feels the strength of Mary's gentle yet imposing instruction. Jesus calls Himself our brother, she says, and in that light Mary is also our mother. "Who better to guide our journey than our mother? She encourages us

to follow, to attend, and to do what He tells us. On our vibrant and diverse UD campus that struggles to balance the secular and the sacred, she knows how to walk the line and lead us."

Our newest statue invites such contemplation, and,

with the UD identity, encourages our spirit.

- Jeanne Zeek  
Administrative Assistant,  
SBA Dean's Office  
Communications

## Raising funds for breast cancer research

continued from P.5

products with profits going toward research. Delta Airlines has been very vocal in spreading breast cancer awareness and donating funds to research. Delta's frequent flyers can donate their SkyMiles to breast cancer research. The airline even has a pink airplane to support breast

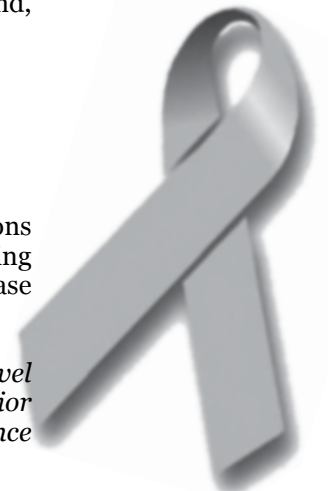
cancer awareness.

As part of Breast Cancer Awareness Month, everyone should take the time out to educate themselves about breast cancer detection. Websites like <www.komen.org> and <www.nationalbreastcancer.org> provide information, support, and outlets for

donation.

Breast cancer affects millions around the globe, and being educated about this disease will ultimately save lives.

- Laura Keivel  
Junior  
History/Political Science



When Diana Ross and the Supremes sang the words "Stop! In the name of love," they probably weren't talking about UD's Stop Hate Week, but they might as well have been.

Every year faculty and student volunteers join forces to put together a week devoted to building a stronger community, putting an end to hate crimes and generating a greater awareness of bias on campus.

This year Stop Hate Week hosted a variety of activities from discussions of the films "People Like Us" and "Race is the Place," to a keynote address by celebrated anti-racism speaker and educator Tim Wise, author of the book *White Like Me, Reflections on Race from a Privileged Son*. Also featured was "HATE: Artistic Expressions by Students," a display in KU's Torch Lounge comprised

of students' poems, readings, and art work relating to hate.

A highlight of Stop Hate Week this year was the Intercultural Speed Meet, which took place on Tuesday, Sept. 25th. Back for its second year due to last year's overwhelming success, the event brought international students out to KU field for two hours of food and friendship, during which they got a chance to represent their countries and share their cultures with the UD community.

"[The Meet] removes some of the barriers and helps students learn about what we have in common with each other the world over," said Pattie Waugh, Sr. Administrative Secretary of the Women's Center. All the students from the Center for International Programs were invited to participate, but students born in the U.S. with international heritage were also welcomed. Director of the Center for In-

ternational Programs, Amy Anderson, said, "We want everyone to bring their culture to the table and share. We all have one. It is fun and fascinating to learn about others through cultural exchange."

Stop Hate Week was sponsored by the Bias Related Incident Team (BRIT), which is comprised of representatives from offices and organizations all over campus including, but not limited to, SGA, the Department of Public Safety, LEAD, The Center for International Programs, the Women's Center, the Office of Diverse Student Populations, the Counseling Center, and

the Office of the President.

BRIT is housed in the Affirmative Action/Legal Affairs Offices. BRIT recommends that if you witness or believe yourself to be the victim of bias-related conduct a complaint should be filed as soon as possible at:

[http://stophate.udayton.edu/submission\\_form.php](http://stophate.udayton.edu/submission_form.php)

By filing a report you help to improve the campus and community.

- Emily Howson  
Junior  
Psychology



# Women of UD

## One-to-One with Sr. Schmeling

Sr. Annette Schmeling, the new VP of Student Development and dean of students recently sat down with us to discuss how it feels to be a woman in this leadership role and to tell a little about how she got to where she is today.

Surprisingly, Sr. Schmeling did not always have plans to be the Vice President and Dean of Students at a university or even have plans for becoming a nun for that matter. When she was younger she had entertained the idea of being a professional tennis player, possibly a teacher, or a full-time mom. A car accident changed her plans for being a professional athlete, and a heart to heart with her fiancé made her realize her calling.

Despite her calling, Sr. Schmeling said that in the past she would have had difficulty envisioning herself in the position she holds now at UD. According to Sr. Schmeling, the only role models for leadership roles in higher learning were men. While working her first job in the field she was encouraged to pursue a leadership role by a male layman.

"Women still have a long way to go," said Sr. Schmeling, "There are still attitudes and ways that men limit women and women limit women: these limits are enforced because we don't see each others' potential and the gifts we bring."

One obstacle Sr. Schmeling claims to be consistently faced with is the "resistance to change." She says, "We always think we have the answers, the power of unknowing makes us vulnerable." She also explains that people become comfortable with what they know and find it difficult to break out of their

Continued on P.7



Sr. Annette Schmeling, the new dean of students

Date Rape Drugs Continued from P.4

### What can You do to Protect Yourself?

- Don't drink beverages that you did not open yourself.
- Don't exchange or share drinks with anyone.
- Don't take a drink from a punch bowl or other common source.
- Don't drink from a container that is being passed around.
- If someone offers you a drink, go with the person to order your drink, watch the drink being made, and carry the drink yourself.
- Don't leave your drink unattended especially when talking, dancing, using the restroom, or making a phone call.
- Don't drink anything that has an unusual taste or appearance... like a salty taste or unexplained residue.
- Designate a sober friend to check-up on you and your friends.
- Leave the party with ALL of your friends!

For more tips, visit:  
<http://campus.udayton.edu/~adapt/partytips/partysmart/staysafe.html>

-- compiled by Student Development staff members

### "Creating Inclusive Communities"

*Building on prior Faculty Exchange Series Workshops on lesbian, gay, bisexual, and transgender issues, learn how to create more inclusive classrooms and work environments.*

**Tuesday, October 16,  
12:00 noon, KU West Ballroom**

Lunch Provided  
RSVP Lora Butcher at x93309

## Women's Leadership House Leading Discussion



Photo courtesy of Katie Zabriskie  
From left to right: Katie May, Lauren Theiss, and Laura Loeb

For the eight women living in the Women's Leadership House on College Park, the fall semester marks the beginning of a new opportunity to raise awareness about women's issues on the University of Dayton campus. "Our goal this year is to make campus aware of our presence and encourage dialogue about the issues facing women in today's society," says house member Laura Loeb, a senior Sociology and Religious Studies major.

Last year the focus of the house was orchestrating a series of small dinner dis-

cussions at which both faculty and students shared their thoughts on a particular topic. This year the small dinner discussions will still play an important part in the house's outreach. Four dinners are scheduled for the academic year and discussion topics will include sexuality, women in diverse cultures, and stereotypes. The first dinner will occur on October 23rd.

In addition to these house dinners, several large scale activities are planned. On October 1st, a field of pinwheels will "sprout" on cam-

Continued on P.7

## Just the Facts: Date Rape Drugs

### What are date rape drugs?

In recent years a new kind of rape threat has reared its ugly head on campuses and in nightclubs - so called "predator" or "date rape" drugs. What exactly are date rape drugs? Technically speaking, any substance that renders you incapable of saying no or asserting yourself and your needs can be used to commit rape.

### What are the effects of date rape drugs?

There are many factors that make these drugs desirable to sexual predators. The drugs are virtually undetectable; they are tasteless, odorless and colorless. All traces of the drugs will leave the body within 72 hours of ingestion and are not found in any routine toxicology screen or blood test - doctors and police have to be looking specifically for them and they have to look quickly!

Date rape drugs are easily slipped into drinks and food and are very fast acting. They render the victim unconscious but responsive with little or no memory of what happens while the drug is active in their system. The drugs also make the victim act without inhibition, often in a sexual or physically affectionate way.

Like most drugs, date rape drugs render a person incapable of thinking clearly or of making appropriate decisions. This makes for a very passive victim; one who is still able to play a role in what is happening but who will have no clear memory of what happened after-the-fact. Without any memory of events the victim is often unaware that they have even been raped, and if they are aware or have suspicions they make very poor witnesses.



What can you do to protect yourself?

Continued on P.6

## Ask The Doc

Mary Buchwalder, M.D.

Dear Dr. B-  
I've just been here a month and I think I've already gained 5 pounds. Help!  
- Jen

Dear Jen,

The "Freshman 10 (or 15)", or, more PC, the "First Year 15," is a common phenomenon but not inevitable. During the first year away from home making your own lifestyle decisions can be delightful, scary, exhilarating, and fattening if you're not careful. Here are some hints to help you keep your weight in control:

1. Make exercise a priority. Go to the Rec-Plex, join an intramural team, hit the weight room, go for a brisk walk. Make it fun so you want to get your exercise in.
2. Eat a variety of foods, especially lean meats, chicken, fish, salad, fruits, vegetables and whole grains. Steer toward grilled or baked foods, and eat fried foods less often. Pick some fruit for a snack later. Don't forget that portion sizes count too.
3. Don't get into the habit of nibbling while you study.
4. If you're stressed because you don't understand something, call a friend who does understand or talk to your professor or their teaching assistant. Deal with the problem directly. Don't "stress-eat".
5. Speaking of stress, exercise is a great way to de-stress, help you feel fit, and keep your weight in control.
6. If you're homesick, call home or a best buddy from high school. Don't turn to food for solace.
7. Be aware that pizza at 3 am "counts"—your body will turn those calories to fat if your daily calorie balance exceeds your normal metabolism plus exercise.

8. Alcohol has lots of calories. A gram of alcohol has almost twice as many calories as a gram of protein or carbohydrate, nearly as many as a gram of fat. A 12 ounce can of beer has about 150 calories, and "fancy" drinks often hit the 400 calorie range per drink.

9. Realize that while eating healthy foods is the basis of a healthy lifestyle, there are no "forbidden" foods. Just keep rich/fatty/greasy foods as an occasional treat.

10. Did I mention exercise?

Good luck!

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](mailto: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

# Mary's Presence on Campus is Strengthened



Mary stands outside Marianist Hall

"Trust, motherhood."  
"Serenity."  
"Peaceful yet strong."

These were typical responses from passersby when asked what comes to mind while viewing the newly dedicated statue of Mary near Marianist Hall. Most responses came quickly, some after thoughtful hesitation. But a central theme ran through all of the answers that day and during subsequent conversations with people across campus: the statue represents UD's spiritual identity, and in a very noticeable way.

Portraying the mother of Jesus at the Feast of Cana, the imposing 11-foot bronze statue is one of the more visible tributes to UD's Catholic and Marianist heritage. According to the Gospel, when the wine at the wedding feast ran short, Mary asked Jesus to

assist, calling the wine servers to "Do whatever He tells you." As one senior student expressed it,

**"Here at UD, everything we do embodies the spirit of Mary, and that in turn embodies the spirit of UD."**

"When people see this statue, they want to know about it and what it means."

Another student agreed. "This statue's location and the fact that it is so striking make it more noticeable than some of the other statues on campus. It gets people talking."

Emily Burgess, who works in the School of Business,

Continued on P.7

## Breast Cancer Awareness Spreads Through Dayton

October is Breast Cancer Awareness Month and activities around the University of Dayton campus are helping to raise funds for a cure as well as educating the UD community.

Zeta Tau Alpha sorority is a leader on campus for raising awareness and funds

in order to find a cure for breast cancer. The sorority's annual FREEFAHL concert will be held from 2 until 11 p.m. on Sunday, October 7, in the University of Dayton's Art Street Amphitheater. The concert will be featuring national artists as well as UD bands providing an evening of fun at which ticket sale proceeds will be donated towards breast cancer research and breast cancer detection tips will be provided at the event. The week before FREEFAHL, ZTA sisters will be selling pink baked goods, distributing self-exam shower cards in residence halls, and passing out

pink ribbons. President Emily Ryan says "our goal this year is to raise \$10,000."

Around the city of Dayton the Sisters Network provides education and assistance to those affected by breast cancer. To spread breast cancer awareness many survivors speak to small groups about early detection and about their personal struggles. The Sisters Network is a group of women committed to supporting each other and spreading hope.

The Susan Komen for the Cure Foundation is a resource that provides online support as well as research funding for a cure. A 24 hour helpline and tips for early detection are just a few of the many resources the Komen Foundation makes available to men and women.

Various businesses are also showing their support in the fight against breast cancer this month. Panera Bread is selling pink bagels in the shape of a ribbon with proceeds going to breast cancer research. Estée Lauder cosmetics

Continued on P.7