

## Women Students Share Their Experiences via the Women's Center Student Newsletter

by Valerie M. Casey  
Interim Director, UofL Women's Center

Welcome to the Women Center's student newsletter. At the Center, our focus is the empowerment of women students. We embrace diversity and enjoy a positive, collegial atmosphere for our staff and students. We work to guide and assist women students as they hone their leadership skills, network and develop strategies to achieve their professional and personal goals. Therefore, this newsletter will highlight some of the accomplishments of our student leaders and provide information on opportunities to get involved. I hope you will find the issue interesting and will step up, lean in and be counted as a woman leader by contacting the Women's Center and getting involved.



*SPECIAL THANKS to the University of Louisville's students, staff, faculty and community who donated clothing, toys and other items to the 2013 Student-Parent Association Clothing Exchange Project and to the special collection for women homeless veterans. Your generosity made it possible to help others in need and is much appreciated. Again, thanks!*

—From the UofL Women's Center staff



## Women Student-Veterans Are Invited

UofL women student-veterans from all branches of the military, women serving on Active Duty, Reserves, or the National Guard are invited to take part in the Women's Center Veteran Support Group. Meetings will be announced soon for the spring semester. For more information, call the UofL Women's Center at (502) 852-8976 or email Phyllis M. Webb at phyllis.webb@louisville.edu.

## 2013 Nichols Award

### UofL Nichols Award Recipients to Give National Presentations

by Phyllis M. Webb, M.Ed., U of L Women's Center

University of Louisville graduate students will be traveling to various cities this spring to present research as part of their portfolio and as recipients of the 2013 Dr. M. Celeste Nichols Award. It is presented by the UofL Women's Center, UofL Student Affairs Division Dennis C. Golden Torchbearer Endowment and Program, and the Commission on Diversity & Racial Equality (CODRE).

In February, Cassandra C. Rausch will chair the panel in which she will be presenting



*Interns and students in the Women's Center talk about their experiences working in the office and their upcoming projects. Pictured at the podium is Emma Chapman, President, Women 4 Women Student Board; (left-to-right); Whitney L. Wilson, Student Parent Association; A'Yanna Eley, W4W Student Board; Ashley Wimslett, Graduate Assistant-Women's Center & W4W Student Board; and Aaisha Hamid, W4W Student Board. (Luncheon photos by Tom Fougereousse, UofL photographer)*

"Theoretical Explanations of Criminal Behavior" at the Annual Meeting of the Academy of Criminal Justice Sciences, in Philadelphia, Pa.; Amy J. Lueck will present "Participatory Engagement and the Construction of Knowledge at Academic Conferences" at the Writing Research Across Borders III Conference at the Universite' Paris-Quest Natterre La Defende in Paris, France; and in March, Jessica P. Whitish will present research on an oral history project focusing on Dr. Lucy Freibert, who taught the first

women's literature course and helped start the Women's & Gender Studies Department at UofL. She will present at the Southeast Women's Studies Association Conference in Wilmington, N.C.; Yvette Z. Szabo will present two abstract poster presentations at the American Psychosomatic Society Annual Scientific Meeting in San Francisco, Calif.; and Margaret B. Barnett will present research on "Creating and Maintaining Trust in Hearing Healthcare Services: Perspectives of Adults with



*2013 Nichols Award recipients are pictured at the Empowerment Luncheon this past November. (Left-to-right): Yvette Z. Szabo, Margaret B. Barnett, Jessica P. Whitish, Cassandra C. Rauch, and Amy J. Lueck. This year's award is sponsored by the University of Louisville's Commission on Diversity & Racial Equality (CODRE), the UofL Student Affairs Division Dennis C. Golden Torchbearer Endowment and Program and the Women's Center.*

*The award was presented by Phyllis M. Webb, Program Coordinator and Chair of the Nichols selection committee and Dr. V. Faye Jones, Chair of CODRE.*

Hearing Impairment" at the American Student Academy of Audiology (AAA) Audiology Now! Conference in Orlando, Fla.

(They will discuss their conference participation in upcoming issues of the Women Center News, a quarterly online newsletter of the UofL Women's Center. For more details about the award, visit <http://www.louisville.edu/womenscenter>.)

## Mark these dates on your 2014 calendar

The UofL Women's Center and Women 4 Women Student Board have planned some exciting, thought-provoking programs for students, staff, faculty and the community. Mark these dates on your calendar for the **Human Trafficking Awareness Conference (Jan. 22)**; **International Women's Day Cultural Awareness Event (Feb. 27)** and the **Kentucky College Women's Leadership Conference (June 5-June 7)**.

> **The Human Trafficking event** will take place in the Student Activities Center starting at 5:30 p.m., Jan. 22. Speakers will include survivors of Human Trafficking from the Thistle Farms; Rus Funk, the Executive Director of Menswork and Carl Ralston, President & Founder of Remember Nhu. There will also be non-profit organizations on hand to pass out invaluable information about Human Trafficking. Register online at

<http://www.eventbrite.com/e/human-trafficking-awareness-conference-tickets-8454598933>

- > Dance performances and presentations about different cultures will be the highlight of the **International Women's Day Cultural Awareness Event** on Feb. 27. The event will take place in the U of L Red Barn, 11:30 a.m. until 1:30 p.m.
- > **The 2nd Kentucky College Women's Leadership Conference** will take place on the UofL Belknap campus this summer, June 5-June 7. College women throughout the state of Kentucky will convene to participate in interactive workshops, networking sessions and hear multicultural professional women talking on the theme of "Invite the Power of WE, Evoke the power in YOU," and they will learn to develop personal and professional development strategies.



The Student-Parent Association and Women's Veterans Student Support Group is also planning some programs of interest and seeks your involvement.

Check out the Women's Center web site, <http://www.louisville.edu/womenscenter> for more details on other events planned or call the office at (502) 852-8976.

## What's your Flight Plan?

by Whitney L. Wilson, Student worker in the UofL Women's Center

Every year an Advising Fair is held on the west plaza of Belknap campus. This year's event boasted a dunk tank where you could dunk some of the advisors and even the Dean of the Kent School of Social Work, and an inflatable basketball game. There was a great turnout, with free hotdogs and hamburgers to boot. The Advising Fair doubled as a pep rally for the football game against the University of Kentucky. The band marched in and played some tunes for everyone. It was definitely a sight to see.

There were advisors on hand to help students set out a plan for their classes to help them get through college as smoothly

as possible. They have "flight plans" for every major, which is a basic outline of what classes should look like for the four (or five) years you are a student. Each school and department within the unit has their own advisor. You should meet with your advisor on a regular basis to make sure you are on track for graduation. As a freshman and a senior, advising is required to register for classes. In addition, to attend graduation you also must meet with your advisor, so make sure you have a regular appointment. For more about advising you can visit <http://louisville.edu/advising/>.

The REACH center, another great asset

on campus, was also represented. It provides tutoring for different subjects at the University, with the tutors being highly experienced in the class in which they are tutoring. They have a tutor for most subject areas. For more information about REACH and the classes they tutor, check out their website at <http://reach.louisville.edu/>.

If I could offer any advice to current and future students, it would be just three things. Make sure you go to class, do your readings and homework and, one of the biggest, use all the free resources on campus. They are there to help you at absolutely no cost. It's your future and you are paying for it. Why not do the best you can and get help where it is needed?

# Makers: Women Who Made America—a Review

by Stephanie N. Parks

On Aug. 26, 2013, UofL's Women's Center commemorated Women's Equality Day by screening the PBS documentary series "Makers: Women Who Made America". The series—shown consecutively in a three-hour block—explores the social, political, economic, and even sexual revolution that was the rise of feminism.

The first part chronicles the restlessness inherently felt by many women who took on the role of housewife in the 1950s. It was this very sentiment that inspired Betty Friedan to write "The Feminine Mystique" (published in 1963). From here, we see the quiet world of the Happy Homemaker completely shaken up—the fallacy is exposed! Friedan goes on to become the leader of the National Organization for Women (NOW), which opens the gates for more radical social activism.

The Ladies Home Journal and Miss America both become targets for protest, because of their infamous treatment of women—Miss America for the objectification of woman, and the Journal having promoted the cult of domesticity. The sit-in at the office of the Journal results in the allowance of an eight-page space for the women's movement, which prompts a mass demonstration on the 50th anniversary of the Suffrage Movement—Aug. 26, 1970. Women from 40 cities across the country organize in the name of equal rights, including 50,000 who flooded Fifth Avenue in New York City.

A year later, Congress passed a bill to declare Aug. 26 as Women's Equality Day.

In the second episode, we're now into the heart of the 1970s and a sexual revolution. The divorce rate has skyrocketed, and the birth control pill is now allowing women more sexual freedom than ever before. Independent women are becoming more of the cultural norm, as television series' (from the campy "That Girl" to "The Mary Tyler Moore Show" and "Designing Women") begin to not only include them in the cast of characters, but also made them the primary focus. Title 9 comes into effect, which threatens the funding for sports programs if young women aren't accepted and give

women a greater chance to be accepted into a university program of their choice.

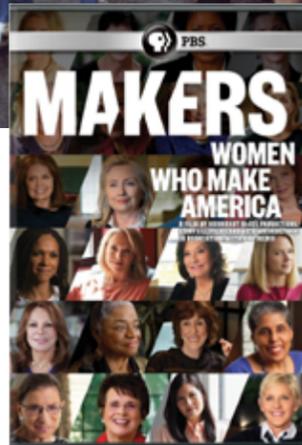
Through all this progress, we also see the ultimate backlash against the various equal rights movements as the 1980s approaches. Roe vs. Wade, a considerable victory that draws attention to the need for safer abortion options, stirs violent protests against clinics and Planned Parenthood. The Equal Rights Amendment, "Section 1. Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex", is ultimately overruled. The future is looking bleak.

In the final installment, the Women's Movement tries to recover from the devastating loss, and shifts its focus to other issues. Violence against women has always been an issue, yet has never been addressed. But, after the case of Thurman vs. The City of Torrington (in which Tracey Thurman, who had called the police for help on several occasions and was continuously ignored, filed suit against the police department after having been stabbed by her husband and left paralyzed), equal protection under the law is now enforced. Organizations are established to raise awareness about rape, sexual abuse, and sexual harassment—including Take Back the Night. All of this is brought to light by the Clarence Thomas and Anita Hill debacle.

As the documentary begins winding down, we start to realize that the movements that paved the way for so much of the change that effects women today have both transformed and are in stasis.

Women are still not given equal pay—only earning 76 cents to every dollar a man makes. Our labor system is still set up for a man to be the breadwinner (not taking into account the cost of childcare for working women), while the economy makes it nearly impossible to be a stay-at-home mother. Perhaps most disheartening is the realization that the health care of women is still, largely, decided by men.

And what has become of feminism? Feminism has shifted to more of a personal conviction—meaning something different to



anyone you ask. The three most common ideas expressed in the documentary, and in my own conversations, are feelings of contentment—that the Women's Movement has completed all that was necessary, feelings of insufficiency—that there is so much more that could be done, or feelings of negativity—that they did too much without considering the struggles future generations would have.

Makers is a fantastic series, and I encourage anyone of any age to watch it if given the opportunity. Not only did it keep me completely enthralled, it was a great chance to see personal tales alongside

important events. I also admired the fact that various views of the Women's Movement were shown—the early exclusion of lesbians and African American women, and division among NOW and the more radical groups (Women's Liberation), and political opposition from other women in positions of power.

I extend a special recommendation to any woman of college age or starting their career to watch this and consider what can be learned, and why this is important. It is an old (but true) cliché, but to know where you are, you've got to know where you've been.

Now we'd like to hear from you. What do you think of feminism and the Women's Movement? Do you identify as a feminist? What do you think are concerns for women today that need to be addressed? Send your comments to our service account, [womenctr@louisville.edu](mailto:womenctr@louisville.edu).

*(Stephanie N. Parks worked in the office as a work/study student during the fall semester. She is a junior Art major at the University of Louisville.)*



*Vendors at the Student Parent Visibility Day in the Red Barn included: University Police (Cherie Smith); Family Scholar House (Anna Walton); Women's Choice Resource Center (Lauren King) and Seven Counties (Kris Bass). They were on hand to distribute invaluable information to those in attendance. Photo by Phyllis M. Webb, UofL Women Center photo files.*

# Staying on Track with Finances

by Whitney L. Wilson

Every year, the University of Louisville hosts a Financial Festival. This year's festival was very informative and had a great turnout. It consisted of vendors with great information for the student body, as well as food and prizes—all at a great price of \$0 to the attendees.

This year's festival was one of a kind. The vendors were from different banks, the Better Business Bureau (BBB), and the UofL REACH center. Some of the focuses of this festival were financial aid, credit reports, banking, and so much more.

The Better Business Bureau representative discussed common scams that people try to run on students and how to build credit. They distributed a lot of great information. The BBB does a lot in keeping people safe, financially speaking and otherwise. They have listings of common scams and of reputable businesses around the country. You can find more information on their website at <http://www.bbb.org/>. Another great website offering a free credit report and registration for the "Do Not Call" list and so much more is <http://ftc.gov/>.

REACH (Resources for Academic Achievement) staff members were on hand to greet people attending the festival and they also had a table of basic information for students. Did you know that students and faculty can get some really good

discounts with their Cardinal Card? Not only can you ride TARC for free, but you can get discounted tickets at many of the theaters around Louisville. With that little card, you can get food discounts at places like Bearno's and Penn Station, and also when you are shopping at places like Alumni Hall, Ann Taylor, The Limited and even T-Mobile phone service.

The Cardinal Card is also used for meal plans, printing and so much more. You can upgrade your meal plan to different levels or add money to the card for printing. UofL Dining Services were on site to go over meal plan budgets with students and discuss options with them for upgrading their plan. For more information about the Cardinal Card or to add money to it, go to <http://louisville.edu/cardinalcard/>.

The Career Development Center was represented as well. They are definitely a resource to look into no matter where you are in your career. They will help you build a résumé, prepare for an interview, job search and prepare for attendance at graduate school. They hold part-time job fairs and have a program called Cards Mentors. Cards Mentors is a group of Alumni that is willing to talk to students looking to go in to the same career field and share their expertise. For more information on this program and all the other great assets the



Career Development Center has to offer, visit their website at <https://louisville.edu/career/>.

These are just a few of the vendors that were at the Financial Festival. You can always find more information about financial literacy on University of Louisville's webpage at <http://louisville.edu/financialliteracy>.

Another aspect of the festival was the food, graciously provided by Moe's Southwest Grill, and the prizes. When you entered the festival, you received a card with a listing of the vendors. Once you visited seven of them, you could get your free food. After visiting them all, your name was entered

to win the grand prize, a Blu-ray player. Throughout the event, raffle ticket numbers were called for smaller prizes ranging from t-shirts and blankets to lanyards, footballs, and lawn chairs.

This year's Financial Festival was a huge success, with a lot of information to absorb. Knowing about your finances and what different, seemingly unimportant, things you can do to your future and your credit report is crucial to your future. Some key things to remember: always pay attention to your credit score and get a report annually (at minimum); if something seems too good to be true, it probably is [a scam], and make a budget and stick to it.

## Global Trip to Peru and Upcoming Trip to Spain

by Ashley Wimsett, Marketing & Graduate Assistant-UofL Women's Center and Valerie M. Casey, Interim Director

Last May we had the privilege of attending the Women's Center global trip to Peru, which was an amazing opportunity. We were able to see one of the new 7 wonders of the world, Machu Picchu. We also climbed Wayna Picchu. While at times we were scared on this steep hike, our breath was taken away not by the high altitude but by the beautiful views of Peru and Machu Picchu. In addition to Machu Picchu, we attended two traditional dance shows. The traditional dance attire and the dancers were phenomenal. We even had a few of our trip participants get involved in the show, parading through the crowd with a traditional dance boa. Also, we traveled on a traditional train, meeting and making friends with a family from Germany. We visited Peru's hot springs which was a rather different experience. In addition, we took a horseback ride through the city of Saqsaywaman, giving us a calm, peaceful, and serene afternoon. Not only was the

trip fantastic, but we had the best tour guides. Roxanne and Christian were so kind and helpful, always taking care of us from restaurants, places to go, to helping us avoid an education strike in Lima. This trip was an amazing experience and one we will never forget.

While in Cuzco, Peru, the students visited a government-run residential facility for adolescent girls involved in human trafficking and an orphanage which is on the same site. Our students spent the day interacting with the residents, decorating baseball caps, playing volleyball, and learning international dances. At the end of the day, the students also met with the young orphans in the boys facility and passed out slices of American candy oranges. The experience was life-altering for all involved and we hope one day to be able to return.



### We're Bound for Spain!

After the great success of the trip to Peru, the Women's Center has decided that the next Global adventure will be a trip to Spain coming up May 19-May 29, 2014. On this trip, we will visit Madrid, Toledo, Granada, Cordoba, and Sevilla. The trip is \$3,900 which includes all flights and transportation costs, a flamenco dance show, a tour of a bullfighting arena, tours of each city, a tapas tour, a cooking class, and two dinners. We are very excited about the trip to Spain and hope you will be able to join us on this journey. For more information, questions, or comments please email us at [womenctr@louisville.edu](mailto:womenctr@louisville.edu) or call us at (502) 852-8976.

## Urmi Basu, a True Daughter of Greatness

by Ashley Wimsett, Marketing & Graduate Assistant, UofL Women's Center

What a great experience attending the Daughters of Greatness breakfast where Urmi Basu spoke. Urmi is from India where she works with New Light, a nonprofit organization in Kolkata, India. This organization works to save girls from becoming victims of sexual exploitation and to improve lives of the children of sex workers. Urmi and her organization were highlighted in the documentary film "Half the Sky." At the breakfast, the Muhammad Ali Center played the Kolkata, India, segment of the documentary. As someone who had not seen it before, I was amazed at the accomplishments of Urmi's organization. Also, I was awestruck by how brave Urmi had been to give up her marriage and pursue her dreams of a better life for the children of Kolkata. After the film, Urmi spoke about Kolkata and the work she had done. Her love for the children and her work clearly moved the crowd as she spoke. Urmi is an inspiration to all women. She is

proof that no matter how difficult it may seem to achieve a goal, if you work hard enough and pursue your goals with everything you have, you will find success. I am so glad the Women's Center sponsored me to participate in this once in a lifetime opportunity.

(Emma Chapman, Women's Center intern, also attended this event.)

NOTE: Throughout the year, the Daughters of Greatness breakfast series, sponsored by The Muhammad Ali Institute, invites prominent women engaged in social philanthropy, activism and pursuits of justice to share their stories with the Louisville community. The Daughters of Greatness series provides a place for dialogue and discussion on current issues of justice, community engagement, and social movements within the Louisville area and beyond.



Members of the W4W Student Board pose for a photo after attending the Daughters of Greatness Breakfast at the Ali Center.

## Who is the E-Board?

Submitted by Whitney L. Wilson, Student Parent Association President & Work/study student, UofL Women's Center

The Student-Parent Association (SPA) is a new addition to the wide variety of recognized student organizations on campus. What started so small is now growing at a steady pace. The Student-Parent Association is currently under the guidance of a five-member executive board. Those positions are filled by members who are involved and can actively help make a difference in the lives of other student-parents on campus and, like any other member of the organization, attend school and are parents. The five positions that make up the executive board are the president, vice-president, secretary, treasurer, and public relations officer. Each has its own important role to play in making the organization run as smoothly as possible. To better acquaint you with the executive board, I have conducted brief interviews. I will start with myself.



Whitney L. Wilson

I am Whitney L. Wilson, the president. I am the mother of two little girls, ages two and four. I work in the Women's Center at the University of Louisville. I also attend school here full-time, most semesters petitioning to take extra credit hours. I am a triple major in political science, paralegal studies, and psychology, and currently in my sophomore year. I am looking to go on to graduate school for political behavior/psychology once I finish my associate and two bachelor's degrees. I have a wide range of hobbies and interests which include reading, watching sports, playing with my daughters, going to the park, shooting pool and cooking. But, enough about me, let's move on to the other officers.

The vice-president is LaShea Burt. She is a senior at UofL majoring in political science with a concentration in paralegal studies.

She has one son and enjoys taking mother-son trips and playing around the house with her son. She is always debating with her family and friends, and after graduation she plans to take a job in the paralegal field to gain experience in the legal field that will lead to law school.



LaShea Burt

The secretary is Cherrelle Marable. She is a senior communications major at UofL and the mother of two sons.

LaPrecious Brewer is the treasurer and is a communications major as well. She has one daughter. Currently, in addition to the Student-Parent Association, she is working on many endeavors, including taking part in the Miss Black Kentucky USA pageant.

Last, but certainly not least, is the public relations officer, Nakristia Bass. She is a mother of two sons and a full-time student at UofL, currently in her senior year. She is majoring in social work and plans to go



Nakristia Bass

on to get her master's in social work upon graduation. Her hobbies include watching sports (mainly football and basketball), playing with her kids, reading, eating and working and framing puzzles. As you can probably tell, our executive board is made up of an interesting group of individuals. All of us are very different in our own way, while ultimately having the same goal of being the best mothers we can be, giving our children a better life through education, and helping other student-parents on campus remain motivated to do the same.

## Supporting the Academic Success of Pregnant and Parenting Students

"Supporting the Academic Success of Pregnant and Parenting Students: Under the Title IX of the Education Amendments of 1972" is a revised (June 2013) pamphlet published by the U.S. Department of Education Office for Civil Rights. The first section provides background on school retention problems associated with pregnant and parenting students. The next two sections, "Title IX Requirements Regarding Pregnant and Parenting Students" and "Frequently Asked Questions Pertaining to Title IX Requirements Regarding Pregnant and Parenting Students," provide information on the law's specific

requirements regarding pregnancy and parenthood. The final two sections, "Strategies to Assist Educators in Supporting Pregnant and Parenting Students" and "Programs Designed to Support Pregnant and Parenting Students," include strategies that educators can use and programs that schools can develop to address the educational needs of students who become pregnant or have children.

To get a copy for your review, go to: <http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf>



(Source: U.S. Department of Education, Office for Civil Rights, Supporting the Academic Success of Pregnant and Parenting Students under Title IX of the Education Amendments of 1972. Washington, D.C., 2013.)