

# From the Director's Desk

Page 8

"Rape" and "personal safety / self defense" were rated by UD undergraduate women as the two most important of seventeen issues listed on a recent survey by the Women's Center. Over 96% of the 1177 women who answered the survey's "issues" question ranked these two as "Very Important" or "Important". While it's troubling that in the close-knit, Marianist, UD community rape and personal safety are viewed by women students as much more important than "spirituality" and "getting involved in campus / community activities", the fact that "drinking" was by far the "Least Important" of the seventeen issues can't be ignored since alcohol is almost always a factor when the risk of sexual assault (UD's official term for what students generally refer to as rape) or personal attack is present.

The Women's Center is regularly asked to provide self defense programming for women students. We've been reluctant to offer it, for several reasons. Typical self-defense training teaches how to, with much practice, overcome a surprise attack – the stereotypical attacker lurking in the bushes. It puts the onus on the victim to "overcome" the attacker and, if the attacker

prevails, then it becomes much easier to focus on what the victim should have done, i.e. "blame the victim." Such training also ignores the reality of the dangers UD women face. With rare exceptions UD women are not vulnerable to surprise attacks by strangers – it's the fellow student playing flip cup that a woman needs to be wary of.

But it's a tremendous challenge to help women students accept that to really be safe – here and elsewhere - they need to do two things: 1) don't automatically trust that all those they encounter in social settings are concerned with their safety and well-being, and 2) avoid consuming alcohol or other drugs to the point that their judgment about others' motivations and/or their ability to say "no" is compromised or eliminated. If UD women are serious about wanting to minimize their chances of becoming victims we will be happy to offer "self-defense training" that blends some aspects of traditional training with these two factors, thereby giving women students a variety of tools for minimizing the true dangers they face. The question is, will UD women students show up for that?

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University of Dayton  
Women's Center  
212 Alumni Hall  
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inside

Page 2  
What's Going  
On?  
• Unity Week

Page 3  
Women's Center  
Profiles  
• Marianist Sisters  
• Christmas On  
Campus Coordinators

Page 4  
Health &  
Wellness  
• Ask The Doc-  
Avoiding sickness  
• Holiday stress

Page 5  
• Family Time

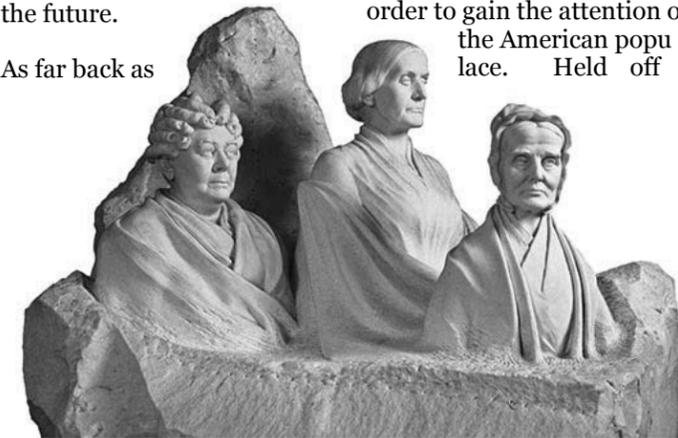
Page 6  
• Holiday  
Traditions

Page 8  
• From the  
Director's Desk

## Women and Politics Through US History

With the 2008 presidential election heating up, politics have jumped to the forefront of the American consciousness. Citizens are wondering who they would like to represent them as their president, and focusing more of their attention to the issues troubling our government. Therefore, now is a good time to reflect on the contributions women have made to the political scene and to see where they are going in the future.

As far back as



"The Portrait Monument"

Statue in the US Capitol rotunda is of Susan B. Anthony, Lucretia Mott and Elizabeth Cady Stanton and the uncarved portion represents all past, present, and future women leaders

James Madison's presidency women's issues have been a concern in America. With Dolley Madison stating "remember the women" to her husband during the writing of the Constitution, women's rights were largely on the back burner until the suffragette movement began after the Civil War.

Leaders like Elizabeth Cady Stanton and Susan B. Anthony helped to organize protests in order to gain the attention of the American populace. Held off by

World War I, women were prohibited from voting until the passage of the Nineteenth Amendment on August 26, 1920. Through leaders like Stanton and Anthony, women were inspired to have a greater voice in government not only by voting, but by organizing protests.

In the Twentieth Century, issues related to women have received much attention. For instance, issues such as equal pay, abortion, discrimination and equal job opportunities are still being discussed by lawmakers. With women's issues at the forefront of American policy, women have more of a voice in government than ever.

Politicians like presidential candidate Senator Hillary Clinton (D-NY), Secretary of State Condoleezza Rice, and Speaker of the House Nancy Pelosi (D-CA) have shown

Continued on P.7

### Women's Center

Location:  
Alumni Hall, 2nd Floor

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

## Native American Woman Author comes to UD

Marilou Awiakta, a distinguished poet, storyteller, and essayist, was this year's keynote speaker for the celebration of Native American



Awareness Week which was held November 5th through the 8th). According to Pattie Waugh of the Women's Center, her presence at UD was a collaborated effort between the Circle of Light Initiative, The Women's Center, and The Women's and Gender Studies Program.

Not only did Awiakta head this

year's celebration by speaking about her book, SELU Seeking the Corn-Mother's Wisdom, but she had also presented in the KU Ballroom for the Tiopaye Showcase Dinner on November 6 and had conducted a workshop in Sears on November 7 entitled, "What does an 'Indian' Look Like?" This workshop focused on the representation of Native Americans in literature and its impact on curricula.

Finishing up the week, she moderated "Intergenerational Storytellers: 'Let the Dipper Sink Slow'" which allowed all

attendees the opportunity to share a story in prose, poetry, music, dance, visual arts, or any other expressive form which reflected some intergenerational family preservation. Awiakta drew this event from the reader discussion at the end of her novel, Rising Fawn and the Fire Mystery, which she tells readers to, "Be alert to sayings passed down in your family, for a whole story may be contained in a saying."

According to Dr. Mary Ann Angel, the Coordinator for the Cir

Continued on P.2

# What's Going On?

womenscenter.udayton.edu

December 3<sup>rd</sup>  
- Dinner with the Marianist Sisters

December 7<sup>th</sup>  
- Christmas On Campus

December 14<sup>th</sup>  
- Last day of exams for first semester



January 7<sup>th</sup>  
- Second semester begins

January 21<sup>st</sup>  
- Martin Luther King Jr. Day



**Unity Week** is coming soon! Unity Week is a special week of events at the University of Dayton each year with celebrates and promotes unity among students and other members of the UD community. The week is traditionally hosted by the Student Government Association (SGA), however this year they are collaborating with other organizations on campus for the planning of the events.

The purpose of Unity Week is to build bridges across the UD community to make students more aware of the people that surrounds them. According to Nina Jolani, the director of Unity and Diversity for SGA, "The goal of Unity Week is to

organize a week that spreads diversity and encourages racial acceptance throughout the UD campus."

With Unity week coming up it's a good time to reflect and discuss what unity means to us as an individual and what unity could accomplish in society. Nina states that, "We'd like to further define Unity as bringing our campus together with collaboration, and communication."

Unity week this year will be held in January, information on events and speakers will be available in late December/early January.

- Amanda Pryor  
Freshmen  
Pre-Med

## Awiakta Inspired UD Throughout Her Visit

continued from P.1

cle of Light Initiative, Awiakta was asked to participate this year "not only because her work is powerful, but also because she deconstructs American Indian stereotypes with wit and grace, and promotes values that are consistent with the mission of the University of Dayton."

Awiakta has earned a great deal of recognition in the literary world. Her awards range from the "Distinguished Tennessee Writer Award" in 1989 to "Out-

standing Contribution to Appalachian Literature" in 1991. While her Appalachian roots are a mix of Celtic and Cherokee, her writing is not limited to one or the other; most of her poetry and prose actually illustrates a connection between the two. Common themes throughout her work include Appalachian and Cherokee culture, the synergy between spirit and science, and the power of woman—both mythic and manifested.

Dr. Angel also points out Awiakta's proposed solution to the patriarchal habit of objectification and domination includes returning to the idea of the Universal Web. In other words, Awiakta's message is one of interconnection of all things, people and nature alike. In the spirit of the Marianist tradition and emphasis on the importance of community throughout the University, Awiakta's message resonated powerfully among participants in the week's activities.

Awiakta's contribution to this year's Native American Awareness Week certainly left a lasting impression with the UD community. As the University gathered as a large "Tiospaye," which translates to "extended family," it was an honor to have such a distinguished scholar and speaker among us.

-Katie Brooke  
Senior  
English

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## Women making political changes in the world

continued from P.1

what women can do in the political world by rising to the top. Politics had been mostly a male-oriented profession, but now more than ever women are at the forefront of American politics.

The U.S. First Ladies in recent years have also had an influence on politics. For instance, Barbara Bush contributed much of her time to charities and even wrote a children's book. Hillary Clinton, as First Lady, sought to reform health care. Current First Lady Laura Bush often tours the country advocating literacy. Through

these women, citizens are made aware of various issues and are often able to reach out themselves to those targeted by the First Ladies' philanthropies.

The right to vote allows everyone to vote their conscience, but getting voters registered and to the polls can be a challenge. Organizations such as the League of Women Voters encourage women to let their voices be heard through the right to vote. The League of Women Voters, with an active chapter in Dayton, encourages women to educate themselves

about the current issues and those on the ballots. They also register voters and staff polls on Election Day. Through the League of Women Voters, citizens are made aware of their responsibilities as Americans to vote.

Women in politics have certainly made an impact on our world. They strive to achieve excellence in serving the general good. All of us can follow in their lead by serving our country to the best of our ability. Whether through voting, charity, military service, or participation in politics,

we can all strive to make our country and our world a better place.

- Laura Keiel  
Junior,  
Political Science, History

even begin to describe. Christmas on Campus is a landmark event in Dayton, being part of it is an amazing privilege."

- Allison Kroeger  
Women's Center Newsletter Editor  
Junior  
Public Relations

## Christmas on Campus leaders

continued from P.5

it is highly doubtful the event will be anything but overflowing with Christmas spirit. This year will feature events seen in the past, such as crafts and Santa Claus, but there will also be many new events and even live reindeer!

Nick and Chrissy had obtained their positions last year from applying and an interview process and take their position and COC very seriously.

"I feel a great sense of responsibility," says Chrissy, "This is an event that all alumni re-

member and that most people know about before they even start freshmen year. I want to make sure that everyone has the same great experience that I have had."

According to Nick, "My position is an honor that I couldn't

## Marianist Sisters doing good for Dayton Women

continued from P.3

Marianist student groups on campus. Over the summer she also worked with high school students in the Marianist L.I.F.E. program. Originally from San Antonio, Sr. Nicole has found the transition to be interesting but fulfilling.

"The weather alone is a shock but I've enjoyed getting to know the students on a deeper level, especially those in the Marianist student communities," she said.

Off campus, the sisters work to not only alleviate the suffering of the poor but to raise awareness about the need to respect and protect the environment. The sisters volunteer their

time at local organizations in Dayton, including the Other Place and The House of Bread. During the holidays the sisters often gather their neighbors to make sack lunches to distribute to the poor. At MEEC, located in the Mount St. John Nature Preserve, Sr. Leanne works to inform visitors of the need to care for the environment as a necessary component of a well-functioning world and as God's gift of creation. Upcoming MEEC events include a Winter Solstice Sunrise Walk and prayer for peace on Friday, Dec 21 from 6:30 - 8am and a Fair Trade sale on December 8th where numerous artisan crafts from several developing

countries will be available for purchase.

As part of their commitment to social outreach, the sisters afford numerous opportunities for women in the UD community to join with them in the practice of spiritual devotion. Every weekday morning, except Wednesdays, the community is welcome to join the sisters for morning prayer at 7:45am; on Wednesdays, evening prayer is offered at 5pm. The sisters also host monthly faith sharing dinners for UD students, faculty, and staff at their community house at 30 Sawmill Road. These dinners allow participants the chance dine in community with the

sisters and also experience a period of silent reflection. The next dinner will be held on Monday, December 3rd; dinner will begin at 5:45 and the evening usually concludes by 8:15 pm. Additionally, retreat afternoons are available for other women who are connected with UD; these have traditionally occurred during or near Advent and Lent.

- Katie Zabriskie  
Senior  
English, Religious Studies

# Voices Raised

## Holiday Traditions of UD Women

The nights are longer, and the semester is getting shorter. Across campus students and faculty alike are looking forward to the holiday season. As with snowflakes, no two holiday traditions are the same.

**Hope Smalls**, sophomore education major, said her family Thanksgiving tradition involves her sisters and mother working together in the kitchen. Each is responsible for preparing a dessert, she said.

**Dr. Akhila Ramnarayan**, English professor, celebrates Deepawali, the "Festival of Lights." Deepawali (or Diwali as it is called in India) is a Hindu holiday. The legend is on a night where there was no moon; tiny lamps were lit and brought light to all. Deepawali is a time to spread light to others and also a time for new beginnings, Ramnarayan explained.

Deepawali begins very early in the morning with an oil bath, starting with the youngest members of the household, she said. Afterwards, new clothes are put on, offerings are made to the deities the family worships, the family go from home to home visiting. "It's like caroling," she said.

Part of the celebration includes firecrackers, and drawing flower patterns that are redrawn each of the five days, Deepawali is celebrated. Ramnarayan's favorite childhood memories are of receiving new clothes and lighting firecrackers, "It was a competition to see who had the most firecrackers," she said. As an adult she looks forward to "coming together as a community and bringing light to the world." She said it was also a time to connect with her community, herself, and her ethnic identity.

**Indra Levya Santiago**, coordinator for Latin American Student Services at the Diverse Student Populations office, shared about a Mexican Christmas. In Mexico, she explained that traditionally Baby Jesus is the one to leave gifts for children on Christmas Eve. Santa is also welcome, thanks to American influence. Families share dinner and then attend midnight Mass. Families also participate in an activity done in remembrance of Mary and Joseph's search for shelter, one that brings the community together.

On January 6th, the Feast of the Epiphany, more gifts are distributed for "Three King Day" in celebration of the wise men's visitation. Later that night, King's bread is eaten. Somewhere in the bread "Baby Jesus" is hidden. Whoever finds him, hosts a tamale party on February 2nd.

**Summer Glasmier**, senior journalism major, spends her holidays with loved ones, both friends and family. She and friends have a Secret Santa gift swap and dinner. She opens gifts with her family on Christmas Eve, usually following a Christmas party.

**Nicole Ayers**, a senior education major, celebrates Thanksgiving twice. Her family has Thanksgiving on Thanksgiving Day with her extended family and then Thanksgiving dinner the Saturday after with her immediate family. Her mother likes to entertain, she explained.

Each holiday tradition is different from the other, but each seeks to bring out the best in humanity. Holidays are times for reflection, family, friends, goodwill, and fun. Send some goodwill and holiday cheer, a good deed goes a long way. Happy Holidays!

- Charity Smalls  
Senior, Journalism & Psychology

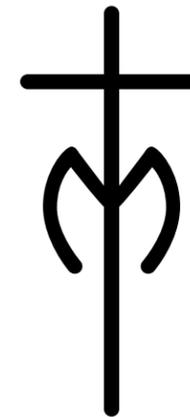
# Women Center Profiles

## Marianist Sisters on Campus

The people of Dayton, Ohio are lucky: lucky, because they are one of only two cities in the United States fortunate enough to be served by the Marianist sisters.

The six women who form UD's Marianist community have a special commitment to serving women, children, and the poor. Through various forms of outreach the sisters seek to be a spiritual resource for UD's women and to demonstrate love and concern for Dayton's poor.

The Marianist sisters first came to the University of Dayton in the mid-sixties, when Marycrest Hall opened. The origins of the religious community are far older, however, dating back to early 19th century France. In the wake of the social and spiritual destruction caused by the French Revolution, Venerable Adele de Batz de Trenquellion and Blessed William Joseph Chaminade



worked to create small Catholic communities dedicated to Mary Immaculate who sought to serve the physical and spiritual needs of the people. From these communities, two religious congregations formed: the Daughters of Mary Immaculate in 1816 and the Society of Mary in 1817. Venerable Adele served as the Daughters' first superior and it is from her that this community gained its dedication to serving women and the poor.

Currently, the Marianist sis-

ters have active presences on five continents in thirteen countries. Although the sisters only have two communities in the United States, the other located in San Antonio, Sr. Nicole Trahan feels the sisters' presence on the UD campus and in the Dayton community is particularly significant for Catholic women who might question their role in the Catholic Church.

*"It is important for Catholic women not to become hopeless," says Sr. Nicole, "In our community they can see strong role models who are significant players in the Church's ministry."*

The sisters live just a short walk from campus on Sawmill Road. The community includes Sr. Mary Louise Foley, a UD campus minister, Dr.

Laura Leming, an Associate Professor of Sociology, Sr. Audrey Buttner, now retired but still volunteers with Campus Marianist activities and MEEC, and Sr. Marie Abmayr, also now retired from Chaminade Julianne High School. The community's director is Sr. Leanne Jablonski; she is an adjunct Religious Studies professor and the Director of the Marianist Environmental Education Center.

In May, Sr. Nicole Trahan joined the Marianist sisters as a second year novice. After a year dedicated to discernment through prayer and intense study, she is continuing her discernment through ministry to the Dayton community, specifically through volunteer work at Catholic Social Action and involvement with the lay

Continued on P.7

## Christmas on Campus Leaders Keeping the Tradition



Christmas On Campus Committee at the Pub Night in Kennedy Union, Nov. 8th, 2007

Lights + carols + hundreds of kids = UD Christmas On Campus

Christmas On Campus (COC) is a major event held every December since 1964 where children from the greater Dayton community come to campus to be "adopted" by UD students and share the Christmas spirit.

This year Chrissy Quilter and Nick Mickley are the co-coordinators for this year's COC. They have ten sub-committees that are responsible for

individual parts of the event. Nick and Chrissy also handle all of the administrative tasks of COC. According to both coordinators the top challenge they have faced for this year has been changing the date from December 8th to December 7th. Chrissy says, "We want to make sure that just because the date is changed the spirit of the event remains the same."

With the events that are planned for this year's COC,

Continued on P.7

## Ask The Doc

Mary Buchwalder, M.D.

**Dear Dr. B.**  
**It's almost finals week, and everyone on my floor has a cold or sinus infection or mono. I can't afford to get sick for exams. Help! What can I do to stay well?**  
**-Kim**

Dear Kim-

It's really tough to avoid colds and sore throats when everyone you live with is coughing, sneezing, and sharing their germs so graciously. Things you can do to reduce your chance of illness include:

-Make sure to get adequate rest. Most adults need 7-9 hours of sleep per night. Studies show that those who are sleep-deprived are twice as likely to get sick when exposed to cold viruses (rhinoviruses).

-Wash your hands frequently, and avoid touching your nose and eyes with your hands. Washing your hands with regular soap (doesn't have to be the anti-bacterial stuff), or even just rinsing them with water greatly reduces the number of germs on your hands. Keeping your hands away from your nose and eyes reduces the chance that any germs you have picked up can get into your respiratory system.

-If you are sick, try to sneeze or cough into your shoulder, not your hands, to reduce your friends' chances of picking up the bug (see above). And if you do cough or sneeze into your hands, try to wash them ASAP.

-Take a little time every day to relax. And 15-30 minutes of exercise, or a little meditation or prayer time, can do wonders to refresh your body and help your mind function more efficiently too.

Have a great Christmas break!  
**- Dr.B**

Mary Buchwalder, M.D.  
 Staff Physician  
 Gosiger Health Center  
 University of Dayton

*"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. This e-mail is NOT checked daily. Do NOT send personal or emergency questions; please come to the health center or dial 911 for emergencies! This service is not intended to replace a visit with a physician*



## What is Really Important During the Holidays

As the leaves on the trees change from green to their varied fall hues, comes the season when we are reminded to reconnect with our loved ones. The fall season signals one and all to start preparation for the big social gatherings around Thanksgiving, Christmas, Hanukkah, Kwanzaa and New Year's Eve. With all the fanfare department stores give to these holidays it is easy to forget the purpose and stress over whether we have prepared sufficiently. We focus on if we have gotten the right size turkey for Thanksgiving or gotten Timmy the right action figure for Christmas. The world would have us believe that the holidays are about having more material goods. That having more will make it a better holiday, but this could not be further from the truth.

All the material goods in the world simply cannot match the enticing aroma of grandma's famous homemade pumpkin pie wafting from the kitchen. Material goods cannot match the warmth and love felt behind every tender smile of a loved one. They also cannot make us feel forever connected to another human being thereby, giving us the greatest sense of security in the world, one that no man made security system could match. Material goods cannot notice how we are constantly changing

and growing from year to year. They cannot look us straight in the eye and tell us that they will always love us no matter what changes we may go through. All material goods are capable of doing is create a pretty picture, and a pretty picture does nothing to feed the soul.

So when you find yourself stressing during the holidays over which type of pie to bring to Thanksgiving, or whether Susie will like her new necklace come Christmas morning, remember what truly is important to give and receive this holiday season, love. A sincere smile is always in fashion with boys and girls alike, and a hug is always okay to return. A second or two to say thank you to those who aid in making your life a little easier is remembered longer than the nifty sweater that was given to them last year. So do your best as you're bustling through the busy holidays to keep in mind that love does not cost a dime.

Jessica Lynn Penkal  
 Psychology Trainee  
 UD Counseling Center



## Avoiding the Holiday Stress With Your Family

Ham and turkey ordered, ✓  
 Tree up and trimmed, ✓  
 Presents bought and wrapped, ✓

Nothing left to do except wait for your family to gather for the holidays. So why are you so stressed out? The same family that you can't wait to see at the holidays can leave you counting the minutes until they leave. Why do holidays affect many of us this way?

The buildup to holidays can create unrealistic expectations for a family holiday experience. I often find myself thinking about the Christmases of my youth, which I suspect were never quite as idyllic as I remember them to be. It's fun to romanticize the past, but when we hold up an unrealistic standard by which to measure our holiday satisfaction, we're destined for disappointment.

Expectations play a key role in determining the stress level during family get-togethers.

"Most of us want the sense of belonging that comes with being part of a family," says Lee Hoffman, an adjunct instructor of music at UD and a personal growth program facilitator, "That sense of belonging is one advantage to being in a family, but one that comes at a price. That price is determined by how you buy into the spoken and unspoken agreements about what it means to be a member of the family."

Some useful strategies for reducing holiday stress include:

- ❖ Be realistic. Avoid setting the bar too high for you and your family. As Mom used to say, if you don't expect too much you may be pleasantly surprised.
- ❖ Be clear about your own expectations. Lee Hoffman explains, "This involves becoming aware of exactly what you want from the holidays and from your family, and then following through with a healthy balance of clear, respectful communication and fair, responsible flexibility."
- ❖ Lee also encourages avoiding an "all-or-nothing" attitude. Accept that some stress and conflict is inevitable, then decide how much is too much and make your plans accordingly. For instance, an extended stay does not work for everyone. A day-long visit can be just as enjoyable, if not more so.

The best advice of all?  
 Remember the Reason for the Season!

- Jeanne Zeek  
 Administrative Assistant  
 SBA Dean's Office



Jan Goff- LaFontaine's exhibit "Out of the Shadows" in the halls of the Women's Center