

# From the Director's Desk

## When was the last time you offended another member of the UD community?

*Perhaps an odd question, but in reality, it might have happened today. Or yesterday. Maybe you've not been the "offender" recently, but instead have been on the receiving end of someone else's offensive words or actions.*

On the relatively innocuous end of the spectrum are words and/or behaviors that make others feel uncomfortable. They don't like what you've done or said, but they probably won't make an issue of that single incident. At the more egregious end are things said or done that can cause real fear and anxiety; things that cause the other person to change their own actions or behaviors to avoid similar encounters in the future.

What really makes this question of, "have you offended someone?," difficult is that often the *intent* of the words or actions is quite different than their *impact*. And when that disconnect occurs, often it's difficult for the "offender" to recognize an offense happened unless the person they offended or a trusted colleague speaks up. That, too, is often difficult.

In thinking about this issue, I sought the advice of Amy Lopez. The Director of Kennedy Union and Conference Services, Amy has served as a UD Grievance Officer and been actively involved in promoting and facilitating sexual harassment training at UD. Amy had some useful advice to offer. 1.) "If you're not 100% sure how your comment, joke or touch will be received, *don't do it!* It's better to risk

losing some part of the interaction than to inflict damage or pain on another." 2.) "Confront offenders." While acknowledging that doing so is never easy, if you assume the person is well intentioned but oblivious to their impact, confronting the offender becomes a bit easier. It's also important to keep in mind that when the offender's words or actions appear to fall within the University's policies against sexual harassment, we all have a moral obligation, as members of this Catholic and Marianist community, to act within the boundaries of those policies.

Finally, what about those "gray" situations we sometimes encounter? For example, when we witness members of this community acting in ways we believe are unprofessional, un-Marianist, etc.? Again, I encourage you to assume the person's motives are pure, but find a way to help them see how others might perceive what they're doing or saying. Telling an "emperor" (or empress, as it may be) that he or she "has no clothes" takes guts, but doing so helps create an environment in which we can all grow and thrive, including "the emperor."

• Lisa Rismiller  
Women's Center Director

UNIVERSITY of  
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Women's Center



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Women's Center  
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# Success After Tragedy

## Hope for Women Survivors of Sexual Abuse

Unfortunately, not many women are aware of the tremendous amount of helpful resources available to them when they begin working through the emotions of their childhood sexual abuse. The University of Dayton set out to change this with the event "Women Survivors of Childhood Sexual Abuse."

In support of National Women's Health Month, the Women's Center and Fitz Center for Leadership in Community joined forces with Womanline, Artemis, Care House at Children's Medical Center, and The Ohio Department of Health through the Wright State University Center for Healthy

Communities worked to make women more aware of the support available to them.

On Monday, September 18th the "Women Survivors of Childhood Sexual Abuse" event was held in the Kennedy Union Ballroom.

The featured speaker was Holly Sowels-Jenkins who spoke to the audience about her personal experiences with childhood sexual abuse. Her journey through the pain and anger of sexual abuse served as an example of not only a tremendous survivor but a healthy woman who is also a writer, wife, and mother.

Sowels-Jenkins' main goal is to "help other people who've

been sexually abused by teaching them to release the pain, so they can manage their lives. Because the memory of the abuse is not going to go away, it's important how we manage our lives in spite of the memories."

She was able to provide the audience with an excellent example of a woman who has managed her life successfully and persevered in order to provide others with a sense of hope and determination.

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*From the Director's Desk*

### Women's Center

LOCATION:  
Alumni Hall, 2nd Floor

HOURS:  
9 a.m. – 10 p.m.  
Monday – Wednesday  
9 a.m. – 5 p.m.  
Thursday – Friday

PHONE: 937-229-5390  
FAX: 937-229-5334

WEBSITE:  
womenscenter.  
udayton.edu

## Stop Hate Week promotes diversity

In order to promote diversity and inclusion and to create an awareness of bias related incidents happening on campus, the University of Dayton composed a full week of scheduled events for Stop Hate Week. The primary goals were to increase awareness of bias and hate that exists on campus, to provide everyone with information on how to seek help, and assist in making the UD campus a safer place for everyone.

Those who were interested in learning about other cultures met some new possibilities on Monday, September 25<sup>th</sup> at the *Intercultural Speed Meet*. This was an event designed to bring together diverse and interesting people from a variety of

ethnic and cultural backgrounds. Participants met

they had in common and what things they could learn from one another. Then they each moved on to another person and began again. It was a fun and casual way to learn about new cultures and the diversities that exists on the UD campus.

Others preferred movies offered throughout the week. On Tuesday evening, those interested met at the Artstreet Amphitheatre to watch *North Country* and *A Day Without A Mexican*. Wednesday offered more movies showcasing diversity in the feature films *Hotel Rwanda*, *Crash*, and *Transamerica*.

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**"Injustice  
anywhere is a  
threat  
to justice  
everywhere."**  
  
**Dr. Martin Luther  
King, Jr.**

80% of women in the United States are dissatisfied with their appearance. This boils down to only one out of every five women having a positive body image. To counter this, the UD Women's Center has dedicated the entire month of October to building a positive self image. The theme, Be a Better You: Love your Body Month will focus this year on prevention. The Women's Center and other UD departments are sponsoring many events on campus to inspire women to take comfort in and love their bodies. The UD Health Center's Dr. Mary

Buchwalder is hosting two brown bag discussions on the book Stopping Cancer Befor It Starts. The first discussion took place on October 2<sup>nd</sup> to kick off the month and the second will take place on October 30<sup>th</sup> to end the month's activities. Earlier in October, the Wellness Program offered discussions on Stress Management in the Workplace and Balance and Alignment for Your Life. On October 18th a discussion will be offered on Exercise for Persons with Neurological Disorders. Taking place all month will be a Ceridian Program called "Walking to Good Health, Happiness and Longevity." A

brown bag discussion will be held to kick off the program. Each person wishing to participate will be asked to set a target number of steps to walk each day. Dr. Buchwalder will guide walks on Tuesdays and Fridays for about 20 minutes during the lunch hour. For each day the target amount is met walkers will be entered into a drawing to win tickets to the nationally known event "Speaking of Women's Health." On October 15<sup>th</sup> all are invited to tour Woodland Cemetery for Discover Woodland Day. The tour will feature men and women dressed up as famous people buried in Woodland Cemetery. Visitors will have the opportunity to learn about famous Ohioans such as the Wright Brothers and Erma Bombeck.



# What's Going On?

## Love Your Body Month focuses on prevention

Residence halls are also joining in on "Love Your Body Month" by offering many different programs. Students are encouraged to attend floor programs such as movies with healthy snacks and a recipe exchange called "Beyond Ramon Noodles and Easy Mac." Bulletin boards will also be displayed addressing topics such as depression, homesickness, pap smears, breast exams, and eating disorders. Nutrition information will be posted in dining halls to show different ways to make healthy meals with the food available. Be sure to also keep a look out for events on Breast Cancer Awareness taking place the rest of October. Check out the Women's Center's website for a complete calendar of Love Your Body Month events. (womenscenter.udayton.edu/calendar)

•Melissa Pickerel  
Sophomore  
Undecided Business

## Sowels-Jenkins, Sachs, provide positive messages

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This message of hope and survivorship was also addressed through two musical selections by Jayne Sachs entitled "Twisted Ballerina" and "Celebrate Yourself." "Twisted Ballerina" helped draw attention to the less talked about subject of childhood sexual abuse in settings most familiar to us. While the song "Celebrate Yourself" aimed to embrace how the process of

healing through pain and anger can be transformed into strength. Both Sachs and Sowels-Jenkins wish to provide hope and support for anyone going through the process of healing or for the family members of those who have been sexually abused, a process that can often seem endless and daunting. Whether the issue of child abuse is a personal experience or experience of someone within

your community, it is important to be aware of the challenges encountered by those seeking help and to advocate the resources available to victims and families.

• Lauren Roberts  
Junior  
Philosophy

## Speakers encourage social change

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Also happening on Wednesday was a Student Panel Discussion in Artstreet and followed with an informal, open discussion over dinner with students called "Who Do You Think I Am?" led by author and activist Helen Zia. The student club Orgullo Latino participated in an event at 8:00 p.m.

Helen Zia spoke Thursday morning on her book *From "Minority" to "Majority"*,

*Invisible to Envisioning: Diversity Challenges and Other Evils*. This event also included a breakfast buffet and a book signing of Zia's book following the speech. As an author and activist, Zia spoke about how understanding and embracing our changing populations we will be better prepared to make a difference as individuals and together, to effect positive social change in the world.

On Thursday evening, guest speaker Dr. Chris Duncan

presented "*Pushing Bricks, Building Cathedrals & Hate: What's Love Got To Do With It?*" Friday afternoon concluded the week with a Unity Mass held in the Chapel.

A lot of effort and hard work was put into addressing the serious topic that exists today. To find out more information on how to report biased related incidents visit the Stop Hate website at [stophate.udayton.edu](http://stophate.udayton.edu)

• Caryl Nunez  
Freshman  
Psychology

## Students recommend International Program

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According to Tricia Penno, who works for the Center for International Programs here on campus, "American students can choose to live in the International Learning Living Community (ILC) through an application process.

Yvonne suggests that everyone study abroad because it is a good experience to learn the culture, improve language,

and to make friends.

"Welcoming international students to campus educates the entire university by allowing students from a number of backgrounds and cultures to exchange ideas on gender role expectations. By learning how women are viewed in different cultures, each woman can use what they have learned to create a gender role that breaks free of stereotypes and encompasses those qualities that best suit

the individual." says Tricia.

If you are a UD student interested in having an international roommate, the Center for International Programs will begin accepting applications in January.

• Jessica Smith  
Graduate Student

## The Book Nook

- Polite Lies: On Being a Woman Caught Between Cultures  
•Kyoko Mori
- Body Outlaws: Rewriting the Rules of Beauty and Body Image  
•Edited by: Ophira Edut
- Women's Health: Readings on Social, Economic, and Political Issues  
•Edited by Nancy Worcester and Mariamne H. Whatley

\*Search the Women's Center Resource Center for more great reads on physical & emotional health!\*

## Women's Center Newsletter

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# Voices Raised

## Facebook raises issues

### Do employers use Facebook to check employees?

Admit it, if you're a student you love it. You poke, you post and you tag. Life for college students wouldn't be the same without Facebook, a social networking Web site for high school and college students. However, now Facebook is taking it one step further. According to the Facebook website, people who work for companies can now register for a Facebook address. Many companies are using this feature to access the accounts of potential and current employees. Has Facebook gone too far?

Mark Sisson, an Associate Director in Career Services at the University of Dayton, is conducting research involving Facebook. In his preliminary surveys he has found that most employers do not consider Facebook an accurate portrayal of their client. "Many employers view it as a window into the personality and professionalism of the person," explained Mark. "It seems that they are looking at insights into the discretion and maturity of the candidate."

However, Mark admits that's not the case for all companies. "For some employers, such as government agencies and law enforcement, the information of Facebook takes on a whole new dimension," Mark said. "I think these employers take it more seriously."

Many students admit to signing on to Facebook at least 5 times a day and most of them cringe at the idea of a future or current employer looking at their Facebook account. So next time you go to poke, post or tag remember that your employer could be checking you out.

• Kaitlin Delaney  
Senior  
Journalism

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## How do you feel?

"I heard of one student who had all the privacy features on Facebook enabled so that only his 'friends' were allowed to see his information. He was shocked to find a copy of his Facebook page presented to him at an interview with the federal government."

- Mark Sisson, Career Services

"College students think anything they put on Facebook is just for their friends but obviously it can hurt us in the long run if employers are starting to use it."

-Liz, Senior

"I don't even have a Facebook account but I still asked all my friends to not put pictures of me on their accounts because my employer checks it out regularly."

-Claire,  
Sophomore

"I think if people are going to put unflattering things about themselves on the Internet, then I believe employers have the complete right to go check it out. If they get into trouble, it's their own fault in the first place."

-Sarah, Junior

"It's my private life and I wish to keep my private life separate from my work life."

-Stephanie, Senior

# Women's Center Profiles

## UD Alumna Leads Womens Engineering Program

The University of Dayton welcomed a new face to the Engineering department this past summer. The new edition, Laura Bistrek, has taken on the task of managing the Minority Engineering Program along with creating the Women Engineering Program.

Bistrek graduated from UD with a degree in Civil Engineering in 1997 and received her Masters of Business Administration degree at the University of Louisville in 2002. Prior to her 1999 graduation, she accepted a position with Tetra Tech, Inc., an engineering consulting firm, largely as a result of the work experience she gained through co-oping at UD. Bistrek is significantly involved in many

professional organizations. Recently, she joined the Women in Engineering Programs and Advocates Network, the National Association of Multicultural Engineering Program Advocates, Inc., the Society of Women Engineers, the National Society of Black Engineers, and the Society of Hispanic Professional Engineers.

"I feel that being involved in professional organizations has helped me establish contact and build community with other women engineers," says Bistrek. She believes that this is a great way to network with other female engineers in such a male-dominated field.

Though the majority of engineers are men, Bistrek has had a positive experience working as a woman in the field.

However, there were several occasions in her career where she had to work twice as hard. There were also times Bistrek felt disregarded and had to work hard to gain trust and respect in order for prospective contractors to take her seriously. Other issues that she encountered consisted of "fitting in with the guys" during lunch conversations, or dealing with the fact that there was no official maternity leave policy at her office and co-workers assumed that she would not return to work after her first pregnancy.

Bistrek's motivation to return to UD as part of the staff in the Engineering department was her desire to work with students on a full-time basis. She says that the part of her job that she always enjoyed the most was

working with co-ops, mentoring young engineers, and the outreach programs through the professional societies. Bistrek knew this position would be perfect for her, stating that she would get to do work with students and promote diversity in engineering.

"I would like to increase the number of diverse, wholly educated graduates, who continue to provide service to society," says Bistrek of her visions for the Minority and Women Engineering Programs.

• Katie Brennan  
Senior

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## New Chinese students appreciate friendly campus

Remember the first time you packed your bags and moved away from home to go to college? You said goodbye to your parents, family and friends but knew they were never really that far away if you needed them.

Now imagine what it would be like to go to college in another country, one with very different ideals than yours. Currently, there is a group of 12 female Chinese students here on campus doing just that. These women are from Shanghai Normal University in China and are participating in a dual

degree international program majoring in Mechanical Engineering Technology and Electrical Engineering to complete their last year of college here at the University of Dayton.

"I'm surprised at the lack of female students in the engineering program," comments one of the Chinese female students. "Sometimes the other Chinese women are the only females in my engineering classes." With a full plate of difficult classes and adjusting to a new culture, the girls still find time to "do college things".

Qinwen Zhou is one of the Chinese students here on campus. She prefers to go by the name Yvonne while she is here in America. "I chose the name Yvonne because of the unique spelling of the name," she says. As far as college activities, the Chinese students have really enjoyed the new Rec Plex here where they can jog and swim. Yvonne also said that she "likes going out with the UD students to see the student neighborhoods."

The Chinese engineering majors say they appreciate the flexibility in selecting classes here at UD, the friendliness of

the UD community, the willingness of the UD faculty to help and "the cute, fat squirrels here on campus", says Yvonne giggling.

The international students live in international housing located in the apartments on East Stewart Street.

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# Health

## Love Yourself, Invest in Yourself

As a woman, I am very much aware of the social pressures placed upon women to uphold a standard of youth, beauty, and motherhood.

As a psychologist in training, I am also very aware of how these social expectations of women can have a very detrimental effect on women's self-worth and overall happiness. As a feminist, I can envision how things could possibly be different through consciousness raising and providing support through sisterhood.

Many people believe that the social expectations for women to be young and beautiful and also mothers are fading. I would argue that many of these expectations have simply taken on a different form. For instance, many women can look and see how restrictive

and oppressive corsets and girdles were to the women who were expected to wear them. The popularity of these items has decreased, but with their decline there has not been a decline in a thin ideal.

I truly feel as though thong underwear is the new corset of the day. If you think about it, the increasingly shrinking undergarments leave women feeling as though they must be able to wear them and look sexy doing it. The same expectations are present with thongs as with corsets—to be attractive and to be thin.

Overall, the social expectations of beauty are still constricting women even if it is not in the literal sense. Women do not experience these expectations in isolation and it may be helpful to begin a dialogue with other women in our lives about how

these expectations make us feel.

During Love Your Body Month, it is especially pertinent that we begin to talk with other women about our own bodies and how we can begin to feel proud of our bodies, as well as of our womanhood. Loving one's body can be difficult at times but it is important that we provide ourselves time each day to truly invest in who we are. These do not have to be large grandiose investments. They can be as simple as learning a new word each day or as complex as teaching yourself to play an instrument.

I propose that we, as women, begin to support ourselves and each other in loving ourselves as well as loving our bodies.

• Birthany Pawloski  
Psychology Trainee  
Counseling Center

*"Looks, girls learn early, collapse into a metaphor for everything else. They quickly become the defining criteria for our status and our worth. And somewhere along the line, we stop believing in the power of our minds and our bodies."*

- Susan Jane Gilman

*"Primarily girls are told by advertisers what what is most important to them is their perfume, their clothing, their bodies, their beauty. Their "essence" is their underwear. Girls of all ages get the message that they must be flawlessly beautiful and, about all these days, they must be thin. Even more destructively, they get the message that this is possible, that, with enough effort and self-sacrifice, they can achieve this ideal. Thus many girls spend enormous amounts of time and energy attempting to achieve something that is only trivial but also completely unattainable."*

- Jean Kilbourne

From the book: Can't Buy My Love

*"What can I say? Society is fickle. One minute you have to be curvy and voluptuous to be considered attractive, the next minute your hip bones and rib cage have to be showing to be one of the beautiful people. I made a conscious decision nearly seven years ago not to make someone else's opinion my reality. That decision gave birth to another decision: to give up dieting. That didn't give me a license to eat all the cookies, cakes and pies I could lay my hands on. Instead, it showed me that I now had choices about what I could eat. It set me free from obsessing about calories and fat grams, and left me with time to ponder more important things."*

-Regina D. Williams

From the book: Body Outlaws

# & Wellnesss

## Ask the Doc

Mary Buchwalder, M.D.

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?*

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:

- 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 vgs, sweet potatoes, blueberries, strawberries). Choose brown rice instead of white, multigrain instead of white bread. Minimize the amount of processed foods you eat.

- 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.

- Limit fat intake, especially saturated fats. Lean toward olive oil and polyunsaturated oils (e.g., canola oil).

- Avoid or minimize heavily salted or cured foods.
- 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,

Lisa

women should drink no more than one drink per day, and men no more than two.

5. Avoid all tobacco products.  
6. Get regular check-ups. Young women 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

"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)  
Note: the e-mail address above is NOT checked daily. Do NOT send personal or emergency questions; please come to the health center or dial 911 for emergencies!

*Judge this book by the back cover...*

### Stopping Cancer Before It Starts

"Who should read this book? Almost anyone can and should. Diet and cancer are among the more hotly debated topics in medicine, and *Stopping Cancer Before It Starts* informs in a useful way so that the reader can understand the issues and the debate, and make intelligent choices." - *Oncology Times*

#### Can You Prevent Cancer?

Research shows an undeniable link between diet and cancer. In fact, 60-70% of cancers can be prevented by making the right choices about food, exercise, and tobacco use. *Stopping Cancer Before It Starts* tells you how to make simple changes in your everyday life that can radically reduce the risk of cancer.