

Women 4 Women Student Board member Katherine Harrington poses in front of one of many historic buildings while visiting Spain this past June as part of the Women Center Global Trip. UofL students interested in the next global trip can call the Women's Center at (502) 852-8976.

Spain trip photo courtesy of UofL Women's Center/Valerie M. Casey. See more photos on the College Women Leadership Conference, Spain Trip and other events at the Women Center web site <http://www.louisville.edu/womenscenter> and on Facebook.



Director's Message

by Valerie Casey

Welcome to the 2014-2015 academic year at UofL! This is an exciting time to be a student at UofL and an exciting time in your life. We at the Women's Center are here to help empower you as you complete your education and transition into your designated careers. Through our programs and groups, you will meet great new people with interests similar to yours. You will also have an opportunity to learn about women's issues and advocacy opportunities. As a

member of our student groups you will have access to sponsorships and be given an opportunity to develop your leadership skills through creating new and existing programs and through mentoring opportunities. Consider the Women's Center too as an internship site. Our office is located in the Administrative Annex Building but our programs are campus-wide. Check out Women 4 Women Student Board, Student-Parent Association, and Women Student

Veteran Group on OrgSnc and Facebook. Consider joining our new American Association of University Women (AAUW) student group and our graduate student & post doc networks. Call our office at 852-8976 for all the details and opportunities. Wishing you a wonderful start to the year!

Best regards,
Valerie

A special shout out to all the College Women Leadership Conference committee members who spent numerous hours planning this year's conference which took place this past June.

Executive Planning Committee – Ayanna Eley, Chair College Women's Leadership Committee Planning Committee; Valerie Casey, Director UofL Women's Center; Pam Curtis, Director, Office of Student Involvement; Ashley Wimsett, Event Coordinator, Women 4 Women Student Board Liaison

Planning Committee – Ayanna Eley, Melissa Bagley, Anita Dillard, Christin Redmond, Sabrina Castille, Ellen Sloan, Jessica Donnell, Stacey Purifoy, Kelsie Rhea, Tracey Purifoy-Moneypenny, Aaisha Hamid, Krista O'Nan, and Jamieca Jones.

College Women Leadership Conference

The 2014 College Women Leadership Conference was held on the UofL campus this past June. It featured numerous breakout sessions and networking plus several speakers including keynote speakers Dr. Carmen April, blogger; Jane High McMurtry, author and speaker; Valiesha Butterfield-Jones, co-founder & chair, WEEN; Hilary Corna, author of "One White Face" and special guest speaker, Kathleen Kennedy Townsend, Maryland's first woman Lt. Governor.



Speaker and Author, Jane Hite McMurtry, author of *Navigating the Lipstick Jungle*, speaks at the conference and autographs her book. (CWLC photos by UofL Photographer Thomas Fougereuse)



Ayanna Eley, Chair of the CWLC planning committee sits with Valeisha Butterfield-Jones (pictured on left) as she speaks at the conference. Valeisha is co-founder and chair of the Women in Entertainment Empowerment Network (WEEN) and former Deputy Director of Public Affairs for International Trade under President Barack Obama.



Student attendees of the 2014 College Women Leadership Conference (CWLC) pose for a group photo on the steps of the UofL Shumaker Research Building this past June.

Exciting International Travel and Women's Center Event Recap

by Hannah Nielsen

(Hannah is a work-study student in the UofL Women's Center. She reflects on some of the events she attended as part of her learning experience in the office.)



Where Would You Like to Go?

Would you like to travel the world to expand your resume, all while earning credit hours to complete your degree? Well you can!

Where would you like to go? You could travel to Spain, or Ireland, Russia or Japan and so many other fantastic places around the world. And here's something you may not have known about studying abroad, it's affordable!

That's right, you heard me, there are plenty of scholarships out there and if you are receiving financial aid for UofL you can use that aid to study abroad.

Last Feb. 26 the Cultural Center hosted a Let's Talk luncheon with the topic "I Believe in International Travel." This is where I learned that time is of the essence.

Start planning NOW. Contact the study abroad advisors office at edabroad@louisville.edu or International Center, 101 Brodschi Hall, University of Louisville, Louisville, KY 40292

2014 Women's Summit: Equal Voices March 7, 2014

The 2014 Women's Summit was held on JCTC's campus and began with the opening speaker welcoming all the women who were able to attend this amazing event.

Carolyn Miller-Cooper, the executive director of the Louisville Human Relations Commission, gave true facts about how women are still being discriminated against in America today. A lot of progress has been made but there is still a long and hard journey ahead on the way to equality.

Other exciting topics included *De-Escalation-Working with Families*, a talk by Crystal Whittaker and *Lessons Learned*, a talk by Mae Johnson.

International Women's Day

Last March 20, the UofL PEACC program hosted the International Women's Day, along with other offices including the UofL Women's Center. During this incredible event for the community, women were taught that we can do it ourselves. This even included five points of interest that participants could visit and obtain tips to:

1. Live a beautiful life;
2. a grateful life;
3. a connected life;

4. a mindful life; and an
5. active life.

With a presentation from Dr. Joyce Spurgeon, U of L's Department of Psychiatry and Monnica Williams, Ph.D., Center for Mental Health Disparities, and Monnica Williams who is part of the center for mental health disparities, a lot of helpful information was brought to women's attention about mental health, and how using quiet time with yourself can improve your understanding of who you are and who you want to become. Life is wished away all too often, but here in the moment is the time to enjoy all the precious things life has to offer.

International Women's Day was an event where we not only celebrated who we are as women but we also got a chance to celebrate the remarkable women in our lives.

A Letter to the Women's Center

The Women's Center received a letter from a young lady in a middle school in Oregon named Natalie. She inquired about information on Elizabeth Cady Stanton. I did the research for this young lady and, as it turns out, I learned valuable things that I had forgotten about her role in the women's suffrage movement.

I believe that a lot of women forget that not too long ago we could not vote, or own land; we were denied many rights that are now taken for granted. We should never forget the past because the past tends to repeat itself. So therefore I will list some things you might have forgotten about the women's suffrage movement and Elizabeth Cady Stanton's role in this progressive era.

"The best protection any woman can have... is courage."

—Elizabeth Cady Stanton

An abolitionist and a leader in the early days of the women's suffrage movement, Elizabeth Cady Stanton was born on Nov. 12, 1815. In her earlier days she was a women's rights activist, and she is most famous for the Seneca Falls Convention on July 1848, and the "Declaration of Sentiments." However, during the American Civil War she concentrated her efforts on abolishing slavery.

After the war she became even more heavily involved in the women's suffrage movement, fighting for the right to vote. She formed the National Women's Suffrage Association and was the first president of the association. It later merged with a different organization and

became the National American Women's Suffrage Association.

Here are some interesting facts.

- > Elizabeth Cady Stanton was married.
- > She had the word “obey” omitted from her wedding ceremony.
- > She believed the Bible was partial to men.
- > She had seven children.
- > At her death she left behind a letter to Theodore Roosevelt asking for his support in the women's suffrage movement.

Thank you, Natalie, for writing to the Women's Center.

Equal Pay Day – April 8, 2014

On this day the University of Louisville Women's Center took action to raise awareness of the unfair wage discrimination between men and women. Most people know that there is a wage gap where women only make seventy-seven cents (\$.77) for every one dollar (\$1) a man makes, but that gap becomes even larger when factoring in women of color.

To raise awareness, the Women's Center staffed a table in Strickler Hall and asked fellow students if equal work deserves equal pay. There was a lot of support from the students and faculty who stopped by and discussed their own experiences with wage discrimination.

One particularly interesting story was from a Korean woman who grew up in South Korea. She spoke of how when she was

growing up, women could not walk in front of men. They had to walk behind them. But now Korea has a female president. She stated further that one day we will have equality in America because things are changing every day.

Lighten Your Load!

On Friday, April 25, Miller Hall hosted Lighten Your Load. Residents take in clothes or appliances that would typically be thrown out at the end of the semester and exchange them with other students. This event was wonderful and it shows how UofL is going green with the help of Goodwill. Everything left over from the event will be donated and/or recycled.

The event was from 1 to 3 p.m., and there was quite a turnout from the students who wanted to exchange/donate their

unwanted items. The vice president of Goodwill, Dr. Marsha Berry, spoke about how Goodwill's mission to enhance the quality and dignity of life for individuals, families, and communities by eliminating barriers to opportunity and helping people in need reach their fullest potential through the power of work. Only 10% of store profits go to administrative and operational costs. All of the cardboard boxes that are used for donations get recycled.

Goodwill is a wonderful organization that helps improve so many lives, not only in the United States but throughout the world. If you have unwanted items, please donate them. Goodwill accepts everything. They will either sell it in their stores or donate it to Third World relief agencies.

APPLY BY OCTOBER 10 FOR THE 2014 NICHOLS AWARD

Nichols Recipients Report on Their Travel and Research

by Phyllis M. Webb, M.Ed., Program Coordinator, UofL Women's Center

The Dr. M. Celeste Nichols Award is named in honor of M. Celeste Nichols (1951-1996), the first African American to receive a Ph.D. from the University of Louisville Department of English. She graduated in 1992 with a Doctor of Philosophy in Rhetoric and Composition. The award is for UofL graduate students and supports their academic and professional enrichment beyond normal graduate program expenses. Last year, the University of

Louisville Women's Center recognized five graduate and professional students for the award at the annual Empowerment Luncheon.

This newsletter includes articles by Amy Lueck, Jessica Whitish and Margaret Barnett as they discuss their travel and research presentations as recipients of the award. Read about Yvette Szabo and Cassandra Rauch travel and research in the Summer/Fall 2014 issue of the Women

Center News.

The deadline to apply for the 2014 Nichols Professional Development Award is October 10, 2014. Recipients will be recognized at the Women's Center Empowerment Luncheon in November. For criteria and application, email Phyllis M. Webb, phyllis.webb@louisville.edu or the Women Center service account, womenctr@louisville.edu or call 852-8976.

Congratulations to **Whitney L. Wilson**, who was inducted in the Sigma Alpha Lambda National Leadership and Honors organization and was appointed Treasurer of the U of L chapter for the 2014-2015 academic school year. This organization is designed to honor students who have shown excellence in not only academic but leadership and service endeavors. Whitney is a student worker in the Women's Center and currently serves as President of the Student-Parent Association.



International Conference in Beautiful Paris

by Amy Luecke

With the generous support of the UofL Women's Center's M. Celeste Nichols Award, I was able to attend the Writing Research Across Borders conference that was held this past February in Paris, France. This was my first international conference, and I was so very fortunate that it was held in beautiful Paris of all places. Beyond the obvious perks of the city itself, though, I was fortunate to have the opportunity to share my research with an exciting group of international scholars dedicated to writing research at this selective and well-regarded conference. These were scholars like Nichols herself, who was a dedicated teacher and researcher in Rhetoric and Composition. As a student in Nichols' home discipline, it

was a particular honor to have the support of her award to attend this important conference.

The research I presented at the conference was a collaborative project with my fellow graduate student, Megan Bardolph. Our paper, "Participatory Engagement and the Construction of the Knowledge at Academic Conferences," grew out of our experience as assistant directors of the 2012 Watson Conference on Rhetoric and Composition. At the Watson Conference, we participated in the process of conference planning and design, and the experience led us to reflect on the structure of academic conferences themselves as sites of collaborative and interactive knowledge construction.

The opportunity to present this work and receive feedback helped us to develop this presentation into a book chapter that is now forthcoming in a collection on the Watson conference theme, Economies of Writing. Personally, I know I could not have taken advantage of the opportunity to present at this conference (and all that came with that) without the generous support of the Women's Center and the M. Celeste Nichols Award.

As a graduate student and early career scholar, I owe a tremendous debt of gratitude to the programs and individuals who recognize and support the work of students like me. Thank you to all of you at UofL who contribute to our professional, intellectual and personal development.

ConfidenceNOW! I Experienced the Magic

by Margaret Barnett, BS

Note: Margaret Barnett is one of the recipients of the 2013 Dr. M Celeste Nichols Award which was presented at the Women's Empowerment Luncheon last November. She presented her work at an out-of-state conference and writes about her experiences.

The promotion of professional development through the Dr. M Celeste Nichols award helped me to accept the opportunity to present my research at the American Academy of Audiology's "AudiologyNOW! Experience the Magic" conference, which took place in Orlando, Fla., this past March. Audiology is an allied health field which focuses on the diagnosis and rehabilitation of hearing and balance disorders. The conference is hosted each year in order to bring together hearing healthcare professionals from all over the country. This experience was special because it was my first time attending a conference for such a nationally recognized professional organization. Additionally, I was fortunate to meet and network with many renowned audiology researchers of whom I find encouragement for my own research work.

Considering audiologists are described as "scientists of hearing," this conference allowed me to take part in sessions that helped to enhance my scientific enrichment, such as clinical cases related to interdisciplinary practice and current

scientific research presented as research podiums. I was able to also attend sessions related to career development, such as learning labs to hone in on important clinical skills and private practice business skills. All will provide useful in my future, as I hope to become a clinical audiologist within a rural private practice setting.

Student involvement is highly encouraged amongst the audiologists in attendance at the conference. Special student sessions took place, and as the current president of UofL's Student Academy of Audiology, I was able to gather information regarding leadership, organizational fundraising, and community volunteerism. The information is being put to use in my role as president, as the organization recently began the planning process for a community walk taking place in Louisville in November aimed at increasing awareness of hearing loss and balance disorders.

As a second year doctoral student, I was able to present my research titled "Patient Trust in Hearing Healthcare:

Commercialism vs Patient-Centered Care," which focused on the components of patient care that contribute to a positive patient-clinician interaction within the commercialized approach that often accompanies hearing healthcare. The study was qualitative in nature and included interviews with people from four developed countries. Through analysis, trust arose as an important component of patient-clinician interaction. Trust is based upon four factors, but I focused on the dynamic relationship between two of those: patient-centered care and commercialism. The provision of patient-centered care includes the expression of empathy, use of shared decision-making, and self-management education, all of which will contribute to a positive patient experience. An increase in patient-centered care will allow for a reduction in the negativity often associated with the "selling" (commercialized) nature of hearing healthcare, due to the selling of hearing aids, assistive devices, and cochlear implants. My research poster generated much interest from conference



attendees, all offering their personal clinical perspective of my research and offering suggestions of future research in the same area for their clinical benefit.

While I have been working to establish myself as a future professional within audiology, the opportunities afforded by this conference promoted the confidence I have in myself and my abilities to make a difference for those with hearing loss and balance disorders. I am so thankful for the collaboration of Dr. Jill Preminger, Dr. Ariane Laplante-Levesque, Maria Oxenboll, and Lisbeth Dons Jenson, and the support of the Women's Center through this award and the legacy of Dr. Celeste Nichols.

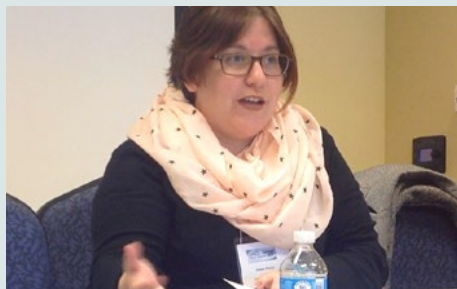
Nichols Award Travel Summary

by Jessie Whitish

With the assistance of the Women's Center's M. Celeste Nichols Award, I had the opportunity to present at the Southeastern Women's Studies Association (SEWSA) annual conference at the University of North Carolina-Wilmington—in the field of women's and gender studies.

I presented a portion of my thesis research—an oral history with Prof. Lucy Freibert, a feminist nun and professor who taught the first the women's studies course at UofL. I was part of a panel that explored the intersection of religion and feminism; I focused on the role of nuns in the women's liberation movement.

My favorite moment of the conference was an unbelievably serendipitous connection I stumbled upon at one of the panel sessions. As the panel presenters struggled with technological issues, a few of us in the audience were making small talk, and someone complimented my presentation. Another attendee then



asked about my presentation, and I responded that it was an oral history with a feminist nun named Lucy Freibert. "Oh my gosh!" someone shouted. "She was my teacher!" Hepsie Roskelly, now a professor of English at University of North Carolina- Greensboro, earned her PhD at UofL, and Lucy had mentored her and served on her dissertation committee. Reflecting upon that moment, I am struck by how fortunate I was to share the story of one of UofL's most popular and effective educators—Prof. Lucy Freibert—through the generosity of an award honoring M. Celeste Nichols, a pioneering instructor and PhD student in the English department.



International Women's Day — February 27, 2014

W4W Student Board & Women's Center
International Women's Day Cultural Awareness Program

Aaisha Hamid, (left), current President of the UofL Women 4 Women Student Board pose with dancers and others at the IWD Cultural Awareness event this past February.

The day included participation from a diverse group of recognized student organizations and included ethnic food, dancing, scarf tie demonstrations and talks by students and UofL Professor Kalia Story, Women & Gender Studies Department.



Soccer Graduate Blogs about her Experience in Zimbabwe

by Lori Korte, Assistant Sports Information Director, UofL Athletic Department

Midfielder Julie Casselman recently graduated from the University of Louisville and spent a month in Zimbabwe with an organization called Coaches Across Continents. Below is an installment of her blog about the experience.

"One thing I learned through sports is that no matter what language is spoken, what challenges faced, the country lived in, or the cultural differences, sports have the power to work as an international language, bring people together and work together. If all else fails, just play! Coaches Across Continents, a global leader in soccer for social impact, brought me to Zimbabwe to make me realize the power of soccer.

In my first week in Zimbabwe, I got to help teachers, youth and caregivers learn how they could use soccer to bring social inclusion for children with disabilities (physical or mental disabilities, deaf and mute people). It was really cool to see how the people (some of them being disabled themselves) could manipulate soccer games to fit the needs of their children. One thing made certain was that

everyone could participate, no matter their circumstances. Also, the way people came together and enjoyed playing sports, never getting frustrated because one couldn't play properly, was really eye-opening. No matter the circumstances, attitude is everything for them and they made me realize how far a positive attitude can take you.

In the afternoon after our training, the kids at the school at which we worked got out of class and came to the soccer field to play. When I asked them to play, they let me. At first they called me "murungu" (white person in Shona) a lot. It didn't take long before all 30 little kids were screaming "Julie, Julie" every time I touched the ball. Needless to say they made me run a lot and got me really tired while they could run for days!

After the first game, I wasn't murungu anymore, but I was Julie (ahhh, the power of soccer). When it came time to leave, they asked me if I could give them a ball, and unfortunately I couldn't since they were not mine. But I told them I had a mini ball (little stress ball with a Cardinal on it) and they were more than happy to get that! I made



them promise to not lose it, and when I went back the next day, they were there playing with the mini ball. These kids will grow up knowing what university is the best one.

Even if being so far away for so long is hard at times, it makes it all easier once you see

the impact you can have by teaching how to use soccer for social impact. The first week in Zimbabwe was filled with challenges and great experiences, and I am sure the next four weeks will be just as fulfilling.

Until next time, Enda Cards!

Know Yourself: A Women's Center Experience

by Caitlin Rothrock

I have been given many wonderful opportunities by working in the Women's Center this semester. I was able to attend the Equal Voices Summit, the Transformation Tea, a Woman in Leadership talk, and even a credit counseling workshop. From all of these events the importance of one thing has been made very clear to me: know yourself. Do whatever it takes to know and nurture yourself. At the Equal Voices Summit I attended a session called "The Seven Secrets of Successful Women." In the fifth step integrating work and home, I began to clearly understand the importance of "me time." The speaker encouraged finding time at least once a week to do something that is for you only. "It could be anything from drinking a diet Coke alone in your car to going to a yoga class." At the Women in Leadership talk, a similar notion was suggested of allowing your work day to end; to turn off your phone and allow the rest of that time to be about you. One speaker encouraged us to "go for a walk, jump on a trampoline, that work can wait until tomorrow." The Transformation Tea provided its audience with ways to nurture

oneself through knowing your needs and allowing others to know them as well. It was also a wonderful way to come together with other women to celebrate our strengths and to feel united. Even the financial workshop sponsored by Kentucky Telco and the Student Parent Association pointed to the importance of knowing yourself when it comes to finances, especially your expenses, so you can create an adequate budget.

It can be hard in our current world to find this important time to know and understand ourselves. At times doing so may even seem counterproductive. Maybe we think we must keep chugging along to prove our capabilities to others. What I have learned from my experiences this semester is that it is just as important to acknowledge and prove those capabilities and strengths to ourselves. Then when it is time to use our voice and skills with others, we can feel comfortable and true inside of our confidence. Working with the Women's Center has been a wonderful gift, and I look forward to continue learning and pursuing empowerment.

UofL Students and Others Visit Rwanda

Aaisha Hamid, President of the UofL Women's Center Women 4 Women Student Board and a Muhammad Ali Scholar, traveled to Rwanda this past May along with eight other students and UofL professor Jennie Burnet, Diana Whitlock, Assistant to the Provost for Diversity and International Affairs, and Stacy Bailey-

Ndiaye, former director of the Muhammad Ali Institute. The goal of the scholars' trip was to learn about social justice issues, peace building and reconciliation as that country marked the genocide 20 years ago that tore it apart. Read the entire story about Aaisha's experience at, <http://louisville.edu/aliinstitute/the-ali-scholars>.

Transformation Tea April 2014

Pictured are members of the UofL Delta Sigma Theta Sorority as they perform at the Transformation Tea held this past April in the Shumaker Research Building.



A UofL student is all smiles at the Transformation Tea.



Are you a UofL student parent and looking for support?

Join the Student-Parent Association. Call the UofL Women's Center at 852-8976 or check out the group on Facebook: www.facebook.com/SPAatUofL.