



Summer
2013

Vol. 20, Issue 4



The Women's Center

www.louisville.edu/womenscenter

News

Kentucky Women's Book Festival (KWBF) Celebrates Its 7th Year of Engaging Writers and Readers

by Phyllis M. Webb, M. Ed., Co-chair, 2013 Kentucky Women's Book Festival



Bianca Spriggs delivers the luncheon keynote.

May is always a busy time of year for UofL and the community with many events including the Kentucky Derby, UofL graduation and the Kentucky Women's Book Festival. This year was no different as the book festival drew many community and campus folks to the Ekstrom Library the third Saturday in May to connect over their pastimes—reading and writing and networking opportunities with some of Kentucky's distinguished women writers.

The day opened with a welcome by Robin R. Harris, a professor in the Law Library and co-chair of the Kentucky Women's Book Festival. She introduced the committee

members and thanked all the *sponsors of the event.

Judith C. Owens-Lalude, author of "The Long Walk: Slavery to Freedom," opened the festival with a talk on "Slavery, Hemp and Kentucky History." Her talk centered on the hemp crop as a big economic business in Kentucky as well as stories she heard about her enslaved great-grandfather and his mother, travel to her husband's native Nigeria, and books by men who had been slaves in the same Kentucky counties as her family.

The morning concurrent sessions featured UofL graduate Kristen Gentry, an assistant professor of creative

writing at SUNY Geneseo; Nora Rose "Rosie" Moosnick, author of "Arab and Jewish Women in Kentucky," and Judi Jennings, activist and co-author of "Helen Matthews Lewis: Living Social Justice in Appalachia."

Bianca Spriggs, Afrilachian poet and multimedia artist from Lexington, Ky., presented an engaging luncheon keynote address. Spriggs talked about how people who have passed on still have a story to tell. She cited as an example the 'Immortal Life of Henrietta Lacks.' Lacks was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her



Judith C. Owens-Lalude presents the opening session of the book festival.



Sara Garland prepares to answer questions after her talk at the festival.



KWBF-goers gather in the Ekstrom Library Silent Study Room prior to the luncheon. KWBF photos by Virginia M Smith, University Libraries. Additional photos on the KWBF web site: <http://www.louisville.edu/womenscenter/kwbf>

Eight Percent

From Lisa Matz, AAUW Public Policy Director

- > More than 200,000 women are in the active-duty military, making up 14.5 percent of the active-duty force.
- > Nearly 3,200 cases of sexual assault in the military were reported in 2010, yet the Department of Defense estimates the actual number of assaults to be at least 19,000 since most cases are never reported.
- > Of the sexual assault cases reported to military officials, only 8 percent of the attackers in those cases were prosecuted in the military court system – compared with 40 percent of similar offenders prosecuted in the civilian court system.

Eight percent. And even if the military justice system convicts a perpetrator of sexual assault, the perpetrator's commander, someone with no legal training whatsoever, can throw out that conviction at their own discretion – even the president of the United States cannot overturn their decision.

Learn more about the Sexual Assault Training Oversight and Prevention Act, or STOP Act, which would create an independent, professional office within the military to investigate and prosecute assault instead of leaving the decisions in the hands of commanders who can act at their own discretion.

The AAUW urges all to do something about the numbers mentioned above. Contact your representative to cosponsor the STOP Act (H.R. 1593).

Message from the Interim Director



Valerie M. Casey,
Interim Director

The Women's Center is busy wrapping up another amazing year which included a number of new and enhanced programs! We recognized outstanding university and community women at our Anniversary Celebration and Empowerment Luncheon, we started a successful UofL women's forum and engaged students and the community in a Human Trafficking Conference, College Women's Leadership Conference, AAUW Elect Her and AAUW Start Smart Programs.

This year the Women's Center offered a marketing internship and created a Graduate Assistantship currently filled by Ashley Wimsett, Entrepreneurship MBA candidate who is the liaison to the Women4Women Student Group. Also new this year was a partnership with the College of Education and the Gheens Rauch Planetarium. With the help of generous donors, we were able to sponsor the Louisville premier of Girl Rising to the university and UofL community members. The documentary featured women in nine

different countries and showed the unique struggles they each encounter. The film was of particular interest to the students and guests who are traveling with the Women's Center staff on a global trip to Lima, Cuzco, and Machu Picchu, Peru in July.

The Women's Center's work-study students are an integral part of our department. Precious Turner produced marketing materials. Mary Alice Endicott joined the Kentucky Women's Book Festival planning committee. She also attended the National Conference for College Women Student Leaders in Maryland with Ashley Wimsett and W4W student group member Aaisha Hamid, who received sponsorship from Board Members of the W4W parent organization. Also this year Aaisha, with the help of her W4W student group mentor Hillary Corna, launched her writing career with the publication of her first novel, *Faceless: Two Worlds Collide*.

The Women's Center looks forward to empowering women and planning is already underway for another exciting year on the Belknap campus and in our new space on the Health Sciences campus. Stay in contact with us and let us know how we can serve you.

Best regards,
Valerie

cells—taken without her knowledge—became one of the most important tools in medicine. She (Lacks) is known by scientists as HeLa.

Afternoon sessions included a talk by education journalist Sarah Garland, author of "Divided We Fail: The Story of an African American Community That Ended the Era of School Desegregation," and a poetry panel featuring poets Erine Keane, Amy Tudor, and Sheri L. Wright. The festival concluded with a

first time poetry slam.

Participants enjoyed mingling over coffee and other refreshments, the opportunity to buy books by the presenters and have them signed and, of course, the various presentations.

(*Sponsors included the University of Louisville's Women Center, University Libraries, Anne Braden Institute, UofL Commission on Diversity & Racial Equality, Commission on the Status of Women, LGBT Center, Office of the Vice Provost for Diversity and International Affairs, Masterson's Catering, and Women Who Write.)



National Conference for College Women Student Leaders: Three Views

University of Louisville students Ashley Wimsett, Aaisha Hamid and Mary Alice Endicott recently returned from a trip to the 28th American Association of University Women (AAUW) National Conference for College Women Student Leaders at the University of Maryland, College Park. The annual student leadership conference is designed to help women college students access the resources, skills and networks needed to lead change on campuses and in communities nationwide.

Over 700 individuals attended the May 30-June 1 conference where there were a diverse mix of presenters--national and regional experts, campus administrators and student leaders, various thought-provoking workshops, networking opportunities, musical performances and an opportunity to visit Capitol Hill in Washington, D.C., during the pre-conference time.

Below are comments from the three students. Ashley is a graduate student in the UofL Women's Center; Aaisha is Treasurer of the Women 4 Women student chapter and is co-chairing the chapter's on-campus Women's Leadership Conference in 2014, and also a UofL REACH Ambassador; Mary Alice is a work/study student in the Women's Center.

ASHLEY WIMSETT

What an amazing trip to the College Women's Leadership Conference in Maryland! This conference provided me the opportunity to network and meet women from various universities across the country. The diversity of the attendances at the conference allowed for creative, collaborative, and broad discussions. These discussions led to numerous ideas and initiatives for each of the representative universities. I plan to stay in contact with all the women I met at the conference and cannot wait to see what they do for their universities after attending this conference. I appreciate the Women's Center's sponsorship to send me to this conference

and it is my hope that our Kentucky College Women's Leadership Conference will grow and continue to emulate AAUW's national conference.

AAISHA HAMID

A Life Changing Experience

Having been to only one other Women's Leadership Conference, I went to the National Conference for College Women Student Leaders (NCCWSL) with immensely high expectations. I was not disappointed; the Leadership Conference in Maryland met and far exceeded my expectations! I am forever thankful to the University of Louisville Women's Center and the amazing Women 4 Women Board members for sponsoring me to attend the conference through their generous donations.

Aside from gaining invaluable leadership experience, hearing countless inspirational speakers (such as Rachel Simmons and Nina Godiwalla), attending a Graduate Fair, and getting numerous great networking opportunities, the conference itself challenged me on an even more personal level. I have lived my whole life in Louisville, and the furthest I have ever traveled from home has been about an hour and a half away to Cincinnati.

Since 9/11, I have been extremely apprehensive about going to airports in fear of being pointed out for wearing a scarf. Aside from that, I have also grown used to living with my parents in the comfort of my own house. Going to the conference, even if it was only for three days, made me face my fears (and come to the realization that what I had imagined was a lot worse than reality) and move out of my comfort zone. I was able to rely more on myself and



realized exactly how it felt to do things on my own and adjust to new and different surroundings.

I really enjoyed making new friends and touring some of the art history museums during the pre-conference events. I also loved exploring the city itself: getting to travel on a subway for the first time, going to see the White House at night, and getting the opportunity to take a tour of the Capitol and Louisville Congressman John Yarmuth's office.

One of the greatest lessons I brought back from the conference is to stop worrying about pleasing others and start taking charge of my life fully by focusing on what I want to make out of it and what I want to get accomplished. Hearing Rachel Simmons made me realize I needed to redefine success and re-evaluate all of my life decisions.

One of the workshops I later attended further emphasized this point. One really interesting activity I did during a workshop was trying to answer two different questions to a complete stranger. The first question was simple: "Who are you?" I found that easy to answer in multiple ways. The immediate second question was a lot more complex: "Who do you pretend to be?" The activity was very thought-provoking for me

and something on which I later spent time self-reflecting.

All in all, I really enjoyed my experience at the NCCWSL! I met a lot of new and different people, developed what I hope will be life-long friendships, tested my comfort zone, explored a completely different city with its rich art and history areas and, most of all, learned priceless leadership, communication, and life lessons to bring back with me!

MARY ALICE ENDICOTT

At the end of May, I had the opportunity (thanks to the Women's Center) to travel to the 2013 National Conference for College Women Student Leaders at the University of Maryland. There were such wonderful speakers and women from all across the country who inspired me to take home the strategies and knowledge they shared and use them to help organize and empower women at the UofL.

There were many women who, like me, were attending the conference for the first time; but, there were also many women who had been attending the conference for years. Several of the speakers of the workshops I attended spoke of how NCCWSL culminated their desire to make change on their campus. I got useful information about how to start and foster campus groups, and how to grow them.

The first keynote speaker, Rachel Simmons (author of the bestselling book *Odd Girl Out: The Hidden Culture of Aggression in*



Mary Alice Endicott (pictured center) at breakfast with Aaisha and other students at the AAUW Leadership Conference.

Girls), delivered a powerful message about understanding how your girlhood relates to your leadership now, building an inner resume of psychological skills for navigating your career and the world as a woman, and listening to your authentic thoughts and inner voice when the prospect of taking a chance is overwhelming.

Nina Godiwalla (CEO of MindWorks) spoke about her experiences growing up with tremendous pressure to have a high-paying career that also comes with social prestige. She ended up in a top business program, but was unhappy with her career trajectory and changed her focus entirely. Part of Nina's struggle was explaining to her parents, advisors, and peers why graduating from a top MBA program and living a glamorous lifestyle wouldn't make her happy.

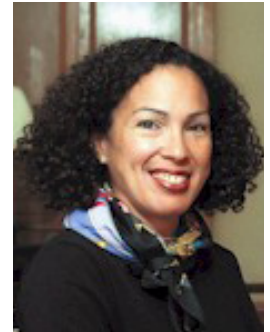
Both women related stories about extremely painful points in their life when they realized that they were not on the right path. Rachel Simmons implored us to listen to our internal voice—not necessarily the kind of internal voice you find by meditation or journaling, but the internal voice that speaks when you take an inventory of your individual values, beliefs, and passions which you are not willing to compromise or set aside for a career. Both women successfully incorporated those things into their new careers, and possibly saved themselves many years of unhappiness.

College-age women are under tremendous pressure to succeed (and shatter that glass ceiling!) but the message I took away from the conference was that we each owe ourselves a lifetime of happiness, and making sure that you succeed on your own terms and definitions is an important step in ensuring that happiness. As women, we often find ourselves living in a society which upholds values contradictory to our own, and we do not have to compromise our values and our happiness in order to succeed.

SPOTLIGHT—Professor Enid Trucios-Haynes

by Robin R. Harris, Brandeis School of Law

Before landing at the University of Louisville's law school in 1993, Enid Trucios-Haynes had already built an impressive resume. After graduating from Stanford Law School in 1986



Enid Trucios-Haynes

— where she served as associate editor of the *Stanford Law Review*, co-president of *Women of Stanford Law*, and a member of the *Stanford Latino Law Students Association* — she returned to New York City to practice in the litigation department of a large law firm for two years, then moved on to *Fragomen, Del Rey, Bernsen & Loewy*, the largest immigration law firm worldwide. There she practiced immigration and nationality law exclusively for five years, providing legal services to Fortune 500 companies and participating in Congressional and Executive Department lobbying efforts. Her appellate work resulted in revising the U.S. Department of Labor's standard of review regarding U.S. employment experience acquired by foreign nationals in the permanent residence process.

Prof. Trucios-Haynes' seven years of "real world" experience has served her well in her career at UofL, where she has taught constitutional law, immigration law, international law, and race and the law with an emphasis on issues affecting Latinos. An award-winning teacher, she has also found time to serve as the law school's associate dean (2004-2007), as a member of the Faculty Senate and its executive committee, as a member of the Commission on Diversity & Racial Equality (CODRE), as well as a former member of the Commission on the Status of Women (COSW). She is founder of the Hispanic/Latino Faculty/Staff Association.

She currently serves as UofL's Faculty Grievance Officer.

Notably, she founded and directed the Brandeis School of Law Immigration Mini-Clinic (1998 – 2000) which provided *pro bono* representation to non-citizens in Louisville. Because she had participated in the inaugural year of the Immigration Law Clinic at Stanford, she understood how to make the mini-clinic work and guided this highly successful pilot project, providing the only live-client clinical experience available to UofL law students at the time. Trucios-Haynes remembers

the mini-clinic as “an amazing experience. The whole law school community got involved, as we worked to help our client, who was here with her two kids. One of our students, Beth Gibson, went on to work with the Executive Office of Immigration Review of the Department of Justice and Immigration and Customs Enforcement (ICE) of the Department of Homeland Security.”

Prof. Trucios-Haynes' work on behalf of immigrants continues today through her involvement with the National Immigrant Justice Center (NIJC). She

and Becca O'Neill — a recent law school alumna and local immigration attorney — lead teams of volunteers on monthly visits to the Boone County (Ky.) Jail, where immigration detainees are held in the custody of the Immigration and Customs Enforcement (ICE) Bureau of the Department of Homeland Security. Trained students, with the supervision of Trucios-Haynes and O'Neill, deliver “Know Your Rights” presentations to approximately 200+ detainees during each visit, and conduct individual in-take interviews of each detainee. More than 75% of the

undocumented detainees are Latino. To learn more about the work of the NIJC, visit <http://www.immigrantjustice.org/tags/these-lives-matter>.

In May, Trucios-Haynes began her term as president of the ACLU of Kentucky Board of Directors. She sees this as yet another opportunity to bring her teaching and scholarly work to bear on real-world situations. “I am looking forward to working with a wonderful team at the ACLU to help us continue our excellent work defending civil rights and liberties throughout the state of Kentucky.”

UofL Transformation Tea Empowers Women Staff, Faculty & Students

by Phyllis M. Webb, M.Ed., Chair, 2012-2013 Transformation Tea Committee

“Awesome, informational, affirming & network opportunity for women on campus. Thank you!”

“Outstanding job by everyone. Informational. Entertaining. Fun.”

“Thank you for this event!!”

These are some of the comments about the 14th annual Transformation Tea for Women of Color and their Allies held this past April on the UofL Belknap campus. The conference room of the Shumaker Research Building was transformed into a beautiful array of spring colors with colorful gift bags filled with goodies, and tables lined with floral arrangements along with a large number of door prizes.

The theme was “Finance, Balancing Work and Families & Handling Stress” and included panelists Paula Kommor, M.Ed., CPA, Wellness Specialist, Sr., Get

Healthy Now Management Program; Sharon E. Moore, Ph.D., M.S.W., Professor, Kent School of Social Work; and Sheila Ann Johnston, CPA and instructor in the School of Accountancy, College of Business.

After the welcoming remarks, Latisha Reynolds, a member of the Transformation Tea Committee, started the program by engaging the audience in a couple of ‘ice breakers’. Dr. Selene Phillips, another member of the committee, served as the moderator.

Paula Kommor led the audience in stress relief techniques by having attendees participate in a 10-second breathing exercise—slowing down breathing for 2 minutes and then retiming breathing for 10 seconds to see the change.

Dr. Moore talked about the importance

of self-care and offered this advice on coping skills from her presentation, “I Was Uniquely Created for Purpose.” First, engage in physical exercise to relieve stress, i.e. hiking, walking, bicycling or engaging in sports; second, engage in pleasurable activities/relaxation techniques such as reading books for pleasure, meditation, prayer, etc.; third, social support—activities that connect you with other people like going to girls night out; book club or a religious service; fourth, positive thinking; and lastly to surround yourself with positive people who will affirm and tell you that you can do it, succeed.

Sheila Johnston talked about balancing finances and planning for the future.

In addition to speakers, a special memorial was included for employees who passed since the last tea in a



“Remembrance” segment of the program. Networking opportunities, door prizes and presentation of the 2013 Unsung Shero Award was also included in the program. (See accompanying article on the recipient of the Unsung Shero Award, V. Faye Jones, MD, and certificate of appreciation recipient, Margaret D’Silva.)

The Transformation Tea committee members included Seleila Renee Booker, College of Education and Human Development; Kathryn F. Doaty, Human Resources Department; Margaret D. Silva, Dept. of Communication; Georgette L. Moore, Commissions Office; Dr. Selene Phillips, Dept. of Communications; and Latisha Reynolds, Ekstrom Library.

Contributing sponsors were the UofL Commission on Diversity & Racial Equality; the Commission on the Status of Women, the UofL Women’s Center and the Department of Communication.



Margaret D’Silva, Communication Department, is all smiles after receiving a Certificate of Appreciation at the Transformation Tea this past April.



Dr. Selene Phillips, Moderator and member of the committee converses with speakers Shelia Johnston and Paula Kommor during the Tea.

Staff, faculty and students at the Transformation Tea. In the foreground is Dr. Sharon E. Moore, one of the speakers at the event.

Transformation Tea photos by Virginia M. Smith, University Libraries



V. Faye Jones receives 2013 Transformation Tea Unsung Shero Award

by Phyllis M. Webb, M.Ed, Chair, 2013 Transformation Tea Committee



V. Faye Jones, M.D.

The Transformation Tea for Women of Color presented V. Faye Jones, M.D., its 2013 Unsung Shero Award. The award recognizes a woman of color who is a UofL employee who has made a significant

impact in the lives of women either in the Louisville metro community or at UofL.

UofL’s Transformation Tea for Women of Color and their allies is an open forum for diverse populations of women to share concerns, issues and positive suggestions. The awards were presented earlier this spring.

Jones is associate dean of academic affairs and professor of pediatrics.

She is also a practicing pediatrician. Her nomination letters noted that Jones is widely respected in the area as a physician who values her patients and their life experiences. As an administrator, she was commended for her efforts to bring underrepresented ethnic and geographic students to the School of Medicine and to support those students as they continued on their chosen path. “Faye wears many hats and I’m amazed at how she strives to balance them all. She’s a wife and mother of five (three adopted), devoted daughter and sibling, pediatrician, medical school administrator, a member of several committees for the medical school and in the community, and is also a mentor and

instructor,” wrote one of her nominators.

“She comes from rural Kentucky and left Metcalfe County to become a physician. She didn’t allow her race, gender or rural background to discourage or hold her back. She graduated from the University of Louisville’s School of Medicine in the 1980s and never forgot her roots.”

Also at the event, communication professor Margaret D’Silva received a certificate of appreciation for her teaching, mentoring and advising students of color and other staff and faculty members. “She has found new and innovative ways to keep students excited about intercultural communication and global issues,” one of her nominator’s wrote.



From Student to Scholar

by Erin R. McCoy, Ph.D.



Erin R. McCoy, Ph.D.

Note: Erin Ruth McCoy is one of the recipients of the 2012 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 here about her experiences.

With the help of the University of Louisville's Women's Center's Dr. M. Celeste Nichols Award for professional development, I was able to attend and present my research at the 5th Annual Humanities Education and Research Association Conference (HERA), "Sacred Sites, Secular Spaces: Scenes, Sounds, and Signs in Humanistic,

Artistic, and Technological Culture" in Houston, Texas, this past March. This meeting was especially important to me in many ways. One of my mentors, the late Dr. Alma Bennett, encouraged my involvement with this organization, which promotes and explores the various avenues and developments of the study of humanities. Dr. Bennett died last October, and this, my third time attending the conference, was my first time attending without her. I not only had the honor to say a few words about this wonderful, influential woman at the conference, but I was also able to chair a panel, "Sacred vs. Secular Space," as well as attend my first board meeting with the organization (I am now the newsletter editor and a non-voting board member).

Being a part of the preliminary planning for next year's HERA conference made me realize that my academic career is now expanding beyond the boundaries of my graduate

school experience. As an active member of a national organization, I am proud to be able to share ideas with my new colleagues regarding the future of humanities in academic and pedagogical forums. I presented my final paper as a graduate student of the University of Louisville at this conference, and I found it fitting that "A Tour of a War: Examining the Sacred and Secular in Vietnam War Sites" reflected my last large research project with the University. With the help of Dr. Tatjana Soldat-Jaffe and my dissertation chair, Dr. Mary Makris, I was able to conduct a survey of "Vietnam Veterans' Musical Memories" through the University of Louisville's Internal Review Board. My survey of over 30 veterans garnered some fantastic responses and led me to consider new projects regarding the collection of oral histories from American war veterans. Combining the research from my survey with my empirical

research of Vietnam War sites in Hanoi, Hue, and Ha Long Bay, I not only gained a greater understanding of my own research but, also, through my experience at this year's HERA conference gained a greater understanding of what my peers contribute to the subject of music and the Vietnam War.

While I have been working steadily to establish myself as an academic scholar throughout my doctoral studies, this conference marked the first instance where I saw glimpses of my future in academia. The assistance of Drs. Bennett, Makris, and Soldat-Jaffe also reinforced my belief that teamwork and support remain cornerstones of academic success, and I cannot thank them enough, along with the Women's Center, for their support as I embark on my journey as "Dr. McCoy." Dr. Nichols is one of many great women who opened doors for me (and my peers), and I am grateful to be a recipient of her legacy through this award.

Kentucky Women Remembered

Three people were recently inducted posthumously into the "Kentucky Women Remembered" exhibit at the state Capitol.

Gov. Steve Beshear was on hand as entrepreneur Lois Howard Gray, political officeholder Thelma Stovall and botanist Mary Eugenia Wharton were honored in March. The women's portraits will be added to the display with previous inductees.

The Kentucky Commission on Women oversees the exhibit, which began in 1978. It traveled around the state for years, but the Capitol became its permanent location in 1996.

The exhibit will include 68 portraits with the new additions. Up to three Kentucky women are selected annually to become part of the exhibit.

Valerie M. Casey, Women's Center interim director and Graduate Student Ashley Wimsett are pictured with former governor Martha Layne Collins at the State Capitol in Frankfort, Ky. this past March while attending the "Kentucky Women Remembered" event.



Jordan Trimble: Women's Softball Great

by Lori Korte, Assistant Sports Information Director



Jordan Trimble, an outfielder from Louisville's duPont Manual High School, made the early commitment to play for her hometown school and went on to become an integral part of the most successful classes in program history. She helped the UofL Cardinals reach milestones such as defeating No. 1 (and eventual national champion) Oklahoma and reaching their highest national rankings at No. 7 in the ESPN.com/USA Softball Coaches' poll.

Upon joining the Cardinals, Trimble immediately stepped into a starting role at second base before taking over at centerfield. Just a few weeks

into her sophomore campaign, she was sidelined by a season-ending ankle injury. She rebounded her junior season to earn all-BIG EAST honors and was selected Most Outstanding Player of the Tournament after her walk-off home run in the eighth inning lifted the Cards to the 2012 BIG EAST title.

In 2013, Trimble earned all-conference honors for the second straight year while putting up career-high numbers, belting out six home runs including two grand slams –one in the BIG EAST Championship quarterfinals. She also led the team and finished eighth in the nation in sacrifice bunts per game.

Despite missing virtually an entire season, Trimble finished her career ranked among the top 10 in career doubles, triples, home runs, and runs scored.

Trimble received her Bachelor's degree in Justice Administration in 2013.

Full name: Jordan Nicole Trimble

Nickname: JT

What's next: "I graduated in May 2013 with a degree in Justice Administration. I'm looking at a couple of things in the government area and I want to go back to school and get my Master's in teaching in secondary education."

On choosing the University of Louisville: The thing that was cool about me being a local kid is that I was able to watch the university grow over the years. Just to see what Tom Jurich has put into the athletic facilities and how much athletics meant to the University of Louisville, it was a big aspect of my decision to come here...seeing the facilities grow and everything get better and newer, and the women's sports, especially, getting bigger, had an impact on my choice.

The biggest transition in college softball: "The biggest thing was probably my hitting. I wasn't used to seeing 55-65 mph, and movement. It was a lot different. Coming out and facing the pitching was my biggest transition. I had to play second base my freshman year, which I'd never played competitively, so that was a little different. I had a lot of balls that were tough to handle at every play—there's a lot of stuff

going on at second base."

The best part about playing at Louisville: "The best part has to be the fans and the coaches. We have a lot of support here, even all the way up to President (James) Ramsey. People like to come out and watch us play. We're a very enthusiastic team, a lot of fun—and people see that. What we give to the fans, they give right back to us. It's like a really big community."

My message to underclassmen: "I would just say never look too far ahead. Always live in the moment because soon enough, it will be gone and you don't want to have any regrets."

Proudest moment of my career: Winning the BIG EAST Championship in 2012

Something most people don't know about me: I was a cheerleader

Favorite athlete: Nick Deleon

Favorite quote: "My opponents see only my strength, never my fears, only my goals, as they unfold before them."

Favorite movie: Blackhawk Down

I am... a ginger.

I wish... I could fly.

I can... do what I put my mind to.

I will... succeed.



Valerie M. Casey, interim director of the U of L Women's Center, is pictured with Nirupama Kulkarni, Esq. Indus Law Firm Immigration & International Business and Surekha Kulkarni with the Beaded Treasurer's Project. Nirupama presented a proclamation to the UofL Women's Center this past March during International Women's Day. The proclamation was presented to Greater Louisville Outstanding Women earlier in the day by Louisville Mayor Greg Fisher.

Five Tips for Keeping Your Eyes Safe This Summer

by Dr. Randall Noblitt



Warmer temperatures mean more time spent outside working on the yard, enjoying time in the pool and playing games with the kids. No matter what you're doing outside, it's important to make sure you're keeping your eyes safe.

Dr. Randall Noblitt, a medical optometrist, has compiled a list of five steps that keep your eyes, and your vision, safe this summer.

1. WEAR SUN PROTECTION

When heading out into the

sun, sunscreen is a must but it's just as important to wear sunglasses. The sun's ultraviolet rays don't just burn skin; they can have a damaging effect on eyes.

2. KEEP SAFETY GLASSES IN YOUR TOOL KIT

Spring and summer are the perfect time to check off those home improvement projects but not without a good pair of safety glasses.

Whether it's yard work with a weed wacker or building a

deck with a power saw, safety glasses will protect you from flying debris that can cause serious eye damage.

3. PROTECT YOUR EYES WHILE PLAYING SPORTS

Word to the wise for summer athletes: The smaller the ball, the more likely you are to get an eye injury. When enjoying summertime sports like baseball, golf and tennis – make sure you're wearing protective eyewear.

4. PROTECT YOUR EYES AT THE POOL

A long day in the pool can lead to an evening spent with red, stinging and watery eyes. Chlorine in pools can leave your eyes irritated and if you wear contact lenses the pool water can get under the lens and cause infection.

Noblitt recommends taking your contacts out before going to the pool and wearing goggles if you're planning on spending a lot of time under water. Rinsing with artificial tears after swimming can help soothe eyes as well.

5. EXPECT THE UNEXPECTED

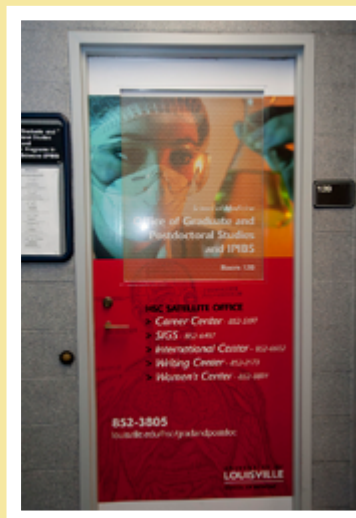
Summer can be one fun event after another but it can also be one accident waiting to happen. Use common sense and follow directions when doing things like setting off fireworks, grilling out and even packing the car (watch out for that bungee cord).

(Note: This article is a public service announcement. No endorsement intended. To read the article in its entirety, visit www.johnkenyon.com)

Now Serving the Health Sciences Campus!

The UofL Women's Center and other Belknap satellite offices are located in room #120 in the Instructional Building at the HSC campus. To make an appointment with a member of the Women's Center staff, call 852-8891 (HSC) or 852-8976 (Belknap).

(Photos by Susan Harrison, IT-Next Gen Services, Digital Media/UofL)



*Educating, Advocating,
and Building Diverse
Communities*

The Women's Center News

A publication of the Women's Center at the University of Louisville Editorial Board: Valerie Casey, Brenda D. Gunn, Robin Harris, Prafula P. Sheth, and Phyllis Webb. The Women's Center News is a free, quarterly newsletter.

It is available online at www.louisville.edu/womenscenter. To receive a hard copy of the newsletter or to sign up for email announcements, write to: Women's Center, University of Louisville, Louisville, KY 40292; 502-852-8976; or send an email to: womenctr@louisville.edu.

The University of Louisville is an equal opportunity institution.

This publication was prepared by the University of Louisville with state funds KRS 57.375.

UofL WOMEN'S CENTER

330759—6/13

