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## Voices Raised, Issue 26

University of Dayton. Women's Center

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Women's Center

UNIVERSITY of  
DAYTON

December 2009  
Issue 26

# Voices Raised

## "Anything You Can Do, I Can Do Better"

### Women's Center

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

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*"Anything you can do, I can do better. I can do anything better than you."* These lyrics, made famous by the 1982 Broadway musical *Annie*, describe how many female athletes feel when they participate in sports. Ten years earlier, in 1972, Congress passed Title IX which prohibited federally funded educational institutions from discriminating against individuals based on their gender. Almost forty years later, women of this generation are finally benefiting from the struggles the first female athletes went through.

*"Anything you can buy, I can buy cheaper. I can buy anything cheaper than you."* When people think about the term power, they usually associate it with the ability to impact someone's life. Telling people how to act, what to say, and even what to buy. (Although any modern day female can tell you we have no problem knowing what a good bargain is!) Title IX, on the other hand, has allowed female athletes to have an empowering feeling over their own lives. Participation in sports has given them reasons to feel good about them-

selves and also given others positive role models to look up to. Multiple studies have shown that females who participate in sports have a reduced stress level, a greater sense of independence and a positive self-image. These personality traits have become staples for modern female athletes.

*"Anything you can wear, I can wear better. In what you wear I'd look better than you."* Another optimistic aspect of female athletics is the positive body image being established. In the 1999 Women's World Cup, Brandi Chastain scored the winning goal and celebrated by dropping to her knees and taking her jersey off, revealing her sports bra. Despite some controversy, the picture was featured on several magazine covers, including *Sports Illustrated*, a predominantly male magazine. The sport of volleyball has also embraced the body of the female athlete. By wearing tight uniforms, these women are showing that females should be confident about their body and they also demonstrate how

we are all beautiful in our own unique way.

*"Anything you can sing, I can sing sweeter. I can sing anything sweeter than you."* To reinforce the positive body image female athletes have established, many of these women are also beginning to model. Lisa Leslie, a 6'5" professional basketball player, recognizes her powerful athletic side but also embraces her softer, more feminine side. She has been fortunate enough to grace the pages of *Vogue*, along with other top magazines, and has become an inspiration for young girls around the world.

*"Anything you say, I can say faster. I can say anything faster than you."* Along with a positive body image, women athletes have also steadily gotten physically faster and stronger. When looking at the world times for the women's 100 meter dash, 1972 produced a time of 11.07 seconds whereas, in 2009, the fastest timed 100 meter dash was 10.64 seconds. Female athletes here on UD's campus also have gotten stronger. Every varsity women's team

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## Angela Davis Visits UD's Campus

Angela Davis inspired and changed the way some UD students understood prison and justice in her keynote speech in Kennedy Union Ballroom on Friday November 6.

Hundreds of students, along with faculty, listened attentively as Davis spoke the hard truth about topics not usually discussed among individuals. These topics included violence against women, shackling of prison inmates, race, poverty, and prison.

Dr. Danielle Poe, professor of Philosophy at UD, arranged for Davis to speak on campus. "She (Davis) will allow individuals to think more critically about the things we don't think otherwise. Angela is very strong in social justice and puts a perspective on life that we take for granted" said Poe.

Davis became nationally known when the Governor of California, Ronald Reagan, removed her from teaching at the University of California-Berkeley in 1969 because she was teaching Marxism while she was a communist. Also, in 1970 she was wrongly imprisoned due to the death of a judge. These two experiences in Davis' lifetime have developed her

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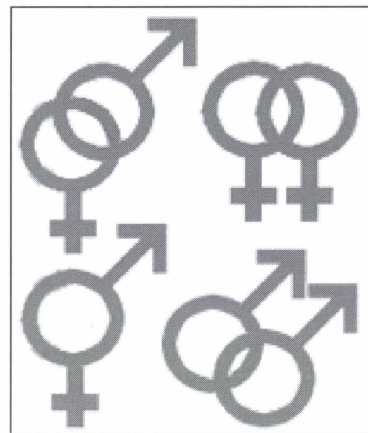
# What's Going On?

## UD's Coming Out Week: Be Proud of Who You Are

"Coming out Week", sponsored by Student Allies, is aimed at raising awareness and support of the GLBT (gay, lesbian, bisexual and transgender) community. This year the week kicked off on October 12, one day after "National Coming out Day."

Student Allies is a gay-straight alliance for students on UD's campus. According to Gabby Bibeau, junior and treasurer of Student Allies, there are two primary aspects of their mission. "First, we are creating support for people who are struggling with issues regarding gay, lesbian, bi-sexual and transgender. We offer support for anyone struggling this issue", Bibeau said. "Second, we try to be a voice for the student GLBT community on campus. It's about activism and raising awareness."

The strategic planning of the "UD's Coming Out Week" had three main steps. First Student Allies created flyers informing students of the events throughout the week. "We passed [the flyers] out to students walking by to inform them of our keynote speaker, films and panel discussions", Bibeau said. Student Allies also set up table hours at KU for five days during lunchtime. "We had a board and more than 100 students signed up to support us. And the last but not the least, we had a march from around campus to Art Street at the end of the week, ending with a final discussion wrapping up our whole week-long event" Bibeau said.



This year was a little different from what Student Allies did last year. "This year we decided to do a whole week to raise awareness and I think it went pretty well. We wanted to do more." Bibeau said. "Now we have more members in Student Allies and had an increasingly registered response."

As part of the conclusion of the week, at the group discussion, some people shared their coming-out stories. Participants heard "that people's families are being more supportive right now. There are things happening in our country, even if it is very slow. But the fact is that more and more families have started to accept GLBT people."

"UD's Coming Out Week" provided students with a great opportunity to share their personal feelings and experiences toward GLBT people. Bibeau also told us her personal experience. "We had a gay-straight alliance in my high school. There were gays and lesbians in our school. My high school was Catholic so when that club started it was really controversial because a lot of people thought that club would be against Catholic teachings."

"However, I did not feel that way. I am Catholic and I am very proud of and deeply involved with my faith. I think that was one reason why I wanted to be part of that club in high school and also why I do what I do now." Bibeau told us. "Discrimination against people who are gay, lesbian, bisexual or transgender is not what Christians should do. People need to be themselves and be proud of who they are, not be afraid of who they are."

Bibeau also told us that during their Friday discussion, they talked about the historical background of the 1960s. "In the 60s the civil rights movements focused on African Americans. I thought the discrimination happened and many people did not think anything of it; now things are different. They are much better than before. I am very passionate about what I do now because it is not ok that so many people think it is acceptable to discriminate against GLBT people. What we do is to raise public awareness among students, and hopefully society can finally accept it that people's minds can be changed as well."

Bibeau, a Women's and Gender Studies minor, also talked about GLBT from a woman's perspective. "I think there is a definite connection between discrimination against women and discrimination against GLBT individuals. We have a lot of male members in our Student Allies. But there were a lot more female students that joined us and I think it was one of the reasons. They were all connected and sharing the same experiences of being made to feel inferior."

"If a lot of people did not know about Student Allies and GLBT people, they do now. Our fundamental purpose is to be a voice and support for the GLBT student community. You can see from us that many people on campus who want to support them, and do so" Bibeau added.

- Tracy Yang,  
Graduate Student



# Profiles

## Overcoming Obstacles While Living Her Passion

UNIVERSITY of  
DAYTON

Brittany Holterman, a basketball player and a 2009 civil engineering graduate from the University of Dayton, disproves the stereotype that a girl can't be both smart and athletic. For all four years of her college career, Ms. Holterman was a student athlete.

"Between practice, schoolwork, games, and hosting recruits our time was pretty much always occupied" recalls Holterman. Yet busy as she was, she enjoyed every bit of the vibrant campus life. When asked what her most memorable part of playing basketball was, she confessed it was the strong team spirit she cherished the most.

Holterman's passion carried her beyond playing for the UD team. She was the student assistant basketball coach at UD for a year, helping coach the players during practices and running individual conditioning sessions. Perhaps it was because of her vigorous college basketball experience that she decided to pursue a career coaching basketball upon graduation.

The athletic experience that Holterman had at the University of Dayton was strong enough for her to



Holterman, second from the left, with the Niagara University 2009-2010 Women's Basketball team

"put [her] engineering degree on hold to follow [her] real passion." This led her to her first full-time position as the assistant women's basketball coach at Niagara University. Having gone through college as a student athlete, Holterman understands that people go through significant changes during college. She wants to be the person who is there for the players to help them discover themselves along the way.

Yet fate can chose to be cruel on a whim. Life took a turn for Holterman when she lost her mother to cancer this past

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## Breaking Sorority Stereotypes

Sororities are one of the most stereotyped organizations. People often think of girls in sororities as partiers, not that intelligent, and only concerned with their looks. However, if you get to know the group of girls they will probably surprise you. Girls in sororities are hard workers who tend to be driven. If people took the time to truly understand the values each sorority holds or to see how much work is put into the sorority, many people would be surprised.

Pi Beta Phi is one of seven sororities at the University of Dayton. It consists of 94 members. The girls enjoy having fun, but they are also ambitious. Pi Beta Phi, like the other social sororities, works diligently towards making their philanthropy a success. Besides doing service for their philanthropy the girls also hold sisterhood events which help bring the girls together as well as allowing them to experience new things. The most recent sisterhood event that the Pi Phi's held was an etiquette dinner.

The girls all met at the house where soup, salad and dessert were served. A Pi Beta Phi alum taught the girls

how to properly fold a napkin on your lap, how to eat soup and salad, what appropriate dinner conversations are, and how to place your silverware when you are finished eating. Many of the tips given were little things that normally might not cross someone's mind.

Some members of the faculty were surprised to hear that one of the sororities held an etiquette dinner. They all mentioned how there are always tables set up throughout campus to promote some type of fundraiser, but hearing how important it is for the girls to gain personal growth was impressive.

One professor was not surprised that an event like an etiquette dinner occurred. He explained that the students on this campus are responsible, and everyone works to give this school a well respected reputation so he understood why an etiquette dinner would take place.

An etiquette dinner is viewed by many as old-fashioned, commonly perceived to be from a time when women stayed at



Continued on P.7



# Health & Wellness

## Ask the Doc: “But I read it on the net ...”

***Where do you go when you have a health-related question?  
Your friends? Your Mom? The internet?***

First, we're always happy to try to answer your questions here at the Health Center. But if you would like to do some research on your own, I have a few sites that might be helpful for you to bookmark:

- **www.familydoctor.org** (good general medical information, flow sheets to check certain symptoms and whether you should be seen by a doctor for these)
- **www.webMD.com** (search for all sorts of medical questions)
- **www.cdc.gov** (The Center for Disease Control and Prevention website)  
Specifically great for:
  - <http://www.cdc.gov/spanish/default.htm> (en espanol)
  - <http://www.cdc.gov/travel/> (great links for travelers' health topics)
  - <http://www.cdc.gov/health/> (information on many health topics, including women's and men's health, teen health, and many other specific topics)
- **www.nlm.nih.gov/medlineplus/tutorial.html** (inter-active tutorials on many medical topics from the National Library of Medicine & National Institutes of Health)
- **www.nih.gov** (National Institutes of Health: variety of topics)
- **www.eatright.org** (The American Dietetic Association)
- **www.physsportsmed.com/index.php?page=online\_patient\_notes#none**  
(Information for patients on topics in sports medicine, nutrition, supplements, etc.)
- **www.ashastd.org** (Reliable info on sexually transmitted infections)
- **www.ncbi.nlm.nih.gov/entrez/query** (Medline: search multiple medical resources on any medical topic)
- **www.healthfinder.gov** (General info on various health topics, and list of many sites with reliable health info on almost any topic; also, en espanol)
- **www.fastfoodnutrition.org/index.php**  
(Nutrition information for fast food chains)

In general, sites from university medical centers offer reliable medical information. Look for the “.edu” ending.

If you think something sounds too good to be true? It often is!  
Check out: [www.quackwatch.org](http://www.quackwatch.org)

And its links to many worthwhile medical sites:  
<http://www.quackwatch.org/05Links/othersites.html>

“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](mailto: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.

You can also look for the HONcode symbol on sites, which means that a site follows strict

**Continued on P.7**



# Helping Family and Friends with Eating Concerns through the Holidays

The holiday season can be a stressful one. Though days off from work are a blessing, they are often filled with deadlines, planning, shopping, cooking, and tending to the needs of visiting family and friends. For people suffering from eating concerns, Thanksgiving and Christmas can be particularly stressful.

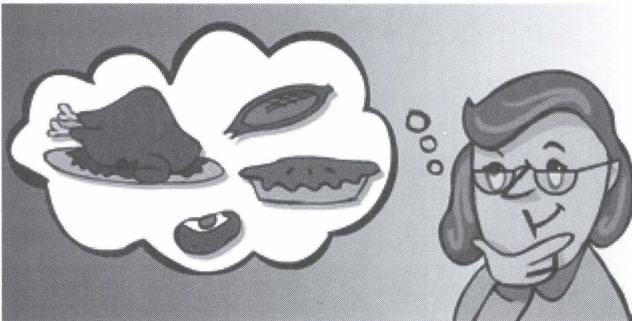
Most of the revered holiday traditions observed during Thanksgiving and Christmas involve food. Indeed, the carving of a turkey or ham is itself an archetypal symbol of the holidays. Whether it is planning the decorative centerpiece, shopping for giant hunks of meat, or spending long hours baking perfect little snowmen cookies, our relationship with food is omnipresent. As a result, people with eating concerns are bombarded with the very cues that serve to remind them that their relationship with food is difficult.

Another reason the holidays can be particularly stressful for people with eating concerns is because the hectic holiday schedule pulls them out of established routines. Specific foods that they may feel comfortable eating are replaced by decadent holiday fare. Also behavioral strategies that help manage symptoms become disrupted by holiday travel and family events.

You can help friends and family members with eating concerns have a more manageable experience during the holidays by considering the ways in which the holidays may be particularly stressful for them. Here are some tips if you will be spending time this holiday season with a person concerned about their eating:

- 1 - Respect Autonomy.** Allow them to opt out of family dinners, cooking responsibilities, and shopping for food. Serious eating concerns are often viewed as a way of coping with a lack of control over the external environment. Don't push this "button" - allow family and friends suffering with eating concerns to set their own schedule, no questions asked. This gives them a chance to stick with established foods and routines that help manage symptoms. Also, show them that you are open to their input and flexible in your planning.
- 2 - Avoid "Fixing."** Our instincts as caring people pull on our desire to help family and friends who are struggling with serious eating concerns get better. Resist this pull. Making seemingly constructive comments about their behaviors or food choices doesn't help. Neither will well intended suggestions and explanations for their disorder. People with eating disorders already spend a significant amount of their time thinking about their relationship with food. Let them enjoy a "holiday" from talking about it. Unless the eating disorder sufferer is clearly in need of medical attention, save the discussion for another, less hectic time.

- 3 - Shift the Focus.** Consider ways to pull the focus of the holidays away from food. Replace the holiday bake-a-thon with a trip to the theatre. Opt for a sporting holiday dinner party. Perhaps have a meal catered, so the day isn't spent with the family waiting on a roasting turkey. Serve meals in a less-formal, less conspicuous, buffet style. Subtle and creative shifts help take the focus off of food and put it back on relaxation and fun.

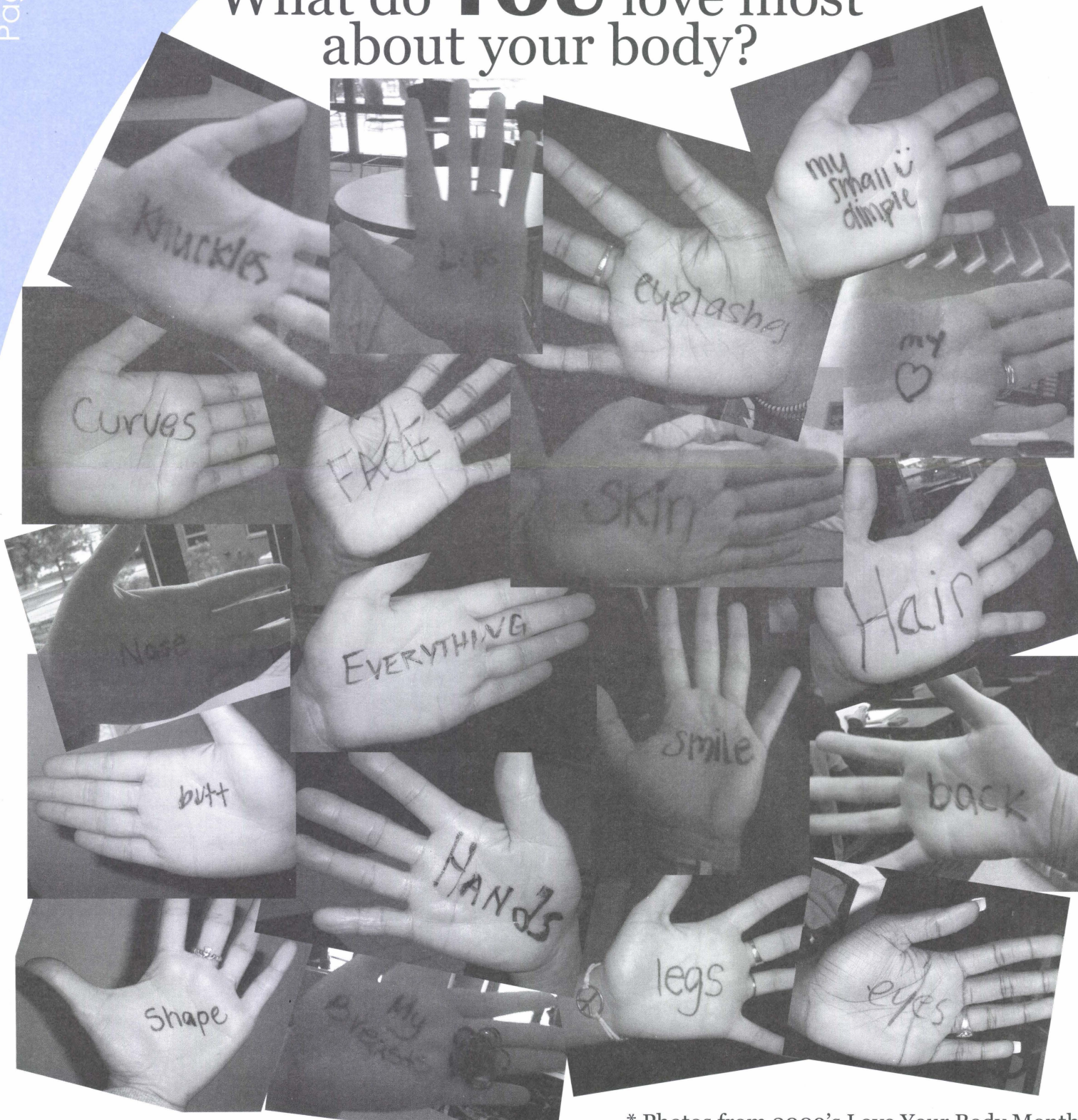


- Chris Humpapge,  
 Wright State doctoral student,  
 Practicum Intern at the UD  
 Counseling Center



# *Voices Raised*

What do **YOU** love most  
about your body?



\* Photos from 2009's Love Your Body Month  
display in KU



## Ask The Doc

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principles to offer reliable medical information for non-medical people. This is a non-governmental organization: <http://www.hon.ch/>

These links are also on our website:

<http://www.udayton.edu/~healthcenter/links.htm>

Tell me if you find other great medical sites, and I'll be happy to add them to our site!

- Dr. B

## Living Her Passion

continued from P.3

Having gotten very close to her mother during her college years, it was a difficult time for her. She had wished that she had gotten to know her mother better earlier in life.

"It is easy to take someone for granted when they are always there." She confessed that she only realized how much she needed her mother when she went to college. That was when they started talking a lot more, forging a strong bond. Nothing will take away the pain of such a regrettable loss.

Although her mother is no longer with her, she lives on in Holterman's heart. Holterman is the strong woman who her mother had raised her to be. "Sharing stories about how she raised [Holterman] and what a great person she was" helps Holterman cope. She knows that her mother would not want her to stop living because she is gone. Holterman will continue to live her life and follow her passion, advice she practices and shares.

- Karyen Chai,  
Freshman

## Breaking Sorority Stereotypes

continued from P.3

home and took care of the house. However, the tips given can prepare them to attend professionally oriented social events, dinners with work colleagues and supervisors, and community fundraisers and other philanthropic events.

"Having an etiquette dinner seems like a really good idea and also something that not many people get to experience," sophomore Jacklyn Kowalski said. "The fact that a sorority did one shows that people should not always stereotype the girls involved."

Sororities are always going to have to work through the stereotype. Just by organizing little events, an etiquette dinner for example, they are slowly changing people's views. If people truly take the time to learn about the values held in sororities they may realize that these girls are members because they want to be make a positive change in the world, deepen friendships, and become better people.

- Bridget Brady,  
Sophomore

## Angela Davis

continued from P.1

passion for sharing information about prison abolition and racial justice.

Today Davis is involved with multiple groups regarding women. She is on the executive board of the Women of Color Resource Center, which provides support to women living in poverty. Davis also works with Justice Now. This group offers legal help to women in prison and makes it a point to encourage the abolition of imprisonment as the main strategy to deal with social problems. Davis is additionally involved with Sisters Inside which offers help to imprisoned women in Australia. Davis' Incite! group focuses on women of color against violence, whether that is state violence, intimate violence, or sexual assault.

As Davis spoke briefly about these groups mentioned above, both students and faculty seemed intrigued that this woman is so committed and passionate about her involvements within the greater society.

"Angela Davis coming presents a great opportunity on campus", mentioned Poe. Davis brought up a good point by saying, "I am talking about issues that could not be talked about ten years ago, and this indicates a greater change that has taken place in our society. We go through every opportunity not to talk about racism and sexual assault, but these issues need to be discussed and understood."

Individuals are able to read more about Davis' passions in her eight books. She travels throughout the United States as well as Europe, Africa, Asia, Australia, and South America to speak about her passions. She advocates any listening audience to truly think about a world without prisons and to help push a 21st century abolitionist movement through support of human thriving for all.

- Katie Reed,  
Senior

## Anything You Can Do

continued from P.1

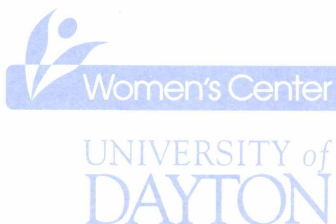
participates in weight lifting and conditioning, all in hopes of improving their chances for success when the season rolls around.

"Anything you can do, I can do better. I can do anything better than you!" Although high profile female athletic teams on this campus have had much success, they are not the only athletes on this campus. Along with the nine varsity women's sports UD offers, there are also several club teams females can participate in, including rugby, lacrosse, volleyball, basketball, ultimate Frisbee, crew, soccer, dance, gymnastics, and tennis.

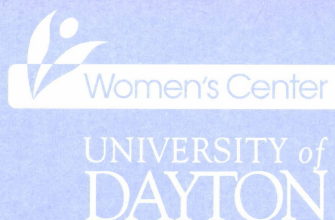
To get involved in these teams, visit [http://campus.udayton.edu/~recsport/club\\_sports/](http://campus.udayton.edu/~recsport/club_sports/) and take the first step towards developing a more confident you!

- Kristin Daughtery,  
Junior





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## *From the Director's Desk*

### Incorporating Faith into Daily Life

"In conjunction with Campus Ministry, the [Women's] Center calls women and men of all faiths to explore and incorporate faith-based living into their everyday lives." That's just one aspect of the Women's Center's very broad mission statement. It's also an aspect that we've struggled with actualizing these past six years.

So it was with a renewed commitment to this topic that I sat down with Crystal Sullivan, Director of Residential Life Ministry, this spring and summer as we began to plan a collaborative effort to reach out to women faculty and staff, offering a means for them to enrich and explore their personal faith lives. We devised a plan for a pilot reading/discussion group, hoping we'd get a few brave souls to volunteer, and then sent an open invitation out on the fac/staff e-mail list in mid-August. To say we were surprised by the response is an understatement.

Over 60 women faculty and staff expressed interest in women's spirituality, and 50 of them attended an initial gathering on Sept. 11. Because the number of interested women far exceeded our expectations, we had to scramble to figure out what this diverse group of women was looking for. Given that our audience was widely diver-

gent in age, life stage, professional role, and even faith tradition, we ended up facilitating a lively brainstorming session that resulted in 25 women volunteering for our pilot reading group and the development of six, new "small groups" around topics such as: Mary; attending to faith in daily life; women of many faiths; and balancing faith life with other roles. The message was clear to us... many women at UD have an interest in developing their faith lives, but often struggle squeezing it in among competing responsibilities and roles.

So now two months later we have almost 30 women organized into 4 reading and discussion groups using *Making Sense of God: A Woman's Perspective* to help us share our faith journeys and, at the same time, build some unique communities. Our six interest groups are getting up and running, though it remains to be seen how many of them will be sustained over time. And all 60 of us have a sense that we're not alone in our desire to have our faith lives influence our professional ones, and vice versa. Just knowing that is of some comfort....and a clear sign that the Women's Center, Campus Ministry and other likely partners such as the Office of the Rector, won't run out of work any time soon.

- Lisa Rismiller