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Voices Raised, Issue 30

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Voices Raised

Sisterhood of the Traveling Scarf



Some of the women who participated in the pilot Sisterhood of the Traveling Scarf over the summer.

Sisterhood. Togetherness. Memories. What do these words mean to you? This sense of community and sharing is what the Women's Center and the Office of Multicultural Affairs (OMA) at the University of Dayton are teaming up next semester to find out --- and through a most creative and enjoyable way for all who participate. The Sisterhood of the Traveling Scarf, coordinated by Daria-Yvonne Graham of OMA, is a program designed to give

women from the University --- faculty, students, and staff alike --- the opportunity to share bits and pieces of their lives, create memories, and document their stories. Not only is it intended to be an enjoyable experience for all women who participate, but it is also aimed at addressing the mission of higher education --- to reflect upon truth and a definitive meaning of life. The program works like this: each participant will receive the scarf (one made of fine

fabric in a versatile and highly fashionable pattern) and a journal to record her thoughts, feelings and experiences with the scarf. Women have two days from the time they receive the scarf and journal to wear it as an accessory in any manner they please. They are then encouraged to take a photo of themselves doing whatever it is they did while wearing the scarf --- for instance, spending time with family, all-girls outings, shopping trips etc. (Privacy is respected here, and the face may be cropped out of photos if an individual so wishes.) In the journal, each woman should share the experiences and memories of their "scarf adventures" and reflect upon the thoughts and feelings they had during and after. Included in the journal entries can be ideas of social justice and legal equality, service and leadership, increased knowledge and learning, and spirituality and community (as all of these themes apply to both the Women's Center and OMA). Journal writers describe how participation in The Sisterhood of the Traveling Scarf has changed the way they think or the way they view or value aspects of their

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Women's Center

Alumni Hall, 2nd Floor

9 a.m. - 5 p.m.
Monday - Friday

Other times by
reservation

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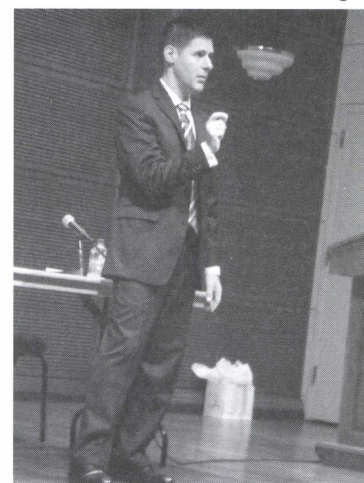
Dr. Corvino Speaks on Homosexuality

On October 26, Dr. John Corvino—a self-described philosopher, moralist, gay-rights activist, and professor at Wayne State University in Detroit, Michigan—came to the University of Dayton to participate in a discussion panel titled, "Attitudes, Perceptions, and Stereotypes about Homosexuality Today." He began the discussion panel with a quote from a close friend, "Big tornado watch in the area [Dayton, Ohio]. God knows you're coming." This joke set a tone for the rest of the evening's discussion, as Dr. Corvino used humor as a sort of comic relief when

the topic of the morality of homosexuality became too serious.

In his speech, Dr. Corvino presented four morality-based arguments against homosexuality, then proceeded to counter them with his own supportive arguments.

Dr. Corvino's first argument was that the Bible condemns homosexuality because of a verse from the book of Leviticus, "Thou shalt not lie with mankind as with womankind; it is an abomination." Dr. Corvino then gave examples of how Bible verses are often taken out of context. Next Dr. Corvino



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What's Going On?

Center for Social Concern Offers Break-out Trips Over Winter Break

New this year at UD-students will have a longer intersession break between the first and second semesters. There are two extra weeks of vacation which will allow students to spend more time at home, travelling, and on other activities. But what are students going to do with that extra time?



Students on a previous El Salvador break-out trip in Spring 2010

One hundred sixteen UD students and leaders will be doing service through break-out trips during the extra days they have during winter break. The service trips are coordinated through the Center for Social Concern and the students are headed to domestic and international locations. The extra two weeks will provide time for longer trips and give greater flexibility with different locations. Students will be going on the trips from January 6th through January 16th. Some of the international locations are El Salvador, Ecuador, Mexico, Belize, and Honduras. The domestic locations are New Orleans, Louisiana, Chicago, Illinois, Trenton, New Jersey, and Bloomington, Indiana.

The service trips will allow participants to gain cross-cultural understanding and have an opportunity to learn about different cultures while providing service to people in need living in those communities. In Mexico they will be going to Tijuana where they will work in an

orphanage, while the trip to Honduras is a pre-med trip where they will work at a medical clinic. In Ecuador, the participants will work with the Marianists in a rainforest. The El Salvador trip will focus on the relationship between the United States and El Salvador, the struggles El Salvador faces, and how United States citizens can help and make a difference in the country.

The domestic service trips will allow participants to experience the struggles and hardships that many Americans face today. In New Orleans participants will work with Catholic Charities helping to rebuild and remodel homes damaged by Hurricane Katrina. The service in Chicago will focus on poverty in the inner city.

If you are a student and would like to participate in a service trip here at UD, there is still a chance. In the spring there will be more opportunities for domestic trips where students will have the opportunity to go to Kentucky, East St. Louis, Cleveland, New Orleans and other places. Interested students can sign up online and to learn more about service trips at udayton.edu/ministry/CSC.

-Colleen Garvey
Sophomore

UD Shows Continued Dedication to Women's Athletics

As the dynamics of sports continue to evolve, it is the role of university athletic departments to advance as well. This holds true for the University of Dayton and its expansion of coverage for women's athletic events. This year Dayton will host volleyball and women's basketball NCAA regional tournaments at UD Arena. This marks the first time in school history that UD will host the volleyball regional and second consecutive year that the arena will play host to the women's basketball regional tournament. Both tournaments promise to be exciting events as the winner from each will advance to the Final Four in their respective sports. Dayton is the only school in the country that will host regional contests in both sports this year. With the university taking the appropriate steps to shine a light on such events and with the success of the Flyer women's basketball team, it was very rewarding

when Dayton was selected as one of 14 institutions and conferences to receive NCAA women's basketball grant program funding. The funding from the NCAA was set forth to increase awareness, exposure and attendance of women's basketball. Funds from the grant will be used to continue the momentum generated by the Flyers during the 2009-2010 season. Last year the Flyers finished with a 25-8 record and advanced to the second round of the NCAA tournament. Their year was full of firsts, including their first NCAA tournament berth, first victory over a Top 10 opponent and first appearance in the AP and ESPN /USA Today Top 25 polls. "We are excited and honored to be one of the few programs that will receive this grant," Senior Associate Athletics Director

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Profiles

"The A Team"



The "A" Team: Liz Duckro, Carol Stachler, and Phyllis Shope

We have many hidden "gems" who work throughout campus helping UD run efficiently, from those working in the admissions office to the servers in the dining halls. One group of women in particular embody the dedication and hard work that allow UD's Kennedy Union Ballroom to run smoothly. "The Golden Girls," "The A Team," or "The Ladies" are just some of the endearing names that staff and faculty use to describe Phyllis Shope, Carol Stachler, and Liz Duckro. These three reliable and enthusiastic women work hard to make UD's luncheons, banquets, and many other events at Kennedy Union come off without a hitch.

All three women have been working at UD for many years, ranging from sixteen to thirty-six. Each of them are mothers and when they started working at UD part-time it

allowed them to be home with their children and fit other family needs. Liz and Carol once have worked at the UD Arena where they staffed in the Boesch Lounge before it was remodeled in 2002 and in the concessions where they spent eight hours a shift "popping corn." All three have also worked in the Presidential Suite serving for Board of Trustees meetings.

At Kennedy Union they always work as a team, cleaning and serving at the banquets, luncheons and other events that take place in the Ballroom. They get along great and work together wonderfully. They work part-time five to six days a week on a weekly schedule and their job consists of serving food, washing the dishes, taking out the trash, fixing the linens, and cleaning up afterward. They staff the entire event from the beginning to end.

In regards to how they like working here at UD, Phyllis said "If I didn't enjoy working here, I would not have been here for sixteen years." The women agree that UD is a great place to work and is a great community. The students are very nice, show a lot of respect, and are extremely helpful.

These women are a great asset to have at UD, always ensuring events run smoothly. If you are ever attending an event in Kennedy Union and have the privilege of having "The A Team" serve you, make sure to show them your gratitude for the great service they are providing.

Colleen Garvey
-Sophomore

There's no (bent) grass growing under these sisters' feet

What is so compelling that two remarkable young women would travel 30 hours – by air – from home to attend UD? For the Ang sisters, their common interest is playing collegiate golf. But while their academic interests are very different, they both found what they were looking for among UD's academic offerings.

Junior Clara Ang came to UD from Singapore sight unseen "because it had a great mechanical engineering program (with an aerospace concentration option) and golf." Younger sister Cheryl followed the next year to enroll in UD's School of Business. "I have always aspired to initiate my own company" Cheryl said. "When my sister told me that UD holds one of America's best Entrepreneurship programs, I was convinced that UD will be an ideal starting point for me. Being given the opportunity to pursue my passion for golf on the UD Women's Golf Team further affirmed my decision."

While the sisters came to Dayton to pursue both their academic and athletic passions, they admit that being competitive athletes and successful students is challenging. Both say time management is an ongoing struggle when tournament travel

requires them to miss classes. Clara says, "I really have to try to keep up, or sometimes even stay ahead, of my schoolwork so that I will not be lost when I come back after a tournament." Cheryl echoes her sister's strategy, adding "it's been really heartening that ALL my professors have been so accommodating and eager to guide me in my studies." In addition to professors, the Ang sisters credit the support and understanding of academic advisors, workout coaches, roommates, and women's golf coach Sally Kusters with helping them be successful on the course and in the classroom. "It just encourages me to work harder in both studies and golf when I know that there are so many people who are willing to assist me," said Cheryl.

While not expecting to play professionally after they graduate from UD, both Cheryl and Clara say golf is a "passion" they hope to always make time for. Given the balancing act they successfully manage now, it should surprise no one that once Clara has completed graduate work in aerospace engineering and Cheryl has opened her own marketing firm, these two highly motivated young

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Health & Wellness

Ask the Doc: Female Athletes

Hey, Dr. B-

I love to run, but my periods get really off when I'm training for longer runs (I'm planning to do a half marathon in a couple of months). Is this bad? What can I do?

-Laura

Hi Laura-

Women athletes have some unique medical issues, and changes in menstrual cycles are very common. Some women find that their periods become less frequent if they are involved in prolonged intense physical activity. Changes in weight and training levels affect the hypothalamus and decrease the body's estrogen production, which affects menstrual cycles. If a woman misses one or more periods and she's sexually active, it's important first to make sure she's not pregnant. If she has gone three months without a period, then it



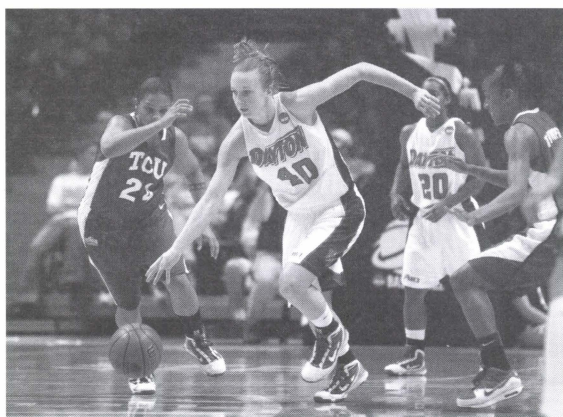
would be wise to check with a physician. Hypothyroidism, high prolactin levels, as well as something called "female athlete triad" (lack of periods, disordered eating, and osteoporosis/osteopenia) are all treatable causes. Even if she wouldn't have one of those problems, it may be worth being on medication to regulate cycles and possibly calcium supplementation (there is some concern about lack of periods causing decreased bone density even if someone doesn't have the triad noted above).

Another issue unique to women's anatomy is an increased risk of knee injuries, specifically risk of ACL tears. While this is not usually a problem for runners, it is common in sports where one plants the foot and turns or falls or is hit (soccer, basketball, etc.). Wider hips increasing the angle of the femur (thigh bone) to the tibia, creating stresses on the knee joint slightly different than for men, neuromuscular control differences, and hormonal effects on ligament strength may all play a role. Targeted strengthening exercises can reduce the risk of this injury.

Also, Laura, make sure you've looked at some recommended training schedules for such a long distance goal. You'll want to alternate medium runs with gradually increasing weekly long runs, and consider cross-training such as water-running, cycling, etc. to build endurance and reduce the risk of overuse injuries.

Good luck on that half marathon!

-Dr.B



- 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. For questions of
- general interest (NO personal questions) for the e-column "ask the
- doc", write to askthedoc@notes.udayton.edu, this e-mail is checked
- only occasionally, e.g. once or twice a year. "Ask the Doc" questions
- will only NOT receive personal responses, but may be used for
- informational columns for others in the future. For personal medical
- or informational questions, call the Health Center at 937-229-3131.

Self Care:

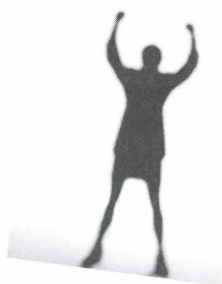
The Importance of Taking Time for Yourself

Self-care. When I talk with clients who come in over-burdened, over-stressed, and overwhelmed, the concept of self-care is often overlooked as a plausible way to deal with the stressors that life gives us. "I am too busy" they say. "I do not have time in my schedule"; "I just have too much to do". As a fellow human being who has some of the same concerns, I acknowledge this fact. Everyone has responsibilities, deadlines, homework to do, papers to grade, or tests to prepare for. We all have pressures that we are under. But it is these times in particular when self-care is most important.

Self-care is about identifying those interests we have and activities that we do which energize us. It can also be talking with people in our lives who provide us support. Self-care is how we recharge our mental batteries. It is how we fuel up to give us the necessary energy to address the struggles that we face. Imagine for a moment that you were having a stressful day. What would you do to relax? Would you call up an old friend to chat? Maybe you would go to the RecPlex and run it off. For some, after having a stressful day, nothing would be better than a drink or three. Positive or negative, these things are your self-care activities. These things are how you cope with stress in your life.

Ways to Cope with Stress

<i>Positive</i>	<i>Negative</i>
-Exercise regularly	-Alcohol
-Get enough sleep	-Drugs
-Talk to a friend or family member	-Yelling at others/ Irritability
-Maintain healthy eating	- "Holding it in"
-Plan fun activities for yourself	-Withdrawl from others
-Get creative by painting or drawing	
-Journaling or creative writing	
-Learn something new	
-Incorporate music into your life; listening to it, singing, or playing an instrument	



We are coming up on the end of a semester which can be a stressful time for everyone on campus. I encourage all of us to take a look at how we cope with our lives. Get creative with your own self-care. Make room for these activities by scheduling them into our busy lives. The excuse "I don't have time to take care of myself" is no longer valid. For when we look at our lives, there is no better time to make a commitment to self-care than now.

-Nick Gehle

Psychology Trainee

Home for the Holidays

The holiday seasons can be filled with celebration, food, friends and family. However, for many people it is also a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future, which can spiral into feelings of depression (e.g., persistent sadness, significant loss of interest in activities, significant changes in sleep).

There are many things that can be done to cope with holiday depression. One thing is to keep a hold on the situation. For example, family tension may seem more painful and extreme during the holidays. It may be helpful to come up with strategies that will help you cope with family tension (i.e., calling a friend, planning healthy activities that remove you from the house). Young adults of divorced parents may find that their stress increases over the holidays because of the demands that are placed on them to be in two places at once. It is important to recognize these familial obligations, but also take care of yourself. It may be good to plan activities such as volunteering, spending time with friends, or exercising to remove you from negative environments. Keep your expectations of the holiday season reasonable by setting small goals and taking time for yourself. One way to do this is to organize your time and make a list that will prioritize important activities. Be realistic in what you can and cannot do. For college students, the holidays are time to recharge after a long and hard semester. Taking time for yourself may be one of the most important things you can do.

If you are a UD student and find that, after returning from the holidays, you are still feeling sad or you are having a hard time adjusting to the new semester, you are encouraged to call the Counseling Center. These services are free to undergraduate students. Call 937-229-3141 for more information.

Kate Hibbard

-Clinical Psychology

Voices Raised

Unique Nativity Scenes Displayed in the Women's Center

As the holiday season approaches, so too does the prospect of decorating the home and workplace with those seasonal ornaments that reflect the spirit and joy of Christmas. When we think of holiday decorations, often the first things that come to mind are secular images: brightly colored ornaments, sparkling lights, jolly Santa figurines, or lush garlands. While all of these are certainly a spirited aspect of the secular Christmas season, there are also options for decoration that reflect the religious side of the Christmas holidays. A nativity scene is a wonderful way to remember the true meaning of Christmas and display beautiful holiday art in your home. The Women's Center, located on the second floor of Alumni Hall, is currently featuring three of the Marian Library's nativity scenes that reflect the joy and spirit of Jesus' birth in ways that are less conventional than a typical nativity scene.

"Sun, Peppers, and Snow"



The first, called "Sun, Peppers, and Snow," is by Jil Gurule, a self-taught sculptor from New Mexico. Her vibrant nativity features the sun, peppers, and snow as the main decorative elements, and they are meant to symbolize life, spice, and hardship, respectively. The crèche is comprised of an entire village, with adobe homes and villagers. Mary, Joseph, and Jesus are out in the open, rather than remaining confined inside, celebrating with other villagers. The nativity as a whole is a reflection of the colorful life of the Southwestern Native Americans.

The second nativity being featured, entitled "A Woman's Nativity," was created by Arterra Studios in France. The artist statement asks, "Why are nativity sets peopled with a majority of men? Is there no room for women?" This crèche is the answer to these questions, with a scene featuring only women gathering to celebrate the birth of the Lord (with the exception of Jesus and Joseph). It is a Provencal set and therefore features traditional French women; some noblemen, wearing broad-brimmed hats, are present, but the majority of the women gathered are peasants carrying fruit, fish, and even a holiday goose.

"Faceless Beauty"



"A Woman's Nativity"



The third nativity found in the Women's Center is entitled "Faceless Beauty," and it was created by Wava Best. This work of art is centered around the idea that facial expression may detract from the "beauty of a gesture and the elegance of a pose;" thus, the nativity's figurines are without faces. However, this does not mean that the piece is without detail. The one exception to this detail is found in the Christchild himself, who is simply a formless bundle of swaddling clothes. This is reflective of early Christian representations of the Christchild, which were meant to hide his true origin. Despite the fact that he remains "hidden to the eye" in this nativity, Christ is still easily found, recognized, and loved in the hearts of all who come to see this beautiful nativity scene.

Megan Schilter
-Sophomore

Sisterhood of the Traveling Scarf

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all stories and pictures received on a blog specifically created for the program (<http://udsisterhood.blogspot.com/>), so that others can read about the experiences of the participants. Each participant will have two days with the scarf and journal to complete their adventure and an additional day to pass it on. It will be important to keep the scarf going around so that others may have the opportunity to join! The last one to have possession of the scarf will return it and the journal directly to the Office of Multicultural Affairs. It will take place starting February 14th with an opening event at OMA and will end on March 14th at the Women's Center. All pictures, and anything else participants feel they'd like to share with the program, will be e-mailed to oma@udayton.edu. Women faculty, staff and students who would like to sign up to be a part of The Sisterhood of the Traveling Scarf should visit <http://udsisterhood.blogspot.com/>. The Sisterhood of the Traveling Scarf will be a fantastic opportunity for all women at UD to have fun, make memories, and reflect upon life --- something which, in the busy world today, most don't ever get the chance to do. Sign up for an experience that will be remembered by you and those with whom you share it!

-Joy Hamilton
Freshman

Dr. John Corvino

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that homosexuality is wrong because it is harmful. He noted that historically homosexuals have been blamed for atrocities such as "plagues, tornados, and Lindsay Lohan." In all seriousness Dr. Corvino pointed to the most widely thought of harm caused by homosexuals—AIDS. He stated, though, that AIDS can be contracted just as easily from sexual partners of the opposite gender as easily as sexual partners of the same gender.

Homosexuality "threatening" the family and traditional marriage is another argument Dr. Corvino addressed in his discussion. This argument includes the belief that same-sex couples will not do as well raising children and that their whole relationship is immoral. He countered with his own argument that no one is "doing anyone else any favors" by pressuring people into marriages that they do not want. He said the same is also true for not letting people marry one another.

The argument that homosexuality is "unnatural" was the last point Dr. Corvino discussed, saying some believe homosexuality is a choice rather than an orientation people are born with. He then noted that homosexuality is found among animals, both in sexual practices and life-long relationships. But when Dr. Corvino said that people often refute this argument, he wondered, "When did animals provide us with moral and sex standards anyway?" Dr. Corvino's presentation was followed by short summaries of Catholic teaching on homosexuality by UD professors Dr. Kelly Johnson, Dr. Jana Bennett, and Dr. Dennis Doyle. After their remarks, Dr. Corvino rejoined them on stage for an engaging question and answer session.

Ishmael Ruiz, the Student Government Association Director of Internal Affairs, first learned about Dr. Corvino from a friend who brought him to Wright State. Ruiz wanted to bring Dr. Corvino to the University of Dayton because "there has been a label placed on UD as it being anti-gay." He wanted people to understand that the University of Dayton is a "welcoming place that embraces all forms of human diversity." Referencing the discussion panel, Ruiz was "amazed" at Dr. Corvino's ability to engage the audience, and "his humor made it easy for students to engage in this dialogue about homosexuality."

Overall, Dr. Corvino was warmly received as a guest here at UD, and all students, as Ruiz believes, gained a great deal from his speech. In Dr. Corvino's own closing words in his speech, "Judge not on who they love, but how they love."

-Meghan O'Connor
Sophomore

Dedication to Women's Athletics

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Dave Harper said. "Our women's basketball program is continuing to emerge nationally under Coach (Jim) Jabir's leadership. These funds will allow us to build a broader branding platform, increase attendance and add to our in-game atmosphere." With the success of its nationally-ranked volleyball team and with women's basketball returning everyone but one player after such a historic season, it is a great opportunity for Dayton to host each contest. However, it would be even grander if both teams can advance to the Sweet 16 themselves. Competition for the volleyball regional will take place on Dec. 10-11, 2010, with the winner heading to Kansas City, Mo. for the Final Four. The women's basketball regional will tip off on March 26, 2011 and conclude with the regional final on March 28. Tickets for both are on sale now and can be purchased by contacting the UD ticket office at (937) 229-4433.

-Al Tomlinson
External Relations Intern

Clara and Cheryl Ang

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women will still be hitting the links on a regular basis. Having learned the art of work/life balance at such a young age, the Ang sisters are already well on their way toward becoming the "whole" people Catholic and Marianist educational institutions hope to foster.

-Lisa Rismiller
Director



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Dayton, OH 45469-0322**



From the Director's Desk

Thanks to those who make UD "run like butter"

Three seemingly unconnected experiences converged in my mind recently: reading that UD students reported to the Princeton Review that their university "runs like butter"; conversing with Catering staffers Phyllis and Carol (see our Profiles article on "the A team" on page 3 of this issue); walking across campus in the brisk fall air that signals the upcoming Thanksgiving holiday. I started with thinking about "who" makes UD "run like butter." Though we each have our own "lens" through which we view UD, here's a glimpse through mine.

I know that UD has many dedicated, hardworking faculty and administrators, and the place truly wouldn't be the same without them. But to me it's people like "the A team" (Phyllis, Carol and Liz) and Vince in Central Receiving....Louie, Tommy and Doug in UD Printing....Esther, Kerry and Susan in the Barrett Dining Room,.....and Melvin, the always smiling maintenance man in KU, who keep this place running. It's the folks who spend hours in the cold darkness clearing the parking lots and sidewalks of snow long before I crawl out from under the warm covers to get ready for work. Those same folks work equally hard on hot August days, keeping campus

green and flowering. And these are just a few of the folks I see.....many others work literally behind the scenes, keeping the HVAC going, the utility grid stable, the computer networks humming, and the dining halls filled with great food. It is THESE people who make UD "run like butter" and this season of giving thanks is a great time to acknowledge them.

So thanks to the Post Office staff for getting my mail to me each day. Thanks to the Parking Services folks who patrol the parking lots ensuring I have a place to park and (thankfully only once) give a jump-start to my dead battery. Thanks to the Emporium staff for their outstanding sandwich-making skills, and to the Health Center staff for ensuring our students' health needs are met. Thanks to the Accounts Payable staff who keep my accounts straight, and to the library staff who ensure the reading materials I need are on the shelves. Thanks to all the Alpha and Omega staff who keep our work spaces spiffy, and to those who plan all the daily Masses and special liturgies. This is just the beginning of the thanks I owe to those whose paths I cross each day. I hope that as part of your holiday preparations you will take a few minutes each day to thank those around you who really make UD "run like butter." Giving thanks to those behind the scenes is a reminder that it takes all of us to make UD a great place to learn and work.

-Lisa Rismiller