

After the **F** Word...

The **G** Words



The **G** Words is for **Gender Justice**, gaining purposeful knowledge to effect social change towards an inclusive and equitable campus community.

Margaret Sloss Women's Center Newsletter • Volume 3 • Issue 2 • October/November 2008



“If you need help, ask and keep asking until you find what you need.”

-P.J.

I failed out of college when I was 18 years old. In three quick quarters my life plan changed. Looking back at the choices I made to get me from that point to this, there is one thing that I would have changed: making and sustaining connections to other people, particularly to other single Moms enrolled in college.

I found my way back into higher education at the age of 31 as the parent of two young children (6 and 3 years old at the time). We survived on public assistance (AFDC, Food Stamps, Medical Assistance, Food Shelves, and the unforgettable contributions of many community organizations). My children learned that we had enough and that rarely what we need had a price tag. I completed my undergraduate degree in Psychology and Women's Studies in 1994 and my masters in 1997 in Counseling and Student Personnel (both from Minnesota State University, Mankato). It was a tough time in my life—parenting, working, attending college full-time—trying to balance it all and achieve my goals.

The lessons I learned from that time:

- If you need help, ask and keep asking until you find what you need
- I am the only one in charge of caring for me—I am first on my list of priorities
- The most likely person to support me is someone in the same position as me (single

parents is school were my safety net)

- I can't do this alone

Adult learners (formerly known as non-traditional students) are still arriving to college campuses to achieve their educational goals and transform themselves and their lives. At one time ISU and GSB funded Off Campus & Adult Student Services that supported the needs and provided services to students living off campus and to adult learners. This office was one of the first casualties of severe State budget cuts.

Today there are still places and people to support the academic success of off campus and adult students—their offices are scattered across the campus, but we still care. At Margaret Sloss Women's Center (MSWC) we have several links on our website (address below) that provide skills, tools, and resources to assistance adult students as they navigate their way through the ISU system. The College of Human Sciences offers a learning community specifically for adult students called A.N.T.S (Adult, Non-Traditional Students). They meet twice a week in MacKay Hall during the lunch hour and have a variety of other social activities being planned. Contact A.N.T.S. by emailing ants@iastate.edu

Welfare was “reformed” in 1996 which resulted in many single Mothers being forced in to jobs

that do not pay a livable wage or provide insurance. The MSWC website also has a link to agencies, offices, and religious organizations in the Ames/Story County community that offer a variety of financial resources. This financial support can assist with rent, utilities, phone, gas, etc. It might be “the” thing that gets a single parent to the next month.

The MSWC also provides a variety of ways to network with other students. Check out our calendar for Knit-Wits, Graduate Women's Network, and coming soon Women's Awakening! Hanging on to each other is important as you find your way to your goal.

I found my way back to higher education and higher education saved my life and the lives of my children. They are both college students today and have not forgotten the years of having enough. I'm glad they don't remember how scared I was that this wasn't going to work. Two quotes helped to keep me going:

“What we call failure is not the falling down, but staying down.”

Mary Pickford

“Hope is the feeling that the feeling you have isn't permanent.”

Jean Kerr

Peace, Penny J. Rice

The G Words is a monthly electronic newsletter produced by the Margaret Sloss Women's Center to provide the Iowa State campus with the latest information on Women's Resources and activities. If you would like to contribute to The G Words, please contact womenctr@iastate.edu

Sexual Assault Awareness Month:

How to get involved!

Sexual Assault Awareness Month dates back to the late 1970s when women in England organized Take Back the Night marches to protest against violence that they encountered when they walked in the streets at night. Since then, Sexual Assault Awareness Month has increased awareness and prevention of sexual violence against both men and women. Iowa State University will offer many programs, events, and resources in the month of April. Events that have been included in Sexual Assault Awareness Month in previous years include:

- Take Back the Night
- A Sign-Making Workshop
- An Art Show
- The Clothesline Project
- A SART flag display on central campus
- A poetry slam

Planning for Sexual Awareness Month will begin in November. If you are interested in helping out with planning or volunteering, contact Som at SMongtin@gmail.com.

Vagina Monologues Auditions!

The Vagina Warriors, the feminist group on campus has an introductory meeting **Oct 14th in the Sloss House from 7pm-8pm**. We also are going to be having auditions for The Vagina Monologues Oct 19th 1-4pm, Oct 20th 11am-3pm, and Oct 21st 6-9pm. V-Day is a global movement to end violence against women and girls that raises funds and awareness through benefit productions of Playwright/Founder Eve Ensler's award winning play "*The Vagina Monologues*." In 2006, more than 2700 V-Day events in 1150 communities and colleges took place in the U.S. and around the world. To date, V-Day has raised over \$35 million and educated millions about the issue of violence against women and the efforts to end it. Funds from Iowa State University's V-Day event will be donated to [Assault Care Center Extending Shelter and Support \(ACCESS\)](#). To learn more about the V-Day Campaign access the official website at: <http://www.vday.org>

For more information or to get involved in planning, contact Val Erwin at 294-4154 or verwin@iastate.edu.

Nominations Sought for Margaret Sloss Gender Equity Scholarship & Awards

Margaret Sloss was the first woman to graduate from the College of Veterinary medicine at Iowa State University. She earned her bachelor's degree in zoology from Iowa State in 1923 and her master's degree in veterinary anatomy in 1932. Despite an unwritten policy against admitting women as veterinary students, Dean Stange let her accumulate credits in the veterinary medical curriculum, and in August 1938, Margaret Sloss was awarded a D.V.M. degree. She grew up on the Iowa State University campus where her father was Superintendent of Grounds. Her childhood home is now the location of the Margaret Sloss Women's Center, which was established there in 1981.

The Women's Center Advisory Board is requesting your assistance in nominating candidates for the Third Annual Margaret Sloss Gender Equity Award. Nominees of the Margaret Sloss Gender Equity Award should have demonstrated a commitment to helping women gain equity within the university and/or the Ames community. Significant contributions come in many forms, from public acts such as organizational leadership to personal acts such as academic and professional mentoring. Examples include:

- Promoting awareness and understanding of the effects of sexism or prejudicial attitudes upon women;
- Raising campus awareness of feminist issues;
- Promoting attitudes and the use of skills and techniques which work toward the elimination of a sexist ideology;

- Demonstrating an unusual and unique effort to promote gender equity in the classroom, university or community
- Promoting the development of policies and procedures designed to achieve gender equity;
- Developing or strengthening programs aimed at a scholarly understanding of women and gender roles;
- Promoting the respect of human diversity and the rights of women.

Those eligible for the Margaret Sloss Gender Equity Award include Iowa State faculty and staff, Iowa State undergraduate and graduate students, and Ames community members. The awards will be presented at the Margaret Sloss Gender Equity Awards Reception on February 19, 2009 at 5:30 p.m. in the Campanile Room of the Memorial Union. More information about the Reception will be available in December.

Please show your support for those who work for equity on campus and within the community by nominating them for the Margaret Sloss Gender Equity Award. Nominations may be made by ISU faculty, staff, and students or by members of the Ames community. Nomination forms are available online: <http://www.dso.iastate.edu/wc/msgea/>.

**The deadline for submitting nominations is
Wednesday, December 17, 2008.**

For more information, contact Marissa Klousie at 294-4154 or mklousie@iastate.edu.

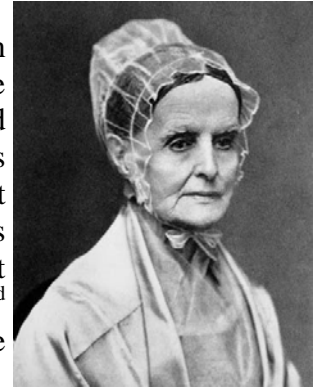
Woman in Herstory by Val Erwin

Lucretia Mott was born in 1793 and was brought up in the Quaker faith which was really important to her. She was a minister and prominent abolitionist. She started giving speeches about abolition in 1818. In 1840 Lucretia was selected as a delegate to the World's Anti-Slavery Convention in London. Even though she was selected, she was not allowed to participate in the convention because she was a woman. Lucretia met Elizabeth Cady Stanton, whose husband was a delegate at the convention. The two talked about the fact that they couldn't participate in the convention. Lucretia and Elizabeth decided to have a mass meeting about women's rights.

When they came back to the states they met again and planned a meeting for women's rights in 1848. At the Seneca Falls Convention this group presented the Declaration of Sentiments. The Declaration of Sentiments was written using the language and structure of the United States Declaration of Independence. This document holds great importance because it was the first document to assert women's independence in the United States and addressed property rights and the right to vote. The document was signed by one hundred people — 2/3rds women and 1/3rd men. Lucretia Mott is one of the first women to advocate for the full political participation of women in this country.

The world has never yet seen a truly great and virtuous nation, because in the degradation of women, the very fountains of life are poisoned at their source.

~Lucretia Mott



Breast Cancer Awareness Month

The National Breast Cancer Awareness Month (NBCAM) program is dedicated to increasing awareness about the importance of the early detection of breast cancer through a nationwide campaign. NBCAM started as a week long campaign in 1985 with 2 founding members. During October, which is National Breast Cancer Awareness Month, the members of the campus and surrounding community join forces to spread the message that early detection of breast cancer followed by prompt treatment saves lives. Collaborative meetings begin in early fall semester.

Each year the Margaret Sloss Women's Center teams up with Sigma Lambda Gamma and the Student Union Board to put on events for Breast Cancer Awareness. This year's events include a bake sale, a t-shirt swap and a breast cancer awareness rally. Check out the calendar for details!

For more information, contact Val Erwin at 294-4154 or verwin@iastate.edu.



Scholarship Applications Available

The Margaret Sloss Women's Center is excited to announce two scholarships available for the 2008-2009 academic year. Below is brief information about each of the scholarships. More information and applications can be found at <http://www.dso.iastate.edu/wc/scholarships/>.

The Lee Hadley Scholarship

Created to honor Lee Hadley, a positive force in the lives of students and in the English Department at Iowa State University for 26 years! This scholarship can be renewed upon selection committee approval for four years. The Lee Hadley Scholarship was also created to motivate and reward adult students striving to reach their dreams!

Requirements:

Iowa resident, financial need, minimum GPA of 2.0, full-time undergraduate student, single parent or non-traditional student (23 years and older).

The Rosenthal Scholarship

Created to motivate and reward women striving to reach their dreams!

Requirements:

Female, Iowa resident, single parent, financial need, minimum GPA of 2.0, full-time undergraduate student, non-traditional student (23 years and older)

Looking for Answers ~ Anonymous

Seeking Alone...

So many times here at school
I find that I'm really in the minority.

I end up being the voice,
you can ask for assistance,
but sometimes people don't feel
the need that you see.

I think it's important for people to keep saying that.
I do that here, even if I am in the minority.

I still keep saying,
"But!"

"What about?"

"Have you thought about this?"

And sometimes I get support,
but a lot of times,
you just cannot get someone else
to see your ideas as important.

A lot of the things we know,
and if we don't sit around and discuss them,
they kind of go to the back part of our minds,
and you just forget about them.

When you're not truly who you are
you can't exist,
and I just reached that point.
I was either going to leave teaching
or something had to change.

I'm working as hard as I can
to stay positive.

Finding Together...

We always have choices,
Even though we may feel like we don't,
And listening to other people talk,
Gives me a sense of having some power.

Just to get with a group of people who can say,
"yes, I understand that,"
Helps a lot.

Because it's nice to talk with other people
Struggling with the same issues
And who even see them as issues.

MSWC Advisory Board 2008-2009

Susan Carlson

Ex-Officio

Benjamin Day

2006-2009 — Undergrad

Kim Everett

2007-2010 — P&S

Ashley Hand

2006-2009 — ACCESS

Mary Harris

2007-2010 — President

David Harris

2007-2010 — Athletic Dept

Rita Knight

2007-2010 — Merit

Stephanie Madon

2006-2009 — Faculty

J. Adin Mann

2007-2010 — Faculty

Brianni McGriff

2006-2009 — Undergrad

Megan Murphy

2006-2009 — Faculty

Cathy Nelson

2006-2009 — Community

Penny Rice

Ex-Officio

Paula Sandlin

2006-2009 — Merit

Dione Somerville

Ex-Officio

Lois Smidt

2006-2009 — Community

Howard Tyler

2006-2009 — Faculty

MSWC Volunteers

2008-2009

GREETERS/EVENTS:

Arlina Brown

First-year, Art and Design

Rachelle Carlson

First-year, Chemical Engineering

Melanie Chacon

First-year, Animal Science

Robyn Johnson

First-year, Pre-Architecture

Hannah Kaloupek

Sophomore, English

Pilar Macek

Junior, Integrated Studio Arts

Aly Peeler

Senior, History

Nathan Smith

Junior, English

Rachel Smith

Senior, Liberal Studies

Anasia Sturdivant

Senior, Sociology

Jessica Upton

Senior, Spanish

EVENTS:

Lindsay Allen

Junior, Performing Arts

Katherine Benton

First-year, Open Option (LAS)

Holland Dougherty

First-year, Chemical Engineering

Ivy Van Ervelde

Junior, Apparel Merchandising, Design,
and Production

Karina Gutierrez

Junior, Spanish

Stephanie Ingham

Sophomore, Performing Arts

Catherine Lowe

Junior, Elementary Education

LaJoy Spears

Graduate, Agricultural Education and
Studies

WARNING:
Exposure to media beauty
standards can be hazardous
to your physical and mental health!

LOVE YOUR BODY DAY

October 15th marked the National Organization for Women (NOW) Foundation's eleventh annual Love Your Body Day. According to the Now Foundation, this event was coordinated in response to unhealthy and exploitative images of women in the media to promote positive, healthy images of women and girls, protest harmful and offensive advertisements, and raise awareness about women's health issues. We had the opportunity this year to work with several offices and groups across campus who do this work daily. While the official event has come and gone, I want to encourage everyone to Love Your Body EVERY Day. I hope that we can all take the messages learned from Love Your Body Day to remember how we all participate in a society that perpetuates unrealistic, unhealthy, and ultimately dangerous representations of women. Let's continue to have these conversations. Let's stop talking about our weight as a function of our beauty and self-worth and instead talk about our overall health. If we each begin to reframe our own thinking, we can interrupt the unrealistic expectations that are put on women to look like the models in magazines — the airbrushed, digitally altered images that are presented as real women. Thank you to everyone who participated and made this event successful!



smile sightings

My first grade daughter Adelaide joined the Daisy Girl Scout Troop 18 this fall. Chatting recently with one of the troop leaders, Jana Stenback, I mentioned Adelaide's inclination to speak up for what she prefers, in this case cheddar to American cheese. Jana added that all the girls were outspoken. In fact, she said this troop reminded her of when she used to lead Cub Scouts! We both stopped to recognize what a positive step this comparison represented.

~Mary Harris

Departments of Entomology and
Natural Resource Ecology and Management
MSWC Advisory Board President

EVENTS

Margaret Sloss Women's Center

OCTOBER

Sunday, October 19

1:00 p.m. — 4:00 p.m.....Vagina Monologues Auditions — Sloss House

Monday, October 20 — University Studies 160 Gender Justice Begins

11:00 a.m. — 3:00 p.m.....Vagina Monologues Auditions — Sloss House

Tuesday, October 21

6:00 p.m. — 9:00 p.m.....Vagina Monologues Auditions — Sloss House

Monday, October 27

10:00 a.m. — 2:00 p.m.....Breast Cancer Awareness Month Bake Sale — Sloss House

Tuesday, October 28

10:00 a.m. — 2:00 p.m.....Breast Cancer Awareness Month Bake Sale — Sloss House

Wednesday, October 29

10:00 a.m. — 2:00 p.m.....Breast Cancer Awareness Month T-Shirt Swap — MU by the Bookstore

Thursday, October 30

10:00 a.m. — 2:00 p.m.....Breast Cancer Awareness Month T-Shirt Swap — MU by the Bookstore

5:30 p.m.-7:00 p.m.....Knit-wits! — Sloss House

Friday, October 31

12:00 p.m. — 2:00 p.m.....Breast Cancer Awareness Month Rally — Lawn in front of Parks Library

NOVEMBER

Tuesday, November 4 — Election Day

Thursday, November 6

11:00 a.m. — 12:00 p.m.....SATF Meeting — Room 3534, MU

Wednesday, November 12

2:00 p.m. — 3:30 p.m.....Graduate Women's Network (GWN) Meeting — Sloss House

Thursday, November 13

5:30 p.m. — 7:00 p.m.....Knit-wits! — Sloss House

Tuesday, November 18

12:00 p.m. — 1:00 p.m.....Knit-wits! — Sloss House

Thursday, November 20

11:30 a.m. — 1:00 p.m.....Faculty Women's Network (FWN) Meeting — Cardinal Room, MU

.....Work/Life Balance with

.....Susan Carlson, Associate Provost for Faculty Advancement and Diversity

.....Melanie Smith, Program Coordinator for the Dual Career Opportunities Program

6:00 p.m.....Graduate Women's Network (GWN) Meeting — Stomping Grounds

Friday, November 21

3:00 p.m. — 5:00 p.m.....MSWC Advisory Board Meeting — Sloss House

Monday, November 24 — Friday, November 28 — Thanksgiving Break, No Classes

Thursday, November 27 — Friday, November 28 — University Holiday, Offices Closed