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## Voices Raised, Issue 25

University of Dayton. Women's Center

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# Voices Raised

## Decision '09: Students Helping Students Make Important Decisions

If you are a new student at UD and want to learn how to make quality decisions for a better lifestyle, taking part in Decision '09 is right for you.

Overall, Decision '09 was formed to allow incoming students at The University of Dayton to gain confidence about decisions that may affect their daily college life. Through understanding the Marianist values and Decision '09 featured four different seminars focusing on some important decisions college students tend to face. These seminars were positioned through the perspective of Marianist values. The presenters provided resources through personal experiences and advised students by presenting topics about sexual assault, prevention, the "freshman 15", alcohol, and healthy relationships.

Sophomore Elizabeth Reeves is passionate about Decision '09 and helping incoming college students. "It's (Decision '09) important because it covers the main four topics college students deal with. It coaches them along the way as to what to expect in college and what they may not have experienced in high school," said Reeves. Reeves presented "Here's to the Night" on August 27. Her main objective was to raise awareness about respect, peace and security on campus by bringing up topics such as sexual assault prevention. About 400 students, mainly first

year students, attended this presentation.

Reeves noted that she was pleasantly surprised to be in the Student Neighborhood or walking to classes and other students would approach her and tell her "thank you" or "good job on the presentation."

LeeAnn Chomanics, senior,

Drinking is a heavy influence on most college campuses. "Alcohol: Educated People Don't Know it All" presentation allowed students to gain confidence about making personal decisions about alcohol use. The presenter focused on how with an understanding of Marianist values, any student is able to continue on a healthy

# ::decision '09

is one of the Decision '09 co-chairs and a proud founder and organizer of the events taking place this semester. "Decision '09 is a unique program that is organized and presented by students coming from student experiences. The presenters are very passionate about their topics," said Chomanics.

"Freshman 15: Fact or Fiction" was the second presentation took place on September 3. The Decision '09 team showed students how regular exercise, a well maintained diet, and properly dealing with stress can improve the overall health and wellness throughout their college lives. This also brought in a large group of interested students eager to learn about healthy living options.

and balanced path toward success, throughout tough peer pressure and decisions involving drinking. This presentation occurred on September 17 and an outsized group of first years students came to hear what students and key faculty had to say.

The fourth presentation of the Decision '09 series took place on September 10. Titled "What Face-book Doesn't Tell You", the presentation provided information about how to form and maintain quality relationships throughout the college years.

Chomanics hopes that these programs will inspire students since the stories and experiences are coming

### 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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# What's Going On?

## Love Your Body, Become a Better You!

As in years past, October is "Be a Better You: Love Your Body Month" but this year's programming will focus on getting your body moving physically and improving your emotional health in addition to traditional health and wellness topics. There will be several opportunities on campus this month to get involved, no matter what you are interested in.

New this year will be a walking group that will meet on Fridays at noon on KU Plaza. Walkers are able to join in for the entire hour or as his or her schedule allows.

On October 4, Zeta Tau Alpha will be holding their 13th annual FREEFAHL. FREEFAHL stands for "Forever Reminding and Educating Every Female About Healthy Living". FREEFAHL will be taking place at Artstreet amphitheatre. There will be live music, free food, and a yogurt eating contest. All proceeds benefit breast cancer education and awareness. For more information or to purchase tickets contact Sarah Moellering at [moellese@notes.udayton.edu](mailto:moellese@notes.udayton.edu).

On October 17, faculty and staff will get an opportunity again this year to support the "Breast Friends", UD's own walking team, for the Making Strides Breast Cancer Walk. Simply donate \$5 to UD's Breast Friends team and wear your casual dress or denim to work.

As part of a nationwide grassroots movement, called the Dressing Room Project, women's restroom mirrors around campus will have messages about positive body images. Be on the lookout also for floor programs in the residence halls and book discussions promoting healthy eating and body images.

For more details and up to date information please visit: <http://womenscenter.udayton.edu/>.

### History of Love Your Body Month

The Love Your Body Day was created ten years ago by the National Organization for Women (NOW) to raise awareness about women's health, body image, and self-esteem. NOW found that women are constantly bombarded by what the media promotes as perfect and beautiful, but often unrealistic. Love Your Body Day was created to encourage positive lifestyles in all aspects, from body image and self-esteem to healthy eating and curbing unhealthy behaviors. What originally started as a just a day, has now evolved into a month long campaign. The campaign also critiques at the advertising, cosmetics, plastic surgery, and diet industries.

At UD, Love Your Body Day is a monthlong celebration of the beauty of all women. Through education and inspiration we are empowered to overcome the negative stereotypes and learn to love the skin we are in, whether that is a size 2 or a size 26.

- Amanda Neyer,  
Senior

### Did You Know...

- The average U.S. woman is 5'4" and weighs 163 pounds, compared to the average U.S. model who is 5'11" and weighs 117 pounds. Every year the models get thinner and the pressure increases for women to reach unattainable goals.
- Women and girls who play sports have a more positive body image and higher self-confidence and are more likely to get better grades and graduate.
- Heart disease, not breast cancer, is the number one killer of women, according to the American Heart Association.
- Just 13 percent of women say they are very satisfied with their appearance. Even fewer describe themselves as beautiful. Lack of positive self-image is detrimental to women's physical

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# Profiles



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DAYTON

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## Promoting Community Wellness - Clare Glaser

In July of 2005 the University of Dayton welcomed Clare Glaser to the staff. Glaser began working at Dayton as the Assistant Director for Fitness. This position meant that Glaser was in charge of approximately forty-five student staff members. In addition, she was in charge of the exercise equipment at the recreation facility, and the liaison between the trainer and masseuse.

After about four years Glaser decided to seek a new role at UD. She is now in charge of community wellness, a brand new position. Glaser enjoyed working in fitness, but liked the idea of trying something new.

She is involved in many projects throughout campus. Last year she helped out with a student's Stander Symposium project that was focused on body image. Together they created a poster with a timeline of evol-

ving standards of women's "beauty" and hung it up outside the weightlifting area in the recreation center. The objective of this project was to help students see that today's unrealistic "thin is in" is just part of that evolution.

Glaser also works on "Wellness Wednesdays" as well as helping plan ideas to help students relax during finals. One of the most well-known relaxation projects during finals is having masseuses come to the library to give students free chair massages.

Glaser is currently focusing on two big projects on campus. She is helping run the Student Wellness Fair, taking place at the Recreation Center on November 4th from 4-7 p.m. At the fair Glaser is hoping there will be pet therapy as well as flu shots. In addition, a trainer will be there for injury assessment and the music therapy club will be there to help students relax.

The other project Glaser is working on is flu prevention. Her objective for this project is that students realize they don't have to panic about the flu. With a group of students, Glaser created posters that will educate students about the flu. Glaser's main objective for flu prevention is

to make the student body realize that there is no reason to panic; if severe cases break out there will be updates on UD's website ([www.udayton.edu/flu](http://www.udayton.edu/flu)).

When asked what her favorite part of working at Dayton is she responded, "People always want to be a part of things, and at Dayton you don't have to beg, or ask people twice. They are willing to help, and that's what UD is [all about]."

Glaser is an enthusiastic member of the Dayton staff. She enjoys what she does, and works at making this campus a better place. Though Glaser has only worked on the campus for four years she has made a significant impact on the University of Dayton community.

- Bridget Brady,  
Sophomore

*"People always want to be a part of things, and at Dayton you don't have to beg, or ask people twice."*

## "WISE" Up!

Women in Science and Engineering now have a living and learning community specifically for them.

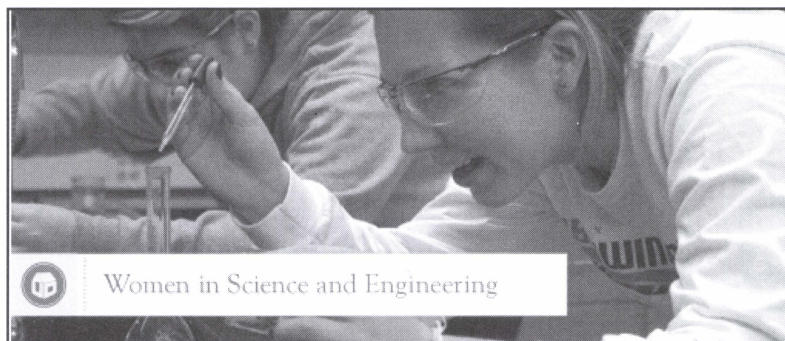
Located on 5 Adele, the WISE LLC is dedicated to women in science and engineering majors. This living and learning community acts as a support group for its residents freshman year. The importance of Living Learning Communities is sometimes questioned but for these ladies WISE helps them to grow in their field. The women in this community have two courses together, general chemistry and engineering innovation.

In addition to these two classes, WISE incorporates many extracurricular activities into their first year experience. They are planning field trips to visit professionals in their field, network with professors and upperclassmen on campus, and even

go out into the community to encourage young girls to pursue their interests in science and engineering.

WISE LLC founders, as well as its participants, hope that this LLC will be as successful as other UD LLCs and continue to foster the success of women in science and engineering.

- Samantha Davison,  
Junior





# Health & Wellness

## Questions About H1N1?

As I am sure you are well aware by now, H1N1, more commonly known as “swine flu”, has arrived on the University of Dayton’s campus. Announced on September 15, UD has confirmed its first case of swine flu. The student was isolated and has since recovered and returned to class.

Symptoms of H1N1 are similar to those of seasonal flu. Symptoms include: a fever greater than 100 degrees, body aches, runny nose, sore throat, nausea, vomiting, or diarrhea. These symptoms will arise one to seven days after exposure to the infection.

Here are some helpful hints to prevent the spread of both H1N1 and seasonal influenza as well as to keep you generally healthy this winter:

- Wash your hands often with soap and water or an alcohol-based hand cleaner, especially after you cough or sneeze.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue in the trash after use.
- Avoid touching your eyes, nose or mouth. Germs are spread this way.
- Do not share glasses, cups or drinks.
- Try to avoid close contact with people who appear to be ill.
- If you are sick with flu-like illness, the Centers for Disease Control and Prevention recommends that you stay home from work or school for at least 24 hours after your fever is gone (without the use of fever-reducing medicines). Limit contact with others to keep from infecting them.

Up-to-date information on both the swine flu and the seasonal flu on UD's campus can be found on <http://www.udayton.edu/flu/>. General information on the swine flu can be found on the Center for Disease Control and Prevention at <http://www.cdc.gov/h1n1flu/>.

## Get Vaccinated!

The Health Center will be offering a vaccine against H1N1 (swine) flu as soon as it becomes available, but expect that it will be in limited supply. The swine flu vaccine is separate from the regular influenza vaccine. The Health Center is currently offering the seasonal flu vaccine to all students.

### For Students

- The cost of the seasonal flu vaccine will be \$20.
- Students who are interested in getting a seasonal flu shot should call the Student Health Center at 937-229-3131 and make an appointment for a nurse visit.
- All students are eligible to receive the seasonal flu vaccine, but the University of Dayton encourages students with underlying medical problems like asthma or diabetes, those on medications that affect their immune system (i.e. Enbrel, long-term corticosteroids), those 18 or younger on chronic aspirin therapy and pregnant women to get a shot for seasonal influenza.
- The University of Dayton expects to obtain a limited supply of the H1N1 vaccine in mid-October. Students with underlying medical problems should consider receiving this vaccine.
- Details regarding the availability of seasonal and H1N1 flu vaccine will be communicated when available.

The University's health center, located in Gosiger Hall, is open 8:30 a.m. to 6 p.m. Monday through Friday during the school year. Students can contact the Center at 937-229-3131 to make an appointment or visit online.

### For Employees

- Seasonal flu vaccinations for benefits eligible faculty and staff will be coordinated by Human Resources in

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# Learn to Love Yourself as You Are

Recently, while flipping through television channels, I came across the movie, "Mean Girls." The movie is about a girl, Cady, who was raised in the jungles of Africa and is now trying to fit in at her new high school. As I watched, Cady, unsure what she should do, stood and observed the popular, "beautiful" girls she was trying to befriend as they criticized their bodies in front of a mirror. The girls then looked at Cady, clearly expecting her to also engage in the self-flagellation.

"Mean Girls" was a movie meant to send a tongue-in-cheek message about social pressures and the need to conform, but it nonetheless provided a glimpse into the real life of many American adolescent and adult women. From a young age, media has set the standard that our appearance and body are how we will be judged- either positively or negatively- by others. We are also taught is it how we should judge ourselves. Frighteningly, this is increasingly becoming reality for girls at younger and younger ages, as well. Trendy outfits for pre-pubescent girls (and their dolls) have become skimpier. On the TLC series, "Toddlers and Tiaras," girls as young as one year old are dressed in provocative clothing and make-up in order to compete in beauty pageants.

Though we are encouraged to love ourselves and our bodies, how is this possible when we are swamped with images of "ideal beauty" and the idea that we constantly need to strive toward that ideal?

Suggestions for how we can learn to love and accept ourselves and our bodies more:

- Find a full length mirror. Starting at the top of your head and work your way down to your toes (including eyebrows, elbows, the mole next to your belly button), find something truly positive about each body part. Make sure the positive is not something that's really a criticism ("At least I don't have a zit on my cheek!") Many people find that it's much easier to find something negative, because that's what we're taught. After you do this though, you might have some ammo to fight against the negative things you think about your body.
- Consider your clothing size to be a helpful number to find properly-fitting clothing, not a badge of honor or mark of shame.
- Appreciate your body daily. Take a bath, take a yoga class, use a scented body wash that you love, take a walk or put on cozy pajamas. Your body is your friend, so treat it that way.
- Try to pay more attention to how women and their bodies are portrayed in the magazines and books you read, the shows you watch, or on the websites you visit. Are women portrayed as strong and independent? As lesser than men? Weak? Not pretty unless they use x, y or z product? Simply increasing your awareness of the messages media sends may help you understand the positive and change negative ways that you are affected by them.



- Jennica Karpinski,  
Graduate Psychology



# Voices Raised

## Next Time You're In a Dressing Room, Take Notice.

Trying on clothing is an activity that evokes a lot of emotions in women today. Some women look forward to the chase of attempting to find the perfect outfit, while others must practically be dragged to the store. The latter are the women who are fighting against social norms that make shopping a test of will and an event that takes a negative psychological toll on them.

There are some very motivated young women out there who decided that they did not want to simply work on their own experiences combating media messages about their bodies, but also wanted to work to make shopping trips easier for all women; thus The Dressing Room Project was born. This grassroots movement is so shockingly simple that it is hard to believe that it only began in 2000 when the Emerging Women Projects launched this campaign.

These girls go to various dressing rooms and leave inspirational quotes taped to mirrors in the hopes that they will save someone the disappointment of not fitting into social norms. The quotes that are left are designed to remind women and girls that social norms are artificially constructed ideas that hold them to impossible standards. These impossible standards are a major contributor to the prevalence of eating disorders and negative body image in the United States.

In addition to leaving these quotes behind in dressing rooms, this movement also uses DRP Action Teams to spread the message nationally. The EWP has also added a national tour of The Dressing Room Project Workshop for girls. This workshop teaches them how to maintain a healthy body image and wade through the media onslaught. ([www.thedressingroomproject.com](http://www.thedressingroomproject.com))

### Examples of messages left behind through The Dressing Room Project:

*Skinny does not equal  
healthy*

**Confidence is the most  
beautiful trait in the  
world**

What do you want to be  
remembered for? Your  
body or your mind?

**LOVE YOUR BODY**

Clothes used to be made to fit  
real women, now women try to fit  
the clothes. Does that make sense  
to you?

**Love comes from the heart,  
not your jean size.**

*Real Women have Curves*



## Love You Body - Did You Know?

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and psychological health. A positive self image benefits girls and women throughout their whole lives.

- 50 percent of eight-year-olds and 80 percent of nine-year-olds in the United States are or have recently been on a diet. This dangerous trend can be extremely detrimental to a girl's growth and can lead to other unhealthy habits and eating disorders in adulthood.
- Having a positive body image is a critical component of a woman's self-esteem. Healthy self-esteem leads to lower rates of depression and anxiety and increases overall well-being.

*\* Information taken from [www.now.org](http://www.now.org)*

## Decision '09

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from fellow students. realizing that other students at UD are willing to be support and provide help, she and the resst of the Decision '09 team believe anybody can make decisions appropriately and assertively. Decision '09 worked hard with the Student Development staff and Sister Schmeling, Vice President of Student Development and Dean of Students, to provide these aspects and more. Chomanics states, "I hope there is a Decision '10 and '11!"

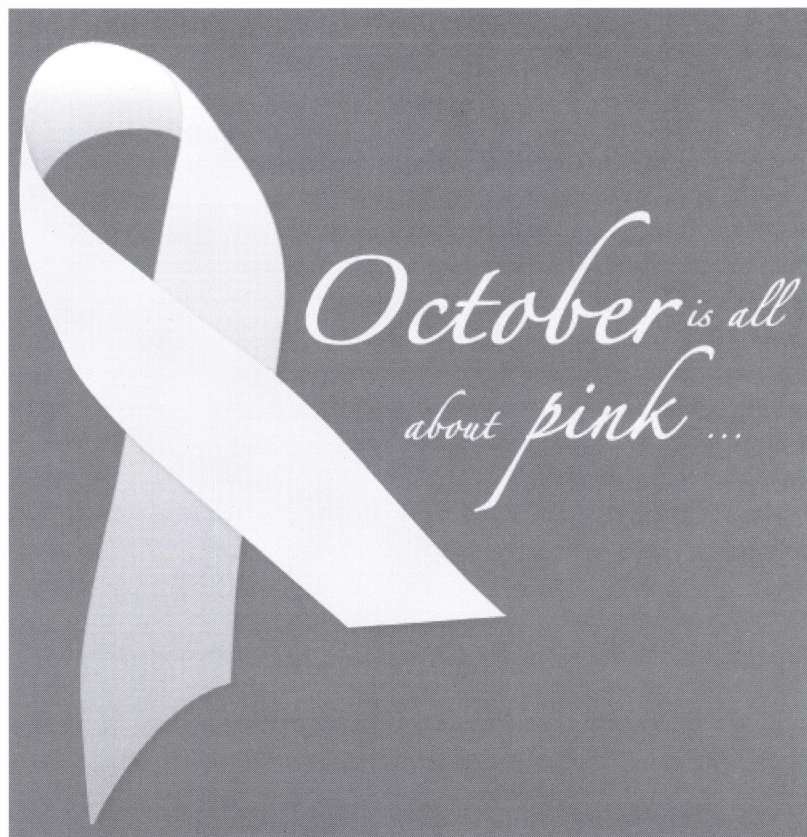
Visit [www.decision09.udayton.edu](http://www.decision09.udayton.edu) for more information and resources about Decision '09 topics.

- Katie Reed,  
Senior

## Get Vaccinated!

continued from P.4

- conjunction with the Wellness Program.
- The cost will be \$10.
- Details regarding the availability of seasonal flu vaccine will be communicated when available.
- The University of Dayton does not anticipate securing the H1N1 vaccine for faculty and staff. Employees are advised to speak with their personal physician about this vaccine.





# From the Director's Desk

## Think Before You Pink

The very first issue of this newsletter (Oct. 03) featured the now-familiar breast cancer pink ribbon prominently on its cover. Since then, pink ribbons have been popping up like flowers, though not always in expected places. On yogurt packages? Sure, we've seen those pink lids for years. But pink flash drives? Jeans with a pink ribbon on the back pocket? Athletic shoes? Cars on a dealer's lot?

October being Breast Cancer Awareness Month it seems fitting that we be made aware that the ubiquitous pink ribbon, while greatly increasing awareness of breast cancer and raising huge sums for research, has also become a tool for companies attempting to cash in by tugging on consumers' heartstrings. Before you buy a product with a pink ribbon on it to support "the fight against breast cancer," consider a few key questions:

*How much money actually goes toward breast cancer programs and services? Can you tell? Is it enough? If not, give directly to the charity instead.*

*Where is the money going? What organization will get the money? If you can't tell or you don't know what the organization does, reconsider your purchase.*

*What types of programs are being supported? If research, what kind? If services, are they reaching the people who need them most? Programs supporting "breast cancer awareness" ignore the fact that we are already aware that cancer is a problem.*

*What is the company doing to ensure that its products are not contributing to the breast cancer epidemic? Is the company selling cosmetics that contain chemicals that have been linked to the disease? Is it urging consumers to buy a car that emits toxic air pollutants? Don't let a company's "pinkwashing" divert attention from its product's potential hazards. (Breast Cancer Action at [www.bcaction.org](http://www.bcaction.org).)*

Pink ribbons are not bad, nor have they outlived their usefulness. People wearing or displaying one on their clothing, car, etc. convey that they care about this important issue, and that sense of solidarity can be very comforting to people facing a frightening diagnosis. But "buyer beware" when the ribbon is not a personal statement, but instead is being used as a marketing ploy. Truly, you may not be getting what you're paying for.

- Lisa Rismiller