

3-1-2005

Voices Raised, Issue 07

University of Dayton. Women's Center

Follow this and additional works at: http://ecommons.udayton.edu/wc_newsletter

Recommended Citation

University of Dayton. Women's Center, "Voices Raised, Issue 07" (2005). *Women's Center Newsletter*. Book 4.
http://ecommons.udayton.edu/wc_newsletter/4

This Book is brought to you for free and open access by the Women's Center at eCommons. It has been accepted for inclusion in Women's Center Newsletter by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlange1@udayton.edu.



Women's Center

UNIVERSITY of
DAYTON

March 2005
Issue 7

inside

P. 2
*What's
Going On?*
• Women's
History
Month

P. 3
• The Thirst for
Women's
Studies

P. 4
*Women's Center
Profiles*
• Tarika Daftary
• "Can We
Talk?" Reading
Group

P. 5
*Health &
Wellness*
• "Ask the Doc"
• Dealing with
Grief

P. 6
Voices Raised
• "Mid-Life"
• Honors Art
Exhibit

P. 8
*From the
Director's Desk*
• "What does it
mean to be an
activist?"

womenscenter.udayton.edu

Striving to promote equality,
understanding, and mutual
respect and to foster a
strong educational
community.

Shaping Leaders:

4th Annual Women's Leadership Conference

It's not often that one gets the opportunity to engage in discussions about critical issues, develop leadership skills for the 21st century, create meaningful relationships and dine with one of the world's most renowned civil rights leaders. And all in one day!

These opportunities and more are what participants can expect to find at the fourth annual Annie T. Thornton Women's Leadership Conference on Saturday, March 5, 2005.

"The conference gives women a chance to congregate with one another and strengthen that community," says Steve Herndon, Marycrest Area Coordinator and co-coordinator of the ATWLC.

Herndon himself got hooked on the conference last year as a volunteer when he helped to organize programs and logistics. This year he has taken on an even bigger role because he understands the value of such an important event.



"I want to make a statement, as a man. Men need to be a part of this and understand how the issues affect them."

His commitment is evident in trying to involve men in both programming and volunteer efforts, and his work has helped to create an unprecedented buzz around this year's conference.

Part of that buzz can also be attributed to the keynote speaker, Coretta Scott King, who the conference coordinators believe embodies the message they want to communicate.

Herndon believes that King will help bring students, faculty and staff back to the 1960's and realize that, in many ways, we are not so far removed. "She has been a pioneer and she brings us to the reality that we have responsibility. There's still work to be done."

Conference coordinators have taken on that work in putting together a diverse program list. The ATWLC is organized into five tracks with four programs each, covering such topics as education, work and business, faith and spirituality, diversity and community development, and home and family.

They hope to hit on a variety of interests, including those of students. With a fee of only five dollars for students, many have already registered. Senior sociology major, Alison Grieshop, is one of them.

continued on P. 3

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

Panel discussion challenges labels

Americans label many things in their everyday lives—folders, notebooks, food and even other people. Yes, it's true, people are labeled everyday.

When Brian McNaught, an internationally-known speaker on gay issues, came to campus last semester and discussed just that, students responded positively.

The University of Dayton Lesbian, Gay, Bisexual, Transgender Allies Steering Committee (LGBTAA) knew this was an issue that needed to be better examined on our campus, and so decided to

organize a panel of faculty, staff and students to discuss language bias.

The panelists who will address the labeling bias are Sheila Hughes, Timothy King, Steven Herndon, and Julius Amin.

Each panelist will talk about a different group that is affected by the power of labels; Dr. Hughes will discuss women (feminists/womanists), Dr. King, people with disabilities, Dr. Amin, people of color, particularly African Americans, and Steven Herndon, lesbian, gay, bisexual, and transgender

populations.

The event, which will be held on March 14, at 7 p.m. in Kennedy Union Ballroom for all students, faculty, staff and community members, is entitled, "Language Bias: The Power of Labels in a Politically Correct World." There will be student panelists, as well as the expert panel, to ask questions that otherwise would not be asked about the labels that are used every day to refer to each group.

continued on P. 3

What's Going On?

Women's History Month Kicks Off

And there's something for everyone...

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

Activism Night

A panel of community agencies will talk about their programs and volunteer opportunities for students, followed by a reception and sign-ups in Torch Lounge from 6-9 p.m.

LitFest 2005

The English Department's annual event features renowned poets and authors, as well as workshops and a Poetry Slam. This year's headliner is the Japanese sensation, Ai, the author of seven books and recipient of many awards for her poetry.

Sally Winn Lecture

Sponsored by Students for Life, Winn will give a talk entitled "Reclaiming Feminism: Refuse to Choose" in Boll Theater on March 29 at 7:00. Winn combines a respect for women with respect for the unborn.

"Diet is a Four-Letter Word"

The Women's Center, UD Health and Counseling Centers and Dining Services are presenting an eating disorder awareness dinner and program for invited faculty and staff.

Women's Leadership Conference

The fourth annual Annie T. Thorton WLC will take place Saturday, March 5 in KU. The WLC is proud to announce this year's keynote speaker is Coretta Scott King. Although the conference is full, those interested can e-mail Yemi Mahoney at omahoney@notes.udayton.edu to be placed on a waiting list.

International Food Fair

Volunteers will be providing ethnic foods for attendees to sample for a nominal fee to be donated to the tsunami relief effort. The event will be from 11 a.m. to 2 p.m. in the Women's Center on March 7th.

KU Lobby Display Case

The main display case has been designed by Student Development, the Visual Arts Department and the Women's Center and will commemorate Women's History Month.

Food for the Soul Series

Facilitated by Carol Ramey, Director of the North American Center for Marianist Studies, these seminars offer a chance to gather for food and conversation and to reflect on the intersection of faith and life. They will be held on Tuesdays at from 12:00 to 1:00 in KU 310.

Women, Power & Struggle, A WHM Film Festival

Women's Studies is sponsoring a film series each week in Marianist Hall Commons. Films relating to various topics will be introduced by faculty commentary and followed by discussion.

More at womenscenter.udayton.edu.

March

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

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		Food for Soul: Mother Adele's Descendants WST Film: A Hero for Daisy 1	2	Women of Influence Luncheon Diet is a Four-Letter Word Program 3	African-American Women Composers (3/3-3/6) 4	Women's Leadership Conference 2
6	International Food Fair 7	Food for the Soul: Women Honorees Anne Garrels Lecture in KU Ballroom @ 8 8	Student Activism Night WST Film: Veronica Guerin 9	10	LitFest's Ai Presentation @ 7 in Sears 11	Colors of Leadership Conference (3/11-3/12) 12
13	Language Bias Panel AFW Brown Bag 14	Food for the Soul: Great Women in our Midst 15	WST Film: Imelda 16	17	18	Spring Break (3/19-3/28) 19
20	21	Food for the Soul: Womanhood in Personal Context 22	23	24	25	26
27	28	Sally Winn Lecture in Boll Theater 29	WST Film: The Terrorist 30	Myriam Award Presentation 31		

Language bias discussed in panel

continued from P. 1

Lisa Rismiller, Director of the Women's Center and a member of the LGBTA Steering Committee, knows the importance of having this panel.

"Raising awareness that the terms we use send a message about how we celebrate people for who they are is so important," said Rismiller. "We interact with people all the time; we send a lot of messages just in the language that we use."

King also believes the panel is important in educating students.

"This type of program is imperative at any institution of higher learning because language, how it is used, defined and described, is in a constant state of evolution, and we have a responsibility to educate ourselves and the greater public about this process," said King. "If we do not, we will see language at the forefront of oppression and discrimination."

McNaught's talk last semester emphasized the importance of being an ally for the gay community, which means standing up against discrimination of peers. The panel will discuss

in depth the importance of being an ally for all underrepresented and marginalized groups on campus.

Steven Herndon, Area Coordinator for Marycrest, thinks it's important for all students to attend this event.

"You are a part of this community. It shouldn't fall solely on the gay, lesbian, black, and feminist populations. We need everyone to come forward to educate. That's how we'll grow and move forward in our community."

• Leigh Carlton
Senior
Public Relations

The Thirst for Women's Studies: New Introductory Course Fills Quickly

Sheila Hassell Hughes, Director of Women's Studies

This semester marks the first offering of WST 150: Introduction to Women's Studies, the foundational requirement for the new major and minor in Women's Studies. I have the pleasure and honor of serving as the instructor for this exciting new course, but both the design and delivery of the course are really collaborative efforts.

With valuable support from the College of Arts and Sciences, I was able to pull together a team of interested faculty to work with me last Fall in taking the original course proposal, approved for our new curriculum just last April, and developing it into a fully fleshed out, multi-disciplinary syllabus.

Drs. Clare Talwalker and Frances Pestello (both from Sociology, Anthropology and Social Work), Maureen O'Meara (Languages), Margaret Strain (English), Caroline Merithew (History), and Judith Huacuja (Visual Arts) all contributed to what is a truly innovative,

integrative and ambitious syllabus.

Members of this team, along with additional guest speakers, will be making occasional visits to the course to share aspects of their disciplinary expertise over the course of the semester. In the second week of the class, Dr. Elizabeth Wardle (English) also joined several members of the team in a cross-disciplinary panel discussion about the impact of women's studies methods on their own research and fields of study. We have made a DVD of this panel for any faculty interested in viewing it or using in their classes.

One of the most innovative elements of the class is the collaborative group research project and presentation assignment, based on students' interviews with women from different generations about issues related to key debates and topics in Women's Studies.

The class, which meets in one of the experimental new studio spaces in the Marianist

Hall learning space, is fairly high-tech. Students make regular use of the course QuickPlace site for personal introductions, threaded discussions, and access to the syllabus and other virtual "handouts"; and we enjoyed using the open learning space as a comfy setting for our evening screening of *The Handmaid's Tale*.

Did I mention the course is filled to capacity, with 40 students enrolled? Given that the course fulfills no distribution requirements for general education, we are thrilled with the enrollment and see it as a sign of genuine thirst for women's studies education at UD.

We hope to recruit some new minors and majors from this course, and hope also to see some of these students in our next new course offering: WST 310 - Feminist Theory and Methods, which I will teach in the Fall term. The Introductory course will be offered again next January.

ATWLC in fourth year

continued from P. 1

"I'm attending because I see the importance of empowering myself as a woman and developing leadership skills that will give me a competitive edge," she says. "I want to gain more confidence as a woman who will soon enter the workforce."

Herndon also stresses the importance of student attendance. "These are the leaders we're shaping and growing. They should leave UD their senior year different than when they came in. This is one of those opportunities to help them do that." The conference begins at 12:00 p.m. in Kennedy Union and programs will go until 5:05, with dinner and King's keynote address to follow.

ATWLC coordinators encourage those interested to visit the website at www.udayton.edu/~udwlc/. Registration is now closed, but a waiting list has been started.

Herndon is enthusiastic that the conference will get people talking, and he hopes it will facilitate positive changes. "This is definitely an opportunity. It's a starting point for people to continue the effort."

• Ashley Neu
Women's Center
Communications

Want to know what you can do with a Women's Studies major?
Check out <http://www.msu.edu/~wmstdy/> for wsmjr1.htm for ideas!

March 2005
Issue 7

Page 4

Women's Center Profiles

Book group strives for understanding

If your alarm went off tomorrow morning, you hopped out of bed, looked into the mirror and saw not yourself, but, instead you were staring straight into the eyes of someone else, what would you do?

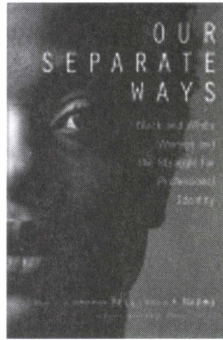
What if the face staring back at you was black or white, a color not your own? We often hear the phrase, "you can't understand someone until you walk a mile in their shoes", but in reality, is it really all that easy to put yourself in someone else's place?

Easy, well, of course not, but eleven women at UD have started on a journey toward a better understanding of each other, not only as women,

but as women of various ethnicities and backgrounds.

This past fall, a diverse team of UD women traveled to Cincinnati to participate in "Can We Talk?", a conference which brought women of various ethnicities and occupations to one place where they could share their stories about relationships they have dealt with in the work environment, relationships involving people of different races.

The overriding goal of the conference was to strengthen these multi-racial relationships in the workplace, allowing for more productivity and, thus, more career advancement amongst women.



At the conference, the attendees received the book, *Our Separate Ways: Black and White Women and the Struggle for Professional Identity*, a book which sparked, for these women, a life lesson.

"When we got back from the conference, we talked, and everyone agreed that we should use what we had experienced at the conference," Lynnette Heard commented.

After much discussion amongst the group, the women decided to "use the book as the tool to understand one another." The idea was to establish a reading group that would

read the twelve chapter book between October and February, and then meet during the five month period to discuss and reflect on the various chapters.

The group consists of Lisa Rismiller, Patsy Bernal-Olson, Valerie Henderson, Terri Matthews, Jaci Jackson, Tammy Walton, (Mary) Fran Landers, Carolyn Roecker Phelps, Lissa Stapleton, Lynnette Heard and Linda Snyder.

At the meetings there are designated discussion leaders, who come prepared in whatever fashion they see fit to discuss the chapters for that meeting day. But, Terri Matthews stressed, the discussions within the group extend far beyond just what they read on the

continued on P. 7

Grad student serves as ambassador for India

There's a place where cows are considered sacred and won't budge from a busy road and where elephants walk down the streets daily. This place is home for Tarika Daftary, who visits her hometown of New Delhi, India annually.

Daftary made her way to the United States in 1999, moving from the over-populated streets of India to a small school, Wilson College, in Pennsylvania.

There she researched women's issues, wrote her thesis on observer's perceptions of rape versus robbery victims, and got her degree in psychology. The friendly and open students made being a foreign student an easy transition.

Daftary is now a second

year graduate student at UD and working towards a degree in social psychology.

She has been greatly involved with starting the Women's Center Mentoring Program. Last year, Daftary helped get the program running by mapping out and implementing key elements.

The program, now in its second year, has 16 pairs of mentors and mentees. "I'm the coordinator—the point of contact. I'm the face they come to and talk with," says Daftary of her role in the program.

By this being her first professional job, the mentoring program has been her most valuable experience at the UD both professionally and personally.

"I've had exposure to lots of people at so many different stages," she says. "The group

is really diverse now and everyone is helpful to others of different backgrounds."

One of the biggest hardships Tarika Daftary has had is being so far from home and away from her family. Her parents lived in the United States for 10 years but now reside in New Delhi.

"India and the US are different and similar," she says. She explains that western influence has seeped its way in and that the colleges in India aren't very good and the culture is old fashioned.

"The biggest difference is that teens [in India] don't have as much freedom and they act differently." Also in India, women are expected to take on the traditional roles of staying at home. "Women's rights here are more open."

Living in the US, Daftary

acts as an ambassador for her country. She says she represents India "by telling people what it's like there—the people, culture, and helping them see things from a different perspective."

Most American's don't know a lot about India and what it is like there. "A friend of mine asked me once, 'Do you have grass in India?' and I was like 'Yes!'"

By being interested and asking questions, you could learn a great deal about another culture.

Daftary's advice: "Go see the Taj Mahal, stay with an Indian family to see the culture, and especially go to the smaller villages."

• Danielle Meinhardt
Sophomore
Journalism

Health & Wellness

Am I supposed to feel like this?

Death is difficult, quite possibly more difficult than anything else we experience as humans.

But for as hard as the topic is, no one seems to want to talk about. Perhaps talking about it makes it too

frightening or too real.

Jenny Davis-Berman, Ph.D, professor of social work at UD, believes, "We are a death denying society, obsessed with youth and with living forever. Death is to be avoided at all costs."

But then it happens to us and SMACK! We're hit square in the face with all of the devastation, all of the pain and guilt and anger that comes with the death of a loved one.

"The first six weeks is often characterized by feeling numb," says Davis-Berman. "People take care of details, but they really don't feel things. Then, the pain really sets in—lots of physical and emotional symptoms."

And despite well-meaning relatives and friends reminding us that everyone grieves differently, many of us question whether what we're feeling is normal. Are we grieving correctly? Should it hurt this much?

According to Steve Mueller, Ed.D, director of Counseling and Health Services, people experience death in

individual ways. "Sadness, emptiness, anger, guilt, remorse, relief, tiredness—the extent and type of these

emotions will vary from person to person and be impacted by the situation, and there can be

other feelings as well."

The circumstances of the death often greatly affect the way in which we grieve, though both expected and unexpected deaths carry with them their own burdens.

Students often have a particularly difficult time dealing with death since most have had little experience with it.

Davis-Berman also notes, "I think that a death of a loved one is often difficult for students because they are away at school. Perhaps the death was sudden and they didn't get a chance to say good-bye. Or, even if the death was expected, not being able to be there is hard."

Sister Kathleen Rossman, OSF, agrees that students often don't face the loss until they go home for a holiday and are hit with the hard questions, like, "Should we hang up the person's stocking?" or "How do I act now?"

In her Living with Loss support group, Rossman

"Friends and family don't always know what you need, so you have to tell them."

*Steve Mueller, Ed.D
UD Counseling Center*

Ask the Doc

Mary Buchwalder, M.D.

I've resolved to be happier and healthier in 2005. What are your tips for being a healthy woman this year?

Dana

Dear Dana,

Here are a few basic things to improve most everyone's health and happiness:

1. Eat more fruits and vegetables, *at least* 5 servings every day. More and more studies show that this can reduce cancer risk by 30-40% while also reducing risks of heart disease and stroke.
2. Eat moderate amounts of healthy fats (olive or canola oils, nuts, olives, etc.); minimize saturated fats (animal fats, coconut and palm oils in processed foods).
3. Work towards or maintain a healthy weight. If you're overweight, look at the "big picture". True weight loss (and health) only comes from an on-going commitment to healthy eating and exercise, NOT going on... and off... diets. And a healthy weight is NOT the same as thin.
4. Exercise. Take the stairs. Park in the distant parking

lot. Do 30 minutes of aerobic exercise at least three days a week.
5. Avoid tobacco products.
6. Limit alcohol. For women, this is an average of no more than one drink daily; two for men.
7. If you use marijuana or other illegal drugs, QUIT!
8. Don't let stress get the best of you! Prioritize your time. Do the things you really enjoy and find worthwhile. Learn to say "no". Meditate or pray regularly.
9. Make time to do things with people you love.
10. Choose to be happy. Abraham Lincoln said, "Most folks are about as happy as they make up their mind to be."

I think those things are basic tenets of good health. Have a great year!

Dr.B

- Health Flash -

Good news! Chocolate is the new health food! Reserachers at several universities have found that cocoa phenols in dark chocolate act as antioxidants and can reduce blood pressure. So indulge, but just be sure to maintain a healthy diet.

continued on P. 7

From the Director's Desk

March 2005
Issue 7

What does it mean to be an "activist"?

We need only look to the recent example set by two UD students to see a very public form of activism. When Brian DeRouen and Meagan Doty chose to (literally) "cross the line" and risk arrest, they were participating in a form of activism. Some people may view the students' actions as brave; or foolish; some may even respect the twos' convictions but believe their actions pointless because no immediate change will result. I suspect many react with, "I could never

do what they didn't." But guess what – you can, because effective activism can and should take many forms.

Webster's New World Dictionary defines activism as, "the taking of direct action to achieve a political or social end." While we tend to think of activism as a very visible activity, this definition emphasizes the motivation behind the act. There are no guidelines given about what constitutes "direct action." Put another way, conviction, embodied by action, can overcome what may seem insurmountable.

So in this Catholic and Marianist environment, how can we work toward "political or social end[s]?" Simply put, it starts with conviction – to be activists we first must believe strongly that there is injustice. The UD community has an advantage in recognizing injustice because it is brought to our attention daily. Through classroom discussions, homilies and prayer services, myriad committees and interest groups, and frequent speakers, we are educated about injustices found both within and beyond our campus boundaries.

With this knowledge comes decision time: do nothing, take visible action like Brian and Meagan, or find some other way to act. Depending on the issue, the current climate, and our individual gifts and experiences, some forms of activism will be more effective than others.

The best, first step is to become more educated about the injustice by talking, reading, attending programs, lectures, etc. Armed with knowledge, we can then take into account our own skills, experiences, personal and professional obligations and level of personal commitment in deciding whether to write letters, volunteer for a committee (or start one where none existed), bring it to the attention of an existing organization, or even join in a visible protest.

In short, the ways we can put our convictions to work through activism are endless. No action or gesture is too small to matter. We all have convictions about something, and we can all take some form of action. Together, our actions will change the world.

• Lisa Rismiller
Women's Center Director

UNIVERSITY of
DAYTON

Women's Center

