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## Voices Raised, Issue 31

University of Dayton. Women's Center

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Women's Center

UNIVERSITY of  
DAYTON

March 2011  
Issue 31

## 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

To subscribe to this  
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wc.newsletter@notes.  
udayton.edu

# Voices Raised

## Our History is Our Strength

*"Countless women have steered the course of our history, and their stories are ones of steadfast determination. From reaching for the ballot box to breaking barriers on athletic fields and battlefields, American women have stood resolute in the face of adversity and overcome obstacles to realize their full measure of success. Women's History Month is an opportunity for us to recognize the contributions women have made to our Nation, and to honor those who blazed trails for women's empowerment and equality..... I call upon all our citizens to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women" (Barack Obama, Presidential Proclamation, March 2010).*

Thus reads the official proclamation to open March as Women's History Month across the nation, and yet I can hear the groans across campus; the moans of, "not another one;" "is it that time of year again;" or "I'm tired of all the emails about this topic, we know our women's history." But do we? Most of us can name a few pioneers like Susan B. Anthony, Sojourner Truth, Elizabeth Cady Stanton, Madame Marie Curie and a few others. But can any of us tell the story of Henrietta Lacks, whose "stolen" cells are saving countless lives (*The Immortal*

*Life of Henrietta Lacks*, Skloot, 2010), or of Martha Carrier, who was hanged for standing for the truth at the Salem witch trials, (*The Heretics Daughter*, Kent, 2010)? Who, other than some Women's Studies and English majors call themselves Janeites in tribute to ground breaking author Jane Austen? How about the stories of our own grandmothers and how their lives helped shape ours? For every name listed here there are countless others who should be a part of our history books but have been left out, making women's contributions

largely invisible and forgotten.

This year's theme, *Our History is Our Strength*, was chosen by the National Women's History Project to show that "the stories of women's achievements are integral to the fabric our history" (<http://www.nwhp.org/whm/index.php>). The women in our history unite us. If not for two women, Adèle de Batz de Trenquellèon and Marie Thérèse de Lamourous (with Blessed William Joseph Chaminade) the Marianists and UD might not exist today. If not for our

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## National Girls & Women in Sports Day

February second marked the silver anniversary of National Girls and Women in Sports Day. This day is meant to celebrate, and continue to recognize, the involvement and achievement of girls and women athletes. In the beginning, NGWSD was just one event in our nation's capital created in order to honor Flo Hyman, an Olympic volleyball player. Since this initial meeting, National Girls and Women in Sports Day has grown into a nationwide event covering all fifty states. On February 2, 2011, thousands came together to observe NGWSD where it all began—Washington, D.C.

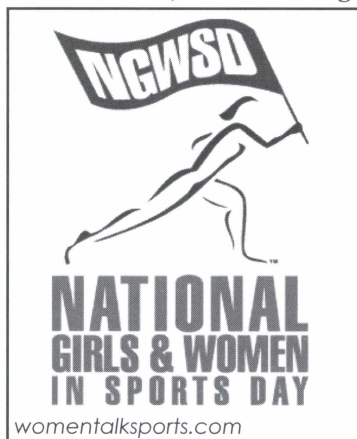
Almost forty years ago, Title IX passed. This federal law stated that no one, based on sex, should be discriminated against in any educational program or

activity that receives federal funding. Despite reforms in girls' sports, this country has yet to reach equality.

In high school, girls' teams are still fighting for equipment, game schedules and practice times, and the chance to play. According to Women's Sports Foundation, even though

progress has been made due to Title IX, "high school girls still receive 1.3 million fewer participation opportunities than do boys, and evidence suggests that the money spent on girls' sports programs lags significantly behind the money spent on boys' programs." While high school girls are still facing obstacles, we can thank other women athletes who are playing—or have played—harder than ever to keep opportunities endless for girls who wish to play sports. One of the many athletes to thank could be Maggie Hinkle, a sophomore here at the University of Dayton and player on the women's soccer team. When asked what it meant to her to be a woman athlete,

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# What's Going On?

## March: Save the Date

March is Women's History Month and here at UD there are many events going on to celebrate the accomplishments and talents that women have achieved and possess.

### March 1-April 1 *Rituals of the Bee Priestess*

The Art of Nancy Macko  
Women's Center Gallery  
M-F, 9:00-5:00

Go to Page 6 of this issue  
for more information on  
Nancy Macko

### Tuesday, March 8

International Women's  
Day Reception  
Women's Center  
4:00-7:00 PM

### Wednesday, March 16

Nancy Macko:  
*Interactive Workshop on  
Monoprinting*  
ArtStreet  
7:00-9:00PM

### Tuesday, March 15

Nancy Macko: Artist Talk and  
Reception  
ArtStreet Studio C  
6:30 PM

### Tuesday, March 15

Sisterhood of the Traveling Scarf  
Reception  
Women's Center  
3:00-5:00 PM

### Monday, March 7

Dr. Janet Jacobs' presentation:  
*Memorializing Genocide*  
Sears Recital Hall  
7:00 PM

### Tuesday, March 8

Dr. Gail Dines'  
presentation:

*Sex(ism), Identity,  
and Intimacy in  
a Pornographic  
Culture*

Sears Recital Hall  
7:00 PM

### March 11-13

UD Monologues  
Black Box Theater  
8:00 PM

### Thursday, March 24

Miryam Award Presentation  
and Reception  
Immaculate Conception  
Chapel  
4:30 PM

### Friday, March 18

Friday Night Films:  
*The Heretics*  
ArtStreet  
9:00 PM

### Monday, March 28

Dr. Gail Bederman's presentation:  
*Sexuality and Catholic Higher  
Education*  
Sears Recital Hall  
7:00 PM

### Saturday, April 16

*Women's Rights in Islam Conference*  
Kennedy Union Ballroom  
9:00 AM-4:00 PM



# Profiles

## UD team to be inducted into Ohio Basketball Hall of Fame

The 1979-80 University of Dayton women's basketball team was a trailblazing, one-of-a-kind group that achieved a moment of glory they fought for and earned; a National Championship.

Now that squad has been elected to the Ohio Basketball Hall of Fame. The UD women will be enshrined on May 21, 2011 and the induction ceremony will be held at the Columbus Convention Center.

The humble beginnings of UD women's basketball began with a three-game schedule in 1949. Then came the advent of the five-player game in 1966. That 1979-80 team had come a long way.

They paved the way for the success of the program now – a program that, for the first time in history, earned a berth to the NCAA Division I Women's Basketball Championship during the 2009-10 season.

The 1979-80 Flyers, coming off a 1978-79 season in which they were 33-3 overall and national runners-up, upped the ante with an astounding 36-2 record, setting the mark for the highest single season winning percentage in UD history (.947).



The 1979-80 UD team celebrates a triumphant victory

That Dayton squad compiled a spotless 18-0 record at home. They continued their success in the postseason winning the OASW State Championship, the Flyers' second consecutive and third in the last four years. They then claimed their third consecutive MAIAW Regional Championship, outscoring opponents by 43 points per game.

Then came their fourth consecutive trip to the AIAW Division II National Championships. This time Dayton would not be denied the crown and won the title game with an 83-53 victory over Charleston (SC).

The 1979-80 Flyers were known for their dominance, displayed perfectly by their 25-point average margin of victory. And they didn't play cupcake teams. The Flyers went 5-1 against teams from the Big Ten Conference with victories over Indiana, Purdue, Illinois, Michigan and Ohio State.

Four members of the 1979-80 Flyers are in the top six career scorers at UD, including career point leader Ann Meyers, who totaled 2,672 points. Meyers closed out her four-year career by being named the Division II Player of the Year and earned All-American honors for the third season. Carol Lammers ranks second in UD history with 2,151 points. Beverly Crusoe is fourth with

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## Miryam Award Winners Devoted to Women

Every year Campus Ministry's Center for Social Concern presents the Miryam Award to honor a person(s) or organization on campus whose actions improve the environment for and support the development of women at the University of Dayton. This award was started in 1996 in an attempt to recognize the efforts of individuals who supported the advancement of women on campus. Since its beginnings, the university has seen significant changes in the support for women through the determination and persistence of women, men, and organizations in the UD community. This year, one individual and one student organization's founders are being awarded the Miryam Award.

Dr. Judith Martin, SSJ is honored with the 2011 Miryam award for her dedication to the advancement of women on campus. Her focus was to move "women's issues," though she notes it is important to see them as human rights issues because they affect men as well, from the margins to the center of campus life. She did not just want to connect to women with these issues, she wanted to enrich the lives of men, also, by broadening their educational experiences. Dr. Martin, continues to make progress on campus with two goals in mind. The first is

to help others she sees struggle for equality, and the second is to help others recognize that it is important for patriarchal faith traditions to be in conversation with feminism. As to her reaction to receiving the award, Dr. Martin, said, "Receiving the Miryam Award is special to me because it triggers wonderful memories of all those colleagues with whom I strategized and collaborated to enhance the climate for women on this campus." Coincidentally, she is the advisor for the other two recipients of the award, the founders of Solidarity, Annie Buscemi and Claire Hampel.

After recognizing their shared dismay for the treatment of women, such as in sex trafficking, and their shared passion to do something about it, two friends decided to found a club to help empower women, especially of the younger generation. Solidarity is a UD service club that mentors young women at two local junior high schools in Dayton. Since the founders see the biggest problem plaguing women today as a lack of self-worth, they wanted to increase self-esteem, confidence, and problem solving skills in young girls in the Dayton community. Their hopes for the young women Solidarity members mentor

Continued on P.7



# Health & Wellness

## Ask the Doc:

### Improving health and happiness

I've resolved to be happier and healthier in 2011. What are your top ten (or however many) tips for being a healthy woman this year?

-Ashley

Dear Ashley-

Here are a few basic things to improve most everyone's health and happiness:

1. Eat more fruits and vegetables, *at least* 5 servings every day. More and more studies show that this can reduce cancer risk by 30-40% while also reducing risks of heart disease and stroke.
2. Eat moderate amounts of healthy fats (olive or canola oils, nuts, olives, etc.); minimize saturated fats (animal fats, coconut and palm oils in processed foods).
3. Work towards or maintain a healthy weight. If you're overweight, look at the "big picture". True weight loss (and health) only comes from an on-going commitment to healthy eating and exercise, NOT going on... and off...diets. And a healthy weight is NOT the same as thin.
4. Exercise most days of the week. Take the stairs. Park in the distant parking lot. Do 30 minutes of aerobic exercise at least 3 days a week.
5. Don't use tobacco products.
6. Limit alcohol. For women, this is an average of no more than one drink daily; two for men.
7. If you use marijuana or other illegal drugs, QUIT!
8. Don't let stress get the best of you! Prioritize your time. Do the things you really enjoy and find worthwhile. Learn to say "no". Meditate or pray regularly. Exercise (see #4).
9. Make time to do things with people you love.
10. Choose to be happy. Abraham Lincoln said, "Most folks are about as happy as they make up their mind to be."

Obviously I could expound on any of those topics, but I think those things are basic tenets of good health. Have a great 2011!

-Dr.B

"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.

# Why Do We Diet?

As the new year began, many people set resolutions to have a healthier lifestyle, including diet and exercise. But weight loss "diets" rarely work and often lead to overall weight gain rather than weight loss. So why do we diet if it doesn't work? For many, there is a pressure to fit an "ideal" body image, leading to harmful beliefs about eating.

## Beliefs about dieting that may be harmful

**One:** "There are foods that should not be eaten... ever." If we follow this idea, what happens when we inevitably slip and eat something that is forbidden? Many who diet go into a tailspin of "Well, I screwed up. I might as well eat whatever I want today since I've blown my diet". This leads to "Well, this diet obviously doesn't work, I might as well eat whatever sounds good until the next time," or "I can't do this, why even try," leading to gaining back the lost weight and possibly more.

**Two:** "In order to be healthy, I have to weigh \_\_\_ XXX\_ amount and if I weigh more, I'm unhealthy." Following this idea, one needs to ask, where did the idea for "healthy" and "unhealthy" weight come from? And is it really about the weight or is it about being physically fit? The statistics we often hear concerning obesity-related deaths have been shown to be inflated when the studies are reproduced. However, many of the original studies are run by pharmaceutical or diet companies who profit from the inflated figures being used. What newer research has discovered is that fitness is much more important to overall health than weight.

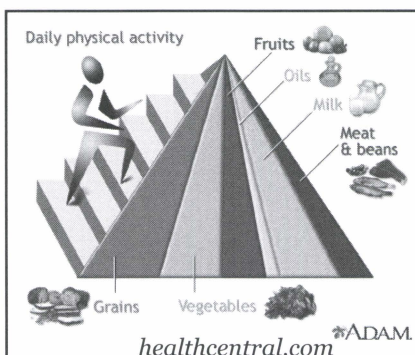
Lesson 1: Harmful beliefs can be replaced by healthy ones that encourage lifestyle changes.

## Healthy dieting beliefs that encourage lifestyle changes

**One:** "Eat when you're hungry, and don't eat when you're not." Sounds simple, right? But many of us eat for reasons other than hunger. Try tuning into your body and really focusing on eating when you're hungry and what you're hungry for. Then pay attention to how refreshed you feel because you listened to your body.

**Two:** "Pay attention to what you're eating." Many of us multi-task while eating and don't truly pay attention to the tastes and sensations going on in our mouths. But taking time to experience what you are eating will decrease the amount you eat because you are allowing your body to communicate with your brain how much you have eaten and when you are full.

Lesson 2: The other thing to remember is that there are going to be times when you don't follow these or other rules you have set for yourself, but don't get discouraged, it takes time to change habits.



### For additional information see:

*Big Fat Lies* by Glenn A. Gaesser

*Recipe for Life* by Judith Matz  
(Found in Psychotherapy Networker, Jan/Feb 2011)

*I Think, Therefore I Eat* by Judith Beck  
(Found in Psychotherapy Networker, Jan/Feb 2011)

Melissa Pluth  
-Counseling Center  
Psychology Intern



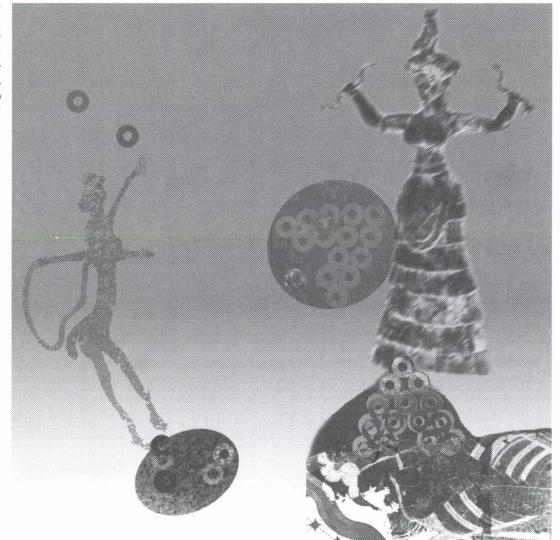
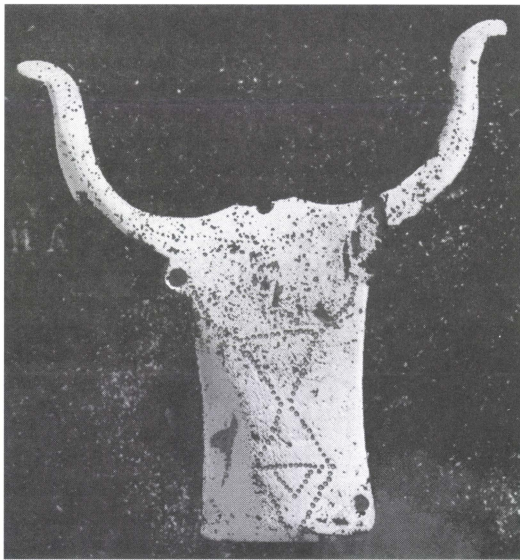
# Voices Raised

## "Rituals of the Bee Priestess"

### The Art of Nancy Macko

If one individual could be used to exemplify "accomplishment," Professor Nancy Macko would undoubtedly be a strong contender for that title. Currently the chair of the Gender and Women's Studies Department and Director of the Scripps Digital Art Program, Macko has been a member of the Scripps College (CA) faculty since 1986. In her time there, she has also served as the Chair of the Department of Art and Art History from 1998-2003. A New York native, Professor Macko received her undergraduate degree from the University of Wisconsin, River Falls and her graduate degrees from the University of California, Berkeley, with a concentration in painting and printmaking. Amid these achievements and professional titles, it is important to remember that Nancy Macko is an artist. She has been a practicing artist since the 1980's, producing 20 solo exhibits and participating in over 140 exhibitions since then. Currently, the University of Dayton has been honored with a collection of her works that are on display in the Women's Center Gallery (Alumni Hall 2nd floor).

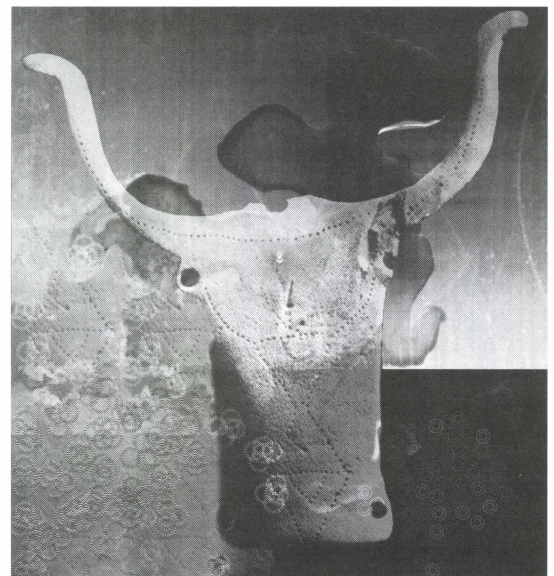
The first piece (top right), taken from the *Thera Series*, is one of six digital prints that all draw upon images from the earliest utopian society, the Minoan period. Many artifacts depict women in powerful positions in society, and this work reflects the relationships among goddesses and women of that period located in their own "utopic space."



Two other featured pieces (above and bottom right) are taken from a different collection, *Bucrania 1-12*. This series' main focus is on the process of regeneration and the movement of the soul. It is primarily inspired by the goddess Artemis and the bull, both of which are said to belong to the moon and to bees. Artemis drew souls to be born, and good souls are said to be reincarnated as bees; furthermore, legend says that planting a bull's head in the ground, when the sun is in Taurus, will result in a swarm of bees issuing from the horns. With this imagery in mind, Macko created the *Bucrania* series to illustrate the "movement of the soul as an almost physical form in the [bull's head]." Her art depicts the transition of bodily fluids into vapors, disappearing to the stars, and finally returning to their "etheric state." The bees that are displayed are reflective of the notion that life can be found in death.

Professor Nancy's Macko's artwork is on display at the University of Dayton Women's Center, which is located on the 2<sup>nd</sup> floor of Alumni Hall, from March 1<sup>st</sup> to April 1<sup>st</sup>.

Megan Schilter  
-Sophomore





# Women's History Month

Continued from P.1

grandmothers, U.S. women might not have the right to vote, and if not for a horrendous fire we would not be celebrating the United Nations' 100<sup>th</sup> anniversary of International Women's Day.

Certainly March is not the only time we should be considering women's issues and the women who walked before us, but it is a time to focus on where we are in gender equality issues and what next steps are needed to ensure equality for future generations of women. To that end, this year the Women's Center has a lineup of speakers celebrating women's history and issues relevant to the equal treatment of women. So please join Janet Jacobs, Gail Dines, Gail Bederman, and Nancy Macko as they explore topics related to women's lives yesterday

To learn more about some of these ground breaking marianist women you can visit the websites:

[www.udayton.edu/rector/lamorous.php](http://www.udayton.edu/rector/lamorous.php)

[www.udayton.edu/rector/adele.php](http://www.udayton.edu/rector/adele.php)

and today. And consider the history of the women in your own past and how they helped shape your future, so that in 2012 Women's History Month will be about your history too, and not simply a list of emails inviting you to events.

-Pattie Waugh

*Programming Coordinator*

## National Girls and Women in Sports Day

Continued from P. 1

Hinkle's response was refreshing: "Being a part of the women's soccer team has taught me more about life than soccer itself. I've learned that commitment and dedication will help you rise above your opponent. I've also used these qualities to help separate myself from other students in the classroom and plan on carrying them with me into the workforce." Maggie has gained confidence on and off the field in whatever she does. By playing women's soccer, she has helped make the journey for equality a little easier.

NGWSD celebrates the achievement of women's sports. This day also promotes the growth of opportunities for girls and women to participate in athletics.

Here at UD on February 5th, in honor of National Girls and Women in Sports Day, the UD Arena held activities for youth by providing interactive stations hosted by UD women athletes and one dollar youth admissions into the Women's basketball game versus Xavier University.

-Eva Rubin de Celis

*Sophomore*

## Ohio Basketball Hall of Fame

Continued from P. 3

1,627 points and Tammy Stritenberger is sixth with 1,380 points scored.

Members of the 1979-80 Flyers include: Journey Beard, Beverly Crusoe, Mary Carol Gleason, Pat Hoffman, Marlene Jarzynka, Julie Johnson, Carol Lammers, Mary McDonald, Ann Meyers, Kim Ramsey, Tammy Stritenberger, and Sue Youngpeter. The group was inducted into the University of Dayton Athletic Hall of Fame in 2000.

-Krystal Warren

*Assistant Director of Athletic Communication*

## Miryam Award

Continued from P. 3

are that they realize their self-worth and discover their passion in life so that they continue to do what makes them happy. As to their reactions at receiving the award, both were excited at the news. Buscemi added, "It is so inspiring to know that something I helped create has made such a difference in our community and has the potential to make a great difference in the future." Hampel said, "I am even more proud that the University of Dayton encourages its students to empower women."

The Miryam Award Presentation and Reception to honor these women will be held on March 24th at 4:30 PM in the Immaculate Conception Chapel.

-Meghan O'Connor

*-Sophomore*





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



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DAYTON

## *From the Director's Desk* Building Communities of Women

**Community (noun):** a group of people with a common characteristic or interest living together within a larger society.

This is perhaps one of the most distinguishing and, at the same time, overused terms to describe UD students, faculty, staff, and alumni. Nonetheless, I've been struck lately with the realization that whenever and wherever UD women gather, community-building happens. Of course, I'm not suggesting that men, or even mixed groups of men and women, don't or can't build communities. Clearly they have and they do. But from my experience, the communities women build when they gather around a common purpose or interest are unique.

Working in the Women's Center, Pattie and I sometimes meet with individual UD students, faculty or staff members in need of resources, direction, support or affirmation. We gladly do what we can for these individuals, but it's in groups of UD women that we feel blessed to witness their collective wisdom and potential.

Some groups we work with are fairly small and intimate, where any participant can safely "let her hair down" (metaphorically speaking) and know that others will empathize, advise, or simply listen. It's in these settings that we often see women come to the realization that they are not alone, their experiences – good and bad – are not unique, and others have come through

similar situations occasionally unscathed, sometimes battered, but stronger in some way. When women "connect" in this manner, bonds are often formed that transcend common boundaries of age, experience, rank, nationality, etc.

In larger gatherings of women, it's exciting to see how their thoughts and words build upon each others'. One woman's comment will cause another to jump right into the discussion with little regard for traditional deference; there seems to be an implicit understanding that each woman brings different gifts to the group, so efforts are almost always made to ensure everyone is heard. To an outside observer these gatherings might appear chaotic, but I've no doubt all come away with new knowledge, broader perspectives, and a stronger sense of (yes, you guessed it) community.

So the lesson to be learned here is this: all UD women should seek out opportunities to gather with other UD women. There are as many ways to do this as there are women at UD. Attending a lunchtime brown-bag speaker or a women's athletics event; stopping to chat at a student organization's table in the KU lobby or Humanities Plaza; inviting others to join you in a favorite hobby (reading, knitting, walking, etc.); volunteering for a committee; taking a few minutes to personally welcome a new woman in your work area; all are just a few ways to form communities of women. Find what works for you and jump right in....

-Lisa Rismiller