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## Voices Raised, Issue 38

University of Dayton. Women's Center

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December 2012  
Issue 38

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9 a.m. - 5 p.m.  
Monday - Friday  
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## Consciousness Rising 2013

**In today's information-saturated society,** we are bombarded by news and images about the injustices in the world. However, that is typically the extent of our involvement; we often do not know how to actively use that information. Between March 7 and 9, 2013, the second annual social justice conference, Consciousness Rising 2013, will strive to bridge this gap between knowledge and action with the theme of examining diversity. The event's primary sponsors are Alpha Kappa Delta, Executive Director of Institutional Diversity and Inclusion Dr. Jack Ling and the UD Department of Sociology, Anthropology and Social Work. March 7 includes a 7:30 p.m. presentation by Eduardo Bonilla-Silva that will lay down the conference's framework of racial and ethnic relations. The second day will offer an anti-racism teach-in at 10 a.m. and workshops at 1:30 p.m. Dialogues focusing on the UD campus climate for diversity in keeping with the Marianist values of community will begin at 3 p.m. The Office of Multicultural Affairs will highlight campus diversity organizations in a 5 p.m. resource fair. March 8 will conclude with a free concert organized by the Consciousness Rising student executive board from 8 to 11 p.m.

Pulitzer Prize-winning author Nicholas

Kristof will kick off Saturday, March 9, with a 1 p.m. speech, co-sponsored by the UD Speaker Series. Afterward, an interactive student exhibit will begin at 2:30 p.m.

These exhibits will be realistic, memorable and out-of-the-box multisensory experiences. They will have intensity levels ranging from mild to hot and be organized in three tiers: racism, oppression and the achievement gap; human trafficking and the oversexualization of culture; and corporate social responsibility. Counselors will be

present to aid anyone who feels overwhelmed, and there will be reflection rooms for debriefing the experiences. Consciousness Rising 2013 aims for attendees to take the knowledge offered and implement it — at least at first — on UD's campus. If attendees keep in mind that individuals have roles to play in these bigger issues of diversity, this gathering of knowledge can foster a better climate on campus. UD is just the beginning. Consciousness Rising 2013 will offer a progression from a micro-level perspective to a global perspective in order to show the steps needed at home before tackling issues of injustice on a worldwide scale. Contact the faculty advisor, Dr. Leslie Picca, at [lpicca@udayton.edu](mailto:lpicca@udayton.edu), with questions.



— Olivia Ullery '14



# HEALTH & WELLNESS

## Ask Dr. B.

### Question:

Some of my coworkers were talking about the TV ads offering prescription remedies for "low T." Is this something that we should be wondering about for the men in our lives?

*Leah*

### Answer:

Hi Leah-

When women get to middle age, their hormone levels take a sudden dive, which we know as "menopause." Men do not normally have such a sudden decrease in their testosterone levels, but they do tend to have a gradual decline over many years. Symptoms include fatigue, weakness and reduced muscle mass, along with sexual symptoms such as erectile dysfunction, decreased libido and infertility.

Late-onset hypogonadism ("low T") is normally diagnosed by testing to determine if serum (blood) testosterone levels are below the normal healthy range plus exclusion of many other possible causes. Contributing factors in older men include diabetes, heart diseases, COPD (a chronic lung condition), HIV, certain medications, certain cancers and other less common issues. Although much less common, young men also can be diagnosed with "low T." In this age group it usually is associated with undescended testicles as an infant, certain genetic syndromes and infections such as mumps, testicular trauma or excessive use of alcohol or medications. The goal of treatment, which includes testosterone gel, patches or injections, is to restore testosterone levels to a mid-normal range to improve symptoms noted previously. It is NOT to create an ultra-

buff muscular "god." Like all prescription medications, testosterone has risks as well as benefits. Risks include stimulation of the prostate gland (including possible prostate cancer cells), polycythemia and worsening of a variety of other medical problems. Like all claims for prescription "cures," men (and the women who care about them) should always evaluate their needs in consultation with a physician to determine if the benefits of using medications outweigh the risks.

*– Dr. Mary Buchwalder  
UD Health Center*





# Moldova: The Experience of a Lifetime

**The message popped up unexpectedly in my inbox.** “I work for the American Embassy in Chisinau, Moldova ... we came across the mentoring program produced by the University of Dayton Women’s Center and [it] got our attention. Here in Moldova the U.S. Embassy would like to support a group of prominent women leaders in starting a mentoring program that would empower multiple groups of women and thus contribute to improving women’s participation in various spheres of life [here]. Considering this, would [you] be interested in coming to Moldova and working with a local NGO on setting up the program?” Later communications would further define their intent for this “national mentoring program” as one way of increasing “leadership capacities among 30 highly promising young women from business and civil society public sectors”, thereby furthering Moldova’s efforts toward achievement of the UN’s Millennium Development Goal 3 “Promote Gender Equity and Empower Women.”

Though initially wary, a few quick web searches legitimized the identity of the sender and the U.S. Embassy speaker’s program she coordinates, and answered the oft-asked question, where is Moldova? In short, Moldova is one of the former Soviet states, roughly the size of Maryland, located between Romania and Ukraine. Predominantly ethnically Moldovan (Romanian), Moldova’s 3.6 million citizens declared independence from the USSR in 1991, and have since had a challenging time uniting as a common people under a democratically-elected president. Various sources I consulted repeated two characteristics about Moldova; its local wines are renowned (though because most exports went to the USSR, not well known in the U.S.) and it is the “poorest” of the former Soviet states.

Many emails and a couple of conference calls later, I landed in Chisinau, Moldova on Sept. 30. My embassy

contact, Ludmila Bilevski, met me at the airport with a very full agenda for the week. Although my primary task was to help the Center for Partnership Development launch the envisioned “national mentoring program”, many other local organizations clearly saw mentoring women as one way of furthering their organization’s goals and Ludmila had been very actively promoting my visit to them. As a result, in addition to spending parts of 3 days with the NGO, I met with women from: Casa Marioarei, a domestic violence shelter; FEM, a “women’s national empowerment movement”; the European Bank for Reconstruction and Development / Business Advisory; the American Chamber of Commerce in Moldova and the Global Compact Association; the U.S. Embassy-sponsored English [speaking] Debate Club; the Junior Chamber International/Moldova; the International Women’s Club; Universitatea Libera Internationala din Moldova (the only private university in the national capital); LeaderSHE leadership development program for young women.

Though women and their professional and personal development was the underlying focus of my discussions with all these groups, I departed Moldova after an exhilarating and exhausting week with a clear sense of both the challenges Moldovan women face and, perhaps more importantly, the personal, institutional and national commitments that are in place to help them, and the nation as a whole, move toward women taking their rightful place as leaders in business, government and civil society. Doing so will take time, no doubt, but the motivation and energy needed is clearly there. Personally, I can’t wait to see what the amazing women I met will be able to achieve in the coming years.

– Lisa Rismiller, Director  
Women’s Center





# WHAT'S GOING ON?

## Women's & Gender Studies Program

### What Do You Know About Women's and Gender Studies at UD?

UD's interdisciplinary program in women's and gender studies brings numerous academic fields into conversation with one another to examine issues of gender and power. Women's and gender studies [WGS] classes help students improve their critical thinking skills, appreciate and protect human dignity and diversity and lead through service to others.

Many students combine the WGS major with another field of study. Our graduates pursue successful careers in law, public health, social work, college administration and many more.

### Women's and Gender Studies is . . .

Interdisciplinary	Liberating	Eye-Opening
Service-Oriented	Multi-Cultural	Useful
Relevant	Interactive	Empowering

### 3 Things You Didn't Know About WGS:

1. WGS isn't just for women! Men are welcome in all WGS courses and as WGS majors and minors.
2. WGS went to London in the summer of 2011 for the study abroad program "Engaging Social (In)justice: Gender, Race and Class in a Global City."

3. WGS cooperates on many projects with the UD Women's Center, with whom we are co-located on the second floor of Alumni Hall.

### Sample WGS Courses:

PHL 307: Philosophy and Women  
SOC 333: Sociology of Sexualities  
HST 353: History of Women in European Studies  
REL 474: Women in the Global Church  
VAH 360: Art History and Feminism  
HSS 325: Women in Sports

### What UD Students Are Saying:

"Every [WGS] class has been a liberating and eye-opening experience."

"WGS gave me the knowledge and tools to express what I've always felt but didn't have words for. It made me a more well-rounded student and human being."

"WGS has showed me how I can be an agent of change . . . I've gained a new voice."

"My WGS background encourages me to be a critical and lifelong learner."

— Julianne Morgan '12



Women attending an information session about the women's and gender studies program.



## Coaching by the Hoop, We Are in the Loop!

**A university campus can have great athletic coaches,** but sometimes unique and creative dedication is the key to helping transform a great athletic atmosphere into a nurturing one. In the Loop Group, headed by Coach Angela Russell, is a perfect example of the University of Dayton's strides toward creating a more positive environment for both coaches and athletes. The group was formed so that female coaches and staff have professional development opportunities, as well as opportunities for discussions in an open forum. When asked about the goals of the group, Russell responded that their goals will be developed but, "As the facilitator, my personal goals are that our coaches are learning from outside speakers or each other, sharing their

experiences and enjoying their time together."

In the Loop Group will provide coaches the tools and knowledge needed to involve themselves more broadly in the UD community and assist their student athletes in becoming more involved on campus. The group hopes to connect with women's center programs such as "Campus to Career" (formerly called "Sweats to Suits") and help young women prepare for the transition from collegiate athlete to post-UD professional life. Russell is excited to lead this new endeavor and looks forward to seeing how this group will impact athletic life at the University of Dayton.

— Kelly Miller '13

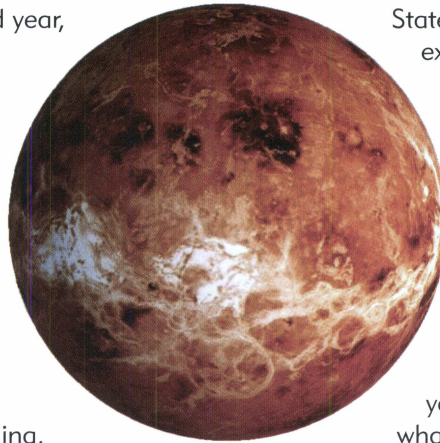
## What Does Venus Smell Like?

**The University of Dayton has its very own star** — the Astronomy Club!

The Astronomy Club, currently in its third year, is made up of 30 students in a wide variety of majors, from engineering, to education, to music. "The club connects a million minds. Being a member opens up an avenue a lot of kids would never think about," claimed Zach Dillon, senior engineering major and president of the Astronomy Club.

A passion for space brings this broad array of students together to share in once-in-a-lifetime experiences. Members meet once a month and, when weather permits star gazing on top of the CPC building. The club has six telescopes and three sets of binoculars, all of which have enabled students to observe planets, stars and nebulae.

According to Vice President Alyson Saum, with the help of a specialized camera last year the club was able to take a photo of the sun. Dillon shared that the club has plans to purchase new video equipment in the near future for even better astronomical photography. Contrary to what you might think, the club does not have mandatory lectures or dues and receives most of its funding from grants. Although building



an observatory may be out of the question for now, Saum said the club is planning a trip to neighboring Wright State University, where like-minded people have extended a kind invitation to use their space observatory. In addition, the club is planning a star gazing trip to Fort Recovery, Ohio, in the spring. These opportunities will be great scientific experiences for members, even as they cement friendships and build lasting memories.

"We've all become good friends and made contributions to the community. In particular, we've taught middle school students about space, including how much you would weigh on different planets and what planets smell like," Dillon shared. He jokingly added, "Did you know Venus smells like rotten eggs?"

Sound interesting? Break away from the chaos of your schedule and share in this unique educational experience. Attend an astronomy club meeting, or find out more information by contacting Dillon at [dillonz1@udayton.edu](mailto:dillonz1@udayton.edu) or Saum at [sauma1@udayton.edu](mailto:sauma1@udayton.edu). Membership is free but the memories are priceless ... and who knows, you'll maybe even find out what Mars smells like.

— Jen Hodulik '14



## Tree Lighting

*A Short Story by Stacie Covington '14*

**Snow dusts her nose** like pale freckles, melting and fading as quickly as it appears. Running in a tireless cycle, the delicate snowflakes float gently down from the heavens, each one as beautiful as the one before it, yet each uniquely crafted, never to be repeated again, only for these natural, magnificent works of art to be lost to the warmth of human skin. She considers that people are a lot like these snowflakes, each one stunning and exceptional and splendid, yet fleeting. People could melt away too.

In July she had lost her best friend, her honorary sister, her closest confidante. She had felt everything and nothing at the same time. She had gone numb in the summer heat. But now, losing herself in winter's chill, she feels alive again. She takes a deep breath, allowing the cold air's icy fire

to completely consume her until she can feel the bitter cold clear down to her soul. Her best friend had always talked about the therapeutic nature of the colder months, how winter was not a time of death and mourning, but a chance to start over. Now she finally understands. Shivering, she smiles.

She sets out across the backyard, trekking through the deep banks of snow to the shed where they had spent so much time together. The shed had served them well over the years, a playhouse for two young girls giving way to a teenagers' confessional. She has not entered the shed since that fateful day, but now she is ready. Taking one final freezing breath, she pushes open the door and steps inside.

The shed has remained untouched, as if they were in here together talking about their crushes and their dreams

only yesterday. The old, weathered wooden floor is cluttered with half-empty bottles of Coke and out-of-date teen magazines. A high school yearbook lies open on a chair. On a side table in the corner of the tiny room sits a miniature Christmas tree decorated with bulbs, bows, and baubles. They used to light it together on the same date every year. She swore she would never light it again, but now she knows she must. With shaking fingers she takes the plug and inserts it into the waiting outlet. The small tree comes to life, the twinkling lights dancing across the red, pink and green ornaments. And as the warm, inviting light fills the shed with Christmas spirit, something ignites deep within her, something she has been missing for far too long.

She can do this. She will be just fine.





## FROM THE DESK OF THE DIRECTOR

**The original source** of the phrase, “we are all teachers and learners”, is unclear to me, but I have heard it consistently in my fifteen years at UD, and it is one characteristic of this community that has always resonated strongly with me.

Though not a faculty member, there are clearly times I am called upon to teach; students about the challenges they will face and the skills they will need to overcome them in their post-UD workplaces; faculty and staff to mentor each other in mutually-beneficial relationships; anyone who will listen about the responsibility we have to support and embrace all forms of diversity.

Most recently I “taught” the 34 women who signed up for the Women’s Center’s mentoring program this year that our vision for healthy, productive mentoring relationships is one of reciprocity and mutual learning. We see mentors and mentees as both “teachers” and “learners”, and do all we can to support the development of their mentoring relationships.

But it wasn’t until I reflected on my trip to Moldova to write the article on page three that I realized my trip there was, in the true spirit of mentoring, both a teaching and a learning experience for me. True, I went there to “teach” a mentoring model we’ve had in place for ten years in the Women’s Center. But I now realize that in explaining mentoring to a wide variety of organizations and strategizing with each of them how it could be implemented to meet their specific goals, my understanding of the forms mentoring can take and the goals it can help participants achieve became much



broader and richer. In true “mentoring” and UD style, I was both a teacher and a learner in Moldova. No wonder I felt so comfortable there; it was a bit like coming “home” to UD.

– Lisa Rismiller



*Collaboration – in and out of the classroom – is a UD trademark.*



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