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Voices Raised, Issue 21

University of Dayton. Women's Center

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Women's Center

Alumni Hall, 2nd Floor

9 a.m. - 10 p.m.
Monday & Tuesday

9 a.m. - 5 p.m.
Thursday & Friday
5 p.m. - 10 p.m.
Sunday

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

Love Your Body, Be a Better You!

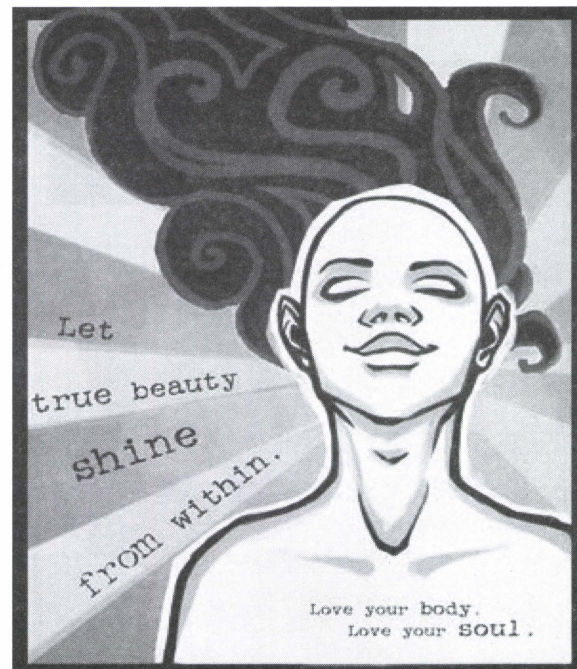
Famous African-American soprano and four-time Grammy winner, Jessye Norman, once said, "one has to find a balance between what people need from you and what you need for yourself." This concept is not anything new but is one that is often overlooked.

Pattie Waugh, coordinator of the University of Dayton Women's Center's Be a Better You: Love Your Body Month program, could not agree more. She said, "Women in our society are at a constant pace.

If we have an extra ten minutes, we tend to find something to do and it is usually for others. We don't often take the time to de-stress, refocus, or check-in."

This October the UD Women's Center is dedicating an entire month to increasing the life balance and self acceptance of women on campus, faculty, staff, and students alike. The program is modeled after a single day organized by the National Organization for Women (NOW), but has since been expanded by the W/C in order to reach more women.

The Women's Center will be hosting a variety of "Brown Bag Lunches" on topics such as adoption, strength training, and back by popular demand, a session titled "Relax the Body, Calm the Mind" which emphasizes meditation.



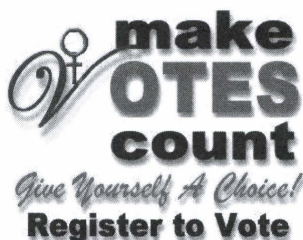
Student programs will cover everything from eating healthy to break-ups to Gardasil, a vaccine that helps protect against HPV and cervical cancer.

October also happens to be Breast Cancer and Domestic Violence Awareness Months. In support of this, the Making Strides against Breast Cancer walk will be held on Saturday, October 18th beginning at Fifth Third Field.

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Stand Up and Vote

With the 2008 presidential campaign in full swing, the most basic form of our participatory democracy is brought into focus: the right to vote. When the Founding Fathers created the Constitution, women were left almost entirely out of the political process.



It was only through the hard work of the suffragists in the early 1900's that women were granted the right to vote.

With the ratification of the Nineteenth Amendment on August 26, 1920 women now had a voice in politics. The effects of the suffragists' great and arduous work definitely benefit women today as they are now able to enjoy full political participation.

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What's Going On?

Save the Date

October is not only National Breast Cancer Awareness and Domestic Violence Awareness month, but it is also the time to Be a Better You: Love Your Body. With an entire month dedicated to the Be a Better You: Love Your Body program, the Women's Center has something to offer everyone! Beginning October 1st and running through October 31st, the UD Women's Center will be hosting a variety of different events all benefiting women's wellbeing.

October 1st

Gardasil: Get the facts with Dr. Buchwalder
8 p.m., location TBA

October 6th

Making Strides Monday

October 13th

Adoption Brown Bag
Noon, KU Room 211

October 14th

Adoption Brown Bag with Dr. Rebecca Cook
Noon, KU Room 310

October 15th

Bioidentical Hormones
Noon, KU Room 311

October 17th

Colloquium for Research on Women & Gender
"Redefining the Maternal:

Tori Amos

&

Mother Without Child"

Noon- 1 p.m.,

212 Alumni Hall

October 18th

Making Strides Walk
9 a.m., Fifth Third Field

October 22nd

Book Read:
Picture Perfect, by Jodi Picoult

October 23rd

Book Read:
Prime Time: The African-American Woman's Guide to Midlife Health & Wellness, by Marilyn Hughes Gaston and Gayle K. Porter

October 29th

Love Your Strong Body
Strength Training for Women
Noon, RecPlex

October 30th

Relax the Body, Calm the Mind
Noon, KU Room 222

Be a Better You: Love Your Body Month 2008 Committee

Mary Buchwalder, M.D. Health Center

Judy Caruso. Residence Education

Becky Cook, Ph.D. Counseling Center

Amy Edwards, Roesch Library

Clare Glaser, Campus Recreation

Kate A Henry, Human Resources

Kathy Molnar, Human Resources

Nancy Poeschl, Wellness Program

Carlos Stewart, Student Involvement and Leadership

Pattie Waugh, Women's Center, Committee Coordinator

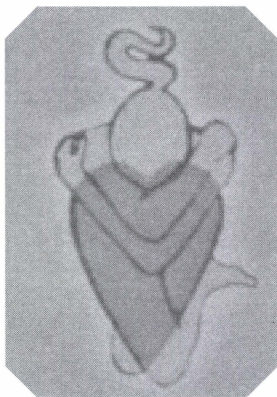
Student Programming Assistants

Alisa B Bartel

Nicole Brill

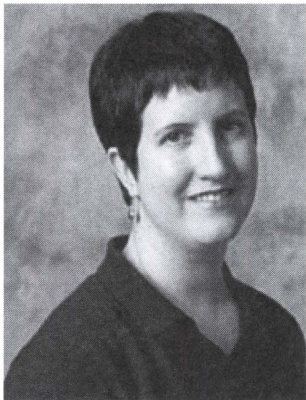
Christina Council

Michelle L Whelan



Profiles

Introducing Dr. Rebecca Whisnant



With another academic year well under way, the University of Dayton Women's and Gender Studies Program is proud to welcome Dr. Rebecca Whisnant as its new director. Whisnant has been a professor in the Philosophy department since her arrival at UD in 2003.

While she has always considered herself a feminist, Whisnant credits her years as a graduate student in helping her realize feminism as an academic and

teaching interest.

"There was quite a little cadre of wonderful feminist graduate students in my department," she said. "We all really learned from each other and supported each other's interests, both academic and personal, in feminism."

Whisnant's work in scholarship and activism focuses on topics of sexual violence and exploitation of women, specifically within the context of pornography and prostitution.

Whisnant emphasizes that "it is very important to articulate politics and ethics around sexual issues that are neither repressively conservative nor abusively pornographic. Too often those are the only options presented to us."

For this reason, equality and respect are fundamental to her work.

When asked which course is her favorite to teach, Whisnant laughingly hesitated, replying "it's like a mom choosing her favorite kid!" She finally admits a special affection for Philosophy 307: Philosophy and Women.

"I love it because it's so exciting to introduce students to the explanatory power and liberatory potential of feminist thought."

She is looking forward to building relationships with old and new students and to working closely with the Women's and Gender Studies faculty and the Women's Center staff.

From where does she draw her inspiration? "The long and continuing history of people working together to resist injustice and build a more joyful and sustainable world," Whisnant said. "I try in my own small ways to be part of that collective project, and to bring others into it as well. It's what keeps me going every day; well that, and chocolate."

-Anna Heink
Senior

SGA's Emi & Emily

Actress turned icon, Marilyn Monroe once said, "Well behaved women rarely make history." Clearly she did not anticipate the election of Emi Hurlburt and Emily Bonistall as president and vice president of the University of Dayton's Student Government Association (SGA). In being elected to their current positions, both young women have made history as the first all female ticket to hold the top offices.

How do these students feel about their claim to fame? "Wonderful! It's great to see how much respect we have from University members," says Emi. A political science major and history minor, she also participates in the Student Judicial Board, the President's Emissaries, and is a member of the Provost's Search Committee.

Vice President Emily Bonistall is equally involved on campus. Double majoring in women's studies and sociology, she still finds the time to be a member of Zeta Tau Alpha sorority, the President's Emissaries, the General Education Committee, and Overexposed & Underdeveloped, an organization dedicated to the exploration and understanding of photography.

Now that these two powerhouse students have achieved celebrity status from their election, what's next? "I have to be honest- the list is extensive. However, I'd really like to see the administration strengthen the relationship between [themselves] and the students," Emi said.



Emi Hurlburt and Emily Bonistall, SGA President and Vice President

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Health & Ask The Doc



I need your help, Dr. B!

Does the Health Center do STD testing?

-Allie

Allie -

Yes, we do a variety of tests based on what your concerns are. If you're having symptoms such as discharge or pain or if you just want to get checked out, I would advise you to come in. We can do lab tests or visual exams for most STDs, including chlamydia, gonorrhea, herpes, genital warts, molluscum contagiosum, trichomonas and HIV.

We also perform Pap smears which screen for more serious problems from HPV. There are also a few other tests we can do if a student has concerns. All visits are kept confidential and the visit itself is free for all undergraduate and law students. Most tests are sent out to a laboratory that charge us a fee, but this charge can be billed to your local school address so it would not appear on your bursar bill.

I certainly encourage you or any of your friends who are concerned they may have an STD to discuss their risks and possible testing with a physician. Certain STDs such as chlamydia can cause permanent damage if not properly treated. According to the Centers for Disease Control and Prevention, the most effective ways to reduce your risk for STDs are abstinence, having one mutually monogamous lifetime partner, limiting your number of partners, and correct, consistent latex condom use.

- 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

One in Four: The Fight against Eating Disorders

When faced with the astonishing statistic that one in four women will experience an eating disorder while in college, University of Dayton sophomore Emily Buckley decided to take action. From her own experiences Buckley said,

"College is a place where eating disorders can run rampant without anyone noticing."

"I was rejected from Army ROTC because of a history with eating disorders. Even though I eventually got the waiver, it was upsetting to see how far the stigma goes."

This ordeal motivated Buckley to establish the University of Dayton's chapter of One in Four, a national eating disorder awareness group. Last spring, in recognition of National Eating Disorder Awareness Week, One in Four challenged UD students to "Be Comfortable in Your Own Genes." The event consisted of students signing a pair of jeans as a statement against dieting in order to reach a certain pant size.

This year Buckley plans to increase both membership and campus-wide awareness. At One in Four's first meeting, she led an open discussion on how to address a loved one's eating disorder using her personal experiences. She stresses, however, that One in Four is not a substitute for professional therapy. "We aim to show the true face of eating disorders at the University of Dayton," she said.

For more information on One in Four, visit their Facebook page.

NationalEatingDisorders.org



-Maggie Malach
Sophomore

Wellness

The Link Between Alcohol and Breast Cancer

Does alcohol increase the risk of breast cancer? Recently researchers from Kaiser Permanente in Oakland, California, presented evidence at the European Cancer Organization that one or two drinks a day (wine, beer, or hard liquor) increase a woman's risk of breast cancer by 10%, and three or more drinks a day increase it by 30%.

One reader wrote to us: "For years my wife and I have enjoyed a glass of wine with dinner. It's a bummer to give it up. How can we weigh our options and risks?" We admit it's hard to weigh them, since studies have come up with different findings-- never a definitive answer. How alcohol might contribute to breast cancer is unknown, but drinking alcohol does raise blood levels of estrogen, which in turn might promote breast cancer.

All studies of alcohol and breast cancer are observational. That is, they count breast cancer cases among women who do and do not drink, and they keep track of how much the drinkers consume. The studies also take into account factors such as age, weight, smoking, and hormone use. This type of research can rarely determine cause and effect. All that can be said is that women who drink alcohol in certain amounts appear to have a higher risk of breast cancer--but that does not mean alcohol is the cause. According to Dr. Arthur Klatsky, who took part in the new research presented, "studies have been all over the place with regard to breast cancer risk. I would hate to see women who drink two to three times a week give it up now because of this study. I don't think it increases their risk. But where the threshold lies, I don't know."

The American Cancer Society lists alcohol as a risk factor for breast cancer, but most of the evidence concerns heavy drinking. Should you forget about breast cancer risk and have a drink a day to protect your heart? If you have always been a light or moderate drinker, should you quit now to reduce your risk of breast cancer?

Nobody knows the answers, but here are some pointers:

1. If you drink, keep your intake light or moderate. Moderate means no more than one drink a day for women. More than that poses health risks, probably including an increased risk of breast cancer.
2. If you know you are at a high risk from breast cancer, or if you have had breast cancer, it makes sense to quit drinking or drink only occasionally.
3. If you are a light to moderate drinker at average risk for breast cancer, you may reduce the risk somewhat by giving up drinking--but nobody knows for sure.



Voices Raised

We asked women of all ages their thoughts about this upcoming election season and their overall involvement in the political process. Below are their responses along with quotes from some of the women who won our right to vote not too long ago, in 1920.

"I never doubted that equal rights was the right direction. Most reforms, most problems are complicated. But to me there is nothing complicated about ordinary equality."

-Alice Paul
Suffragist

"I remember standing in line at the polls in November 2004 and reading, for the first time, the intentionally deceptive language of OH Issue 1 (the anti-gay marriage amendment). I felt profoundly sad that ballots would contain verbage to deny some people a right I am free to exercise whenever I choose. It was a sad day indeed."

-Anonymous

"The first time I voted was in the primary when I was living in New Jersey. The best part of the experience was that I took my mother with me who had never voted in a primary before. We laughed about the experience for years because she got stuck in the voting booth! I told her it was because she cancelled out my vote."

-Joan McGuinness Wagner

"Mary, a woman I knew, was 105 when she died and 104 when she voted in the last election. In 1920 she marched in the suffrage movement and voted for Harding and Coolidge since Wilson had treated them so badly. She remained loyal to voting all her life and remembered who she voted for in each election. When I cast my ballot, I think about Mary and the women who suffered and died for my right to vote."

-Anonymous



Love Your Body, Be a Better You!

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Proceeds from the walk aid the fight against breast cancer through research, education, advocacy, and service. The noncompetitive 5k walk is sponsored by the American Cancer Society and begins at 10 a.m.

Following the theme, the Women's Center will present two book discussions both of which center around being a strong female and knowing your body, yourself, and your limits. They fit in perfectly with the Be a Better You: Love Your Body program.

The first book, *Picture Perfect*, by Jodi Piccoult, is a domestic violence tale. According to BooklistOnline, *Picture Perfect* is "a riveting, unfailingly intelligent, and undeniably literary psychological drama."

The W/C also recommends *Prime Time: The African-American Woman's Complete Guide to Midlife Health and Wellness*, by Marilyn Hughes Gaston and Gayle K. Porter, which was hailed by *Essence* magazine as "one of the most comprehensive books on Black women's health ever."

"Finding balance isn't drastic," said Waugh. It's about doing one or two things – a prayer, a walk or just sitting in your backyard with a cup of tea – whatever works for you."

-Emily Howson
Senior

Stand Up and Vote

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A University of Dayton graduate student said that although she appreciates the sacrifices made by the suffragists, many people are still discouraged by the political process. She said that while the principle of "one person, one vote" is encouraged, many people feel that their collective voice is not being heard by those elected.

On the other end of the spectrum, a local Dayton woman said that "the suffragists are truly heroines and the idea of sincerely making a difference in the world by voting is a liberating feeling." She remembers her first voting experience in 1983, as one marked with "intense feelings of pride and responsibility."

As for me, I registered to vote on the day I turned 18 and I have not missed an election since. I feel that voting is the truest way of fulfilling one's civic duty and that our vote can change the world.

Elizabeth Cady Stanton once said, "nothing strengthens the judgment and quickens the conscience like individual responsibility." All Americans share the common responsibility to vote, no matter who they vote for. Voting is not an activity to be taken lightly, so stand up and get out your vote!

-Laura Keivel
Senior

SGA's Emi & Emily

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In addition to their general goals, Emi & Emily have other issues they would like to address. Emily said,

"I hope to encourage female leadership on campus. If we can impact one female student to have the confidence needed to lead the 7,000 undergraduate students, then I'll consider our administration a success."

As a first step in fostering this leadership, Emi and Emily sponsored a seminar this past summer that sparked a colorful campus following. As part of this year's New Student Orientation, the women gave a sexual assault prevention presentation. Nearly 1,400 new, incoming students attended the non-mandatory session that launched what is called the "Green Dot Campaign."

What does it mean to be "green" at UD? Emily explains that "being a 'Green Dot' is doing anything that you can to prevent sexual assault." The overall goal of the campaign is to change the culture of sexual assault acceptance on campus. Certainly a lofty ambition, but what else would one expect from these two rule breaking history makers? After all, they proved Marilyn Monroe wrong why not disprove a general attitude as well?

-Nadia Mullin
Sophomore

From the Director's Desk

It's easy to focus on the impact Hillary Clinton and Sarah Palin have had on the U.S. presidential race, but what about all the rest of us? Unfortunately, what often gets lost in all the "noise" surrounding these two is the impact ordinary women, you and I, could have on the next four years and beyond. Here is a list, in no particular order, of "women's issues" on the agenda this November:

1. Women CAN vote – don't forget that U.S. women have only had the right to vote since 1920.
2. It's likely that the next president will be able to appoint at least two Supreme Court justices; perhaps one will replace the only woman currently on the Court.
3. "Equal pay for equal work" may be under threat, even though we've never eliminated sex-based pay discrimination as promised by Title VII of the Civil Rights Act of 1964
4. Title IX, is also under threat of narrowed interpretation. (Title IX isn't just about women in sports; it's about women's access to education and related activities)
5. We're a nation at war and our men and women in uniform deserve to return to their families. Innocent women and

children in war zones also deserve our care and concern.

6. Affirmative action is under threat in several states and women, in addition to people of color, have historically benefited from it.
7. A variety of "reproductive issues" such as abortion rights and birth control access are on national and state agendas, and these issues have tremendous impact on women and families.
8. The U.S., indeed all people on Earth, faces tremendous environmental challenges now and into the future. Decisions made now will outlive us for generations to come.
9. Future state, and possibly federal, legislation on gay marriage, civil unions and other related issues will impact huge numbers of U.S. women and children.

While I realize this list doesn't begin to cover all the important issues that are at stake, hopefully they'll compel you to cast your ballot and make your voice heard in November. It's easy to think one vote doesn't matter, but collectively we can ensure that the impact of women this election season isn't limited to the two who've taken center stage.