

10-1-2010

Voices Raised, Issue 29

University of Dayton. Women's Center

Follow this and additional works at: http://ecommons.udayton.edu/wc_newsletter

Recommended Citation

University of Dayton. Women's Center, "Voices Raised, Issue 29" (2010). *Women's Center Newsletter*. Book 22.
http://ecommons.udayton.edu/wc_newsletter/22

This Book is brought to you for free and open access by the Women's Center at eCommons. It has been accepted for inclusion in Women's Center Newsletter by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlange1@udayton.edu.

Voices Raised

Women journalists come to UD

This fall, UD is privileged to have two prominent women journalists on campus to speak to faculty, staff and students

Roxana Saberi



What were you doing January 31, 2009? If you are a student, you likely slept late that Saturday morning. Others may have spent the day cleaning up remnants of a busy holiday season or tackling typical Saturday tasks. You most assuredly didn't spend the day as Iranian-American journalist Roxana Saberi did; taken into custody by Iranian intelligence agents who forced their way into her Tehran apartment and hustled her off to a notorious prison for a 100-day stay as a guest of Iranian authorities.

Saberi could be mistaken for a student when she comes to UD on October 13 for a 7:30 PM lecture in the RecPlex. Born to parents of Japanese and Iranian ancestry and raised in Fargo, ND, the former Miss North Dakota competed in beauty pageants to earn scholarship monies for her extensive education – Concordia College, Northwestern and Cambridge. She was only in her mid-twenties when she moved to Iran to work as a freelance journalist. Saberi was quickly captivated by the land of her father's birth and chose to remain in Iran, even after her press credentials were revoked, to research a book she envisioned to give Western readers a more complete picture of Iranian society.

Saberi was permitted to work in relative peace and obscurity in Iran for over five

Ellen Goodman

Pulitzer Prize winning columnist, advocate for women and social change, author, speaker, and commentator, Ellen Goodman is a woman ready to speak her mind to the world.

Throughout Ellen Goodman's career she has written columns for over three hundred newspapers and achieved many honors and awards, including being honored with the Pulitzer Prize for Distinguished Commentary in 1980. For numerous years Goodman wrote for the Boston Globe where she was interested in the women's movement and the rights and roles that women play in society. This October, she will be speaking at League of Women Voters, an organization that promotes active participation in politics and government in order to promote knowledge of public policy issues. The League of Women Voters brought Ellen Goodman to Ohio this October and allowed UD the opportunity to have her speak on campus.

On September 29, 2010, UD was privileged to have Goodman speak to faculty, staff, and students. Goodman gave an engaging lecture on the role of news media and journalism in public discourse about important issues. The title of her lecture was, "Food Fight Journalism in a Divided Country." In today's media, differing opinions cause heated debates and arguments that often look as messy as warfare. Goodman offered her insight and thoughtful consideration of today's media opinions and debates. She was a captivating speaker who said she always places values in her lectures and writings, which allows her to look at issues with skepticism.

After her lecture a select group of students had the opportunity to attend a luncheon with Goodman, where they discussed future journalism careers. Throughout her visit to UD Goodman shared first-hand experiences

Women's Center

Alumni Hall, 2nd Floor

9 a.m. - 5 p.m.
Monday - Friday
Other times by reservation

Phone: 937-229-5390
Fax: 937-229-5334
womenscenter.udayton.edu

Director
Lisa Rismiller

Programming Coordinator
Pattie Waugh

Editor
Colleen Garvey

Continued on P.7

Events related to Saberi's visit

October 11-15
Middle Eastern
Culture Week
ArtStreet

October 20
1 PM
Musician Simon Shaheen
Sears Recital Hall

October 14
9:00-11:00 PM
Diversity Lecture Series
Themed Thursday Night
Live
ArtStreet Cafe

October 16
9:00-11:00 PM
Belly Dancing &
Performances
ArtStreet Studio D

November 3
3:30-5:00 PM
Friends of the Middle
East Reception
KU Torch Lounge

November 5
9:00 PM
Film: Women Without Men
ArtStreet Studio B

To subscribe to this
newsletter, e-mail:
wc.newsletter@notes.
udayton.edu

What's Going On?

Be a Better You: Love Your Body Month

What do you call a month that puts its focus on breast cancer, domestic violence, eating disorders, self esteem and body image? At the University of Dayton Women's Center we call it *Be a Better You: Love Your Body Month*. The name reflects the dual purpose of the month; self acceptance and doing things that improve your health. *Be A Better You* encourages us to take those small steps to better health. *Love Your Body* is taken from a day of self-acceptance celebrated every October (October 20 this year) by the National Organization for Women (NOW) Foundation. In its 11th year, Love Your Body Day has grown into a month of activities to empower women to fight back against beauty stereotypes in the media. Let's face it, without airbrushing and photo editing even those models would look ordinary.

Five years ago the UD Women's Center adopted this approach to a month of programming and feel they have a great lineup of events that will encourage women students, faculty and staff to set healthy habits this year.

October 13:

Two Brown Bags at 12pm:
one on self-care techniques
for the work setting in KU
331 and the other a panel of
women student athletes about
how they manage all that is
required of them in KU 310.

Also healthy cooking in
McGinnis Auditorium from
6:00-8:00

October 16:

Making Strides Walk

October 17:

FREEFAHL concert 5:00
Artstreet sponsored by
Zeta Tau Alpha

Students:

Look forward to Zumba and
yoga nights.

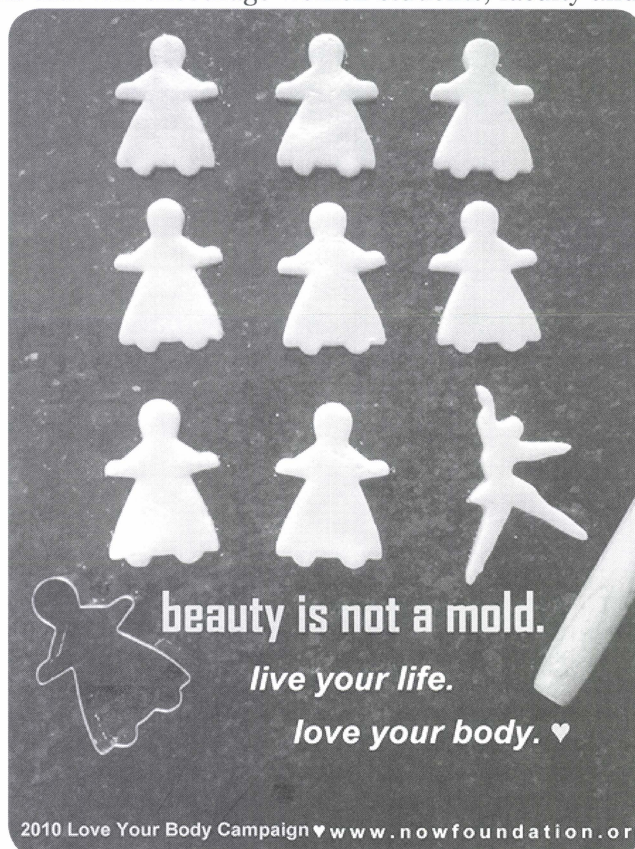
Also, two movies about
women's body image and
health issues.

So whatever you decide to call it "breast cancer month" "domestic violence month", "self-acceptance month", "Be A Better You: Love Your Body Month," or just October- we hope you will take advantage of this month and join the programs offered or just "take stock" and decide what small (or large) changes you want to make to be a healthier, happier you and begin today to make those changes.

-Pattie Waugh

Programming Coordinator

For more information on these activities go to <http://womenscenter.udayton.edu/programs/loveyourbodymonth.asp>



October 19:

The Wellness Program is of-
fering Bone Scans and Body
Fat testing by appointment
8:30-11:30 in KU 222

Are you brave enough to take
part in our *No Make Up Day* on
October 19? *No Make Up Days*
are becoming popular among the
celebrity set and even the fashion
magazine *ELLE* has devoted an
issue to bare-faced models.
Women, on average, spend
3,276 hours (136.5 days) of their
life applying make-up and spend
an average of \$15,500 on beauty
products over their lifetime.

October 20:

Wellness Fair from 3:00-6:00
in the RecPlex sponsored by the
Community Wellness office

Also, a floor program on
emotional abuse at 7:00 PM

October 21

At 5PM the Women's Center will
offer a drawing for a pair of tick-
ets to the November 6th *Speaking
of Women's Health* event at the
Dayton Convention Center

Profiles



UNIVERSITY of
DAYTON

Page 3

UD Women Athletes Help Raise Breast Cancer Awareness

October is National Breast Cancer Awareness Month and the University of Dayton volleyball and women's soccer teams will do their part to help generate awareness for cancer research and recognize those who have been affected by the disease.

For the second consecutive year the women's soccer team will be purchasing special pink jerseys to be signed and auctioned off after its game against Massachusetts on Sunday, Oct. 10. All proceeds will be donated to breast cancer awareness and research. Last year this initiative, along with entrance donations, received a positive response even after their plans to fundraise the entire weekend were deterred by inclement weather.

The women's soccer players, coaches, and staff will also wear pink warm-ups prior to that 1 p.m. game against UMass at Baujan Field. During halftime of the game, cancer survivors will take the field and be recognized in front of the home crowd.

The UD volleyball team will take part in the annual Side-Out Foundation's "Dig Pink" campaign. This year's "Pink Out" will be held on Friday, Oct. 22 when the Flyers host George Washington in the Frericks Center. They will pass out pink T-shirts to the first 200 fans in attendance and set up a "Dig Pink" page for those who wish to donate and play volleyball in an effort to raise money for the foundation and breast cancer awareness. The Flyers will also wear pink warm-ups, ribbons and shoelaces during their match. The Side-Out Foundation is a non-profit organization that works to raise money for breast cancer research and awareness through the sport of volleyball.

The Flyer soccer and volleyball teams' fundraising activities and awareness initiatives are just the latest in the University of Dayton student-athletes efforts to help

Continued on P7

Office of Multicultural Affairs Welcomes New Director

Last year there was a conspicuous absence in the Office of Multicultural Affairs (OMA) in Gosiger Hall: there was no director. While this didn't seem to hinder the services OMA rendered to the UD community, the absence was still there. This year the role was filled by Patricia "Patty" Alvarez.

Born and raised in Fort Wayne, Indiana, Patty grew up surrounded in a diverse neighborhood. Her father was born in Mexico and her mother is Mexican-American, infusing the Alvarez family with Hispanic heritage. Patty was the first person in her family to receive a university education.

Patty graduated from Indiana University with a degree in Criminal Justice and minors in Sociology and Spanish. As an undergrad Patty distinguished herself in several ways: being an RA programming diversity events, participating in *IU Admissions Volunteers for Minority Recruitment*, and more. After getting her masters in Higher Education Affairs, Patty was offered the position of Director of the Latino Living Center at Cornell University. She was also a residence hall director in a pre-freshman summer program that served as a "bridge" for underrepresented students. Patty says, "I think I've always been an advocate for students of color and diversity issues. It was a good opportunity to go to Cornell and focus specifically on Latino and Latina students but I felt like, when I was on campus, I was able to serve as an advocate for all students of color."

Afterwards, Patty became the coordinator for Student Life and Diversity Programs at Indiana University and Purdue University at Indianapolis. During this time Patty was selected to attend the HERS Summer Institute for Women in Higher Education at Bryn Mawr, the first experience she had forming a female networking connection and support system. She recalls it being an amazing opportunity, surrounded by a diverse group of women "striving and preparing for whatever

was their next goal in life." It was then that Patty decided to pursue her doctorate in the College Student Personnel Program at the University of Maryland. After HERS, she returned to IUPUI as the Interim Director of Campus and Community Life. That interim position instigated a job search that eventually led Patty to the Office of Multicultural Affairs here at the University of Dayton.

Despite not being familiar with UD, Patty was attracted to the school's Catholic, Marianist identity as well



as to the position of OMA director. She says she was very impressed with OMA's work in providing academic, cultural and personal support to students. Even though she's still adjusting to the UD culture, Patty says "the students are great. I've been very impressed with their commitment to not just their academics, but to UD and serving others as well." When considering the future of OMA, Patty says OMA's work so far has been excellent but, "I think that we want to take all that work to the next level. I think that we're going to take some time to really talk to folks to figure out what they'd like to see from the office. We are here for the UD community, so we want to make sure we're reflective of the needs of the community."

Continued on P.7

Health & Wellness

Ask the Doc: "I read it on the Internet so it must be true, right?"

There are so many spam messages, chain letters and e-mails that seem to have correct and factual information, how can someone tell what to believe? The following "Ask the Doc" explains ways you can tell if an e-mail is legitimate.

"I occasionally get an e-mail about something medical. How can I tell if the information in it is legit?"

- Katie

Dear Katie-

One of the easiest ways to check is to go to <http://www.snopes.com> and type in a few key words about the e-mail topic. Many of these have been investigated and the Snopes site will let you know what's true, what's not, and whether a legitimate name or organization listed in the e-mail has posted a rebuttal. Unfortunately, often people who start these e-mails may have an agenda and may use the name of a real institution. The instant transmission of the internet allows people to spam their whole contact list with the misinformation if they don't check first to see whether they are sending good or bad information. And, unfortunately, many people think "I read it on the internet. It must be true." Be alert to misspellings (such as "John Hopkins" instead of the proper "Johns Hopkins"). Or check out the website of the named group and search for the e-mail topic. Check national organizations such as the National Cancer Institute's website also.

So, what's the harm of forwarding these if they seem legit? REAL groups trying to get out scientifically tested and helpful information often have to hire additional people just to try to un-do the misinformation forwarded in these e-mails. Dollars that could be spent on research have to be spent for this instead. Some people may read an e-mail decrying a therapy that, while it may have potentially serious side effects, has saved many lives (such as chemotherapy for cancer). That may keep someone from choosing life-saving treatments.

Here is an example from Snopes, and the rebuttal from Johns Hopkins (link is on Snopes site also).

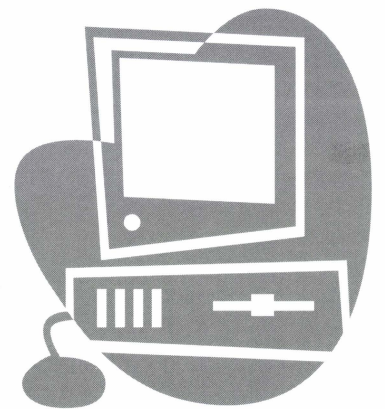
<http://www.snopes.com/medical/disease/cancerupdate.asp>

<http://www.hopkinskimmelmancancer.org/index.cfm/cID/1684/mpage/item.cfm/itemID/1016>

So... always have a healthy curiosity and a level of suspicion whenever you get e-mails touting the wonderful benefits of one therapy or the evils of some other therapy, and CHECK before you send it on. If it turns out to be legit, then spread the word!

Be healthy!

Dr. B



- For questions of general interest (NO personal questions) for the e-column, write to askthe-doc@notes.udayton.edu, this e-mail is checked only occasionally. "Ask the doc" questions will NOT receive personal responses, but may be used for informational columns for others in the future.
- For medical emergencies call 911 or 937-229-2121 (Public Safety). Do not use e-mail for urgent medical problems. For an appointment, come to the Health Center or call 937-229-3131.

Emotional Violence:

“But He Doesn’t Hit Me”

For most, it begins subtly at first. The person you love becomes a little jealous when you talk to other people. He or she wants you to spend all your time together. Over time, your partner starts to point out your “flaws” and criticize you. Yelling and name-calling becomes the norm when he or she is angry with you. Before you even realize what is happening, you are isolated from friends and family. You are walking on eggshells trying not to anger your partner. Your every move feels controlled by the whims of the person you love. The relationship that once felt so good now feels abusive.

According to the National Coalition Against Domestic Violence, one in every four women will experience domestic violence in her lifetime. For many, the violence will be emotional and psychological sometimes long before it ever becomes physical. Those at greatest risk of nonfatal intimate partner violence are women between the ages of 20 and 24.

Signs of Abuse

- Fear
- Name Calling
- Manipulation and playing emotional games
- Criticizing
- Belittling you in front of others
- Blaming you for everything
- Keeping you from family and friends
- Pressuring you to have sex when you do not want to
- Threatening to hurt you or himself or herself as a means to get you to comply

Emotional and psychological violence includes acts, threats of acts, or coercive tactics that can include but are not limited to humiliation, controlling what you can and cannot do, deliberately doing something to make you feel embarrassed, isolating you from friends and family, and denying you access to money or other basic resources. Often, emotional and psychological abuse escalates to physical violence. But that is not always the case. Some relationships are abusive even without occurrences of physical harm.

Emotional abuse can be harmful to you even if you are not being abused physically. The consequences of such abuse can be incredibly severe. Emotionally abusive relationships can crush your self-worth and lead to anxiety and depression. It can make you feel helpless and alone.

Is Your Relationship Emotionally Abusive?

- | | |
|--|--|
| <input type="checkbox"/> Do you have to get permission to hang out with your friends? | <input type="checkbox"/> Does your partner give you the “silent treatment” when you want to talk or work things out? |
| <input type="checkbox"/> Are you accused of cheating by your partner? | <input type="checkbox"/> Do you feel manipulated by acts of kindness or gifts? |
| <input type="checkbox"/> Are you afraid to talk about certain topics when your partner is in a bad mood? | <input type="checkbox"/> Does your partner treat your activities or interests as unimportant or trivial? |
| <input type="checkbox"/> Does your partner tell you no one else would ever want you? | <input type="checkbox"/> Does your partner use things against you that you’ve shared in the past? |
| <input type="checkbox"/> Does your partner compare you negatively to others? | |

- Jami Pfirman
Psychology Trainee

If you answered “Yes” to these questions, your relationship may be emotionally abusive.

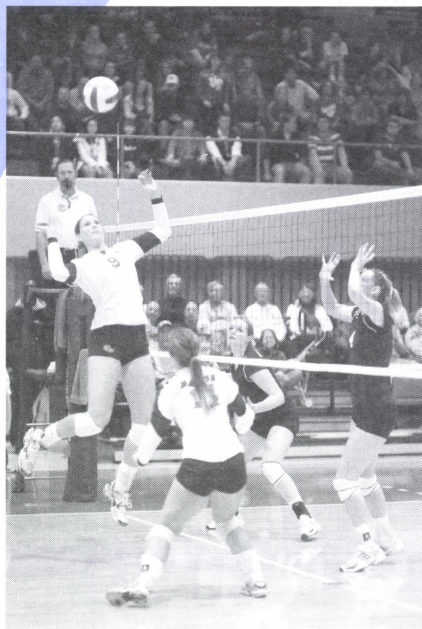
Abuse can occur in any relationship no matter the person’s gender, sexual orientation, social and/or economic standing, ethnicity, race, or education level. If you or someone you know is in an emotionally, psychologically, physically, or sexually abusive relationship, help is available. Students can call the UD Counseling Center at 937-229-3141 or anyone can contact Artemis Center at (937) 461-5091 or 222-SAFE (7233)

Voices Raised

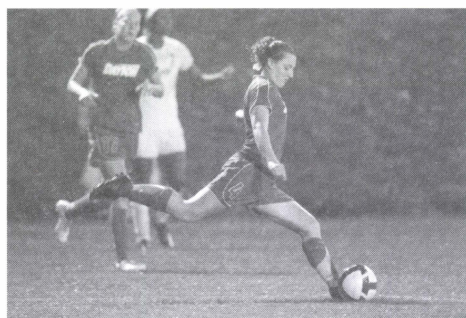
UD Women's Athletics

Page 6

Volleyball



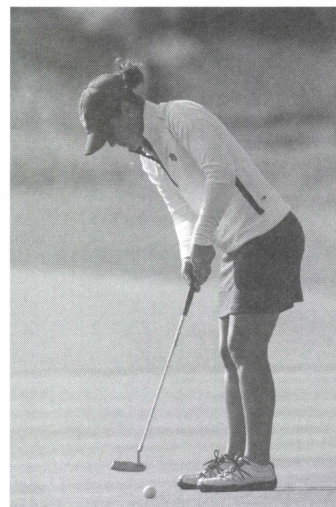
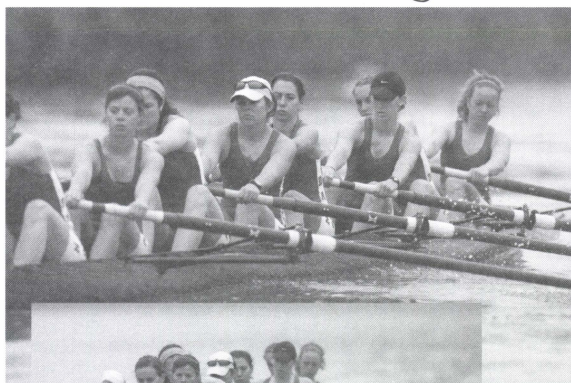
Soccer



Basketball



Rowing



Golf



Cross Country



Ellen Goodman

continued from P. 1

she accumulated through her many years in the journalism world. Listening to Ellen Goodman was not only rewarding, but also a great opportunity for those in attendance to learn about today's media.

-Colleen Garvey
Newsletter Editor

Roxana Saberi

continued from P. 1

before the authorities, whom she later learned had kept her under close surveillance for years, moved in, accusing her of espionage and dragging her off to prison. For weeks after her imprisonment Saberi's family and friends had no idea of her whereabouts, or even whether she was still alive. During that time she was kept in solitary confinement, repeatedly interrogated, and subjected to tremendous emotional pressure. Under these harsh conditions Saberi was coerced into making numerous false and videotaped "confessions", ultimately agreeing to work as an agent for her captors in exchange for promised release from prison – a promise that was never fulfilled.

But it wasn't long before admiration for the strength and faith of cellmates who'd been imprisoned for lesser offenses and whose chances of release were much bleaker than hers gave Saberi the strength to recant her confession. Her about-face quickly led to a sham trial and an eight-year prison sentence. The tremendous international outcry that followed eventually resulted in her release on appeal in May 2009.

Upon returning to the U.S. Saberi immediately began writing a book, but it was not the book she'd originally planned. Instead she penned, *Between Two Worlds: My Life and Captivity in Iran*, which details not only the frightening details of her imprisonment, but also contains touching portrayals of fellow prisoners whose strength and wisdom sustained Saberi throughout her ordeal.

The still young but infinitely wiser Saberi who will speak on October 13 will share not only her story, but the story of everyday Iranian people who manage to retain their dignity and their humanity, even as they are denied many basic human rights.

-Lisa Rismiller
Director

Patricia "Patty" Alvarez

continued from P. 3

When asked to consider the status of minority students in American universities Patty comments, that "Nationwide, the number of students of color entering and graduating from higher education isn't as high as we'd like it to be." The reasons for this, she explains, stem from a number of economic, social and cultural circumstances. Many minority students are often the first member of their family to go to college. Patty adds that "for first generation students, the road to higher education can be more challenging since they don't know the procedure. That's why outreach programs are so important. They help demystify some of the process and help highlight the strengths of these students. There's a wealth of strength that these students and their families have to offer. When students arrive at college, they have to balance a variety issues and navigate a new world, especially if they are first generation students trying to figure out who they are in both of these worlds."

It's a pleasure to welcome Patty to UD. Her refreshing focus on the positive aspects of being a student of color and a minority helps counterbalance those prevailing attitudes in today's society that seek to undermine the achievements of these students.

-Coral Flamand
Sophomore

Athletes Raise Breast Cancer Awareness

continued from P. 3

fight the troubling effects of this global ailment. Student-athlete-driven events are held during both the fall and winter to raise awareness and funds for cancer.

-Al Tomlinson
External Relations Intern



**Women's Center
212 Alumni Hall
300 College Park
Dayton, OH 45469-0322**



From the Director's Desk Newsletter to focus on UD women's athletics

Last spring the NCAA tournament success of the UD women's basketball team caused us to ask ourselves how the Women's Center and women in the UD community were (or weren't) helping to support UD women's athletics. To find out we reached out to Megan Winner, Assistant Athletics Director / Senior Woman Administrator, to see how we were doing.

Megan told us that UD women's athletics fared better, in both institutional and fan support, than many of their divisional rivals. But, she said, there was always room for improvement and she wholeheartedly welcomed our offer to help bring women's athletics to the attention of more members of the UD community.

With Megan's guidance and the assistance of Athletics staff members Krystal Warren, Adrienne Green, and Megan Jahrling, we worked over the summer to pull together a four-part brown bag lunch series that began in September with an overview of UD women's athletics and the impact of Title IX. Subsequent monthly programs will give insights into

the challenges women athletes have in balancing academics and athletics and what their coaches face trying to balance travel-heavy work schedules with their personal lives. The lunchtime series will end with a behind-the-scenes glimpse into all the staff and athletes' work that goes into a UD women's basketball game. Join us for one or more of these programs and we guarantee you'll come away with a new appreciation of collegiate women's athletics.

If you can't make it to the brown bag sessions (or even if you can) you can still learn more about UD women's athletics on the pages of this and future issues of *Voices Raised*. All this year we plan to feature interesting and little-known aspects of our women athletes, including their philanthropic activities (see page three of this issue) and how some of them have continued playing long after picking up their UD diplomas. We hope to conclude by celebrating the induction of one UD women's team into an Ohio hall of fame. Stay tuned for more on that exciting event.

-Lisa Rismiller
Director