

# CATHARINE S. EBERLY CENTER FOR WOMEN

**2017 Fall Calendar**

Serving The University of Toledo  
and surrounding communities.

Monday–Friday, 8:30 a.m.–5 p.m.  
**Educate. Empower. Engage.**



**CATHARINE S. EBERLY CENTER FOR WOMEN**  
**THE UNIVERSITY OF TOLEDO**

Dear Friends of the Eberly,

We are excited to offer you our fall 2017 programming! Our efforts to bring the highest quality resources are supported by wonderful community partners and UT collaborators. As we prepare to celebrate our 40th year serving The University of Toledo and surrounding communities, we want you to know how much we truly appreciate your ongoing support and referrals to our center.

Please bring a friend and join us in any of our classes, events, workshops and celebrations!

Sincerely,

Eberly Center for Women Staff



*Catharine S. Eberly*

## **Connect with Us:**

Center Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

419.530.8570 | [ecwomen@utoledo.edu](mailto:ecwomen@utoledo.edu) | [utoledo.edu/centers/eberly](http://utoledo.edu/centers/eberly)

2801 W. Bancroft St. | MS 502 | Tucker Hall 0168 | Toledo, OH 43606-3390



@eberlycenter



eberlycenterforwomen

# How to Register

Please call **419.530.8570** for more information or to register.

You will receive a confirmation email upon registration, then a courtesy call as your program date approaches.

Payment is expected within one week of registration. Refunds will not be issued for cancellations within seven days of program start date.

Need-based fee waivers are available. Please call the center to inquire.

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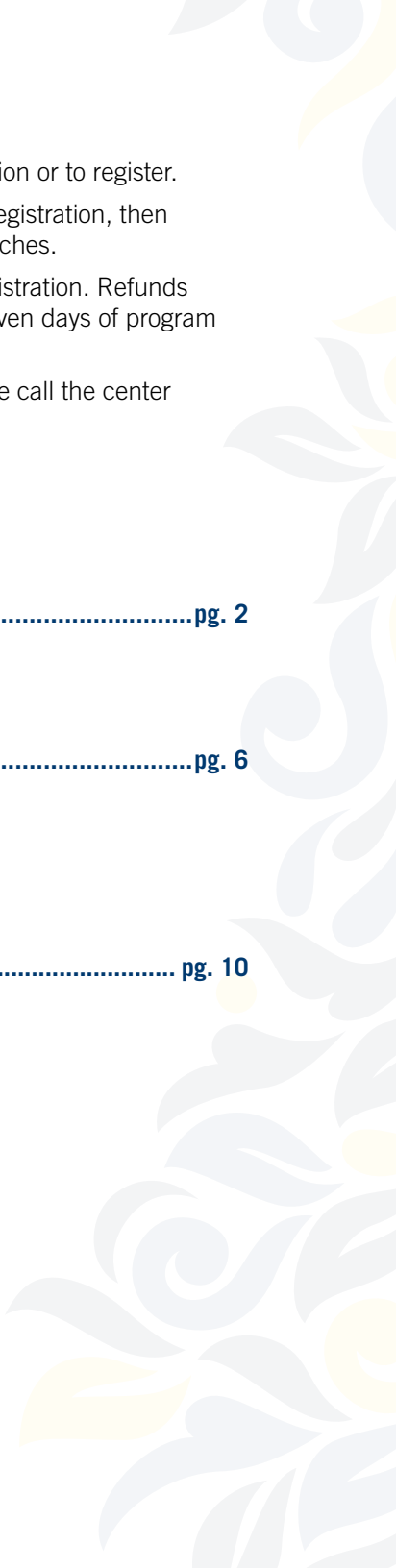
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## LUNCH WITH A PURPOSE

The Catharine S. Eberly Center is excited to present its new series, Lunch with a Purpose. This series allows individuals to present their outstanding research to colleagues and community members, while fostering interdisciplinary discussions.

For information about presenting your research at *Lunch with a Purpose*, please call 419.530.8570.

### **Rust Belt HIV: Oral Histories**

**Wednesday, Sept. 27 | 12:10 – 1 p.m. | Eberly Center**

**Dr. Ally Day, assistant professor of disability studies**

Recent oral history projects addressing the HIV crisis have emerged nationwide with intimate, startling and passionate accounts of activism, relationships, coalition and dissidence. Yet the story of when and how HIV emerged in the Rust Belt is much different from what we hear on either coast; join Disability Studies Professor Ally Day as she discusses initial findings from her local, oral-history archive project, “HIV in the Rust Belt.” These oral histories are in the process of being digitally archived at UT’s Canaday Center.

### **The Use of Instagram, Twitter, and Facebook to Recruit College Students as Lone Wolf Terrorists**

**Wednesday, Oct. 4 | 12:10 – 1 p.m. | Eberly Center**

**Dr. Lisa Pescara-Kovach, associate professor of foundations of education**

This LWP addresses recent recruitment of disgruntled youth into violent extremism. Terrorist organizations target individuals based on information from Twitter, Instagram, Facebook and other social-networking sites. Characteristics of vulnerability, isolation, themes of alienation and other related qualities are sought in a recruit. Dr. Pescara-Kovach will provide the characteristics of extremist groups and those targeted. Information also will be provided to help attendees recognize such efforts toward keeping the UT community safe.

## Effects of Harmful Algal Blooms on Health of Aquatic Wildlife

Wednesday, Nov. 1 | 12:10 – 1 p.m. | Eberly Center

**Dr. Jeanine Refsnider-Streby, assistant professor of  
environmental sciences**

Harmful algal blooms in Lake Erie are toxic to humans and pets, but very little is known about their impacts on wildlife populations. Dr. Refsnider-Streby is studying wetland turtles exposed to harmful algal blooms to understand how their stress levels and immune systems are affected. This research could provide valuable insight into how algal blooms affect the health of aquatic communities and what conservation actions are needed to protect vulnerable species.



*Dr. Jeanine Refsnider in the field.*

**Guests are encouraged to bring their lunches.**

## COMPUTER CLASSES

Come for computer training in one of the only labs using Microsoft Windows 10! Whether you're a true beginner or building your workplace skills, our courses will provide up-to-date information. The course is taught by Janis Weber, owner of Ohio Computer Training & Support.

### Computer Basics

**Wednesdays: Sept. 6, 13 | 5:30 – 7:30 p.m. | Fee: \$20**

This class is for the true beginner, no computer skills required. Participants will learn how the computer operates, as well as how to effectively use the mouse and keyboard. Computer care, data storage, internet searching and document organization also will be covered.

### Microsoft Word

**Wednesdays: Sept. 20, 27; Oct. 4, 11 | 5:30 – 7:30 p.m. | Fee: \$40**

Come for an introduction to MS Word and learn its many useful features to create personal and professional documents. Basic computer skills are required.

### Microsoft Excel

**Wednesdays: Oct. 18, 25; Nov. 1, 8 | 5:30 – 7:30 p.m. | Fee: \$40**

Learn MS Excel by creating a budget. Build experience tracking spending, maintaining lists of data and automatically calculating lists of figures. Charts and graphs also are discussed through hands-on practice. Basic computer skills are required.

### Microsoft PowerPoint

**Wednesdays: Nov. 29, Dec. 6 | 5:30 – 7:30 p.m. | Fee: \$20**

Create slideshow presentations for personal, school and business applications. MS PowerPoint is an easy way to enhance presentations, lectures and speeches. Basic computer skills are required.

## WOMEN'S SUCCESS SERIES

**Mondays: Sept. 11 – Oct. 23 (no class Oct. 16) | 5:30 – 7:30 p.m.**

**Fee: None | Women only**

Join us for six weekly workshops covering topics to help you be your most successful you! Participants will explore goal setting, practicing and broadening skills, and identifying tools to meet new levels of success.

Topics include, but are not limited to:

- Human resources
- Professional branding and job-search skills
- Managing life transitions and conflict management
- Financial planning
- Public speaking and networking
- Dress for success: Personal style in the workplace



## Scholarships for Women

For a complete list of Eberly Center scholarships and qualifications, as well as the online application, visit [utoledo.edu/centers/eberly/scholarships.html](http://utoledo.edu/centers/eberly/scholarships.html).

Current scholarship listings are for the **2018-19** academic year. Applicants must complete the Free Application for Federal Student Aid (FAFSA) for the 2018-19 academic year to be considered. The deadline for all 2018-19 Eberly Center scholarships is **Monday, March 19, 2018.**

## Personalized Consultation Services

Come to the Eberly Center and consult with UT and community professionals who use their expertise to provide feedback in one-on-one sessions.

**Resume Review** – Submit your resume to the Eberly Center and make an appointment to meet with a professional for feedback to make your history shine. Participants may then use our walk-in computer lab to make updates.

**Money Matters** – Do you have questions about budgeting, investing, planning for retirement or other financial concerns? Our financial volunteers listen, provide feedback and give general direction.

**Return to Learning** – Considering returning to college and not sure where to start? Meet with a UT admissions counselor for guidance and get information about degree programs and financial aid.

**Call 419.530.8570 for a meeting today!**



## Kate's Closet

**Services by appointment only.**

Affectionately using Catharine S. Eberly's nickname, Kate's Closet provides free business and professional attire to UT students and women participating in Eberly Center programs.

To shop in Kate's Closet or to donate gently-used, professionally dry-cleaned business attire, please call 419.530.7232 for an appointment.



## Quiet/Lactation Room

**As needed | Eberly Center, Tucker Hall, room 0162**

The Eberly Center is committed to helping nursing mothers meet the combined demands of campus responsibilities and lactation needs. This space also is a perfect retreat for anyone needing quiet space to relax, meditate, pray or simply sit. All are welcome to use the private quiet/lactation space in the Eberly Center.



## HEALTHY SUCCESS WORKSHOPS

### What Numbers Count: Winning the Health Lottery for Life

Erika White, certified health and wellness coach, FitZone by Erika

#### Part 1

**Monday, Oct. 30 | 5:30 – 6:30 p.m.**  
**Eberly Center**

With so much focus on the numbers on the scale, what numbers truly matter for your health and not just your clothing size? Join expert Erika White and learn about your Body Mass Index (BMI) and waist circumference ratio, what those numbers mean and how to make small, steady changes to improve your health! Start living beyond the scale and using your own, winning numbers to win the health lottery for life. All materials are provided.



#### Part 2

**Monday, Nov. 13 | 5:30 – 6:30 p.m. | Eberly Center**

Learning how to eat for your body begins with understanding macronutrients. Join us to discover how easy it is to identify your individual macro needs. Move beyond the aggravation of counting calories and unlock the power of your full potential to win the health lottery for life!

## Self-Defense for Women

**Thursdays: Oct. 5 – 26 | Eberly Center | 5:30 – 8:30 p.m. | women only**  
**Fee: \$25; UT students are free**

Facilitated by retired UT police officer and certified R.A.D. instructor Jill Goldberg, this program is an internationally recognized, hands-on, self-defense class designed for women that utilizes specialized simulation techniques. Participants practice these techniques to defend against an attacker.

Wear comfortable athletic clothing and shoes. Participants are required to sign an informed-risk waiver.



## **Ice Cream Social**

**Friday, Sept. 1 | 1 – 3 p.m. | Eberly Center**

Join us for a frozen treat while checking out Kate's Closet, our scholarship opportunities and other services here at the Eberly Center!

## **Eberly Center Open House**

**Friday, Sept. 15 | 2 – 6 p.m.**

Stop at the Eberly Center and take a tour, meet our staff and learn about our programs and services.

Pizza will be provided.



## **Intercultural Conversation Club**

**Tuesday, Sept. 12 | 5:30 p.m. | Snyder Memorial, room 1330**

**Host: American Language Institute**

**Tuesday, Sept. 26 | 5:30 p.m. | Tucker Hall, room 0168**

**Host: Eberly Center**

The Eberly Center and the American Language Institute bring you the Intercultural Conversation Club! International and domestic students come to network, learn firsthand about new cultures and make friends outside the classroom.

Call 419.530.8570 to register.

## EBERLY CENTER ADVENTURES!

Join us as we go exploring, stepping out of our comfort zones and seeing familiar sites through a new lens.

Registration is required. Call 419.530.8570 today to reserve your spot.

### **Art Loop: Dancin' in the Streets**

**Thursday, Sept. 21 | 5:30 – 8:30 p.m. | Fee: None**

**The bus leaves the Eberly Center at 5:30 p.m. and returns by 9.**

One of the Art Loop's most popular annual events returns, as Toledo's dance community takes to the streets! Enjoy a wide array of contemporary, folk, ethnic, traditional and interactive dance performances throughout the downtown district.

### **Crafternoons: Holiday Card Making**

**Friday, Nov. 17 | noon – 3 p.m. | Fee: None**

Get crafting to create a holiday card friends and family are sure to remember. It's easy to hand-make holiday cards with one of the creative ideas provided – we've got you covered!

### **Lights Before Christmas: Toledo Zoo**

**Friday, Dec. 1 | 5:30 – 8:30 p.m. | Fee: None**

**The bus leaves the Eberly Center at 5:30 p.m. and returns by 9.**

Join us for a Toledo tradition and get into the holiday spirit! The Toledo Zoo Lights Before Christmas features more than ONE MILLION twinkling and chasing lights, access to your favorite animals, ice carvings, carolers, holiday treats and much more! Don't miss out on a wonderful evening.

Please dress accordingly. This event is primarily outdoor exhibits.

## SPECIAL EVENTS and COLLABORATIONS

### Resident Artist Exhibit: Unruly Arts

The Eberly Center is proud to showcase the women artists from Unruly Arts, a local studio where artists with developmental disabilities and others work and create, communicate their visions and allow their voices to be heard through art. Visit the Eberly Center to appreciate or purchase artwork on display from mid-August through December.



### An Evening of Chance

Wednesday, Oct. 11



This Monte Carlo-themed fundraiser for UT's Minority Business Development Center celebrates, honors and promotes minority business enterprises in northwest Ohio.

For tickets or more information about the Minority Business

Development Center, call 419.530.3170 or visit [utoledo.edu/incubator/mbdc](http://utoledo.edu/incubator/mbdc).

### 10th Annual Celebrity Wait Night

Thursday, Feb. 8 | 6 – 9 p.m. | Parkway Place  
Maumee, Ohio

Come support the Eberly Center Celebrity Wait Night!

Ticket and sponsorship information is available at [utoledo.edu/centers/Eberly](http://utoledo.edu/centers/Eberly).

Call 419.530.8570 for more information!



## **University Women's Commission Fall Membership Luncheon**

**Wednesday, Sept. 20 | Savage Arena, Grogan Room**

Join us for great food, an inspiring speaker and networking while supporting scholarships for UT women. The UWC is a network of alliances for all women of The University of Toledo. This event is free to UWC members. Annual membership fees are \$25 for faculty/staff and \$10 for students. Visit [utoledo.edu/commissions/uwc](http://utoledo.edu/commissions/uwc) to sign up today!



## **The 14th Annual International Human Trafficking and Social Justice Conference**

**Sept. 21-22 | 8:30 a.m. – 5 p.m.**  
**UT Student Union**

The Human Trafficking and Social Justice Institute at The University of Toledo welcomes more than 60 presenters from across the country and around the world. This important conference brings together researchers, practitioners and individuals with lived experience. Contribute to future collaborative research, advocacy and program development to combat human trafficking and other injustices.

Registration is free for UT faculty, staff and students. Visit [traffickingconference.com](http://traffickingconference.com) for more details or call 419.530.5592.



## **APS 2018 Conference for Undergraduate Women in Physics**

**Friday - Sunday, Jan. 12 – 14**

The Department of Physics and Astronomy is honored to host the Great Lakes regional meeting for the 2018 Conferences for Undergraduate Women in Physics. One of 12 simultaneous events sponsored by the American Physical Society, it is intended to encourage and inspire undergraduate physics majors by connecting them with peers and mentors in a conference setting.

For more information, visit: [utoledo.edu/nsm/physast/cuwip](http://utoledo.edu/nsm/physast/cuwip).



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