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National Breast Cancer Awareness Month

Early detection is the key when discussing breast cancer, a disease that will strike 40,000 women in 2003, according to the American Cancer Society.

For 18 years, the National Breast Cancer Awareness Month (NBCAM) campaign has educated women about the importance of detecting the disease in its earliest stages through mammography, clinical breast examination, and breast self-examination for women ages 20 and older.

On Oct. 17, National Mammography Day, and throughout the month, radiologists provided discounted or free screening mammograms to encourage more women to take the potentially life-saving examination.

After the age of 20, women should perform breast self-exams, and women between 20 and 30 should receive clinical exams every three years.

According to NBCAM, Mammography screening is the single most effective method of early detection, and an annual mammogram is recommended for women over 40.

This year, during October, NBCAM is promoting a "Pass the Word" campaign, encouraging the discussion of breast cancer and early detection.

"This year's program... really sums up what is most important in October and all throughout the year," said Susan Nathanson, National Coordinator, NBCAM. "Early detection saves lives and this campaign challenges the public to share this important message with their friends and loved ones."

National Breast Cancer Awareness Month seems to have been an effective way to spread knowledge about the disease. NBCAM states that since 1985, the mammography screening rate in the United States has doubled.

However, there are still many women who are unaware or unable to afford screening. It is NBCAM's hope that sponsored events in October will help educate men and women about the availability of free and low-cost clinics through the Centers for Disease Control and Prevention and the Breast and Cervical Cancer Prevention and Treatment Act of 2002 (www.cdc.gov).

• Jennifer Rogers
Women's Center Intern

For info about mammography screening, call:

- American Cancer Society (800) 227-2345
- National Alliance of Breast Cancer Organizations (NABCO) (800)NABCO
- Y-ME National Breast Cancer Organization (800) 221-2141

For more info about breast cancer, visit:

- NBCAM, www.nbcam.org
- The American Cancer Society, www.cancer.org
- The Susan G. Komen Breast Cancer Foundation, www.komen.org
- The Breast Cancer Research Foundation, www.bcrfcure.org



A project that began in Cape Cod, Mass. to address the issue of violence against women found its way to the University of Dayton last March but was met with hostility and vandalism.

This month, Students Advocating Female Equality (S.A.F.E.) is again bringing The Clothesline Project to UD's campus to speak

out for women who have been victimized.

S.A.F.E. president Sarah White-Petteruti said that her organization first brought the project to UD, and continues to do so, in order to educate the campus community about the effects of violence against women.

The Clothesline Project features T-shirts that have been hand-painted by women who have been assaulted or by

friends and family in honor of a woman who has been assaulted.

These shirts, hanging clothesline-style, tell each individual woman's story and acts as testimony to the problem of violence against



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What's happening this month...

• October is National Breast Cancer Awareness Month, Domestic Violence Awareness Month, Diversity Awareness Month, and LGBT History Month

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Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
			1 Decision-making workshop	2	3	4 Artemis Center 3K Walk
5	6 Coming out workshop @ Counseling Center	7	8	9 Assertiveness Training @ Counseling Center	10 Kabuki Theatre @ WSU	11 National Coming Out Day
12	13	14 The Clothesline Project thru Oct. 21	15 • National Love Your Body Day • "Nexus of Color & Culture" Lecture @ WSU	16	17	18
19 National Business Women's Week thru Oct. 25	20	21 "Food for the Soul" Marianist Program noon-1 p.m.	22	23 National Young Women's Day of Action	24 10th Annual Peacekeepers Luncheon & Symposium	25 Make A Difference Day
26	27	28	29 Gender Issues Research Series @ WSU	30 Ambassador Carol Moseley Braun @ WSU	31	

For more information about any activities listed, and for information about events in November please visit the Women's Center Web site, <http://womenscenter.udayton.edu>

What's Coming Up...

Speaking of Women's Health Conference

Set aside a day to pamper and educate yourself with Speaking of Women's Health. Bring a friend, your mother, or sister and have fun while you learn about yourself and discover the resources available to you in your community.

Date: Saturday, November 8th
Time: 9 a.m. to 4 p.m.
Location: Dayton Convention Center
For More Information Contact: Marguerite Weser 937-220-1651
Sponsor: National Speaking of Women's Health Foundation
Cost: Sold out-please call for waiting list 937-220-1651

Pathways to Leadership Conference

This professional development opportunity is appropriate for faculty and staff women at all levels and will cover many topics including Career Mapping: Making Your Career Life Work for You, Budgets: An Aspect of Leadership, Mapping Your Pathway to Leadership.

For more information or a brochure on this Conference, go to the Newsflash link on the Women's Center Web site

Date: Friday, November 21st
Time: 7:45 a.m. to 3:30 p.m.
Location: Fawcett Center at The Ohio State University.
Sponsor: ACE/OWHE
Cost: \$75.00

"The first problem for all of us, men and women, is not to learn, but to unlearn."

Gloria Steinem

Food for the Soul

This will be an educational program on Marianist character and tradition for faculty and staff with lunch provided.

Date: Tuesday, November 18th
Time: noon to 1 p.m.
Location: Kennedy Union 222
For More Information Contact: Office of the Rector x94192
Sponsor: Office of the Rector
Cost: free

Mentoring Program kicks off this month

This fall, the Women's Center will pilot a new program that will give female faculty and staff at the University of Dayton the guidance and self-confidence they need to become future leaders.

In recognition of a need for a formal mentoring program, the Women's Center has worked with the Association of Faculty Women (AFW) to develop a program that will match and train women and men interested in being mentors and mentees, according to graduate student Tarika Daftary, the Women's Center Mentoring Coordinator.

While there are several informal mentoring programs already in existence at UD, the Women's Center program will engage women faculty and staff in formal mentor/mentee relationships.

The program is open to full-time UD faculty and staff women who will be accepted and matched with mentors based on factors including background, experiences and goals, Daftary said. Training sessions will be required and provided by the Women's Center, and will begin with mentors/mentees developing and documenting mutually agreed upon objectives.

Research has shown that mentoring can have a positive

impact on people involved in both sides of the relationship and often is a defining factor in career success. In addition, mentoring can provide access to networks, help individuals develop career skills, and increase self-confidence on the part of the mentee.

For the mentor, benefits include development of counseling and listening skills, and greater self-development.

• Jennifer Rogers
 Women's Center Intern

For more information on the Mentoring Program, contact Tarika Daftary at daftartz@notes.udayton.edu, or at (937) 229-5390. To submit an application for the program, visit the Women's Center Website at <http://womenscenter.udayton.edu>.

Domestic violence is not just a "women's" issue

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women. They allow people to nonverbally express emotion and reaction to assault and battery.

S.A.F.E. has invited several groups from the Dayton community to visit the Women's Center where S.A.F.E. meetings are held, and to create shirts telling their own stories.

"People who have really strong feelings to this cause are really not that hard to find; it is surprising the outcome we get for people to make their own shirts," White-Petteruti said. "It is, for some, a sense of healing, and for others it is an opportunity to tell their stories to help educate others."

While displaying T-shirts bearing sometimes graphic words and images about rape and abuse may seem jarring or distasteful to some, it is guaranteed to make people talk, which is exactly the goal of the project, according to White-Petteruti.

"Sometimes things need to evoke shock... to get people

really talking," she said. "When people talk, especially about things as taboo as domestic violence and rape, people begin to examine their own feelings, learn from themselves and others, and... educate others. I hope that it will be received positively, but we have to face that some people will be uncomfortable with the project, and that is ok, at least it will start to make them aware."

During Women's History Month last year, The Clothesline Project was vandalized; shirts were stolen and worn around campus by students.

In a vehement letter-to-the-editor in Flyer News, now-senior Katie King entreated the thieves to return the shirts and rethink the consequences of their actions.

King wrote; "You may claim that you are not a rapist or a violent person. However, the crimes you have committed have again stolen the very thing that your victims have been fighting to regain, a sense of control."

White-Petteruti said that she and others involved felt

personally hurt and angered by the vandalism.

"Sometimes things need to evoke shock to get people talking."

Sarah White-Petteruti

"Those shirts were expressions of different women – not only students, but also faculty and staff – the vandalism basically mocked these women's stories," she said. "My hope is that we continue to promote awareness on this campus of women's issues; more people will come to realize that they are not just women's issues, they involve everyone in one way or another."

The vandalism to last year's project was no deterrent to continuing the fight this year, however. White-Petteruti said that the events of last year made S.A.F.E. want even more to try again to make people aware of the extent of violence

against women.

However, as a security precaution, The Clothesline will be hung in Torch Lounge in Kennedy Union where there will be less chance of damage and where more educational information can be posted to help inform passers-by about the display.

S.A.F.E. hosted shirt-making sessions in the Women's Center throughout October, and the shirts were on display in KU from Oct. 14 – 21.

S.A.F.E. planned a panel discussion to allow people to speak about their own and others shirts, and for others to hear and learn about domestic violence.

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Ask the Doc

Dr. Mary Buchwalder, M.D.

"Well Woman Exams"

"What kinds of women's services does the Health Center provide? (specifically STD testing, gynecological examinations, breast examinations, mammograms, available contraceptives, pregnancy testing)"
Sarah

The UD Health Center provides a wide range of women's services to undergraduates. Actually, women's health interests are the primary reason the University wanted a woman physician. The following are available to students at the Health Center:

- Well-woman exams including breast exams, Pap smears/pelvic exams, teaching in self-exam techniques

- STD screening for chlamydia, gonorrhea, herpes, HIV, syphilis, chancroid, trichomonas, molluscum contagiosum, genital warts, cervical cancer (yes, this is considered to be a sexually transmitted disease caused by HPV, human papilloma virus), hepatitis B&C

- patient education and answers to questions about STDs and STD risks (including questions particular to gay/lesbian/bisexual students)

- treatment of minor gynecologic problems including irregular menses, prolonged lack of periods, problems related to birth control pills, and regulation of periods, breast pain or lumps, nipple discharge, etc.

- follow-up testing after a diagnosis of an abnormal Pap or after treatment of an STD to check for cure—results can be FAXed to your primary gynecologist if requested

- free pregnancy testing
- referrals to local OB/GYN physicians for more complicated gynecologic problems

While I can order mammograms, usually they are less helpful in young women with breast problems because women under 30 generally have more glandular and fibrous tissue and less fatty breast tissue (fat makes the mammogram easier to read and to see worrisome changes).

Because UD is a Catholic institution, we do not routinely prescribe contraceptives, consistent with Church teachings. However, there are some diagnoses that do require hormonal treatments. These are considered an acceptable treatment by the Catholic Church (because the primary intent is treatment of a medical problem, not contraception), and are available at the Health Center.

I hope this answers your question, Sarah. If you have other questions that I haven't addressed, feel free to come in and talk to me. If you're not familiar with my hours, call x93131 and they will let you know.

Dr.B

Women's Health & Wellness

Hormone therapy found unsafe

From Weill Medical College of Cornell University

Recent analysis of the Women's Health Initiative (WHI), a study which tested the drug *Prempro* to see if it prevented breast cancer in healthy women, suggested that the postmenopausal hormone therapy combining estrogen and progestin can cause breast cancer and raise the risk of heart attack and strokes.

Researchers at Wayne State University in Detroit, Mich. found that short-term use of *Prempro* may cause an aggressive form of breast cancer as well as making it more difficult to find tumors on mammograms in early inspection for the disease. In the *Journal of the American Medical Association*, a comparison was made between the 245 WHI participants taking *Prempro* and 185 members of a placebo group; a greater number of advanced tumors were found among the test group taking hormones. A later study confirmed the link between the hormone therapy and advanced breast cancer, and suggested that estrogen therapy, without progestin, might be a safer route.

Exercise for the brain

From Harvard Health Beat

According to a decades-long study, physical exercise really does help keep the mind healthy—especially in people over 55.

The study, which began in the 1960s and analyzed 18 controlled studies, concluded that exercise most greatly effected "executive control" functions, which include judgement, planning and coordinating actions to achieve a goal.

In addition, reaction time, visual-spatial capacity and specific skill learning can also improve to a lesser degree.

The study showed that physical programs that included strength training were more effective than only aerobic exercise, and 1-3 month long programs showed nearly as much benefit as 4-6 month programs.

Women were found to benefit more from exercise than men, and people in their late 60s improved more than any other age group.

The researchers plan to begin a study on how exercise-based cognitive improvements are related to brain activation patterns seen on brain scans and EEGs.

They say there is evidence that exercise allows the brains of older persons to recover the specialized ability for cognitive tasks after having lost the specialization of youth.

www.health.harvard.edu/HEALTHbeat is distributed monthly via subscription. The Women's Center maintains HEALTHbeat on file in its Resource Center.

Women's Center Profiles

Life in the Ghetto to be topic of research & book

What began as an obligatory leadership seminar grew into a major life change when Dr. Teresa Thompson began observing social norms in the student neighborhood.

Nominated to take part in Leadership UD, a faculty and staff program dedicated to exploring leadership issues within the Dayton area and University of Dayton community, Thompson said she was struck by the unusual culture of the Student Neighborhood (the Ghetto) while taking part in a special session on student culture.

"There was a book crying out to be written," she said.

Contacting colleagues in search for previously published material on student culture at UD, Thomson found that next to nothing had ever been written. This is where the life and career changes come in: Determined to write an academic book about UD students and the Ghetto, Thompson was nominated by Pat Johnson, of the Associate Dean of the College of Arts & Sciences, to become an Arts & Sciences Scholar-in-Residence in conjunction with the Women's Center.

Thompson has already begun her research, but she plans to take next semester off from teaching, move into an office in the Women's Center, and

dedicate her time – supported by the college – to studying the social patterns of students.

"There was a book crying out to be written."

Dr. Teresa Thompson

"This is so unlike any other research I've done," she said. "I have always done quantitative research, but this is qualitative... I'm so excited about it; it's revitalizing."

Thompson feels that, rather than taking her away from

teaching, this book will allow her to move to another level in her teaching.

"What goes on in the Ghetto is so much more important than what goes on in the classroom," she said. "(Student life) is the key determinant to the culture of the institution."

Thompson has always had an interest in gender studies, and part of her research for the book will deal with issues of direct concern to women, she said. She will be looking

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Graffiti: The Reality of Discrimination

A Graphic display shows UD is no safe haven

Graffiti littered Kennedy Union. No one knew who had done it. Vicious and hurtful words were written in Torch Lounge speaking obscenities toward African Americans, women, homosexuals, Puerto Ricans, and more.

People stood staring at the words in shock; why was this done?

Then the guilty party was revealed – it was UD itself who had done this. This semester, a group of students in an Oppression and Social Justice class, taught by Debra Monk and Rachel Wagner, began a project to discuss discrimination.

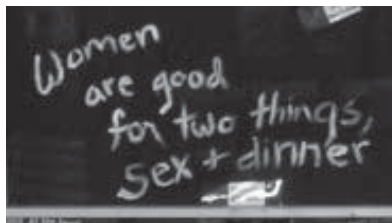


Photo by Megan Barker
One example of the graffiti recreated by the Diversity Discussion Group.

A few students in the class formed a Diversity Discussion Group and "took the project to the extreme," according to senior Megan Barker, one organizer of the event.

"We decided that we wanted to do a project that would not only preach to the choir, but

would also affect individuals who do not typically take an active interest in issues of oppression," Barker said.

Taking a cue from a University of Cincinnati project last year, the students searched restroom walls, desktops, and other places in academic buildings for graffiti demeaning the many groups of marginalized people at UD.

These disturbing words and phrases were recreated and displayed in KU to serve as a wake-up call that, no matter how we deny that racism and sexism exists at our school, it does exist and it is hurtful.

Barker said the display was intended to grab the attention of people who would not

normally think twice about seeing a dirty word in a restroom stall.

"We wanted to get people to start thinking," she said. "We wanted students to recognize that other individuals experience a different reality."

At the same time that the display was up, the Diversity Discussion Group also sponsored a series of events to debate the issues implicated in the display.

Monday a speak-out was held to allow people to express their thoughts and feelings about the display through rap, dance, and poetry. Tuesday there was

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Saltwater Skin

She leans against the hallway mirror.
I want to be transparent, she says, dissolved in my disappointment.
 I tell her the body is saline, and grace doesn't have a measurement for hips.
 She drums her fingers on my reflected eyes.
Only 'cause you don't have them.

Scot Ehrhardt

Previously read for UD's 2003 production of "the Vagina Monologues."



"UD Fantasy" by Bro. Cletus Behlmann, S.M. Displayed in the Women's Center Conference room

Best Friend

You are always there especially when I need your love and care.
 At my saddest times you are at my side hugging me when I cry.
 You are there when times are tough, when I feel like giving up.
 You never let me because you care, because I know you can never just stand and stare.
 A best friend is one like you, but you are also there for others too.
 You are always by my side to stay.
 Then hopefully day after day.

Laurie Garcia

Freshman psychology major

Content removed by request.



Discussion groups allowed many to speak out about their experiences

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a gender issues panel, and Wednesday a race issues panel was held in Torch Lounge. All events were open to everyone at UD.

"We decided that we didn't really have the right to put up a display with such painful comments and images without gathering insight... from groups of individuals directly affected by the graffiti," Barker said.

Monk said her only concern about the project was for the internal reactions of the people targeted by the graffiti.

"It is one thing to 'know' that you are made to feel unwelcome in a community and another to have the graffiti associated with that feeling on display," she said.

"I hope that all those who felt affected by the display were able to talk those feelings out with someone else, or attend

one of the discussions that followed it."

Only about ten people attended the gender issues panel, but at the race panel approximately 50 people came to speak out about their own thoughts on racism and to hear the panelists, including Monk, students Lachelle Barnett and Charles Kellom, Marycrest Area Coordinator Steve Herndon, and the Rev. Karl Penn, discuss their personal thoughts and experiences with the issue.

While there was some trepidation about offending or hurting the feelings of fellow UD students, the diversity group believes the graffiti project was an eye-opening way to address a topic that is seldom discussed at UD.

And while some may have been offended, "Most African American students I talked to said that they thought it was necessary to evoke discomfort and even pain in order to evoke change," Barker said.

The Diversity Discussion Group has several other projects in the works, including a "Tunnel of Oppression," and a "Biased Acts Program" inspired by the University of Pennsylvania.

The group is also recruiting new members for this year. Anyone interested in joining the group should contact Barker.

• Jennifer Rogers
Women's Center Intern



Photo by Megan Barker

Targets of discriminatory remarks ranged from women, to African Americans, to homosexuals.

Thompson's research to tackle topics relevant to students, faculty, staff

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at gender differences in student culture, and at some "unspoken" problems such as sexual assault and its interrelationship with alcohol abuse.

"Students are often in a double-bind," she said. "The strong sense of community makes students want to fit in, but fitting in frequently involves behaviors that they know are really problems."

While it will be necessary to focus partly on problematic issues like these, overall Thompson expects her book to give an honest yet complimentary look at UD.

While she won't be able to truly immerse herself in her research until the end of the semester, Thompson has started by interviewing students and alumni, as well as faculty and staff.

She has already collected a number of stories, from the heartbreaking to the absurd and even the illegal, from former students.

She has also spent time doing "participant observation;" that is, hanging out in the Ghetto with students and going to parties with different groups of students, including Campus Crusade for Christ.

Perhaps the biggest adjustment of all for Thompson is balancing work and family - and working as Scholar-in-Residence may or may not make it any easier.

"To really get a sense of student life, I *should* be living in the Ghetto," Thompson said. "But with a family, there are pragmatic constraints."

No matter the workload, however, Thompson can hardly wait to throw herself into her research and to begin writing about UD student life.

• Jennifer Rogers
Women's Center Intern

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Women's Centers unite!...

For information from and about other Women's Centers around the country, check out these Web sites:

- Cornell University Women's Resource Center
www.arts.cornell.edu/wrc
 - Duke University Women's Center
wc.studentaffairs.duke.edu
 - Northwestern University Women's Center
www.northwestern.edu/womenscenter
 - Texas A&M Women's Center
www.tamu.edu/wcenter
- A longer list of centers can be found at <http://creativefolk.com/wclinks/htm>

A Good Read...

Leadership:

- Why the Best Man for the Job is a Woman
- by Esther Wachs Book

Physical Health:

- Women's Bodies, Women's Wisdom
- Christiane Northrup, M.D.

Women & Art:

- Wise Women: A Celebration of Their Insights, Courage, and Beauty
- Joyce Tenneson

Feminism & Gender Roles:

- Backlash: The Undeclared War Against American Women
- Susan Falody

Search the Women's Centers holdings via the Resources tab at <http://womenscenter.udayton.edu>

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From the Director's Desk

Are You a Feminist?

Since you're reading this newsletter, you might answer "yes, of course." But not wanting to be presumptuous, I suspect some of you might answer, "No, I'm not a 'feminist,' but I support some of the things 'they' believe in." Even more contradictory given that you're reading this newsletter, you might answer, "not me, no way, I'm no FEMINIST!"
Oh, really?

To quote essayist Katha Pollitt from *Reasonable Creatures: Essays on Women and Feminism*, being a feminist "...is to answer the question 'Are women human?' with a yes. It is not about whether women are better than, worse than, or identical with men... It's about women consulting their own well-being and being judged as individuals rather than as members of a class with one personality, one social function, one road to happiness. It's about women having intrinsic value as persons rather than contingent value as a means to an end for others..."

Sharon Bohn Gmelch, in her book *Gender on Campus: Issues for College Women*, goes even further to say, "If you want women to have full equality, to earn the same (not *nearly* the same) pay, and to have the same opportunities and life choices as men – then you are a feminist. If you deplore sexism – being devalued just because you are a woman and being patronized, harassed, or discriminated against because of your gender – and speak out against it – then you are a

feminist. If you want a world in which women and men are equally valued as is the 'feminine' within men and the 'masculine' within women – then you are a feminist."

Men and women – yes, men can be and often are ardent feminists – who already self-identify as feminists have long internalized the feminism that Pollitt and Gmelch describe. For others, it's a bit harder to come to terms with – this resolution in our own hearts and minds of what we "thought" feminism was with how it's defined in this day and age. I believe that most members of the UD community, regardless of age, gender, ethnicity, faith-background, etc., would agree with Pollitt and Gmelch. If that's the case with you, great! Rest assured that I won't ask you to wear a button or carry a card declaring yourself a feminist. I will, though, expect that your words and actions reflect your feminist beliefs. If we, as a community, allow our "feminism" to guide our daily interactions and activities, we will continue to make progress in the personal and professional development of ALL members of this community, men and women alike.

Lisa Rismiller
Director

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University of Dayton
Women's Center Newsletter

addressee