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Voices Raised, Issue 22

University of Dayton. Women's Center

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Voices Raised

Women of the 2008 Election



The 2008 election season was filled with history-making moments including Senator Barack Obama's win, Senator Hillary Clinton's campaign, and Alaska Governor Sarah

Palin's addition to the McCain ticket. For such an important event with record turnout, women certainly helped shaped the outcome of the election.

Historically, women have voted predominantly for the Democratic Party and the election results so far have shown just that. According to Dr. Michelle Pautz of the UD Political Science Department, the Democratic Party usually favors issues of particular interest to women, such as salary fairness, childcare, and education.

Exit polls have shown that 56 percent of women chose Obama, while 43 percent chose McCain. The Democratic Party on average has fielded more female candidates and political action groups that tend to favor the Democratic Party include many more women's groups than those that favor the Republican Party.

2008 will be remembered for many milestones: Sarah Palin's Vice-Presidential nomination proved to women they can attain the upper reaches of the political system.

Earlier in the race, Senator Clinton elicited a fervent reaction from the press, and her strong campaign made a giant leap for women in politics, but not all the news was good.

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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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The Women of Flyer Enterprises

When Fortune magazine published the leaders of the Fortune 500 companies in April 2008, only 12 women made the list--not an encouraging number for a woman in business. However, the University of Dayton's School of Business Administration might be happy to know its students are defying such statistics.

Flyer Enterprises, the fourth-largest student-run operation in the nation, is currently being led by women. Six out of the eight executives are female students and those women include Sarah Lingo, Diane Korte, Jackie Dorsey, Melissa Peters, Jessi Neff, and Lauren Clarisey, the CEO of Flyer Enterprises. In an interview, Clarisey reflected on the different approaches women sometimes take to leadership--more intuitive, less aggressive--saying,

"By earning the respect of those around us, we can exercise leadership without being dominating."



CEO of Flyer Enterprises, Lauren Clarisey

The approach seems to be working. With more than \$1.4 million in revenue, Flyer Enterprises is not only successful but is continuing its growth. Last fall, it opened its newest division, Flyer Spirit, which expanded the company off-campus, serving UD alumni and the larger Dayton area. The President of Flyer Spirit, Sarah Lingo, spoke of some of the challenges facing women in business today, saying,

"I've noticed that a lack of professionalism reflects more harshly on a woman in business than a man." She went on to say, "We have to work harder to prove we can make it to the top."

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What's Going On?

The Women's Center at the University of Dayton is an educational space that enhances the climate for women and men on campus. The Center advances the full and active participation of women who learn and work at the University of Dayton while promoting campus and community conversations on the role of women in society and the world.

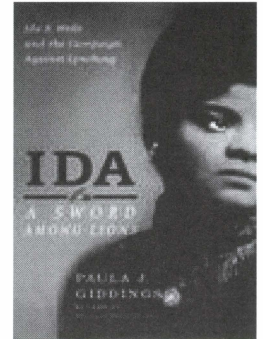
We hope that you will consider joining us for some of our upcoming events...

The Women's Center and Campus Ministry will host a Stress Relief Day/ Labyrinth Walk on December 10th.

The day's activities include a Brown Bag beginning at noon in Kennedy Union Rm. 211 and a Labyrinth Walk from 8 a.m. to 5 p.m. in Kennedy Union Rm. 311

Ida, A Sword Among Lions, by Paula J. Giddings will be the next "book read" hosted by the Women's Center.

The books will be given out starting in January and the discussion, led by Dr. Julius Amin, will take place in February.



Participants in the 2008 Aspiration to Accomplishment conference

On November 7th, 160 women from all over Ohio came to campus and joined 25 UD faculty and staff women for *Aspiration to Accomplishment: Celebrating 10 Years of Advancing Women Leaders in Ohio*. This annual conference, sponsored by the ACE Ohio Women's Network, was a celebration of 10 years of continuous activity for the network.

Its mission is "dedicated to the professional advancement of women and committed to improving the status of women on all campuses and throughout higher education." For more information, visit their Web site at <http://www.aceohiowomen.org>

Women's Center Mentoring Program participants for 2008-2009

Maria Ollier Burkett	<i>Program for Christian Leadership</i>
Irene Dickey	<i>Management & Marketing Department</i>
Mary Fisher	<i>Health & Sport Science Department</i>
Beth Harrison	<i>Student Learning Services, LTC</i>
Darlene Holder	<i>Parking Services</i>
Katie Kinnucan-Welsch	<i>Teacher Education Department</i>
Amy Lee	<i>Director's Office, Kennedy Union</i>
Julie Mitchell	<i>Special Programs and Continuing Education</i>
Mary Niebler	<i>Center for Social Concern, Campus Ministry</i>
Mark Nielsen	<i>Biology Department</i>
Michelle Pautz	<i>Political Science Department</i>
Danielle Poe	<i>Philosophy Department</i>
Laurie Quill	<i>Structural Integrity Division, UDRI</i>
Debbie Sexton	<i>MBA Program, School of Business</i>
TyAnn Stewart	<i>Upward Bound Program, SOEAP</i>
Crystal Sullivan	<i>Campus Ministry</i>
Lindsay Tate	<i>Residence Education</i>
Lisa Whalen	<i>Dining Services</i>

For more on the Mentoring Program see page five

CORRECTION...

Issue 21 contained a mis-attributed quote in the article "Emi & Emily."

The quote "well behaved women rarely make history" should have been attributed to Laurel Thatcher Ulrich, a historian and Harvard professor, not Marilyn Monroe.

Thank you to Drs. Leslie Picca and Sheila Hughes for bringing this error to our attention.

Beady Eyes

Many of us are bothered by the commercialization of the upcoming holiday season. Before we even celebrate Thanksgiving, we are pressured by the media with all their glitzy advertising to believe that the worth of the holiday season depends upon the gifts given and received. Whatever happened to the spirit of Christmas being a matter of kindness and wishing peace to those of goodwill? Thanks to a small, but heartfelt, organization called "Beady Eyes" there just might be a way to bring some of the sincerity back into Christmas.

In February of 2006, Christina McCann started designing beaded jewelry to give to her friends and coworkers as gifts. When one of those recipients, Rosey Terzian, began inquiring about the jewelry she was wearing, Terzian suggested that she and McCann sell their pieces. Though initially unsupportive of the idea, McCann agreed to do so after another coworker suggested they donate all of the proceeds to the Marianist Our Lady of Nazareth School in Nairobi, Kenya.

With its tree-lined pathways and well planned grounds, Our Lady of Nazareth School seems a near oasis from the slums it resides in. Currently administered by a staff of Marianist brothers, OLN serves as more than a house of education; it is a home where the children are safe, cared for, and can be a part of a family.

Most important in the school's curriculum is its feeding program. According to the Marianist resources Web page, nearly 40 percent of the students receive their only meals while at school each day. What is even more incredible is that it only costs \$125.00 a year to give a student of OLN uniforms, two meals a day, and a safe, sanitary, nurturing environment. As of October 20, 2008, the proceeds of Beady Eyes have sponsored 120 children.

With that knowledge, consider Beady Eyes when making your holiday purchases this Christmas season. What better way to share the true spirit of the holidays than by giving a loved one a piece of jewelry that is not only beautiful but will aid a less fortunate child in their pursuit of a stable environment and a real education.

For purchase inquiries or further information about Beady Eyes, please contact Rosey Terzian via email at rterzian@notes.udayton.edu or Christina McCann at Christina.McCann@notes.udayton.edu

-Nadia Mullin, Sophomore

The C.A.D.I.E Project

Leocadie Mukaneza survived the Rwandan genocide, but others have not been as lucky. For this reason, Mukaneza founded the C.A.D.I.E. Project. The organization, which stands for Caring for and Assisting the Disadvantaged In Education, aims to provide education, financial support, and resources to orphaned children in Rwanda.

Mukaneza believes the schooling of children is vital,

"The horrendous tragedy made them orphans and as if that situation was not enough of a hardship, poverty added its burden and still stands as a barrier to these children whose love for school has, nonetheless, remained intact."

The C.A.D.I.E. Project, which began its efforts in January 2008, is sponsored by the Notre Dame Club of Dayton. According to Mukaneza, it has sent 17 children to high school and 14 children to grade school, paying for the entire year's tuition and school supplies. All of the donations are sent to the Incarnation Church where the money is then passed on to the Rwandan children to finance their education.

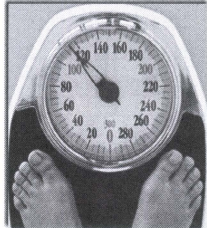


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Health &

Ask The Doc



What can I do to keep from gaining my usual five pounds during the holidays?

-Kristin

Kristin -

The holidays can be a wonderful time of year, but very stressful too, especially if you tend to gain weight. Here are ten tips to help your weight stay steady:

1. Keep up your normal exercise routine as much as possible. On days where you can't find time, try to get out at lunch and walk.
2. Eat regularly. Don't try to "save calories" for later in the day and arrive starving to a party. Starving yourself is a great set-up to eat everything in sight! Instead, keep some healthy snacks handy for when you are hungry.
3. When there are holiday treats at work or a party, be choosy. Eat foods that you really enjoy, and skip the ones that you can have any time of year, like chocolate chip cookies.
4. Emphasize lean cuts of meat (e.g., white meat instead of dark turkey) and limit the gravy and sauces.
5. Start a food diary if you really want to keep the weight down. Track everything you put into your mouth; it will make you think twice before eating that second slice of pie!
6. Watch your alcohol intake. It not only contributes many unwanted calories but may decrease your normal food control.
7. Get enough rest.
8. Take time to de-stress and relax even before the holidays arrive (see #1 above). Write down everything you love about the holiday season, spend time with your family, take a quiet bath, meditate, pray for those who are less fortunate.

9. Make time to put the "holy" in holidays; nurture your spiritual side.

10. Finally, remember that there are actually only a few holidays —and they are days, not weeks. Eat normally during those other days and give yourself permission to enjoy the few truly special days.

Take care and happy holidays!

-Dr. B

Dr. B also recommends reading the book *Unplug the Christmas Machine* by Jo Robinson and Jean Coppock Staeheli this holiday season.



The book can be a very helpful resource for prioritizing and reducing the stresses previously listed.

"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

Wellness

Holiday Traditions

For many of us the holiday season is a time full of family traditions and fond memories. Some traditions may be practiced year after year, or perhaps yours are lost and forgotten. Whether our traditions are good or bad, beautiful or ugly, they are part of our past and thus, part of who we are.

The UD Counseling Center staff would like to share some of their favorite holiday memories and traditions with you.



"My holiday tradition is to attend midnight Mass together and then come home and have brandy, shortbread, sherry and open up one Christmas gift."

-Tom

"The day after Thanksgiving was when my daughter and I would put up our Christmas tree. We would make hot cocoa and play Christmas music. It was a bonding time for both of us that I believe she will pass on to her little girl."

-Linda

"When our children got to be a few years old, I thought it might be nice to slowly and politely open and admire one Christmas present at a time but my husband and I quickly agreed to let our kids engage in the mad flurry of opening presents that he and I both enjoyed as children."

-Erin

"Usually the Saturday night before Christmas, my family would go 'uptown' and my brothers and I would split up with each of my parents and we would "shop" for the other group. At the end of the evening we would end up at the 'dime store' and each of us got to pick out our favorite candy, which we would eat as we wrapped the presents we had picked out."

-Becky

Happy Holidays from the Counseling Center!

Women's Center Mentoring Program

For the past five years the University of Dayton Women's Center Mentoring Program has been an ideal way for almost 120 UD faculty and staff members to connect with one another. The program matches mentors, both men and women, with female faculty and staff mentees. The program's objective is to pair people with complementary backgrounds, experiences, and goals in order to strengthen the personal and professional development of the UD women.

The initial training session, which is conducted as each mentoring year begins, has been described by one participant as essential for success,

"You have given me a framework for developing a strong mentoring relationship."

This training session has also been an excellent tool in preparing mentors for their roles. One participant said, "I was intimidated being asked to mentor someone, but now I feel more confident about having something to both offer and gain through this experience."

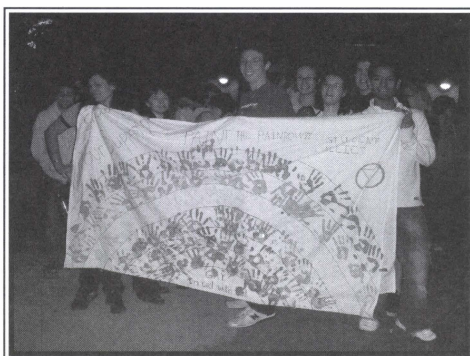
The program has grown over the years and the Women's Center looks forward to many more participants in the future. If you are interested in receiving more information about the program, visit their Web site at womenscenter.udayton.edu/programs. You may also contact the program coordinator, Brittany Hirschfeld, at x95334 or via email at hirschba@notes.udayton.edu.

For a list of this year's participants see page two.

Voices Raised

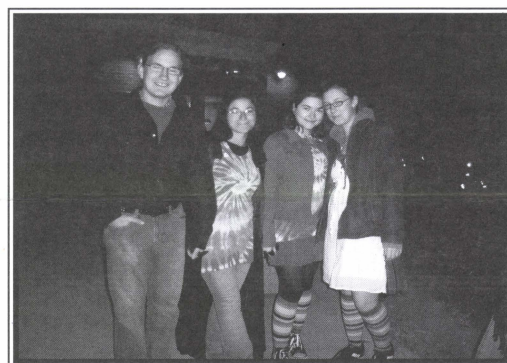
National Coming Out Day at UD

On National Coming Out Day UD students opened their hearts, minds, ears, and mouths in solidarity with the GLBT community. Students listened to coming out stories, and some even shared their own. Below is a collection of pictures and quotes from some of this year's N.C.O.D. participants.



"Planning for N.C.O.D. and watching the event come together brought me a strong sense of pride. I was excited to know that I could be who I am in front of everyone else. I didn't have to hide; I could be me out loud!"

-Anonymous



"It was fabulous seeing our Student Allies group come together, and in a sense, come out to the campus. It is true that this year was not the first National Coming Out Day celebration, but it was the largest, most advertised event so far.

Telling my coming out story was liberating and hearing other people's stories while being surrounded by all the support was absolutely uplifting. I can't wait for the next event!"

-Bridget Reibeling



"N.C.O.D. was a great visible reminder of the support that so much of the UD community feels toward the LGBT community but doesn't often get the opportunity to show. It helped some people realize that they should not assume how much support is or is not there just because we are a private, Catholic university."

-Anonymous

"N.C.O.D. showed the growth of Student Allies as a whole. We pulled through in planning such a tough event, and in my opinion, it turned out really great! The fact that we also had outside organizations helping made it exponentially greater."

-Anonymous



The Women of Flyer Enterprises

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Making money is more of a challenge too. According to the Bureau of Labor and Statistics, in 2006 women earned only 80.1% as much as men. As Clarisey noted, "Progress has been made, but especially at the start of their careers, women are just not making the same salary as their male counterparts."

Lingo attributed the difference to lingering stereotypes, and the fact that it is less socially acceptable for women to display confidence, a trait needed to compete for promotions. She said,

"I think for women it's usually difficult to brag about themselves and be assertive in that way."

Clarisey agreed, pointing out that "too often, the greatest challenge for women is their own humility."

When women don't 'own' their accomplishments, they are putting themselves down, which comes across in situations like negotiations and interviews."

When asked about what changes they'd like to see, both Lingo and Clarisey mentioned the difficulties facing women who want to have both a career and a family.

"The compensations are getting better," said Lingo, "but they still aren't enough."

Clarisey added, "Family-friendly benefits make sense for both the company and its employees. The company becomes more attractive to potential employees, and those who work for the company are going to be happier, more productive, and more dedicated."

When asked for advice she would give to other women pursuing a business career, Lingo's answer was simple: Be confident. Clarisey's advice: Don't hesitate to say you can do it, because you can.

-Emily Howson, Senior

Women of the 2008 Election

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Despite many advances of women during this presidential campaign, sexism was still very apparent. According to Dr. Pautz, having an open dialogue about gender will only help female candidates in the future; just as race was discussed in this election, gender should have a similar for dialogue.

Fundamental change will happen in small steps and the many advances made in the 2008 election will continue to expand. Based on the intensity of this election, it is interesting to speculate how women candidates will fare when 2012 rolls around. The historical election of 2008 is certainly one to remember and will forever be a milestone in history.

-Laura Keival, Senior

The C.A.D.I.E. Project

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"The next step is... educating young souls and minds in a 'new tradition' that emphasizes the acceptance of each other, a tradition which put forward the concept of diversity... Every single child sent to school, is for us, a success and an encouragement to go relentlessly forward," said Mukaneza.

In the future she plans to become a non-profit organization and start New Tradition schools in Rwanda. The C.A.D.I.E. Project is also currently working on a scholarship program in which a patron from the United States will financially sponsor an impoverished child's education.

They are also working to form a partnership between the U.S. and Rwandan schools to create a "bridge" in which to share their experiences. "The scope of the project is broader than just the educational aspects, said Mukaneza. She adds,

"It is about healing the whole fabric of the country to make sure that the demons of genocide never triumph again."

For more information, please contact Leocadie Mukaneza at (937) 233-5909

-Jacqui Boyle and Maggie Malach, Sophomores

From the Director's Desk

We've walked hundreds of miles, worn denim to work, and written checks in support of research. We've worn pink ribbon pins on our clothes and affixed them to our cars. We've saved foil yogurt lids and bought products when we noticed a pink ribbon strategically added to its label. Most importantly we've been shoulders to cry on and pillars of strength for mothers, sisters and friends who've been diagnosed with breast cancer. But for those of us who've thus far "dodged the bullet" that is breast cancer, is that ALL we can do? As of just a few weeks ago, the answer to that question is a resounding "No!"

On October 1st the Love/Avon Army of Women was launched. This partnership between two major forces, the Avon Foundation and the Dr. Susan Love Research Foundation, "is a national initiative to recruit one million women of every age, ethnicity, and breast cancer history interested in partnering with scientists and taking part in breast cancer research that will move us beyond a cure."

According to their Web site this partnership has two key goals: to recruit one million healthy women of every age and ethnicity, including survivors and women at high-risk, to partner with breast cancer researchers and directly participate in research.

The second goal is to challenge the scientific community to expand its current focus to include breast cancer prevention research conducted on healthy women. Apparently a shortage of willing research subjects, both healthy women and those who've been diagnosed with breast cancer, is a major factor in why research progress on the *prevention* of breast cancer – versus its treatment – has been frustratingly slow. Now, scientists and potential research subjects can be linked quickly and easily via e-mail and, with a database of one million women, a lack of research subjects should never again be a roadblock.

So keep wearing pink ribbons, writing checks, and "being there" for those who are diagnosed with breast cancer. But also visit the Web site for the Love/Avon Army of Women (www.armyofwomen.org) and consider joining their initiative too. Last time I checked, around 244,000 women have signed on, so there's still plenty of room for you and all your female friends and family members. Spread the word.

Note to the many men who also support women with breast cancer and breast cancer research – only women can join this "Army", but you can do your part by sharing this information with the women in your life.

-Lisa Rismiller