



Women's Center

UNIVERSITY of
DAYTON

March 2012
Issue 35

Voices Raised

LaFrae Sci: The Healing Power of Music

Who better than a professional drummer, composer and teacher to come to UD's campus? In conjunction with Women's History Month, Cityfolk is bringing LaFrae Sci in as an Artist in Residence.

LaFrae Sci is a great example of achievement and talent, a self-proclaimed international creative arts activist who performs music about creativity, freedom and empowerment. Students will be able to discuss this and more with her on Tuesday, March 6 when she will be visiting the Women's Center for a dinner and discussion from 7-9 pm. Following that, she will visit ArtStreet residents in their weekly class from 9-10pm.

Native to Dayton, Sci's career blossomed in New York where she now lives and works. She's very active in her community and passionate about teaching, hosting clinics and workshops

and working with schools. She is also the co-founder of the Willie Mae Rock Camp. "She believes music can heal the world and is trying to do her part one day at a time." Sci is in a band called "The 13th Amendment" and she said they play "creative and improvisational music rooted in the language of jazz and the blues, and arrangements from Negro Spirituals." The band uses a saxophone, drums, keyboard and a violin to create their unique sound.

In addition to her visit in March, Sci will be returning to Dayton in April to perform with various local artists and over 100 kids. She has been working vigorously with these musicians and they will have a show open to the public on April 22 at 3PM

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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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Celebrating Women's History Month

The question that usually comes to mind every year in March is why do we have a women's history month? Pattie Waugh, Programming Coordinator for the Women's Center said, "Because women do not see themselves in the history books."

For centuries women, regardless of age and nationality, have had to struggle with being seen as inferior to men. Pushed into silence for far too long, in the last 92 years women have decided to push back and take what is rightfully theirs. In 1987, Congress declared the entire month of March National Women's History month in celebration

of women's accomplishments throughout history, according to the National Women's History Project website.

In celebration of this month, the University of Dayton is hosting a variety of guest speakers including: drummer/composer, LaFrae Sci; founder of the Victoire musical genre and noted composer, Missy Mazzoli; John D'Emilio, whose work is on the history of sexuality; Chris Cuomo, who will speak on the moral aspects of climate change.

Other Women's History Month events are the UD Monologues, a student performance on gender issues, and the "Sweats to Suits: Bridging the Gap from

Campus to Career" conference, which prepares female students for the transition to the work world.

ArtStreet will also be showing films such as "For Colored Girls" and "The Kids Are All Right", which will continue the Women's History Month theme. "Investigating the Female Form", will be on display in ArtStreet Studio D, featuring drawings and paintings created as an independent study project by visual arts students.

The New Abolitionist Movement, a student organization, will be hosting an anti human trafficking event called "Consciousness Rising."

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What's Going On?

UD's Women's History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 LaFrae Sci drummer & composer 9PM ArtStreet	7	8 NAM Anti Human Traf- ficking event: <i>Consciousness Rising</i> : Keynote speaker	9 NAM Hu- man Traf- ficking event: <i>Conscious- ness Rising</i> : Concert Series	10 NAM Human Trafficking event: <i>Con- sciousness Rising</i> 12PM-5PM River Campus
11	12 Busy Person's Retreat: Now is the Ac- ceptable Time 12PM Liberty Hall Rm 8 3/12-3/16 other times TBD	13 Sweats to Suits: Bridging the Gap from Campus to Career 4:30PM Kennedy Union	14 Missy Mazzoli "alt-classical" Victoire 8PM, Sears ----- Film: Tea & Justice: The Life and Times of NYPD's First Women Officers 11:30AM & 7PM, RL	15 Victoire NYC-based, all- female quintet 8PM Sears *admission cost	16 Friday Night Films: <i>For Colored Girls</i> 9PM ArtStreet Studio B	17
18	19	20	21 Food for the Soul 12PM KU 310 ----- Investigating the Female Form 6PM-8PM ArtStreet Studio D	22 John D'Emilio An Agitator for Justice: The Life and Work of Bayard Rustin 7:30PM Sears	23 Friday Night Films: <i>The Kids Are All Right</i> 9PM ArtStreet Studio B	24 International Festival fashion show, performances ethnic food 6PM-9PM KU Ballroom
25	26 Miryam Award 4:30PM Immaculate Con- ception Chapel Chris Cuomo <i>Gender, Class, & Climate Change</i> 7:30PM Sears	27	28	29 Sisterhood of the Traveling Scarf Closing Reception 3:30PM Women's Center	30	31

*Victoire- General Admission: \$15
Seniors, non-UD students, UD faculty, staff and Alumni: \$10
UD Students: \$5

For more information about the events in March please visit the
Women's Center website at [http://womenscenter.udayton.edu/cal-
endar](http://womenscenter.udayton.edu/calendar) or contact Pattie Waugh at pattie.waugh@udayton.edu

Profiles

Miryam Award Recognizes Students

In 1996, the Miryam Award originated as a means of recognizing those who have gone above and beyond the call to ensure an open environment for the advancement of women at the University of Dayton. In previous years, the award has gone to students, faculty, staff and even organizations that actively display promising qualities of empowerment, growth and advocacy. The 2012 recipients include Elizabeth Reeves, Alisa Bartel and Alex Kreidenweis.

Along with being a highly dedicated senior communications and management major, Reeves is the Student Government Vice President, an intern at Dayton Children's Hospital, and a 2010 New Student Orientation co-chair. Much of her effort has been put toward opening the lines of communication among women about sexual assault. "People talk about hooking up all the time, but no one ever discusses the horror that one in every four college women encounter. I hope that by talking about such a taboo topic in a practical sense, that women are more empowered to feel it's okay to say no and really stand up for themselves in situations that may lead to assault" Reeves said. She reinforces ideas of respect, control of one's body, and taking a stand, which

translates into a safer student body and stronger community. When asked how she felt winning this year's Miryam Award, Reeves responded, "I could not feel more honored. Speaking with other women on this campus and empowering them to have a voice has been extremely rewarding. I have been touched by the bravery I've encountered over the last three years and inspired to continue as an advocate for women."

Two other Miryam Award winners, Alisa Bartel and Alex Kreidenweis, are graduate students and teaching assistants to political science professor Tony Talbott. Over the past three years the two have accomplished several admirable feats in the fight against human trafficking. Some of these include: with alumnus Mike Seidel, founding the New Abolitionist Movement (NAM) student organization in 2009; planning, organizing and founding Abolition Ohio, the Rescue and Restore Coalition in the Miami Valley; serving on

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Marianist Sisters: 50 years at UD

The Marianist Sisters (FMIs) are celebrating the 50th anniversary of their arrival at the University of Dayton. The FMIs (FMI is a French term for Daughters of Mary, Filles de Marie Immaculée), were started in France by Adele de Batz de Trenquellion in 1816 and came to the United States in 1949.

In 1960, Fr. Raymond A. Roesch wrote to Mother Emilia in San Antonio about sending Marianist sisters to work at Marycrest, a new women's dorm that was to be built. Fr. Roesch said that the sisters must be able to "handle a large number of students ...administer their rules and regulations ...and to know the problems of college students, in order to do personal counseling." He also said they should be able to act as executives.

The sisters arrived at UD in 1962 and they always had at least three to four sisters living in community together. Sometimes there were more sisters if they were taking classes. They lived on the ground floor of Marycrest until they moved to provide more space for the students. Some of the sisters who worked in Marycrest included: Sr. Grace Luther who was the Director of Marycrest

from 1962-1965 and Sr. Marcy Loehrlein who was the Assistant Director of Marycrest during this time. Sr. Helen Wimmers and Sr. Stephanie Morales also worked there during this time period. Sr. Mary Louise was the dorm counselor. From 1981 to 1987, Sr. Laura Leming was the Campus Minister in Marycrest and Sr. Nicole Trahan had this role from 2008 to 2011.



Back row from left: Sr. Leming, Sr. Foley, Sr. Trahan, Sr. Abmayr,
Front row from left: Sr. Jablonski, Sr. Buttner, Sr. Yoshimuro

The Marianist Sisters have played a large role in UD's history outside of Marycrest as well, particularly in Campus Ministry. Sr. Audrey Buttner was the Chapel Coordinator in the 1980s, Sr. Eileen Cehyra was the Administrative Assistant to the Director of Campus Ministry from the 1980's into the 1990's, Sr. Mary Louise Foley worked in Marycrest in the 1960's, in the Family of Mary Office in the 1980's, in Campus Ministry (in the Law School, as a Faculty and

Staff Campus Minister, and with the Hand in Hand Program) from the 1990's until 2011. Sr. Estella Ibarra was in charge of Strategies for Responsible Development 1980-84. Her work

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Health & Wellness

Ask the Doc: Cancer Prevention

Hi Dr. B-

I have a lot of people in my family who have had cancer.
Is there anything I can do to reduce my risk?

-Lisa

Hi Lisa-

You didn't mention the types of cancer, as some have a hereditary component, and some cancers don't. There are, however, a number of things you can do to reduce your risk of getting cancer.

1. Foods:
 - a. Eat a diet that is rich in a variety of fruits, vegetables, and whole grains. Try to eat 6 or more servings daily of colorful produce (e.g., dark green leafy vegs, sweet potatoes, blueberries, strawberries). Choose brown rice instead of white, multigrain instead of white bread. Minimize the amount of processed foods that you eat.
 - b. Limit red meat to 3 oz./day or avoid completely, and avoid processed meats such as lunch meat or hot dogs. Eat more fish or skinless poultry, and non-meat proteins such as beans or peas.
 - c. Limit fat intake, especially saturated fats. Lean toward olive oil and polyunsaturated oils (e.g., canola oil).
 - d. Avoid or minimize heavily salted or cured foods.
 - e. Minimize charred (grilled with blackened surface) foods.
2. Keep your weight within a normal range. Limit weight gain after you've reached adulthood to about 5 kg (11 pounds).
3. Be active. Aim for 30 to 60 minutes of exercise most days of the week. Use sunscreen and minimize outdoor activities during peak sun hours (10 am-3 pm).
4. Avoid alcohol. If you drink, women should drink no more than one drink per day, and men no more than two.
5. Avoid all tobacco products. Period.
6. Get regular check-ups. Young women 21 and up should have annual Pap tests and do breast self-exam, and young men should do monthly testicular self exam. All young folks should have large (bigger than a pencil eraser), irregular, or changing moles evaluated by a physician.

Is this an all or nothing proposition? Certainly not. Cancer isn't usually a sudden development. The most common cancers take years (some as many as 7-9 years) to develop. Every day, at the cellular level, our body responds to toxins and oxidative stresses with changes that could cause cancer. However, the body also has an amazing capacity to repair these changes. Taking care of our body by making some or all of the recommendations above enhances the body's ability to repair and remain healthy, and to prevent cancer.

Take care.

Dr.B

Mindfulness Meditation- An Antidote for Stress and Anxiety

The old adage, “Stop and smell the roses” may seem trite, but modern research is confirming the wisdom of this old saying. The practice of *mindfulness meditation*, or the deliberate focusing on moment-to-moment experiencing, is becoming more and more popular in medical and mental health fields as a potent prescription for stress, anxiety, chronic pain, and a spectrum of physical symptoms.

What is *mindfulness*? To be mindful is simply to focus awareness on one’s current experience—the taste of food, the sensation of breathing, the experience of walking, or the smell of a flower. While

this is certainly an innate human ability and sounds quite simple, the ability to maintain such a focus requires considerable practice.

So, how does mindfulness help? The power of this practice is that it not only puts us in touch with our direct experience and the wisdom of our bodies, but also that it takes us out of the realm of conceptual thought which is almost always focused on what may happen in the future or what has happened in the past. Certainly it is necessary to think about past actions and future situations in order to learn and plan, but quite often these thoughts contribute to stress and anxiety. Mindfulness allows us to not only enjoy the current moment but helps us be more productive when we are focused on the task at hand instead of thinking about all of the other tasks we have to do. Examples of this wisdom may be seen in athletes and musicians who know that their best performances take place when they become synchronized with the flow of experience and minimize thoughts about the past, future, success or failure.



photo courtesy of: 3.bp.blogspot.com/.../s1600/Lotus+clip+art.jpg

Where does mindfulness come from? The ability to be mindful of our present moment experience is a natural ability that is not unique to any particular culture. While practiced within a religious context for many centuries, the practice of mindfulness meditation is now being recommended as a great tool in the management of numerous mental and physical conditions. For many, the term meditation may conjure up images of out-of-body experiences and esoteric psychic states, but mindfulness meditation seeks nothing more than to focus the mind on our current experience. Regular practice of mindfulness meditation has been shown to improve attention and help people better manage stress and anxiety.

How can I learn to be more mindful? While the benefits of mindfulness are quite real, like any skill or muscle, it takes practice to be able to hold one’s awareness in the present moment. There are many books, websites, and organizations dedicated to the practice of mindfulness. There will also be a mindfulness group beginning at the Counseling Center for UD students who are clients of the Center. If you would like to attend, please call 937-229-3141 for more information.

-Keith Higginbotham
Counseling Center
Psychology Trainee

Voices Raised

How far we've come....

The Plague of a Learned Wife

Sir,

I am one of those unfortunate tradesmen who are plagued with a reading wife, who, according to my notion, is a very great evil in a house. My wife does hardly any one earthly thing but read, read, read, almost from the time that she gets up to the time that she goes to bed. Howsumever, I should not value her reading so much neither; though to be sure, as she is a bookish woman, she is of very little service to me in my business, did she not very often oblige me to hear her, when I had much rather be looking over my own books; which, by the way, I would not change, no, that I would not, for all her, notwithstanding such a confounded rout about them, so that my ears and my head are both disturbed at the same time. For my part, I read only the papers in order to see how the nation goes on; and what chance there is for pushing business. – But the worst of the affair is to come. My wife has lately been very fond of a book full of hard words; and will persist in reading out of it to me whenever she can catch me at leisure. Now, to tell you the truth, I don't take in one word in ten which comes out of her mouth,

and there is no pleasure, you know, in hearing what you can make neither head nor tail on. I am often forced to say to her, "I can't for the soul of me tell what the author would be at; he is a confounded puzzling fellow, I am sure."

We had a terrible brush t'other day, Sir: Upon her coming out with a plagued hard word, I said to her, "Lookee here, Mrs. Olive, it don't signify three farthings, I can't bear no longer to set and hear what I don't understand- I should be glad to know," says I, "what language are you reading?"

"Why English, to be sure," says she, looking fiercely at me, as if she would eat me. "The dogs a bit," says I: "such English as that *there* you have been reading I never heard in all my born days."

This answer, though I spoke it as cool as a *cowcumber* put her into a violent passion- her eyes struck fire, and she coloured like a turkey-cock at the sight of a red handkerchief. After she had clapped down her book upon the table in such a manner that I thought verily she had made work for the joiner, she said, "Your want of erudition is insupportable- I pity from my heart the paucity of your ideas; you are the lowest of terrestrial beings; and it shocks me to death to find you so incapable of relishing the compositions of a man, who for the universality of his genius, the vivacious ebullitions of his fancy, and the exuberance of his imagination; for the diversity of his matter, the subtlety of his reasoning, and the melody of his diction, is incontrovertibly one of the brightest luminaries in the literary world."

Luckily, to my no small satisfaction, I was just then called down stairs to receive orders from one of my best country customers, by which means I was not under a necessity at the time of making an answer to a speech which was indeed quite out of my *sphere*: and as soon as I had done that job, I went and bought Johnson's Dictionary, that I might be able to understand my wife a little better; but, to my great mortification, I have thrown away my money; for when I look for the meaning of one of Mrs. Olive's cramp words, I am often as much, if not more, puzzled than I was afore.

My wrong-headed wife, not contented with talking herself nor to be understood by such a plain man as I am, brings up her daughter to have a taste for the same sort of language, which I am sure is not fit for common use. According to my notion now, neither tradesmen, nor tradesmen's wives, nor any body belonging to them, have any business to talk like *skolars*. But I was going to tell you about my daughter. Why, Polly, Sir, is a clever girl enough, I must own, and old enough (for she will be nineteen in about ten days) to know better than to follow her foolish mother in what only makes her laughed at by all her acquaintance behind her back. Polly has already lost a good match, a very good match, by her non-sensical behaviour; and if she takes after her mother, will never get a husband worth hanging. A store-keeper in the neighbourhood, an industrious young fellow, courted her, and I do verily believe would have married her in a little while; but she found so much fault one day when he came to make her a present of some ribbons, which his phraseology and pronunciation, telling him, that he had a barbarous assemblage of expressions, and delivered them with a horrid incorrectness, that he took up his hat, not caring, I suppose, to be treated like a schoolboy, for which I confess I can't blame him, and has never darkened my door since. I hope all unmarried tradesmen, when they have read this letter (for your Magazine will undoubtedly fall into the hands of many such people), will take special care how they venture upon a bookish woman. For my part, I am sick of all the books, but those belonging to my shop.

I am, Sir, Yours, &c.

Obadiah Olive.



photo courtesy of book-clipart.com
http://www.book-clipart.com/free_book_clipart/girl_or_woman_reading_a_book_silhouette_0071-0810-2011-5130.html

The Plague of a Learned Wife was originally printed in "Weekley Magazine of Original Essays, etc." Philadelphia, May 1798
Because the essay was originally published in 1798, it falls into public domain.

LaFrae Sci

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at the Masonic Center. Tickets will be available starting March 25. To learn more about Sci's band, music, visit to UD, or to hear song clips, go to "cityfolk.com", "arts.udayton.edu" or LaFrae's website "lafraesci.com."

-Kaitlin Kenny
Junior



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Women's History Month

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"This event is a 6-hour, hands-on, educational experience which will build upon the theme of "12 Ways to Make a Difference in 2012," said Erin Quinn, co-chair of the event.

Human trafficking is an important issue to be discussed and dealt with any time of the year said Theodra Bane, former student of Professor Talbott's Human Trafficking class. "It's the invisible undercurrent to our privilege and we don't recognize it."

With all these events in March our campus will have no excuse to not know a thorough answer to the question, why do we have a women's history month?

For more details about Women's History Month events see page 2 or go to "womenscenter.udayton.edu"

-Amanda Jones
Senior

Miryam Award

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the Ohio Attorney General's Trafficking in Persons Study Commission in 2010 and 2011-12. It doesn't stop there though; both aided professor Talbott in creating an exhibit on human trafficking that has been displayed at the Dayton International Peace museum and various locations in the Dayton area. By selflessly dedicating ample amounts of time to the fight against human trafficking, Talbott says, "[they] have had a direct impact on service providers and law enforcement in Dayton, leading to improvements in the lives of victims across the city."

The University of Dayton is proud to recognize these three remarkable and inspiring students as the 2012 Miryam Award winners. Each recipient's name will be engraved on a plaque hung in the Barrett Dining Room. The award also includes a \$1000 gift that the recipients will be able to designate to further enhance the climate for women on campus. There will be a prayer service and reception held at 4:30PM on March 26th in the Immaculate Conception Chapel where the winners will be officially presented with their awards. Congratulations to our 2012 winners!

-Sylvia Gomez
Sophomore

Marianist Sisters

Continued from P.3

included, "summers at Tipp City with the migrant farm worker families. I recruited UD students to do after school programs with the migrant children as well as some recreational activities." Estella also directed the Marianist Volunteer Services Communities from 1984 to 1987. Today, Sr. Leanne Jablonski is the Biology Department Labs Coordinator and she is an instructor of Religious Studies. Sr. Laura Leming worked for Campus Ministry from 1981 to 1994. She spent 6 years in Marycrest, 7 years in VWK and 7 years as the Assistant Director of Campus Ministry and she was the founding Director of the Graduate Assistant Program in Campus Ministry. She started working in the Sociology, Anthropology and Social Work Department in 1999 and became the chair of the department in 2010.

In 1972 the sisters bought a house at 30 Sawmill Road where they still live today. There are 6 FMIs from the province living on Stonemill now and one sister from Japan who is there to study English. The sisters currently living there are: Sr. Marie Abmayr, Sr. Audrey Buttner, Sr. Mary Louise Foley, Sr. Leanne Jablonski, Sr. Laura Leming, Sr. Nicole Trahan, and Sr. Trinite Yoshimuro. One of the missions of the community is to host Sisters from around the world who are studying English at UD. They have had sisters from six different countries stay with them at various times throughout the last 7 years.

Although they are small in numbers, their presence at UD has been tremendous and very influential. They continue to be a model of Christ's love and the Marianist charism to our University.

-Samantha Tsuleff
Senior



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From the Director's Desk

Miryam Award Evolves

I've had the privilege of serving on the Miryam Award committee since 2003 and it has been interesting to observe how the pool of nominees has changed over time. Created in 1996 by the Center for Social Concern, the Miryam Award seeks to recognize individuals, groups and organizations who: 1) enhance the climate for and support the advancement of UD women; 2) go beyond their normal duties in advancing the campus community for women; 3) reflect the mission of UD.

In the early years (1996 – 2000) the pool of nominees was a virtual “who’s who” list of individual faculty and staff members, membership organizations, and academic programs. Though varied in structure and methodology, all had been outspoken advocates for women’s equality at UD. Noticeably absent from those early pools were UD students, both individuals and student organizations.

In 2001 the first Miryam Award nomination for a student organization was submitted, and the pool continued to have one or two such nominees each year after that. 2004’s pool contained the first individual student nominee (and co-recipient of the award), but it wasn’t

until 2008 that a significant number of students and student organizations were nominated. From that point forward, a student or student organization was the Miryam Award winner or co-recipient every year.

Fast forward to this year, when the Miryam Award Committee had a very rich and deep pool from which to choose, and ALL the nominees were individual students and student organizations. While it’s not yet clear if that pattern will hold – some have speculated that discontinuation of the fac/staff e-mail digest negatively impacted faculty and staff awareness of the Miryam nomination process - what IS clear is that many UD students and student organizations are embodying the characteristics the Miryam Award seeks to celebrate. While we still have a ways to go in fully realizing the vision outlined in the *Commitment to Community* document, the 2012 Miryam Award nominees suggest that progress IS being made and achieving that vision isn’t impossible. We remain hopeful...

-Lisa Rismiller