

HERvoice



HUMANITY

This year's edition covers topics such as intersectionality, self care, healthy relationships, empowering women, and emphasizing humanity.

WHAT DOES *HUMANITY* MEAN TO YOU?

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Letter from the *Editor*



Women don't need to find their voice. They have a voice. They need to feel empowered to use it, and people need to be encouraged to listen.

-Meghan Markle

H

Hello everyone, my name is Yazmeen Patel, and I am so excited to have been able to work on this magazine for the second year in a row! Last year, I had the pleasure of being a committee member under our former Historian who graciously entrusted me to take full creative liberty with the magazine. Now, as the current Historian, I get to work with an incredible committee of women who have helped me bring you yet another edition of HERvoice. I would like to extend my thanks to each one of them: Addison, Aubrey, Ella, Haley, Luzmi, Miraa, Rori, and Samantha.

This year's edition focuses on accentuating the humanity of women in attempts to counter the prevalent dehumanization they often face. This aligns with the overarching themes of empowerment and support within the FSU community. It is important to me that everyone feels like they have a safe space within the Women Student Union; having someone to talk to free from judgement, and having a space to make friends makes all the difference. I hope you enjoy the magazine and continue to support WSU! Please enjoy a little poem I wrote that I feel fits our theme:

Body, Mind, Soul:

By: Yazmeen Patel

Lately it's been hard to determine,
Should I be thick or thin
How can I make myself comfortable in my own skin
When, from every direction
The media portrays a million different opinions

Slim waist, thick thighs, clear face, big behind:
The expectation of today.
But with time,
An ever-changing checklist of requirements to obey.

Celebrities and influencers can pick and choose,
Replace and remove,
So that they always fit the mold,
Somehow expected to retain youth, even as they grow old

They show young girls that these transformations are possible,
While they watch us tear ourselves apart, our cries inaudible.
They show young boys that we will break and bend for them
Bringing us to a sorrowful and self-inflicted end.

This can not be our end.

We must stand up,
Learn to treat our bodies with the respect we expect from others,
And no matter how much they attempt to smother,
Know that what's inside is more important than the vessel we often seek to cover

Because under 50 pounds of makeup
Under thousands of dollars worth of designer clothes
Under layers of diamonds and gold
Is a soul.

Nobody can be perfect,
Because beauty is subjective,
And expectations are never definitive,
But each of us is a human being, and living to better our character is what's worth it.

Because when I die, when I'm 6 feet under the ground with nothing left to give,
No one is going to talk about how I looked;
No one is going to talk about how much money I had;
They're going to talk about how I lived.

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WSU RECAP



Self Care Tips:

By: Yazmeen Patel

It is important to understand the difference between self-care and mental health as we often confuse them with basic, daily needs. Google defines self care as “the practice of taking action to preserve or improve one’s own health.” Similarly, mental health is defined as “a person’s condition with regard to their psychological and emotional well-being.” From these definitions, it is easy to tell that the two go hand in hand; while mental health is a state of being or a condition, self-care is the collection of actions that can contribute to our mental health. It is essential for nurturing, not only our physical appearance, but also our emotional health. By dedicating time and attention to these practices, we can replenish our energy, reduce stress, cultivate healthy habits, and maybe even help ourselves feel a greater sense of fulfillment in our daily lives.

It can be hard to find the time or to take the time to pamper yourself. It may even be a struggle to find new ways to relax, so here are some places to start!



Mindful Maintenance:

Self care and mental health are often something that we take for granted and overlook in our daily lives. We often let school, work, or our social lives take a front seat to self care, a habit that we should work to break. Self care is not just a variety of fun, primping activities, but it also affects our performance and attitude.



Especially as college students, we are often working towards long term goals that won’t yield any reward for months or years to come. However, small victories, like nourishing your hair, grooming or painting your nails, learning how to make a new meal, completing a workout, or even just getting more sleep, can greatly improve your spirits. We just have to be brave enough to start. A good place to begin is by identifying barriers that prevent you from performing self-care. This could be time constraints, guilt, societal pressures, etc. Good solutions for preventing these could be setting boundaries, making lists, setting reminders, or seeking support from others! Once you get past your barriers, you can create a plan and focus on hitting each facet of self-care: physical, emotional, mental, social, and spiritual.

exercise - create a workout schedule and start slow!

facial care - this could mean using masks, grooming eyebrows, treating your skin, massaging, etc.

sleep cycle management - plan out your schedule to accommodate for extra sleep

nail care - cut and/or paint your nails

hair care - try a new haircut or style

have a spa day - get a massage, light a candle, take a bath, and even put on some relaxing music

set out time to do your favorite hobby - read, play video games, draw, write, crochet, etc.

be social - self care doesn’t mean staying at home, go out with friends, see a movie, go to your favorite restaurant, etc.

yoga/meditation - even just taking a moment in between working to manage your breathing and calm yourself

30-Day Self Care Challenge

Drink more water	Practice Yoga	Go to bed on time	Go Outside	Set a mini goal
Listen to music	Learn a new skill	Start a new hobby	Take a walk	Make some crafts
Play with your pet	Take a bath	Read for 1 hour	Listen to a podcast	Watch the sunset
Sit in nature	Do 30 Sit Ups	Spark some creativity	Watch a movie	Pamper yourself
Be a volunteer	Face massage	Spark some creativity	Turn your phone off	Eat your favorite dessert
Do a DIY project	Order a takeout	Practice gratitude	Take a nap	Write a journal

Healthy Relationships



By: Yazmeen Patel

Let's talk about healthy relationships. First, think about what a healthy relationship means to you. Sometimes it can be hard to recognize unhealthy habits in a relationship, especially when we're looking so hard for the healthy qualities. Listed below is a breakdown of healthy vs. unhealthy signs in a relationship:

Healthy:

- Honesty
- Trustworthiness
- Good communication
- Loyalty
- Support
- Equality
- Respect
- Compromise/Understanding
- Boundaries
- Self-Confidence

Unhealthy:

- Manipulation
- Gaslighting
- Isolation (from friends/family)
- Dismissive of your emotions
- Projecting (this can often be unconscious)
- Violence or hostility
- Control
- Dependence
- Power imbalance

It is important to be able to differentiate and identify these kinds of qualities and behaviors in any relationship, whether it be platonic, familial, sexual, or otherwise. When you recognize an unhealthy pattern, bring it to your partner's attention; if you don't feel safe to do so, talk to a friend, family member, therapist, or even a professional on campus to help guide you. Here are some resources:

- **Counseling Center:** 2nd floor of the Askew Student Life Center
- **University Counseling Center (UCC) after hours hotline:** (850) 644-TALK (8255)
- **FSU Police Department:** (850) 644-1234
- **Florida Domestic Violence Hotline:** 1 (800) 500-1119
- **The Center for Health Advocacy & Wellness (CHAW):** 4th floor of Health and Wellness Center
- **Title IX:** University Health Services Building staff oversees sexual harassment, sexual assault, sexual violence, or other sexual misconduct.
 - Title IX Director: Terri Brown (850) 645-2741

It is also beneficial to identify the type of relationship you are looking for as well as what you want out of the relationship. Discussing and negotiating boundaries and important viewpoints should be an ongoing process as relationships evolve. What feels comfortable or acceptable may change over time, and being open to reassessing and adjusting boundaries ensures that both partners feel valued and heard. Sometimes these conversations can be uncomfortable or difficult to have but it helps to ask questions like, "I value your perspective, could you share it with me?" or "How can we better understand each other's viewpoints?" Remember that your partner's ability to address concerns or implement positive changes hinges on their awareness of the issue at hand and their comprehension of your perspective; this goes both ways, so also work towards holding yourself accountable!

While it can be easy to lose that balance between prioritizing both your partner and yourself, it is imperative that both parties maintain a sense of independence and self-identity outside of the relationship. Ultimately, a healthy relationship is one where both partners can grow and evolve individually while also growing together as a couple. It means having someone to experience life with while nurturing your own wellbeing!

SAY PERIOD

By: Luzmi Valen

Let's Talk Periods:

Menstruation, a natural and integral part of many of our lives, is often a difficult topic to talk about. Society's stigma surrounding periods often leaves women with a sense of isolation and discomfort that impedes open conversations. This prevailing stigma manifests itself in the subtleties of our daily lives, such as our hushed whispers and discreet exchanges of tampons among friends. In order to combat this stigma, we wish to foster an environment where discussions about these topics are not only accepted but encouraged. We should be able to relate to one another on a natural bodily experience that happens to so many of us.

In order to help debunk myths and normalize conversations about menstruation, there are several resources on campus we would like to highlight. These resources provide a safe space for students to ask questions, share their experiences, and even learn from professionals. It is important that we empower one another to embrace our bodies and confidently seek support.

FSU Student Union:

Period products, including pads and tampons, can be found in the Women's restrooms in our very own Student Union.

Recently introduced dispensers stand as a proactive measure offering essential aid to women during unforeseen emergencies. In the case your period comes unexpectedly, period products can be found in the Union bathrooms and the WSU office on the third floor. In embracing open conversations and learning more about resources on campus, let us talk about periods with understanding, support, and a shared sense of women empowerment.

Center for Health Advocacy and Wellness (CHAW):

CHAW is an essential resource here at FSU! Their main goal is to "encourage students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness." CHAW has several initiatives, including Healthy Noles, The Body Project, and various workshops/events held all throughout the school year. They emphasize the de-stigmatization of frequently uncomfortable topics, including sexually transmitted illnesses as well. CHAW is the perfect place to learn more about our health care and even consult with professionals to help positively discuss our bodies.

CHAW is located on the fourth floor of the Health and Wellness Center. Their hours are M - F 8 a.m. - 5 p.m.



Food Culture

By: Luzmi Valen

Introduction: Savoring the Essence of Food Culture

In the vibrant tapestry of university life, the Women's Student Union is not just a hub for empowerment; it's also a haven for diverse tastes and cultural exploration. This edition, we delve into the heart of a universal experience—food culture—and unravel its profound impact on the well-being of women within our academic community. From traditional recipes passed down through generations to modern fusions that spark innovation, the Women's Student Union embraces the richness of culinary diversity.

Nourishing the Mind and Body

Beyond the pleasures of the palate, the food we consume plays a pivotal role in nurturing our mental and physical well-being. As women juggle academic pursuits, extracurricular activities, and personal growth, making informed and health-conscious food choices becomes essential. We advocate for a holistic approach to nutrition, recognizing that a well-nourished body lays the foundation for success in all endeavors. Recognizing the pressing issue of food insecurity for college women, the FSU Food for Thought Pantry stands as a resource for any student enrolled in classes here at FSU. The Pantry, located on the fourth floor of University Center A (Doak Campbell Stadium), is open from 8:00 am to 5:00 pm Monday, Tuesday, Thursday, and Friday. On Wednesdays, the Pantry is available from 1:00 p.m. to 5:00 pm. If you ever need to figure out what you want to eat, head over to their website, <https://dsst.fsu.edu/resources/food-for-thought-pantry>, and check out their recipe book!

Breaking Bread, Building Bonds

The kitchen is more than a space for preparing meals—it's a realm where bonds are forged. There are many ways on campus that we can come together and experience the richness of a variety of foods. For example, every Friday from 5-6:30 p.m., the Globe hosts dishes from a featured culture and fosters connections between students, scholars, and faculty from around the world. Our dining halls, Suwannee Room and Seminole Cafe, feature an array of meals monthly so you can expand your meal plan with the swipe of your FSU ID! Just last November, Suwannee hosted a Friendsgiving event open to the public.

A Flavorful Future: Empowered, Nourished, United

As we navigate the dynamic landscape of university life, let us continue to savor the richness of our diverse food culture. From the kitchen to the table, the Women's Student Union is committed to fostering an environment where every woman feels empowered, nourished, and united. Celebrate the profound impact of food culture on the well-being of women within our community. Get coffee with a friend, prepare a meal with your roommate...remember to nourish the body just as much as we do the mind!





Recipe: Quick Veggie Stir-Fry for the Busy Student

This speedy stir-fry is a go-to for those hectic study nights when you need a quick nutritious and flavorful meal.

Ingredients:

- 1 cup frozen stir-fry veggies
- 1/2 cup precooked rice
- 2 tablespoons soy sauce
- 1 tablespoon cooking oil
- 1 teaspoon garlic powder
- Optional: Sriracha or chili flakes for some heat!

Instructions:

1. Heat the cooking oil in a microwave-safe bowl for 30 seconds. (Be careful with the bowl!)
2. Add the frozen stir-fry veggies to the bowl.
3. Microwave on high for 3-4 minutes or until veggies are tender, stirring halfway.
4. While the veggies are cooking, heat the precooked rice according to package instructions.
5. Once the veggies are done, mix in the precooked rice, soy sauce, and garlic powder.
6. Microwave for an additional 1-2 minutes until everything is heated through.
7. Add Sriracha/chili flakes if you're feeling ** spicy **
8. Stir well, let it cool for a moment, and enjoy your quick and tasty veggie stir-fry!



Poetry Spotlight

Sandpiper:

cool kitchen tile beneath me
of beige & faded tangerine,
i listen to the swells of hip hop & engines,
drifting from the drive-thru beyond my backyard.
it hurts when i lay this way, sprawled on
common floor, but resting where i'm not wanted
feels romantic—not that i would know much.
i thought my first kiss would change me,
but i still felt like a kid.
stray cats moan in heat each spring,
& i'm another thing that's left unchanging.
humid air blankets my thighs from the open
window,
above the kitchen sink. my skirt in its faded denim
falls, forsakes me. it makes me look
down at my knees; everything about me is getting
longer.
bigger. it's funny;
i got my first serving job last week, & men look at
me,
smiles that don't let up when i face them,
when i answer sweetly "i'm sixteen."
i wonder if they notice my acne.
beneath the doe eyes, above the B-cups,
still budding.
wind whistles through the window,
papers rustle on the fridge.
i cringe & think back to my first kiss.
i don't care to remember the boy, but i do
remember the beach.
my toes had curled through the seafoam as i
avoided eye contact
& then one of those little birds scuttled past.
a sandpiper.
i realize now that i've never seen a baby one.
somehow there's the world of sand & water,
where everything is enslaved to nature's rhythm.
then, there are the fierce tiny birds,
unchanging.

-McKenna Oakley

Untitled:

had i known,
my bests and worsts would become parallel,
i would have stayed.
i would have run. i would be comfortable.
i would be certain.
things that used to be as easy as taking a breath
waking up, getting dressed, listening and learning
things that were my bests,
became my worsts
my bests suffocated me, they became my worsts
scratching at my throat
until it was raw and bloody, begging for air
how can i function when my heart doesn't belong
to me
to live without a heart is to live cold,
no sweet warmth pumping
my heart, just four years old, sits in her bed 504
miles away
the heart and the home, so far from my body,
how could i sit still?
slowly, happily, thankfully
this cold january air no longer suffocates me
i'm no longer worried of being caught in tears
i can listen,
i can walk,
i can breathe again.
i find joy between whispers and smiles, i find joy
now
slowly, happily, thankfully
i am human again.
my heart is mine again,
and i look at you and fight smiles.
to share humanity
to let you take my heart gently in your hands,
i show you my colors
and you paint beautiful skylines with them.
find joy in humanity
in the humanity of those around you
and let it empower you

-Salyah Aguirregaviria

NIGHTTIME MURDER AMBROSIA

By: Amber Daniels

Nightmare

The cost of one's intellect when it pays for the
Day scare
Of people shooing and brooding and living like
They care

About you
When really they don't.
And do things and rude things like shoot things
They don't even own
Like slaves

I'm sorry what makes a person a person
What lives within?
Nah it's the color of their skin.

Is that the wrong answer?
Did I name the wrong cancer?
What Was it? That death poison that killed her?
Colorism?
No racism.
No sexism.
No classism.
No systematism.

Nah it was that black-ism.
And everything that came with that.
God blessed her with an eternal youth that just don't
crack
Unless you do it
Unless you blew it
It

Is hard. This gift that others curse.
You murder him because his beauty would shine too
bright if he was allowed to discover his worth.

That our darkness is light.
That our darkness can shine
When he crafted Us
To be the diamonds that thrived in the lightless sand
That pigment was cemented in His Plan

On purpose
With purpose
To contribute to this land
That He made with Us in mind.
Our nighttime sublime

Youth everlasting
since nary bold ancestors ever grew old
Posted up for our mysterious beauty sold
by the hour for those homeland superpowers.
Ancestral eyes that had the ability to see through
their lies

Them genes that built the towers
Them hands that made tribes cower
Them calves that raised the pyramids
Them eyes saw Mansa Musa's gold showered
down like rain

Knew to get us to cower
Needed to rid of our knowledge powers

Doing now through theories what they used to do
threw us in chains
Thought they could steal what's ours through the
torture and pain
But we refrained
from giving up that secret inside.

That sits so deep within us, cannot squander, cannot
hide. Cannot erase since roots will always find its
way
They trace
No matter how long they've been burned off
The ashes from our family tree blow to other troughs
Other lands other seas
They remain and they feed.
So we will always be free

Our origin remains though history abstains to teach
us our truth.
Still we pass it to our youth.
We see it in our old.

This gift buried within us, the stories that unfold Ed
In negro's past. Because the gift of everlast
that colonizers couldn't have?
It lives inside us.
It cannot hide, thus
This is the blessing others curse
A trait that cannot be reversed
No matter how much we/they tried
Our DNA forces us to fly

For it runs through our veins
This Nighttime Ambrosia
Passed down despite every family's forgotten name.
A magic, a potion
A soul that can't be bought
A spirit that's outlasted them no matter what they
thought

It will never cease.
So we will never rot.

WOMEN IN SPORTS

By: Miraa Shukla

F

lorida State University (FSU) is taking a significant step forward in the athletic arena with the introduction of women's lacrosse as a varsity scholarship program, set to commence in the 2025-26 academic year, as announced by Vice President and Director of Athletics Michael Alford. This strategic move places FSU among the 118 Division 1 NCAA women's lacrosse programs across 16 conferences, including the competitive ACC with its legacy of 17 national champions and consistent representation in the title game. Alford's emphasis on the sport's growth and the enthusiastic embrace from the FSU community echoes the university's commitment towards expanding FSU's women's lacrosse team. The input and passion of current and former players played a pivotal role in the decision-making process.

As FSU expands its athletic offerings, the recognition of the relationship between mental and physical health becomes crucial. Oftentimes physical well-being is prioritized over mental health as athletes strive to move up the ranks. Athletes face unique challenges under immense pressure to perform academically and athletically. Not only may we see immediate academic or social signs of struggle, but we also see a decline in mental stability years down the road. Stress, depression, anxiety, bad habits/coping skills, and more all build over time, while athletic success is prioritized at the expense of self-care.



@fsu_wlacrosse



This acknowledgment aligns with the broader trend in collegiate sports where the significance of mental health discussions has grown exponentially in recent years. FSU's commitment is evident through the implementation of comprehensive mental health programs. This includes access to mental health professionals, stress management workshops, and resilience campaigns to create a safe space where athletes feel comfortable discussing their mental health concerns. It is one thing to acknowledge that mental health concerns exist, but it is a whole different game to begin working towards solutions; actions do speak louder than words.

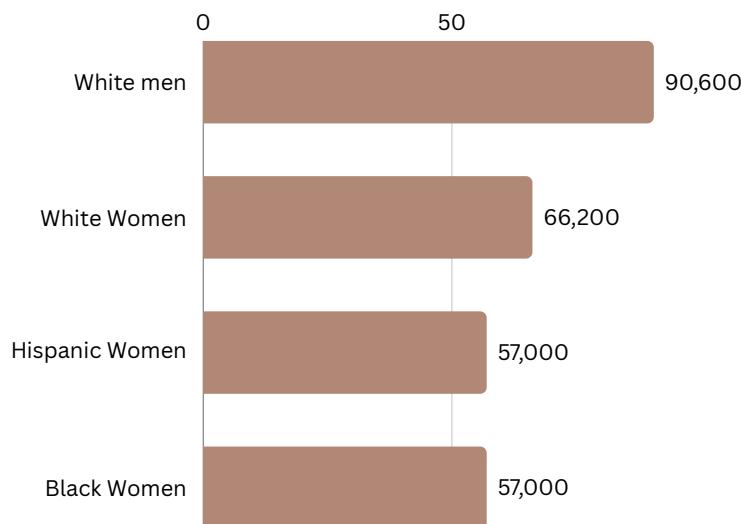
Due to this, colleges and universities nationwide have begun prioritizing open conversations about mental health within their sports programs. These discussions aim to destigmatize mental health issues, encourage athletes to seek help when needed, and to promote a holistic approach to athlete development. FSU stands as an example on how to take care of their athletes by showing that they are people first, not products to be primed and sold.

WOMEN IN STEM

By: Addison Kingsley

Pay Gap Among STEM jobs

Median Annual Earnings of Full-Time STEM Workers, 25 and Older in 2019



Data gathered from Pew Research Center



The field of science, technology, engineering, and mathematics (STEM) has paved the way for many of the most important inventions in human history. Amidst the discovery and progress STEM has led to, the field has yet to conquer the issue of the gender gap. Starting from as young as elementary school, girls are regularly pushed out of spaces that foster interest in math and sciences. By the time students attend college, women are significantly underrepresented in every aspect of STEM. While women account for 57% of bachelor's degrees across various fields, they account for only 38% of bachelor's degrees in traditional STEM fields such as engineering, mathematics, computer science, and physical sciences. More specifically, only around 21% of engineering majors in the United States are women, and only around 19% of computer and information science majors are women.

This underrepresentation has translated to the workforce. While nearly 80% of the healthcare workforce are women, only a third of doctors are female and only around 21% of health executives and board members are women.

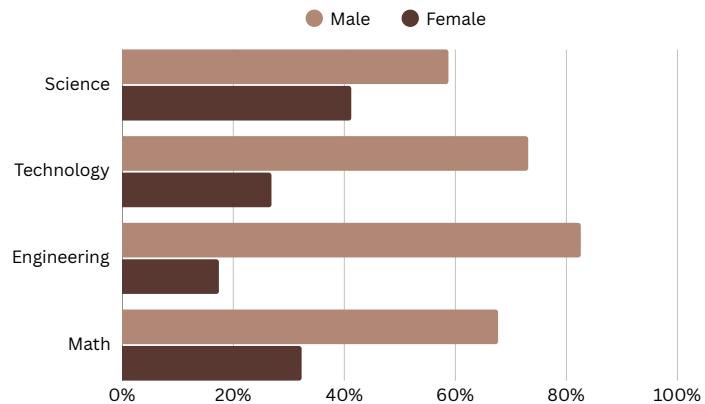
Women more dominantly represent all lower-paying positions in the medical field. Only 38% of women who major in computer sciences actually end up working in computer fields, and only 24% of women who majored in engineering work in the engineering field. Additionally, the annual salaries for men in STEM are nearly \$15,000 higher per year than women (\$85,000 compared to \$60,828).

The topic of intersectionality is also important to mention when discussing the issue of the gender gap. Intersectionality acknowledges how the connections of different social categorizations combine to create systems of disadvantage. When addressing equality throughout different fields, intersectionality is a necessary component. In the engineering and science spheres, Black female workers comprise only about 1.8% of the total workforce, according to data gathered by the National Science Foundation. Latina and Black women in STEM also earn around \$33,000 less than men (at an average of around \$52,000 a year).

It is increasingly evident that a substantial gender divide exists within STEM fields. This divide not only impedes society's full potential but also hinders the diverse talents that are essential for embarking on the path to solving the most complex challenges of our time. It is important that, in both the academic fields and the workforce, we advocate for a collective commitment to dismantling barriers and encouraging a diverse and prosperous scientific community.

Presence of Women in the STEM Workforce

Demographics for Women in STEM Occupational Groups.



Data gathered from the US Equal Employment Opportunity's Annual Report on the Federal Workforce Fiscal Year 2019

HER story Makers: Women who Shaped the World

By: Samantha Mensching



Dr. Elizabeth Garret Anderson

In 1870, Dr. Elizabeth Garrett Anderson became the first female doctor in Britain. In a field where men were dominant, she paved the way for future female doctors by educating and teaching them how to pursue a career in medicine. Before the 20th century, it was a commonly held misogynistic belief that women were unfit to be doctors and lacked the calm and resilience that men possessed. As such, Dr. Anderson faced hardships in pursuing medicine. When she initially started her career, women were not allowed to attend medical school, but after working hard for years and studying as a nurse, she was finally able to become a doctor in Paris. Compared to men of the time, Dr. Anderson had to do more work and gain more experience to become a doctor. However, as a strong woman, she did not let societal expectations affect her. In fact, she even taught at women's medical schools, published responses to misogynistic opinions, encouraged girls, and made the uninformed public aware that women are just as capable of practicing science and medicine as men are.

Hypatia



Many women throughout history have been reduced to their looks, their intelligence forgotten; the genius Hypatia of Alexandria was no exception. She was a mathematician, philosopher, and teacher who lived from around 355 CE to 415 CE. Her work mainly focused on the development of writings about arithmetic and conic sections. Despite being a prominent figure in mathematics and academia, none of her writings have survived. She worked with the famously known Diophantus and Apollonius and still went uncredited. While her brilliance was being plagiarized, Hypatia was more concerned with her safety; around March in the year 415 CE, a group of Christians associated with the early Christian church gruesomely attacked and killed Hypatia. Many people believe that this attack was solely due to her 'paganistic' beliefs, although Hypatia never proclaimed herself to be a pagan. Unfortunately, being an accomplished woman meant people saw Hypatia as a threat and wrongly assumed that they could erase her from history.





Claudette Colvin

In the fight for African-American civil rights, Claudette Colvin was a trailblazer who made history almost a year before Rosa Parks by refusing to give up her seat to a white woman on a Montgomery, Alabama bus. In 1955, at only 15 years old, Colvin was arrested for her bold act of defiance, sparking the interest of local leaders of the civil rights cause who were looking for a face for the movement. Despite her bravery, her circumstances were deemed unsuitable by the Women's Political Council leaders of Alabama; Colvin was unmarried, pregnant, and came from a low socio-economic background. Instead, the council chose 42-year-old, middle-class, Rosa Parks as the face of the movement as she better fit their preferred narrative. The Montgomery police arrested Parks for refusing to give up her seat in December of 1955, subsequently leading to the Montgomery bus boycott. This boycott lasted for 13 months and ended with the desegregation of all the city's buses. Although Rosa Parks is remembered as a civil rights icon, it is important to recognize that she was not the first to take a stand against segregation on public transportation. Colvin's story is another important reminder of the many women who have been disregarded and forgotten in the course of history, simply to further the agendas of others. However, we can still honor the bravery of these women, and understand how their unfamiliar stories have shaped our world.

Marie Curie

Many women in history have faced significant obstacles in their careers, but there are also many inspiring success stories. One such story is that of Marie Curie, who broke the stereotypes and prejudices that women faced in her field. Born in Warsaw, Poland, Marie grew up in a family that valued knowledge and intelligence. Despite the challenges women faced, she enrolled in Sorbonne, a European university that allowed women to study science. This was a rare opportunity, thus she took advantage and excelled in all her classes, becoming the first woman to graduate from Sorbonne with a degree in physics. Marie continued her studies and focused her research on X-rays and uranium, eventually discovering radium in 1898. This breakthrough led to her earning her Ph.D. and becoming the first woman in Europe to do so. Her remarkable achievements did not go unnoticed, and in 1903, she became the first woman to receive a Nobel Prize. Despite her successes, Marie still faced sexism and discrimination from her male colleagues who often tried to take credit for her work, as was the normal behavior towards female scientists.



WOMEN TO KNOW ON CAMPUS

By: Haley Quinn

Madison Sherrow - Student Worker at Shake Smart

Madison Sherrow is a current junior here at FSU, working as a student worker at Shake Smart, a part of Seminole Dining. Located inside the Leach Campus Recreation Gym, Madison serves up protein shakes, acai bowls, and Greek yogurt to students after their workouts. She loves how Seminole Dining prioritizes their students academic lives as they are very flexible with schedules, emphasizing the importance of prioritizing academics. In addition to this, Madison loves how her job is walking distance from all of her classes and that she gets to see many of her friends while at work. A fun fact about Madison is that she is a massive sports fan and when asked what advice she would give to FSU students, she said “Explore, go everywhere, and try new things even if you are alone.”



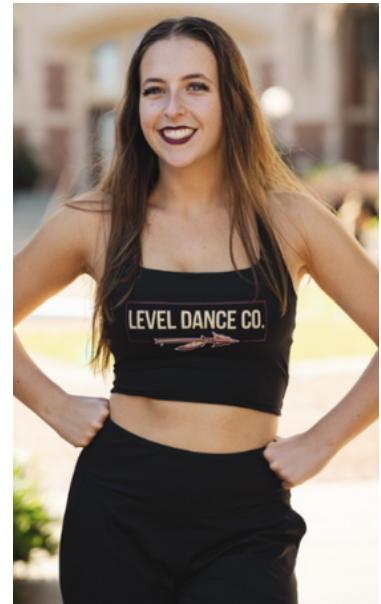
Brittany Barron - PhD Candidate in Rhetoric and Composition

Brittany Barron is a fifth-year Rhetoric and Composition PhD candidate. She teaches courses like general level English (ENC1101/ENC2135) as well as within the Editing, Writing, and Media major. Within these rhetoric courses, she is able to include her own research interests, specifically exploring public feminist rhetoric, by analyzing feminist rhetoricians like Audre Lorde and Gloria Anzaldúa. Furthermore, she connects these concepts to more modern feminist rhetoric by including musical powerhouses Taylor Swift and Lizzo within her lessons. She noted how much her mom and sister have influenced and inspired her throughout her life. She emphasized how her pursuit for her PhD is heavily driven by the strength and resilience of her mom and sister. Her sister Sabrina's obstacles with her autoimmune disease and her mother Deborah being the first in her family to graduate high school have cemented them as survivors in Brittany's eyes. Brittany states, “When I graduate, my PhD will be theirs as much as it'll be mine.” Her advice to women at FSU would be to “Trust your gut. Prioritize self-care. Advocate for yourself. Be yourself; that's your superpower.”



Chloe Bontoux - Event Coordinator of Level Dance Co.

Chloe Bontoux is a senior majoring in Biological Sciences with a Chemistry minor on the Pre-PA track. Originally from North Miami Beach, FL, Chloe has found her home away from home at FSU through her various involvements on campus. She is the Event Coordinator of Level Dance Company, part of the Lead Team of the Engage 100 program, a Pre-Health Freshman Interest Group Leader, and a member of the Pre-PA club. She is extremely grateful to have been exposed to a limitless amount of resources through the Engage 100 Program, which she passes down to her students. Furthermore, she has been able to fulfill her hopes and dreams of dancing in college with Level Dance Company and has been so fortunate to hold a leadership position on this supportive dance team for the last two years. Chloe's advice to the women of FSU is to “try your best at everything you put your mind to.” She would also like to shoutout her big, Becca, from Level Dance Company as her source of inspiration, as Becca guided Chloe through her early years at FSU and sculpted her into the leader and dancer that she is today.





Reagan Bourne - Senior Data Fellow

Reagan Bourne, a current junior majoring in computer science, is working on campus as a Senior Data Fellow within FSU Libraries. Within this role, her most recent and coolest accomplishment was making the Empowering Minds Through Data Science and Machine Learning Symposium. She loves the unique opportunities that this position offers her and she emphasizes how important it is to her to encourage women to join STEM programs, specifically computer science. She highlighted how in 2017, only 23% of computer science majors were women and Reagan strives to connect more women to STEM programs. She wanted to highlight her sisters in Alpha Chi Omega as women who inspire her, as they encourage her to be herself and to chase after every opportunity. When asked what advice she would give to women at FSU, Reagan said “If you want something, go after it. Enjoy every moment and put yourself out there.”



Abby McDade - DIAL

Abby McDade is a first-year graduate student from Fleming Island, FL studying International Affairs with the goal of pursuing a career in U.S. Intelligence. She is currently serving as the Women’s History Month Coordinator for Women’s Student Union, helping plan the theme and itinerary of events for Women’s History Month in March. She is also a student intern for the Disaster Intelligence Analysis Laboratory (DIAL) within FSU’s Emergency Management and Homeland Security Program. Through this position, Abby works closely with a team to produce reports that can be used by their stakeholders for situational awareness and decision-making purposes, using open-source intelligence techniques to gather information from social media platforms. One woman who serves as an inspiration to Abby is her grandma, who sparked her passion for women’s issues early on in her life and has helped shape Abby into who she is today.



Ms. Killings

Ms. Killings is professionally known for her position as FSU Ambassador of Seminole Dining, but to students on campus, she is so much more. Ms. Killings is a friend and supporter of every one of the students here on campus who she dearly refers to as “my babies!” She will never hesitate to say “I love you” or to ask how your day has been. When asked what keeps her loving and positive attitude, she responded, “The students! I’m here for my babies, and I just love them so much and will do anything to help them in anyway I can.” She further goes on to express that she draws just as much inspiration from the students as they do from her, as well as her from her supportive staff and community at FSU. When asked what piece of advice she would give to her students she said, “You came to Florida State to get you a degree, and I advise you to do just that; but, enjoy it too at the same time.” Our campus has recently begun working together to raise money for her retirement fund! However, in response to an inquiry about what she was most looking forward to in retirement, she graciously replied with, “...I will retire, but I will never leave Florida State, I want to be able to come and volunteer. I want to be here until God calls me on.”

INVESTING IN WOMEN

By: Ella Windlan

E

In the past few decades, the idea of smart economics has grown in popularity as a justification framework for the large-scale advancement of women's rights globally. A concept that has largely been circulated by institutions such as the World Bank and the United Nations, smart economics signalizes the idea that since women make up approximately half of the world's population, investing in their safety, education, and rights is simply smart economics. As logical as this idea is at face value, some feminist scholars, such as Sylvia Chant and Caroline Sweetman, draw attention to the importance of viewing investment in women as a holistic and intersectional process where the goal must be gender equity and women's empowerment, not simply to promote increased economic liberalization globally.

Investing in women goes beyond granting us wage equality or the opportunity to join the labor market (although these rights are important). It means taking steps toward the creation of a world where people of all gender identities have access to the resources they need to thrive, free of persecution. This looks like granting us bodily autonomy and agency, entrusting us with the ability to make decisions about our lives and livelihoods. This looks like redistributing the domestic labor workload to be more gender-equitable and recognizing how fundamental this work is to humankind. This looks like creating a world where we are all free to express our gender identity in a way that feels authentic without facing discrimination. This means addressing health justice issues such as disparate maternal mortality rates and the "pink tax" we must pay for essential menstrual products. It boils down to advocacy for the amplification of diverse voices within the feminist movement and problem-solving through an intersectional feminist framework.

Women around the country and globe all have unique relationships with womanhood and femininity and so investing in all of us cannot be accomplished by one initiative or organization. It is a collaborative effort that requires us all to interrogate hegemonic gender representations and stereotypes advocating for the proliferation of our voices, especially in the spaces we have been historically excluded from. Even as improvements in women's human rights are made, it continues to be important to recognize the hypocrisy of organizations like the World Bank which inflict economic turmoil on countries in the Global South through structural adjustment loans while performatively advocating for investment in women. Investing in women is rendered meaningless when only select women reap the benefits while others must struggle. As women, we stand to benefit from uniting in our mission towards gender equity and female empowerment. Pooling our resources and amplifying one another will help us to invest in each other, and it will move us closer to a future where all women can pursue whatever type of life fulfills them.



WHAT ARE YOUR GOALS?

I will start...

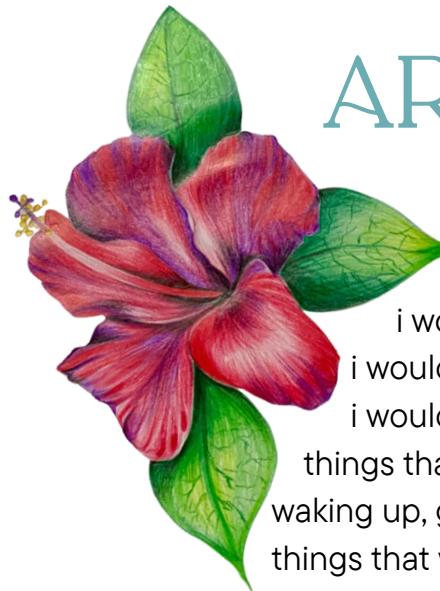
I will stop...

I will learn...

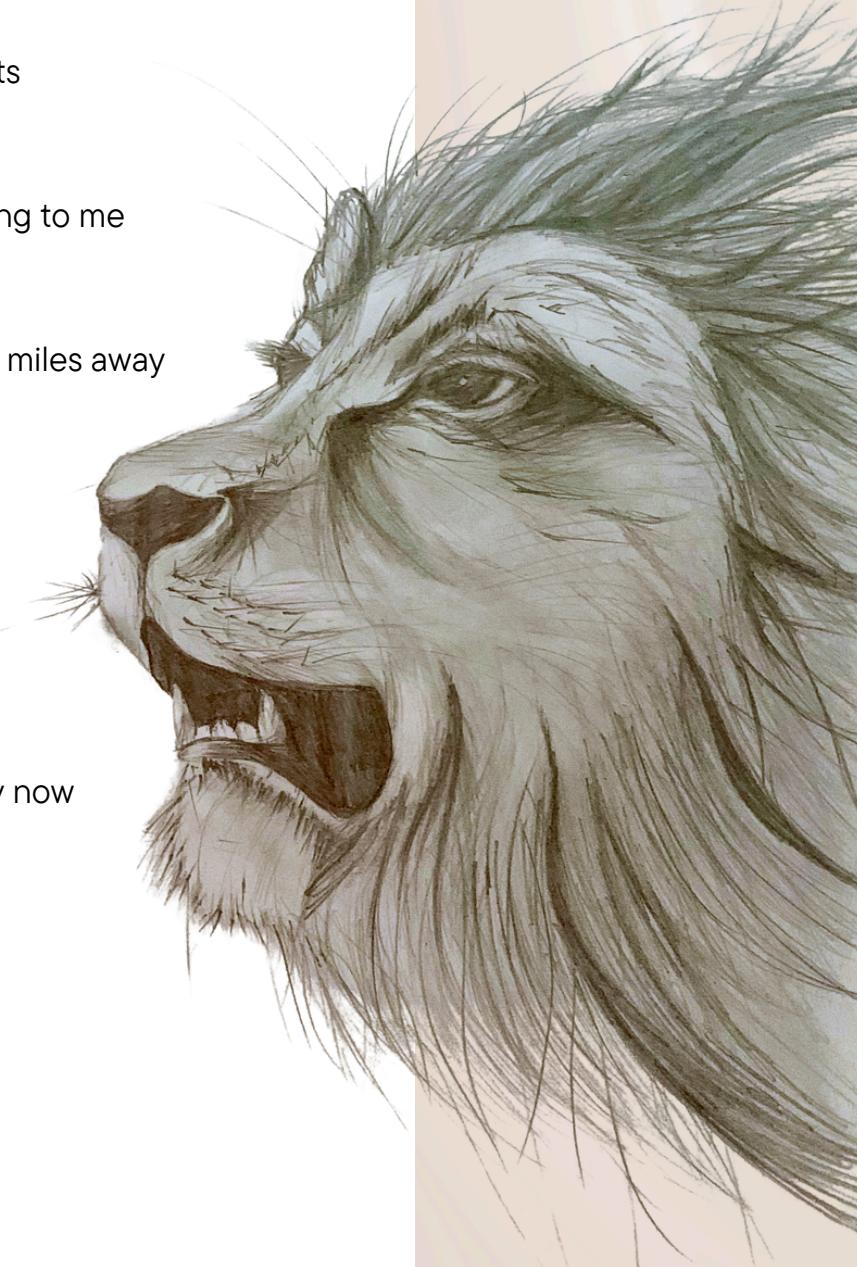
I will visit...

I will change...

ART SPOTLIGHT:

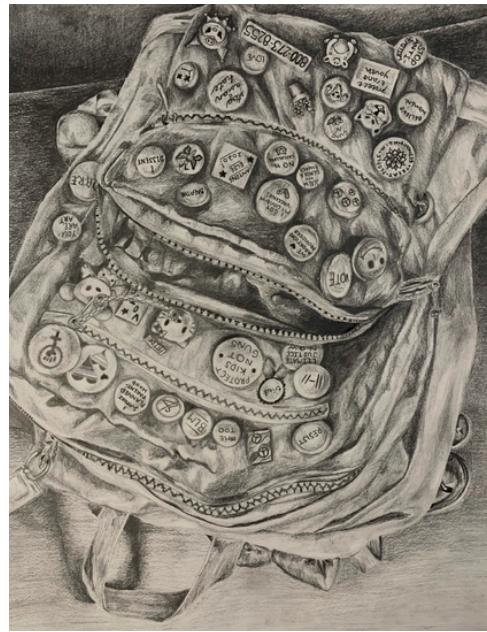


had i known,
my bests and worsts would become parallel,
i would have stayed.
i would have run. I would be comfortable.
i would be certain.
things that used to be as easy as taking a breath
waking up, getting dressed, listening and learning
things that were my bests,
became my worsts
my bests suffocated me, they became my worsts
scratching at my throat
until it was raw and bloody, begging for air
how can i function when my heart doesn't belong to me
to live without a heart is to live cold,
no sweet warmth pumping
my heart, just four years old, sits in her bed 504 miles away
the heart and the home, so far from my body,
how could I sit still?
slowly, happily, thankfully
this cold january air no longer suffocates me
i'm no longer worried of being caught in tears
i can listen,
i can walk,
i can breathe again.
i find joy between whispers and smiles, i find joy now
slowly, happily, thankfully
i am human again.
my heart is mine again,
and I look at you and fight smiles.
to share humanity
to let you take my heart gently in your hands,
i show you my colors
and you paint beautiful skylines with them.
find joy in humanity
in the humanity of those around you
and let it empower you



Artwork by: Valeria Sucre
Poem by: Salyah Aguirregaviria

By: Sydney Barrow
@soup.yy



Values: Carried and Proclaimed

This piece explores the importance of proudly owning your beliefs and standing for what you believe is right, even in the face of possible controversy or backlash.



Innate or Created:

This artwork analyzes the relationship and power struggle between nature and nurture. In this piece, the model is being directed in several different directions while simultaneously having her own intrinsic desires and needs.

By: Anna Speer
@annaspeer.art



Event Horizons:

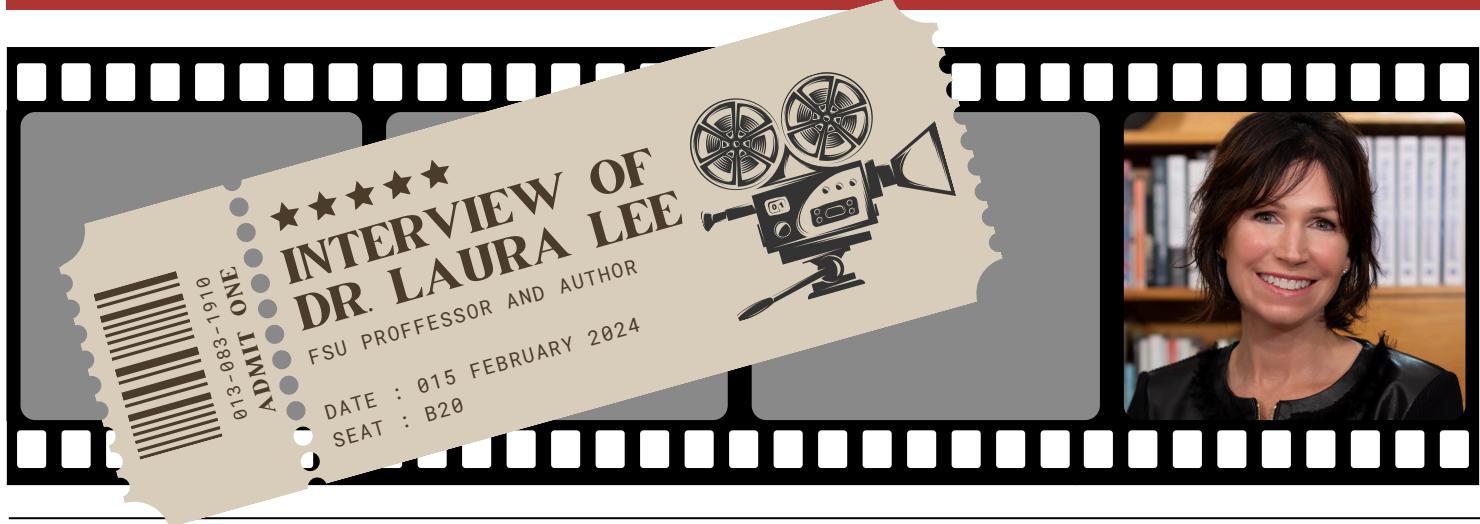
The work is a product of research on the impact of sensory deprivation, flotation therapy, and its effects on ideation. Visual elements lend themselves to the contrast between our overstimulated modern realities and the extremely dark and still environment of a floatation tank. The blank steel blue visual silence contrast the child-like, gritty scribbles that frame the bottles, creating the silhouette of entangled arms out of negative space. Each bottle resembles a portal or entrance to another world.



Olivia and Herself or Someone Else:

The face of a young woman looks inwards towards her own mirrored silhouette. The silhouette is carved out by the surrounding murky blue-green, revealing directional yet messy lines of yellow ochre, light blue, white, rust, black, and pale pink inside the shape. Between the two forms, upside down cursive text peaks through textured layers of the blue-green paint, revealing just enough to make out a few of the words.

PORTRAYAL OF WOMEN IN MEDIA AND MOVIES



Women have played significant roles in cinema since the origins of the craft. Take, for example, Alice Guy-Blaché, who created one of the first narrative films in 1895 and Dorothy Arzner who contributed immensely to the advancement of sound in cinema. Yet women were quickly pushed out of these spaces, and consequently the portrayal of women in film suffered.

Dr. Laura Lee, an author and professor at FSU's College of Motion Picture Arts with a Ph.D. in Cinema and Media Studies from the University of Chicago, shared her insights on the topic during an interview for HerVoice. "In America, we might begin with pioneering figure Lois Weber, who began directing films in 1908 and became the first American woman both to establish her own production company and to direct a feature-length film," Lee notes. "I can't help but wonder: if Weber had been canonized like [D.W.] Griffith was, would more women have seen themselves in the industry and made their mark on it over the last 100 years?"

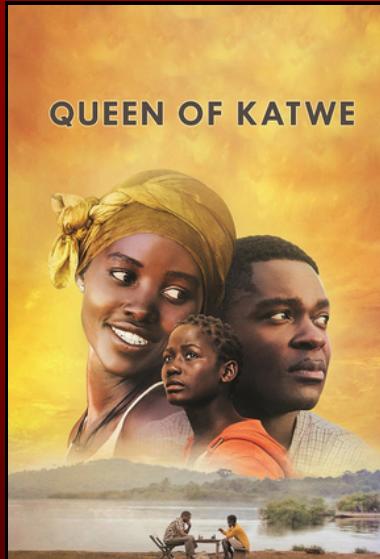
The male domination of the studio system that quickly overtook the film industry in the early 20th century is likely to blame for this shift. Gender biases and patriarchal norms only enforced this, which shut out women from many creative and leadership roles. The sidelining of women from these influential spaces became a formidable barrier to the nuanced and accurate representation of women in film, contributing to a historical imbalance that continues to shape the industry today.

"When it comes to minority representation in general, there tends to be a tension between positive portrayals and complex portrayals. Wholly positive portrayals frequently come up short when it comes to realism, but more shaded portrayals can run the risk of perpetuating stereotypes. It is only in the profusion and diversification of depictions that the complexity of experiences becomes normalized; and in that process, individual portrayals no longer bear the burden of appearing complete."

There are contemporary filmmakers working to balance this disparity in representation, however. Booksmart (dir. Olivia Wilde, 2019) and Lady Bird (dir. Greta Gerwig, 2017) both challenge existing stereotypes about women and present considerably realistic relationship dynamics. But while these depictions of women are resonant, it is important to note the lack of diversity in these two films. In searching for greater representation of women in film, it is critical to do so from an intersectional standpoint. This allows for broader perspectives and stories that amplify the voices of all women, not just white women who fit a set of conventional standards.

"Historically, diversification of content has typically gone hand in hand with the need to capture profit through demographic segmentation of the audience." With increased demand for stories featuring diverse stories and women, demonstrated by box office successes that transcend limited demographics such as Barbie (dir. Greta Gerwig, 2023), the tides may be turning after all.

HERvoice asked WSU what their favorite women led movies are, and here are their responses:



Intersectionality within the LGBTQ+ Community

By: Aubrey Tangen

The idea of girlhood has been circulating on social media recently, with videos about what it means to be a girl. Within these videos, there has been a startling lack of representation that viewers have noticed and begun to call people out on. The social media platform TikTok, in particular, was the inception of this trend, with audio taken from popular television shows, such as *Anne with an E*, accompanied by pictures of white, hyper-feminine women. Critics of this trend have complained about the vast expanse of girlhood being represented only by one group of women.

Inclusivity has been a hot-button topic in society for many years now. Yet, the inclusion of the various facets of identity is still a struggle in feminist spaces, particularly for women of color and queer women. Though there have been efforts by feminist groups to include representation of all women in their fight for equal rights and access, there has been a considerable lack of visual representation in media, which has been exacerbated through these new trends of “girlhood.”

The antiquated idea of what a woman should act and look like has been around since society’s creation and has often not included queer women who don’t present themselves with stereotypical feminine attributes. As such, the exclusion of queer women who don’t fall on the more feminine side of the gender expression spectrum is left grappling with how to form communities with women that don’t exclude them based on how they present themselves.

Society has determined that for a person to identify as a woman, they must demonstrate these traits of womanhood or femininity, creating division among people who share a label but live differently.

It is essential to recognize that everyone’s experience of womanhood is different, though the gender identity they share may be the same. As such, creating inclusive spaces for all women is vital in creating supportive communities that lift each other and recognize each other for the struggles they’ve each had to face to be their authentic selves. Steps need to be taken to ensure that all who identify as women and those with the struggles that women face are included in supportive spaces both online and in life. An example is the Women’s Student Union at FSU. In this space, women are celebrated and advocated for regardless of how they present themselves. Inclusive areas like these emphasize a womanhood community without capitalizing on the exclusivity of socially approved relatedness to womanhood and femininity.

Identifying as hyper-feminine is just as valid as identifying as more masculine. The inclusion of one doesn’t necessitate the exclusion of the other. Womanhood in all its forms is correct as it is a beautiful expression of a community dedicated to bettering women’s lives all over. Bringing attention to the spectrum of expression within communities of women and how, just because someone might not fit into these borders of femininity, it does not erase their identity.

Hey everyone, it's Yaz (the editor)! Here at WSU, music is one of the easiest and most fun ways to make connections, break tension, and bring friends together at our events. In the spirit of Women's History Month, I have compiled a list of songs I love to listen to and left a couple spaces blank for you to add your own! I also linked our WSU playlist where we frequently take submissions.



01.	Girl on Fire Alicia Keys	03:54
02.	Girls Just Wanna Have Fun Cyndi Lauper	03:55
03.	Run The World (Girls) Beyoncé	03:57
04.	Good As Hell (Remix) Lizzo ft. Ariana Grande	02:40
05.	I Am Woman Emmy Meli	03:53
06.	Material Girl Madonna	04:00
07.	I'm Every Woman Whitney Houston	04:46
08.	I'm Coming Out Diana Ross	05:23
09.	_____	_____
10.	_____	_____



FUNDRAISING RESOURCES

By: Mira Shukla



Women for Women International

This organization supports women survivors of war by providing them with the tools and resources to rebuild their lives; they also offer a sponsorship program that allows individuals to support a specific woman in need and engage in a one-to-one connection.

Days for Girls

Days for Girls provides sustainable feminine hygiene solutions and health education to women and girls in underserved communities; you can donate or volunteer to help create reusable sanitary kits for women and girls in need.



RAINN

Rape, Abuse & Incest National Network is the largest anti-sexual violence organization in the United States. They support survivors of sexual assault and abuse, including a National Sexual Assault Hotline. Donations can help provide critical services to women affected by these traumatic experiences.

Akshara Foundation

This foundation focuses on improving the education of underprivileged girls in India. They work to enhance the quality of education and create safe environments for girls to learn. Donations support their educational initiatives.



Palestine Children's Relief Fund

PCRF provides humanitarian and medical aid to Palestinian children in need. You can support access to medical care, education, and other essential services for Palestinian youth affected by the conflict by donating today.

OWL Org Spotlight: A Statement from the Presidents



1910 - Emma Huaman

The 1910 has taught me how important it is to have a support system, especially one that is comprised of people who have different perspectives as well as shared ones. From being a member to serving as the Director of the 1910, this organization has helped me grow my empathetic leadership style and helped me realize that I am allowed to and deserve to take up space. Our goal in the 1910 is to create a supportive community of women leaders by providing a space to honor the impact and all of the contributions that our members have had on the FSU community.



Generation Action - Sam Cuttle

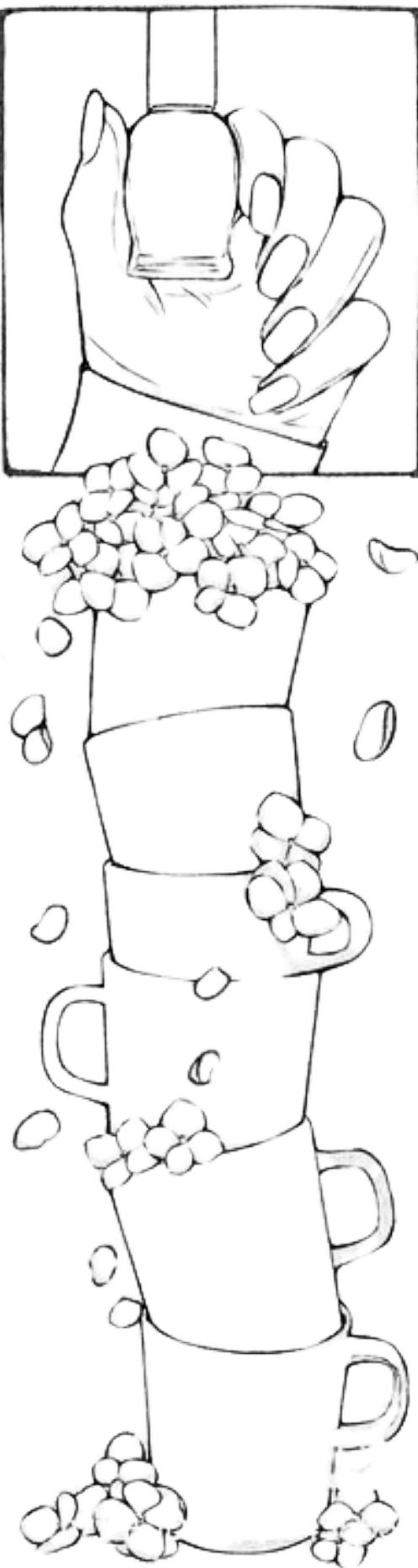
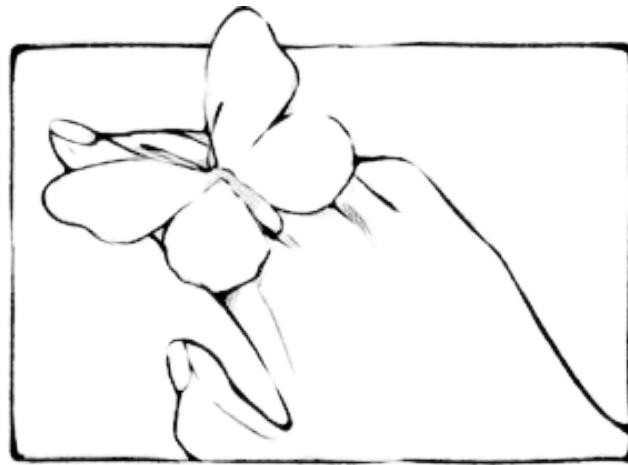
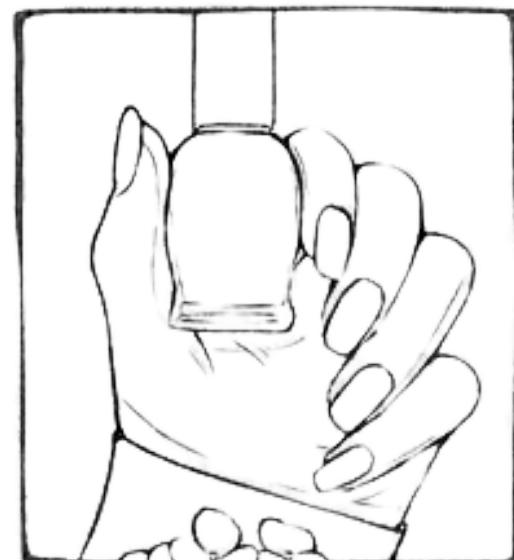
I have learned so many things by taking part in Generation Action. In hosting education events, attending legislative sessions, and rallying on campus, I have gained a deeper understanding of LGBTQ+ issues and womxn's rights. Most importantly, I have learned the power of advocacy work. We all have the power to make a positive difference in our communities. No matter how small of an impact you think you have, even a small ripple in a pool will still reach far and change the course of everything. Generation Action has taught me the invaluable lesson of doing all you can to help others. Generation has helped me grow tremendously at FSU. It has pushed me to be more confident in who I am. I have met many incredible people through this organization, whom I hope to know forever. I have had the opportunity to go places and partake in advocacy efforts I never would have had if not for it. It has created a safer space on campus to discuss and partake in reproductive justice, womxn's rights, and LGBTQ+ spaces. We pride ourselves on being a safe space and advocate for all students on campus. In these past semesters, we have worked with the FSU senate to get free menstrual products on campus, partook in a ballot initiative that successfully got abortion on the 2024 Florida ballot, and are currently partaking in an anti-abortion stigma campaign on campus.

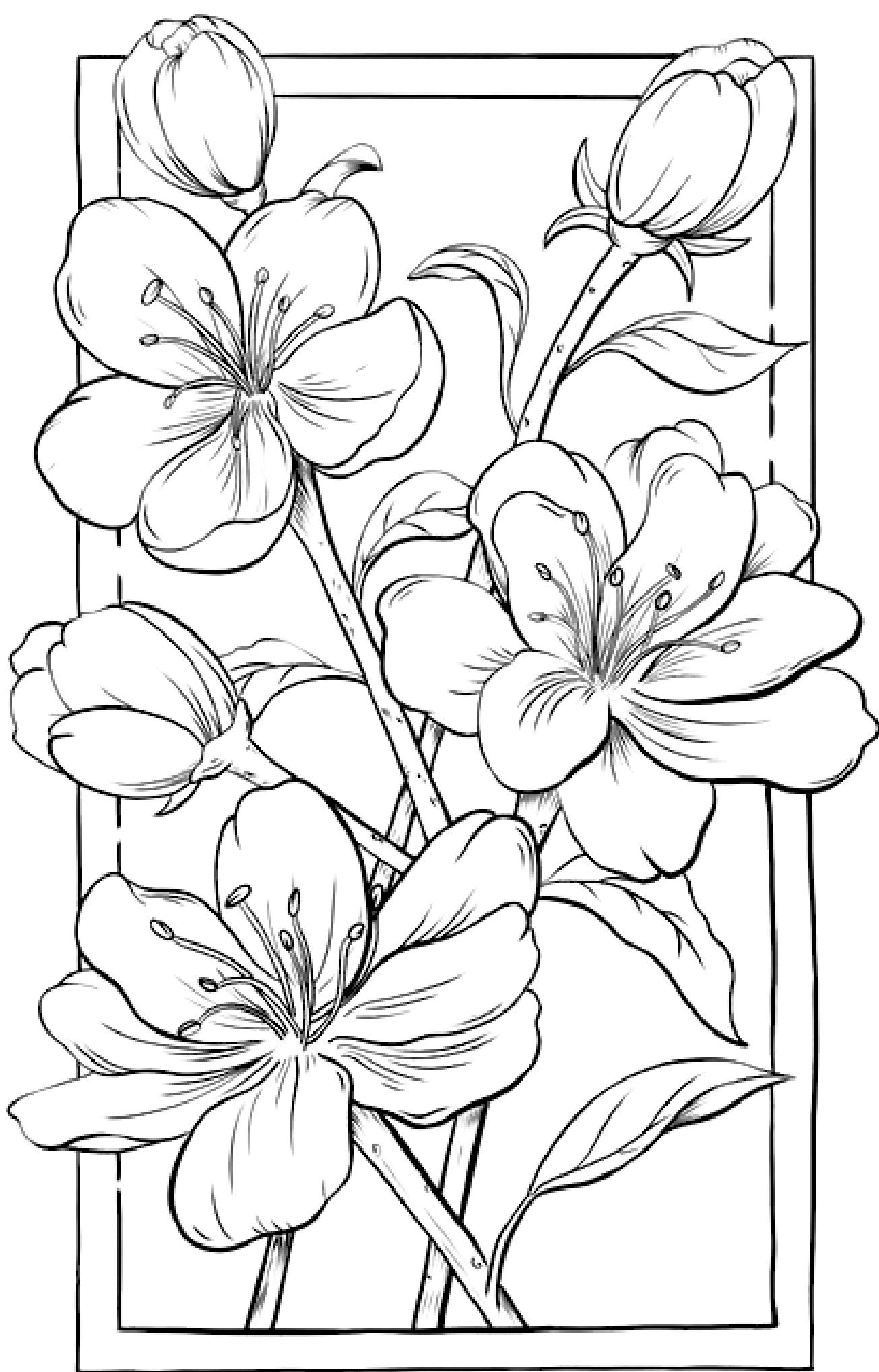


The National Society of Black Women in Medicine - Crystal Menzie

I learned from being in the *founding section* of The National Society of Black Women in Medicine how to be a leader and become apart of something bigger than myself. It has helped me grow, and even though I was outspoken before joining the organization, it has helped me become comfortable with the uncomfortable. Being able to educate future women in medicine through MCAT workshops, resume building, and headshot workshops as well as an educational trip to Emory University's School of Medicine, Public Health, and Nursing are some of the many accomplishments within the organization.

COLOR ME!





Letter from the Director



*Speak your
mind, even if
your voice
shakes*

*-Ruth Bader
Ginsburg*

J have never had a greater honor than serving as the Executive Director of the Women Student Union. During my term, I aimed to spread awareness about this beautiful and inclusive space to touch the lives of more women on campus, and to use this space to uplift and empower women on both a holistic and on an individual level. The world is often unkind to women, and I hope that WSU is able to be a place for refuge, growth, and love. Our women's history month theme this year is "We Are" which aims to recognize the individuality and excellence that lies within every woman. I hope you find yourself empowered by our events, our message, and our people.

Yazmeen has done an exceptional job with the creation of this magazine; she is incredibly talented and has beautifully conveyed what WSU means through her work. I hope her work inspires and excites you as it does me. I am endlessly grateful that I was selected for this role. It has been the honor of a lifetime to lead this incredible group of women and this amazing organization. I have learned so much about leadership, life, and intentionality. This experience was genuinely transformational. I am profoundly thankful to everyone who has been part of this journey. Thank you, thank you, thank you.

With Love,
Alli Denison

NO PRESSURE

By: Adysen Baker

Act like a lady and keep your head high- high enough that nobody can see the discomfort on your face; do not slouch, it's unattractive and adds weight to your complexion (you don't need anymore added weight to your complexion); put on some modest clothes to cover up your broad shoulders, but no t-shirts because those aren't feminine enough, modesty without giving way to your figure; if you wear showy clothes it'll ruin your reputation (reputation is everything); soak and bathe your naturally oily hair twice a day, it's gross if left unattended; you need to smile more but not with that wide smile because the gap in your teeth will show and that's not appealing- speaking of that, the stretch marks on your thighs and back are embarrassing- have you gotten fatter? no, but I'm hungry; no; stop being a pig- pigs eat a lot like you; if you don't watch your weight you'll be five hundred pounds at twelve; act like a lady and never wear makeup, it makes you look desperate for attention; never mind, you need it: cover the bags under your eyes caused by the lack of sleep: ladies need their beauty sleep; speaking of sleep, your grades are dropping- why? do everything you do with college in mind, without an education you are nothing; without perfect grades, you are nothing; strive for excellence in the classroom and- why the attitude?

ladies don't have attitudes; act like a lady and hide your emotions: wipe your tears in private and never cry in public; interact with men so that you don't end up alone (it's not good to be alone); always be polite or nobody will want to marry you; but what about the men who harass me like- be quiet; don't be such a pick me; keep the rest of that a secret for the betterment of your reputation- a lady's reputation; smile and move on, nobody will believe you anyways; don't chew with your mouth open- it's disturbing; stop frowning, you have a perfect life- it's not appropriate to act so unappreciative; clean your room correctly- vacuum and mop the floors, make the bed every morning, hide your journals away from prying eyes, keep your blinds open so you're not enclosed in the gloom I've unknowingly trapped you in; humility is essential; hide your accomplishments and hobbies; ladies do not participate in hobbies, they have responsibilities; never allow the world to get a glimpse of the scars on your arms from restless nights (never tell anyone); make sure to confine the emptiness inside you- you have the perfect life remember? never embarrass your family, everyone is counting on you; most importantly, keep going- always keep going- do not ever stop, you're a lady; act like a lady and learn to survive like a lady; but what if I don't survive? then you are nothing at all.



*“A wise girl knows her
limits, a smart girl knows
she has none.”*



-Marilyn Monroe

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