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## Voices Raised, Issue 36

University of Dayton. Women's Center

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# Voices Raised

## Sexual Assault- A Secret and Hidden Crime

Sexual assault can be defined as a forced physical act of a sexual nature on another person, or any sexual act committed without consent. Although sexual assaults most frequently occur by the force of a man on a woman, it may involve any combination of two or more men, women and children.

The term *sexual assault* itself is used, in common parlance, as a generic term defined as any involuntary sexual act in which a person is threatened, coerced, or forced to engage against their will, or any sexual touching of a person who has not given their full (and importantly, sober) consent. This includes all forms of rape (such as forced vaginal,

anal or oral penetration), inappropriate touching, forced kissing, child sexual abuse, or the torture of a victim in a sexual manner.

Within the United States, approximately 300,000 women are raped each year and 3.7 million women are subjected to other forms of unwanted sexual activity. Approximately 80,000 children in the USA are sexually abused each year. It has been estimated that 1 in 6 women in the USA have been or will be sexually assaulted during her life. Additionally, according to the US Department of Justice, 1 in 5 women in college will have experienced some form of sexual assault by the time they complete their undergraduate

degree. If then you are a UD male that would translate to be 1/5 of your female friends, women you might date or possibly even your sister. When you stop to think about it in this way those are some upsettingly high odds.

One thing that can be done to combat this secret and hidden crime here at UD is to participate in some way in Sexual Assault Awareness Month (April) – see page 2. One of the “signature events” of the month will be a “Take Back The Night” vigil in Humanities Plaza on Thursday April 19<sup>th</sup> at 6PM. Take Back the Night is a special evening for all to gather to support and empower women, to stop sexual assault, and transform it from a

**Continued on P.7**

### Women's Center

Alumni Hall, 2nd Floor

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

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## Relay for Life: 10 Years Closer to the Cure

This year marks the 10<sup>th</sup> anniversary of the University of Dayton community celebrating cancer survivors, remembering lost loved ones, and fighting back against the disease by sponsoring the American Cancer Society's Relay for Life fundraiser. Raised funds will be directed toward new research in order to find a cure for cancer in addition to programs assisting and supporting those currently fighting cancer.

Held in the green space between Marycrest and Kennedy Union, the Opening Ceremony for this eighteen-hour event will be on April 14<sup>th</sup>

at 3:00 p.m. The relay begins honoring survivors with their own lap. Luminaries line the

track and burn throughout the night in honor of those touched by cancer. During the Luminaria Ceremony, walkers receive a candle and walk a lap in silence. The Closing and Awards Ceremony will be held on April 15<sup>th</sup> at 9:00 a.m.

According to the Relay for Life event co-chairs, Morgan Gill and Murphy Dorn, this will be an exciting affair. Around the clock there will be raffles, performances, DJs, and much more. In keeping with Marianist community emphasis, UD welcomes new participants and returning student and faculty teams, as

**Continued on P.7**



[http://upload.wikimedia.org/wikipedia/en/thumb/f/ff/American\\_Cancer\\_Society\\_Relay\\_For\\_Life.jpg/220px-American\\_Cancer\\_Society\\_Relay\\_For\\_Life.jpg](http://upload.wikimedia.org/wikipedia/en/thumb/f/ff/American_Cancer_Society_Relay_For_Life.jpg/220px-American_Cancer_Society_Relay_For_Life.jpg)



# What's Going On?

In recognition of Sexual Assault Awareness Month, UD will be hosting these events:

**Tuesday, April 10, 2012-  
Friday, April 13, 2012**

The Red Flag Campaign will be displayed. This exhibition presents warning signs in unhealthy relationships.

**Monday, April 16,  
2012-Friday, May 4, 2012**

Housing and Residence Life will sponsor a toiletries drive for a local women's shelter. Boxes will be placed in each residence hall lobby

**Wednesday, April 11, 2012**

"Your place or mine?  
#DignityAndDating"

Perspectives on Faith and Life discussion

6:30-8:30PM  
Barrett Dining Room

Dinner provided

Please RSVP by April 9th to  
PFLS@udayton.edu

**Thursday, April 12, 2012**

Greek Life and Leadership Programs sponsor a campus-wide "Date Night"

Students can bring a date and enjoy free entertainment and dinner

8:00-11:00PM  
ArtStreet Amphitheatre

**Thursday, April 19, 2012**

"Take Back the Night" vigil

6PM  
Humanities Plaza  
(rain site: VWK Main Meeting Room)

## Mentoring Program: creating professional and personal bonds

The Women's Center is excited to announce that this is the ninth successful year of its Mentoring Program! Throughout the years we have helped create long-lasting relationships between UD faculty and staff. The program tries to create an environment conducive to helping both mentors and mentees grow not only professionally, but personally as well. Mentees often utilize their mentoring relationship to gain insight from a trusted individual who was once in a situation similar to the one they are in. In addition, mentors gain insight from their relationship as well.

A past participants said, "[This program] helped me sort through challenges, identify resources, talk through strategies, find support and friendship. My mentor knows more about me -- and the intersections of my work and personal life -- than probably anyone else I know. I really value that -- and the fact this is someone who is dedicated to my development and well-being."

Applications for next academic year's cohort will be accepted in early September 2012. Once the application deadline has arrived, Women's Center staff will match mentors and mentees based on background, experience, and goals. A required

training session is held in late September/early October, in which mentor/mentee pairs learn the reciprocity of healthy mentoring relationships. Three additional group meetings are placed throughout the year, and though not mandatory, are a great way to share their experiences and learn from other participants. All other meetings are based on the schedules and personal preferences of each mentee/mentor pair; some pairs meet four to five times throughout the year, others meet once a week.

Participants this year include: Anita Brothers, Jeanne Holcomb, Nan Holler-Potter, Sue Krisko, Amy Lee, Eileen Maloney, Caroline Merithew, Jill Morgan, Julie Mitchell, Linda Nianouris, Meghan Phipps, and Ginger Stuck.

If you would like more information regarding the program please contact Jamie Huebner, Mentoring Program Coordinator, via e-mail at huebnerj1@udayton.edu or at x95334.

For information and updates on the Women's Center's Mentoring Program, please visit [womenscenter.udayton.edu](http://womenscenter.udayton.edu).

We hope to meet you next year!

Jamie Huebner  
-Mentoring Program Coordinator  
Graduate Student, Physical Therapy



# Profiles

## Comadres of El Salvador

In 1980 El Salvador began a 12 year civil war. This conflict arose after the military formed death squads that killed thousands of civilians. Many civilians disappeared and their family members never saw them again or discovered what happened to them. The organization Comadres (Comite de Madres Mons Romero), was founded to assist the victims of the disappearances and murders. It is a group of mothers whose primary founder was Alicia Gracia, and to this day it continues to work for justice and peace in their country.

On July 30, 1977, Comadres was formed after the massacre of students from the University of El Salvador. One woman, Alicia, was told that her brother (a student at the University) had not been found. She searched, and a group of mothers started searching with her, for their children. All of the women were mistreated and not helped. They met a priest, Oscar Romero, and he invited the women to stay with him and form a mother's committee.

In 1979, the death squads were created. They were trained by the School of the Americas (in the U.S.) to kill and torture. The squads went out and took everyone from villages, piled them on top of each other, and lit them on fire. During this time, the United

States was sending money to support the military and these death squads. Romero wrote a letter to the United States asking them not to send aid to the Salvadoran government. He said the money was being used to kill and torture when it was needed to buy food for the people.

Romero was assassinated in 1980, and six months after his death the women of Comadres organized a march. They became a voice for the voiceless and fought, and are still fighting, to have their voices heard. After the war ended, all of the people who had been involved with the war and massacres were placed under immunity and no one could be charged for the heinous crimes they committed.

Today the women of Comadres stress the importance of international solidarity. People from the U.S. can listen to their stories and share them even more widely. The U.S. government was involved with many of the crimes and support for what happened in El Salvador, but U.S. people can create change and hope by being in solidarity with the El Salvadoran people by speaking out and sending aid. U.S. citizens can put pressure on our government to get relief.

Many people now say there is peace in El Salvador, but the women of Comadres say there is not real peace because

**Continued on P.7**



Some of the women who work for Comadres.

## WGS grants Winners

The Women's and Gender Studies Program (WGS) is proud to announce the winners of the 2012 Hermes Award for Women and Gender Studies excellence: Keelie Gustin and Julianne Morgan, as well as the winner of the Joyce Durham Essay Contest: Lauren Cummerlander. Future graduates of the class of 2012, Gustin, Morgan, and Cummerlander embody the academic and leadership ambitions of the program and as WGS majors, each has contributed her commitment and enthusiasm for the program while maintaining extracurricular activities and other campus priorities.

Julianne Morgan, co-recipient of the Hermes Award, is a senior of many majors and academic concentrations, including Women's and Gender Studies, Art History, and Philosophy and minors in Geology and Sociology. She enjoys Astronomy, particularly viewing the Aurora Borealis. Julie is from Centerville, Ohio and has achieved academic success and dedication while commuting to the University of Dayton each and every day. She will graduate Summa Cum Laude this fall. Julie also works for the WGS program office and constantly makes herself available for extra projects. Other university departments have recognized Julie's commitment to her education and the University of Dayton, as she was previously named Philosophy student of the year.

A senior Sociology and WGS major, Keelie Gustin is this year's additional recipient of the Hermes Award. A commuter

student for her entire academic career, Keelie balances a work and academic schedule of high intensity and plans to continue this pattern at the UD School of Law this fall. Keelie works off-campus at a local Hallmark store, and has had several on-campus jobs, including positions as a Walk-In Tutor, Supplemental Instructor, and Sociology/Criminal Justice Research Assistant. When not working or studying, Keelie enjoys spending time with her four cats and adventuring around Dayton for new experiences and people. After declaring her WGS major, Keelie has maintained a 4.0 GPA and truly enjoys working with the peers and professors that have made her undergraduate academic career so special.

Lauren Cummerlander is a Sociology major with minors in WGS, Anthropology, and Music. She is from Pickerington, Ohio and recently studied abroad in Buenos Aires, Argentina. In her spare time Lauren enjoys her position as bass player in her rock band, OneSecond. Lauren is currently researching her Sociology capstone project on Gender Performance, the same topic as the award-winning essay she submitted to the Joyce Durham Essay Contest. On April 16<sup>th</sup>, 2012, Lauren will be presenting her research at the annual Stander Symposium.

Keelie Gustin  
-Senior



# Health & Wellness

## Being Worth Your Weight

How often do you tell yourself, "If only I lost five/ten/however many pounds, or once I'm size (whatever), *then* I'll be happy?" We're in a culture that hammers in the message that if you are thin, you are attractive, smart, happy, successful, problem-free, etc. It includes the myth that if you become thinner, these qualities will somehow be automatically bestowed upon you. That's a lot of pressure!

Because of the culture we live in, a lot of body-shaming can happen. Body-shaming is often motivated by a misguided sense that the more one's undesirable physical deficits are pointed out, the more that person will try to change what's "wrong". For example, many people were stating that Angelina Jolie should eat a cheeseburger after seeing her at the Oscars this year. The same people were likely saying that Melissa McCarthy should stop eating cheeseburgers. Humiliation is not usually an effective motivator. Sure, we can all probably think of someone who changed something they were picked on for, and in doing so, it changed their lives. However, this is more a rare success story than the norm. For example, did you know that researchers have found that 80 to 90 percent of diets begun solely to look better or be more accepted fail (Hansen, 2006)? People often have difficulty maintaining change that is done because they feel badly about themselves.

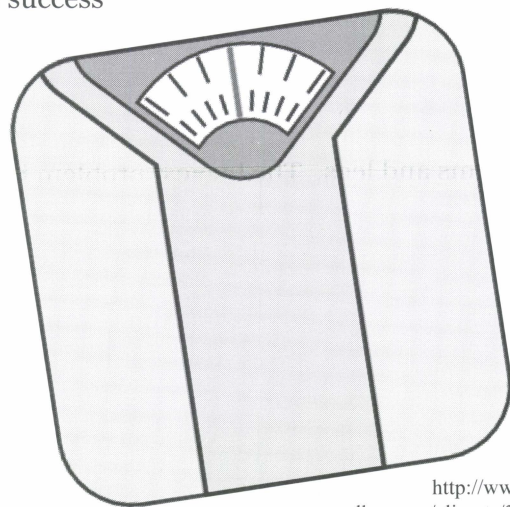
There is another approach to take if you want to become healthier. The Health at Every Size philosophy is one that supports making changes based on empowerment, improving self-esteem, and valuing who you are. The Health at Every Size standpoint has three major components:

1. Accept that bodies come in different shapes and sizes, rather than holding a certain weight or figure as ideal.
2. Eating should be done with flexibility, based on physical cues of hunger and satiety, rather than on a number of calories or restricting certain food groups.

3. Find physical activities that make you happy and celebrate what your body can do, rather than seeing physical activity as something that must be done only to look good. The idea behind this philosophy is to focus on health for its own sake rather than controlling weight.

Change is most successful when you are ready for it to happen, when you believe you will succeed and when you believe in your worth. Changing the focus from losing pounds or being a certain size to celebrating your body and health may not only improve your physical health, but your overall well-being and happiness.

For more information on Health at Every Size, go to <http://www.haescommunity.org/> or <http://www.sizediversityandhealth.org/>



[http://www.clker.com/cliparts/3/d/6/0/12387009831015146071tom\\_Bathroom\\_scale.svg.med.png](http://www.clker.com/cliparts/3/d/6/0/12387009831015146071tom_Bathroom_scale.svg.med.png)

Jennica Karpinski, Psy.D.  
 -Psychology Resident, UD Counseling Center

# Ask the Doc: Date Rape Drugs

Hi Dr. Buchwalder-

I heard there was some king of drug that someone could “slip” you and then hook up with you and you wouldn’t remember it. Wouldn’t you taste or smell this? How does this work?

-Michelle

Hi Michelle-

Unfortunately, there is such a drug (actually several). The most discussed drug is called Rohypnol, nicknamed Roofies, Roachies or Rope, and it’s a cousin to Valium, only much more powerful. Rohypnol is odorless, colorless, and tasteless. It can be slipped into someone’s drink easily, or some people will take it willingly as a recreational drug. Effects usually start in 20 to 30 minutes and last about 8 hours, and include dizziness, disorientation, and difficulty moving arms and legs. The biggest problem is that the person will totally forget the time they were under the influence. This can enable a sexual assault to occur and the victim won’t remember anything. Non-prescription Benadryl (diphenhydramine) is sometimes used in the same way, and can be just as dangerous for someone who has had a few drinks. Local area sexual assault nurse educators (SANEs) have seen patients who were drugged with diphenhydramine.

How can you protect yourself? Don’t accept drinks from strangers, and never leave your drink unattended at a bar or party. Avoid punch made in big batches. If a friend looks more drunk than you think they should be for how much they’ve had, be a friend and take them to the ER. Special tests can be done to prove their drink was doped. Watch out for each other: if you go to a party with a friend, make sure you leave together. If you choose to drink alcohol, eat first, keep track of how much and how quickly you drink so you don’t get too drunk. Be cautious about hooking up too; anyone who is drunk, can’t give proper consent for sex, which could then constitute rape. Be careful—while most folks are good people, sadly there are people with malevolent intentions out there!

-Dr.B

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: For questions of general interest (NO personal questions) for the e-column, write to askthedoc@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. :  
:.....



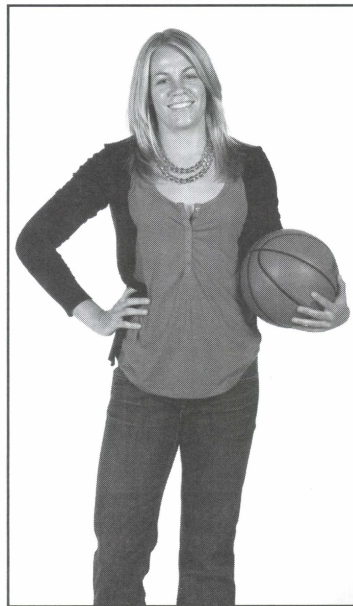
# Voices Raised

## I am a feminist because...



**Elizabeth Fowler**  
Chemical Engineering '12

"...I frequently hear females refer to each other as "bitch," "slut," and "whore." These degrading terms have been accepted into our lexicon as terms of endearment."



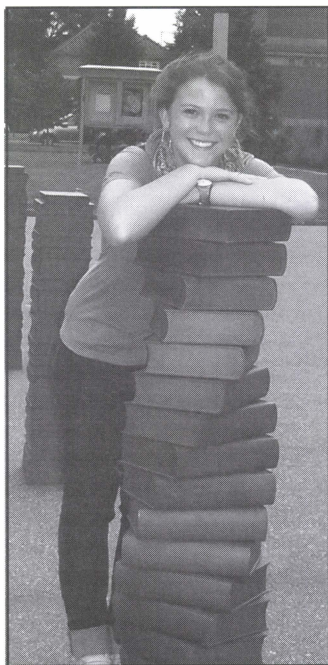
**Elle Queen**  
Communication '12

"...it's important to encourage women to be active, not only for the enjoyment of it but also for our well-being."



**Keelie Gustin**  
Sociology & WGS '12

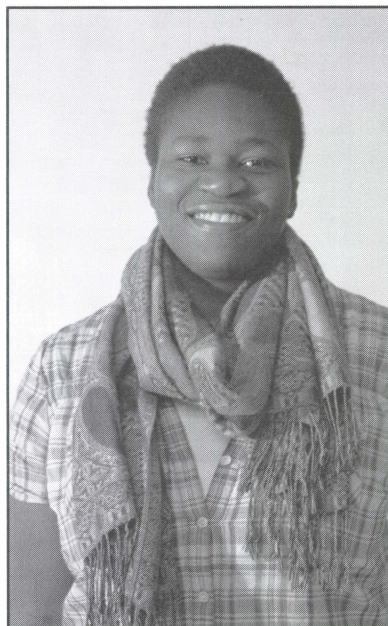
"...my character and contributions should matter more than fitting others' ideas of what a woman should be."



**Ellie Meyers**

Political Science & WGS '12

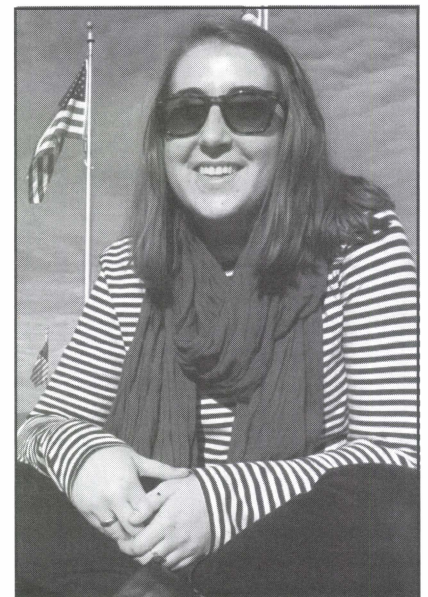
"...the fight for equality is far from over."



**Jemima Homawoo**

International Studies & Political Science '12

"...I believe that we are all one and the same."



**Chelsea Wilkinson**

Political Science & Electronic Media '12

"...gender inequality is incompatible with democracy."



# Sexual Assault

Continued from P.1

silent and hidden crime to a public outcry. Let us all rise up on this special night (and all throughout the month of April) and stop the perpetuation of violence against all women! Against our friends, our Girlfriends and our sisters! Amen! Alleluia!

Bro. Thomas Farnsworth, S.M., Psy.D.  
-Office of Sexual Violence Prevention Education

## Relay for Life

Continued from P.1

well as family and community survivors to join in the festivities.

In addition to the walk, that Saturday evening there will be a survivor dinner featuring keynote speaker Sue Terbay, an UD employee in Campus Ministry's Center for Social Concern. Sue, a breast cancer survivor herself, lost her mother to breast cancer when she was twelve. As a survivor, she takes a strong stance for finding a cure in her mother's legacy, as well as for her daughters and granddaughters. Sue has previously participated in Relay for Life and stated, "Never did I think I would be taking the survivor lap and speaking at the event." During her speech, she will share her journey in the hope that others will have an immediate verbal response that will foster a community of men and women discussing their triumphs. Sue will explore the differences between "cure" and "care"; explaining that cure equals change, but care involves human compassion. For those interested, Sue will provide free copies of her booklet titled, "Now What?"

Relay for Life is for everyone! For more information on participating, establishing a team, purchasing a luminary, or giving a donation, please visit [www.RelayforLife.org/UDayton](http://www.RelayforLife.org/UDayton). Questions may be emailed to [ud.cac.rfl@gmail.com](mailto:ud.cac.rfl@gmail.com).

Sarah DelMar  
-English Graduate Teaching Assistant

## Comadres

Continued from P.3

there is no justice. They need truth, justice and reparation. They are afraid if they do not punish those who committed the massacres and the torture, it will happen again. They do not want revenge, but they want to know where their family members are and who killed them. They want reparation for the victims' mothers. Many victims were brutally tortured and they, at the very least, need basic health care to take care of the wounds inflicted on them.

The Comadres organization has many goals. Two of them are to create a museum and publish a book. They have all of the information, they just need money to make it a reality. If you would like to donate to their cause, please contact Samantha Tsuleff at 513-515-3445 or [samantha.tsuleff@gmail.com](mailto:samantha.tsuleff@gmail.com). Any assistance would be greatly appreciated and needed.

To read stories and testimonials from the women please visit <http://tsuleffs.wordpress.com/>. You can also visit the Comadres website for more information: [http://www.comadres.org/main\\_english.html](http://www.comadres.org/main_english.html).

Awareness is critical to enforcing justice and peace throughout the world. These stories are not meant to cause a sense of defeat, but to encourage everyone to create change in the world. What we do in the United States greatly affects others across the globe, but by supporting organizations such as Comadres we can ensure that U.S. influence is not entirely negative.

Samantha Tsuleff  
-Senior





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



# *From the Director's Desk*

## Who says, "UD's not an 'activist campus'"?

In my fifteen years at UD I've heard that phrase many times, usually in reference to perceived student apathy about issues the speaker deems more significant than locked basements, restrictions on Dayton to Daytona participation, changes in the housing lottery, or the imminent closing of the KU Pub. In truth, I've sometimes shared those speakers' frustration. But now there appear signs that positive change is occurring in the form of community-wide discussion and advocacy around issues that likely reflect Catholic and Marianist values better than some past student "protests."

For example, it has only been since about 2001 that Spectrum (fka Student Allies), UD's gay-straight student alliance has been part of the UD community. That organization worked largely in the background for a long time before finally emerging in recent years to organize awareness-raising events such as annual National Coming Out Day (Oct. 11) recognitions and the orange, "Gay? I'm cool with that!" t-shirt campaigns. It's not surprising that an organization like Spectrum, focused as it is on "advocating for the acceptance and respect of all lesbian, gay, bisexual, and transgender [LGBT] students in our community through creating a safe space and promoting awareness and education on campus", would engage in such awareness-raising activities. What's exciting to see, though, is that in true community fashion Spectrum's educational efforts are being broadened this

spring by The Center for Social Concern's *Perspectives on Faith and Life* series, the Student Development Diversity Action Team's *Faces of Openness* poster project and *Tunnel of Oppression* experience, and an Ally training workshop offered by the UD Counseling Center. History has taught us that too often needed social change is left squarely in the hands of those who are most directly affected. But as the US women's suffrage and civil rights movements demonstrated, significant progress is difficult if not impossible until and unless "allies" with shared values take up the cause too.

Fortunately, recent progress at UD, defined in this case as increased activism around important social issues, isn't limited to increasing awareness, understanding and support of LGBTQ people. The current not-always-comfortable but always important student dialogue about race relations within the UD community is another example of healthy, productive student activism. Likewise, more and more students are beginning to engage with faculty, staff and each other to confront one of the most challenging student life issues, sexual harassment and violence.

I hope we will continue this "it takes a village" approach to tackling difficult community problems, and that every reader of this newsletter will find a way to support, encourage and get involved with these activist movements. Truly, there is power in numbers....

-Lisa Rismiller