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## Voices Raised, Issue 23

University of Dayton. Women's Center

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## Women's Center

Alumni Hall, 2nd Floor

9 a.m. - 10 p.m.  
Monday & Wednesday  
9 a.m. - 5 p.m.  
Thursday & Friday

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# Voices Raised

## The Thin Line

In the United States, approximately 10 million females are battling an eating disorder such as anorexia or bulimia, according to NationalEatingDisorders.org. Even more troubling, many cases are not reported due to the shame associated with these illnesses.

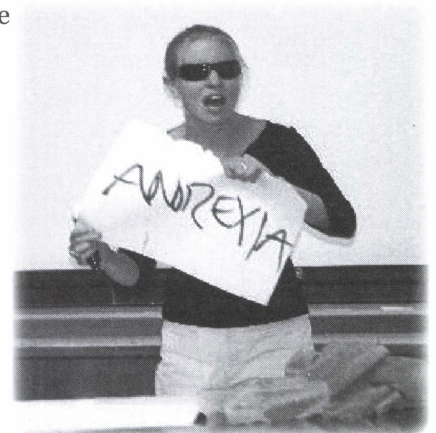
*The Thin Line*, a compelling one-woman show exploring this prevalent issue, will come to the University of Dayton campus on March 2.

Written and directed by Cathy Plourde, the 30-minute performance, which has toured nationally to schools, colleges, treatment centers and conferences since 1998, sheds light on one girl's struggle with her eating disorder and how she and her loved ones cope with it.

The actress portrays four characters: a girl suffering from the illness, her negative internal self, her mother and her best friend.

Through the anguish of each voice, the performance educates audiences on symptoms and prevention and intervention strategies, and works to motivate victims and those close to them to seek help.

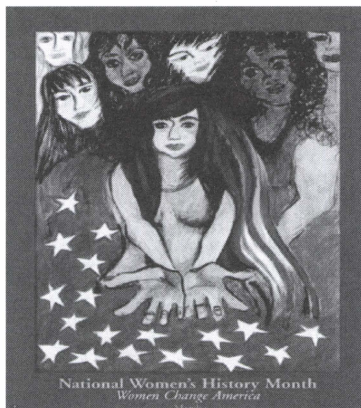
According to Pattie Waugh, Programming Coordinator for the Women's Center, this is the third time the play will come to UD's campus. "Every time we bring it I am amazed at the positive response of the audience," Waugh said.



Cathy Plourde performing one of her plays, *The Thin Line*

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## Women's History Month at UD



This spring, the University of Dayton community has a lot to anticipate; warmer weather, flip-flops and, most importantly, an influx of notable women coming to campus. In honor of Women's History Month, four distinguished and diverse females have been invited to share their stories about the life challenges they faced, their insights on relationships, and other important issues.

Letitia Perry, a local WHIO news anchor, is the first speaker scheduled in this session. On March 7, Perry will be presenting a talk focused on "Strength, Courage, and Wisdom" at the 8th annual *Annie T. Thornton Women's Leadership Conference*. A woman who has faced many challenges in her career, Perry exemplifies the spirit of the ATWLC, with a stated mission "to empower women by providing them with

resources and skills that will prepare them to be leaders in the 21st century."

On March 11, UD will welcome Dr. Kathy Cummings, assistant professor at Notre Dame University. Cummings' discussion will focus on "The Old Faith v. the New Woman: Catholic Studies and American Women's History." Her main research is on "the study of American religion, with a particular focus in the history of gender and Catholicism," and her talk will focus on the relationship between Catholicism and the history of American women.

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# What's Going On?

## Celebrating Women's History Month

Each March schools, workplaces, and communities across the nation celebrate Women's History Month with a number of different programs and activities. The University of Dayton Women's Center has a lot in store and we hope you will participate.

It is important to remember the sacrifices made by generations of women before us and to celebrate the strides women continue to make today.



### Week 1: March 2

*The Thin Line*

Kennedy Union Ballroom, 7 p.m.

### March 4

Feminism Panel

*Contemporary Feminism: Defanging the "F-word"*  
ArtStreet Studio D, 7 p.m.

### March 6

*Best Companies for Women: Identifying and Evaluating Opportunities*, by Diane Schulte

### March 6 - 8

The UD Monologues

BlackBox Theater, 8 p.m.

### March 7

8th Annual Annie T. Thornton Women's Leadership Conference. WHIO NewsCenter 7 Anchor/Reporter Letitia Perry will be the featured keynote speaker.

Kennedy Union, 8:30 a.m. - 4:30 p.m.

### Week 2: March 11

Kathy Cummings  
Sears Recital Hall,  
7 p.m.

### March 12

Women and Religion Panel  
ArtStreet Studio B,  
6:30 p.m.

### March 13

Friday Night Films  
featuring *Lost in Translation*  
ArtStreet Studio B, 9 p.m.

### March 14

Little Sibs  
Scavenger Hunt  
Women's Center,  
11 a.m.

### Week 3: March 16

Carrie Baker  
Sears Recital Hall, 7 p.m.

### March 17

Who Wants to Be a Porn Star?  
ArtStreet Studio B, 7:15 p.m.

### March 19

Take Back the Night  
ArtStreet Amphitheater,  
6:30 p.m.

### March 20

Friday Night Films  
featuring *Frida*  
ArtStreet Studio B,  
9 p.m.

### March 20

The Fourth Annual Women's Advocacy Dinner  
Kennedy Union Ballroom, 6:30 p.m.

### Week 4:

### March 24

*Coming-Out Pedagogy: Risking Identity in the Classroom*, by Debra Modellmog  
Kennedy Union Ballroom, Noon

### March 24

*Hollywood Romantic Comedy and Sexual Citizenship* by Debra Modellmog  
VWK Auditorium, 5:30 p.m.

### March 25

The Miryam Award  
Marianist Chapel (service)  
and meeting space  
(reception) 4 p.m.

### March 26

Women Make Movies Film Fest  
Films include *Your War*, *Iron Ladies of Liberia*, and *The Women's Kingdom*.  
ArtStreet Studio B, 7 p.m.

### March 28

Kampaign 4 Karonga 5K  
ArtStreet Amphitheater,  
10 a.m.





# Profiles

## Remembering Joyce Durham



Every year organizations around the country take time during Women's History Month to honor and remember women whose stories, though often little known, manifest exceptional leadership and service. This month, we honor and remember Dr. Joyce Durham. A member of the UD English faculty for 25 years, Durham, who retired in 2005 and passed away on Jan. 5, 2009, was a devoted and demanding teacher who pushed her students and never failed to help others.

**"What struck me about Joyce was her tireless work on behalf of students and colleagues ... she really put others first,"**

said Dr. Sheila Hassell Hughes, the chair of the English Department. Born in Dayton, Ohio, Durham received her bachelor's degree from Ohio University, her master's from The Ohio State University, and her doctorate from the University of Maryland. She taught Business Writing and English, focusing her own research and writing on southern and African American writers.

Brother Tom Wendorf S.M. spoke of her sense of humor and her honest, no-nonsense approach to teaching: "She was tough, but she was very frank about what needed work. She demanded a lot and then she was there every step of the way to help." In 2005, the first Joyce Durham Essay Contest was established to honor Durham's contributions to the Women's and Gender Studies program and academic cluster. She was also known for supporting others' teaching. "As a young faculty member, I went to her for guidance," said Wendorf. "I spent a lot of time in her office." Hughes remembered that Durham "always had a helpful word." When Hughes gave birth to her daughter and had to leave mid-semester, Durham stepped in immediately and took on the extra class. "She didn't hesitate," said Hughes, "She just said 'I'll do it.'" Wendorf recalled Durham deciding to learn the piano several years before she retired, saying, "She had no illusions about being good. But she went, and she had fun. That was who she was."

If history, as Thomas Carlyle wrote, consists of "innumerable biographies," then Durham's deserves a special place in UD's history. As Wendorf declared, "She was an excellent teacher. And, well, we just really appreciated her." Those wishing to honor Durham can make contributions to the Joyce Durham Library Fund at Dayton Children's Medical Center or to the Joyce R. Durham Scholarship Fund at Ohio University.

*-Emily Howson, Senior*

## Peace OutSide Campus

Violence is an unfortunate part of our world that certainly affects all of us in some way. One group at the University of Dayton, Peace OutSide Campus, is taking a stand to stop the violence. Formed after Lindsey Bonistall, cousin of Student Government Vice President Emily Bonistall, tragically lost her life to random violence, this group strives for safer environments in living arrangements off campus. Off campus residents are not the only ones the organization wants to help protect, but all individuals no matter where they are.

Peace OutSide Campus began in 2006, providing tips to students on how to keep themselves safe on and off campus. The first chapter of Peace OutSide Campus was established at the University of Delaware where Lindsey went to school. Marked with memorials, guest speakers, and concerts, the group wanted to remember Lindsey and spark community awareness about violence.

Since 2006, the group has grown nationwide, furthering

awareness and empowering students to take charge against violence. They offer programs to educate students, basic safety precautions, and a program for high school students about to enter college. One of their most popular events has been the Lindsey Run which raises awareness in the community.

At the University of Dayton, Peace OutSide Campus works to conduct events and raise awareness of violence in the community. Although the University of Dayton campus is quite safe, students should never walk alone and always be aware of their surroundings.

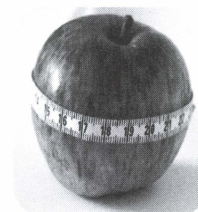
Peace OutSide Campus is certainly an excellent resource to stop the violence that plagues our society. By educating yourself and others about violence, we can take a step for its eradication. For more information, visit the Peace OutSide Campus Web site at [www.peaceoutsidecampus.org](http://www.peaceoutsidecampus.org).

*-Laura Keivell, Senior*



# Health &

## Ask The Doc



I'm worried that my housemate might have an eating disorder. How can I tell and what can I do to help her?

-Alicia

Dear Alicia,

Eating disorders are very common, especially in young women. I have listed below a number of signs that are suspicious of an eating disorder. Usually several symptoms are present if someone truly has a problem but there are a number of things you can do to help a friend.

If your friend denies that there is a problem, which is very common, consider talking to a physician or counselor yourself. While you can't force others to change, sometimes you can benefit from some support yourself and can discuss your concerns.

### What to Look For

- ◇ secretive eating, bingeing
- ◇ disappearing to the bathroom after eating (to vomit)
- ◇ use of laxatives or water pills (diuretics)
- ◇ very limited amount or avoidance of certain types of food such as totally avoiding fat in foods
- ◇ fighting with friends or family about what or how much to eat
- ◇ thinking about food all the time, food rituals such as cutting food into tiny pieces and eating them very slowly
- ◇ hating any body fat, perfectionist tendency
- ◇ sudden significant weight loss
- ◇ poor self-esteem or depression
- ◇ compulsive exercise
- ◇ using diet supplements



### What You Can Do to Help

- ◇ DON'T criticize or nag
- ◇ DON'T focus on food, weight or body image
- ◇ DO point out strengths and talents
- ◇ DO focus on health and happiness; let her know you're concerned if she is feeling blue
- ◇ DO encourage her to seek help from a physician, counselor, dietitian or support group; all of these are available here on campus, free to undergrads:  
Health Center x93131  
Counseling Center x93141  
Wylan Ganote, RD x94225

Additional information regarding eating disorders can be found at these Web sites:

[www.anred.com](http://www.anred.com)  
[www.aedweb.org](http://www.aedweb.org)

Hope that helps!  
-Dr. B



# Wellness

## What is Normal?

I have taught Abnormal Psychology for the past several semesters and one of the first topics I discuss is how to decide if something is “abnormal.” There are many standards that can be used to do so, including maladaptiveness, cultural norms and frequency. To illustrate this, I name different behaviors and ask class members if they consider them to be “abnormal.”

I generally mention perfectionism (which may depend on if it is adaptive or maladaptive), a man wearing a skirt, as well as an average size woman believing that she is too fat.

**Sad to say body dissatisfaction, particularly in young women, is so pervasive that it has become “normal” in our culture.**

I am aware it is Women’s History Month and I know women have made strides in so many areas, but it seems to be the sad reality that many women, no matter how bright and successful, still tend to define their worth in terms of the size of their bodies. Sometimes this is so extreme that it may result in an eating disorder. But even when it does not get to that point, we still have many women, young and old, walking around feeling inadequate because their body does not look like the abnormally thin models and actresses who adorn magazine covers.

I challenge all of you to pay attention to the messages you send yourself and others about the importance of a thin body; you may be unknowingly perpetuating the problem without even realizing it.

*-Dr. Erin Shiner, Counseling Center*

## Strength, Grace, and Power: Reflections on Women in Athletics

Enacted in 1972, Title IX played a critical role in conferring equal access to athletic programs for both women and men. While this amendment is most commonly alluded to for its impact on sports programs in schools across the nation, Title IX condemns gender discrimination in all aspects of education—from programs in math and science to services such as dormitory facilities.

While trends in college athletics indicate that a greater percentage of male college students are athletes, in the nearly 31 years since the compliance date of Title IX there are more female athletes today than ever before. According to a longitudinal study of women in intercollegiate sports across the nation, during the year 1970, colleges of all divisions averaged 2.50 women’s teams per school. Compare this to the 8.65 teams per school reported in 2008 and the nearly 170,000 women on NCAA teams!



**UD supports nine women’s NCAA athletic teams including basketball, volleyball, cross country, track, softball, crew, soccer, tennis, and golf.**

A variety of club and intramural sports exist on campus as well, providing women with ample opportunities to compete on sports teams.

Think back to the last women’s basketball game you attended—how did the crowd compare to a men’s game? Women’s sporting events typically do not earn the same attention and fan base as men’s sporting events. While women have nearly achieved statistical equality in sports, it seems that female accomplishments in athletics are long overshadowed in the public spotlight.

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# Voices Raised

*No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.*

-Text of Title IX

Here is a collection of photographs of female athletes at the University of Dayton along with their thoughts on the question, "How does being a member of a UD team empower you?"



"Being a female athlete has pushed me to be the best that I can be. Knowing I have a team of girls and coaches that will stand behind me and support me gives me a boost that I would not have had otherwise."

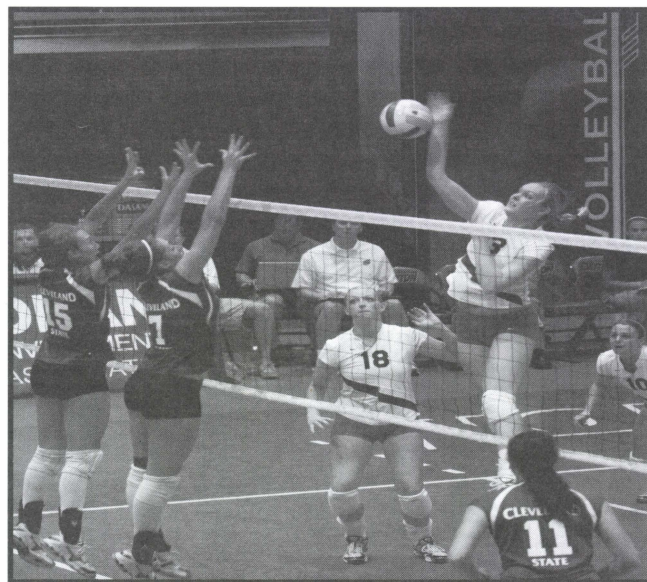
-Caitlin Tencate, Crew

"Being a female athlete at UD has given me the opportunity to pursue my passion of volleyball at a higher level, while also meeting my closest friends that I will be connected with forever."

-Kacie Hausfeld, Volleyball

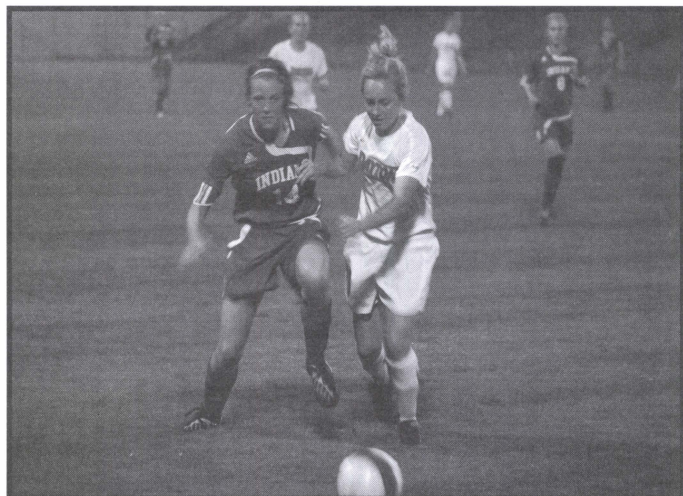
"Knowing I am a strong individual both mentally and physically gives substance to the idea of gender equality. It is a great feeling to be asked to carry something heavy for a professor or discuss weight lifting with male peers . . . it is commonly appreciated how much effort we put into our time management of school, work, and training."

-Kacy Carmichael, Crew



"Being an athlete at the University of Dayton has given me many opportunities. I've had great experiences traveling with the team to different parts of the country that I would not have seen otherwise. It's awesome to be able to play with girls who are dedicated to the team that I can count on. Playing with them every day pushes me to be the best player I can be."

-Kelly Blumenschein, Soccer





# The Thin Line

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"There are always comments on the evaluation forms about friends and family members with eating disorders and how this play has helped them understand it better."

Waugh said that beginning in the 2008 fall semester, she received more calls than average concerning eating disorders and felt the timing was appropriate to bring the play to campus once again.

Dr. Mary Buchwalder, Medical Director of the UD Health Center, said that she sees students with eating disorders, active or in remission, regularly. "Eating disorders are exceedingly common, especially in the college-age population," Buchwalder said. "For the most part, patients are secretive, and often try to normalize their behaviors and feelings."

*The Thin Line* provides a theatrical catalyst to hopefully put an end to the silence, while building awareness and understanding of these life-threatening diseases.

"A play is a different way to bring insight and attention to the problem, and this play is brief and explores some of the unique problems and thoughts of a person with an eating disorder," Buchwalder said. "I hope that some students in the audience who might be struggling with these issues see that there are treatments and help available here at UD."

This event is free and open to the public. The show will begin at 7 p.m. on March 2 in Kennedy Union Ballroom. For more information on *The Thin Line*, visit [www.addverbproductions.com](http://www.addverbproductions.com).

-Jacqui Boyle, Sophomore

# Strength, Grace, and Power

*continued from pg. 5*

Despite the disappointing fact that many talented female athletes do not receive the same credit as their male counterparts, there are still many reasons to celebrate and promote women in sports. Athletics are an empowering force in the lives of many women—arguably most of whom are motivated not by professional-athlete status and fame, but simply by the passion and joy experienced from playing a sport they love. In addition to enhancing health and well-being, sports serve as a unique outlet of physical expression.

Compared to the generation of our mothers and grandmothers, societal attitudes towards the female athlete today reflect strength, grace, and power. The ever-increasing number of girls enjoying youth and high school sports serves as a testament to the efforts of past female athletes and those who supported them. In continuing to encourage girls to pursue their interests in sports, we are fostering the values of confidence, teamwork, dedication, and strength in the women of the future.

-Anna Heink, Senior

# Women's History Month at UD

*continued from pg. 1*

Dr. Carrie Baker, a Women's Studies professor at Smith College, will be coming to the University on March 16. Baker will be discussing "Social Change from the Grassroots: The Women's Movement against Sexual Harassment." The 2008 winner of the National Women's Studies Association's book award, Baker will also be meeting with students and faculty to discuss her work over lunch the following day.

The final speaker, Professor Debra Modellmog of The Ohio State University, will be making two presentations on March 24. The first, directed towards students and faculty with an interest in social identity, is titled "Coming-Out Pedagogy: Risking Identity in the Classroom." The second presentation, "Hollywood Romantic Comedy and Sexual Citizenship," is primarily for students, but is open to the public.

For more information concerning these speakers, please contact Pattie Waugh at the Women's Center.

-Maggie Malach, Sophomore





Women's Center

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# From the Director's Desk

Every January UD launches a two-month celebration of its Marianist history. Dubbed the Marianist Heritage Celebration, recognition of the three primary founders of the Family of Mary, Fr. William Joseph Chaminade (1761-1850), Marie Therese Charlotte de Lamourous (1754-1836), and Adele de Batz de Trenquellleon (1789-1828), are prominently featured. Fr. Chaminade's story is generally well known here but now, thanks to this annual heritage celebration, his two, female collaborators are finally getting their due. With that in mind, it is both fitting and sad that during the 2009 Marianist Heritage Celebration UD and the rest of the Family of Mary said goodbye to another Marianist "pioneer", Dr. Mary Civile (Sue) Wesselkamper.

Dr. Wesselkamper, "Sue" as she was known to most people, could lay claim to several Marianist-related "firsts." When Sue was named president of Chaminade University (UD's sister institution in Honolulu, HI) in 1995, she became the first woman to preside over a university in Hawaii, the first to head a Marianist sponsored university, and at the time one of only two dozen lay women serving as presidents of Catholic colleges nationally. When she died on January 3, 2009 after a long and courageous battle with cancer, Sue left

an indelible mark on all those who were fortunate enough to have known her.

Despite her prominence and busy schedule, Sue Wesselkamper truly embodied what the Marianist Charism calls "family spirit." From her shone a special light, one that welcomed all into the warmth of her care and concern, her hospitality, even into her own home. UD students who spent a semester at Chaminade University often spoke of being personally welcomed by Sue. When traveling to Dayton Sue made time to "drop in" – usually bearing gifts of Hawaiian delicacies - on her many friends spread across the UD campus and the Dayton community.

Today the light that was Sue is gone from our world, but it is far from forgotten. One of her most lasting legacies, and one she would appreciate more than formal accolades, is that those who knew her remember her special light and try to emulate it in their own lives. Sue Wesselkamper, like Mother Adele and Marie Therese long ago, has shown a way to model Mary in our daily lives. Now it's up to each of us to decide how we'll "be Marianist"...

-Lisa Rismiller

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