

WOMEN STUDENT UNION PRESENTS

HER VOICE



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LETTER TO THE AUDIENCE



DEAR READERS,

The Florida State University, Women Student Union, HerVoice Magazine is an annual publication that highlights the creativity of women and about women who are a part of our community. The publication features articles, poetry, visual artwork and much more. As the first ever edition of HerVoice, the Women Student Union has strived to become more aware of women on campus that thrive from all walks on life. We bring you insight that will stimulate interest and give a different perspective on the women population on Florida State's campus. We hope to provide you with newfound knowledge with visuals, poetry, first hand experiences and secrets that will allow growth and understanding of all women. As women, we fight for awareness and a voice on different campuses each day. We are not alone in this fight, we are the women who came before us, the women who will come after and the women who hold the torch for the future. This publication is HerVoice, a voice that stands strong, a voice that unifies, a voice that educates, a voice that empowers, a voice that lives, and refuses to go unheard. We are a voice that builds a spirit of camaraderie among women so that a feeling of strength and solidarity can be fostered. We hope you are inspired by the views by one our most notable professors, distinguished alumni, several passionate involved students, and some of our most artistically talented individuals.

As women, we relate differently, we see things differently, we express ourselves different, and we hope to show you all aspects of a women.

CREATIVE CORNER

From an Iron Jawed Angel

Sir. Don't enter this salon

because you won't come out complete
as you came. So before you even

walk in, think about the picket signs
the banners stretched-held by the women
holding up their hands like suspects
in front of your temporary home.

Before you roll up, think of the brinks
flipping through the air like gymnasts.
Punching into the skulls of women
that could've been your cousins.

Before you get in that car, think
about the prison cells;
How they reeled back women
reaching out to their children.

Before you have breakfast,
Think about the filter
guided eggs forcing their
way inside Alice's belly.

Before you look in the
mirror, think about the pale
corrosion on their faces as
the spotless sloppy joe spoils.

Before you kiss your wife
good morning, Think about the
frost bitten floor being graced
by unchaped fingers splitting at every scrape.

Before you wake up,
Think about the paper-like legs
that will run in 19-inch heels
as you are ran out of office.

by Dwight James III

A Message to English speakers

For every time I hear someone say speak English
I think back to when the original tongue of the
land I was born on
Was stripped the moment the pillagers arrived
Only they yelled to speak Spanish.

Growing up as an immigrant child in America
I could barely grasp why I couldn't use both of
my last names
Let alone understand why my peers laughed at
how I said pic-sa.
I took comfort in knowing that my Abuela would
caress
Every letter of my name when I got home
But knew that I'd have to endure the butchering
of it the next day
By someone trying to get my attention.

I've learned to make affirmations of love in
Spanish
Because that is the language I was taught to love
in and
I can fight with my words unlike anyone else in
English
Because I learned to protect myself and my
people in that language.

Every time I hear someone say speak English
I want to reply by saying that I've done my time
unlearning my culture
I have learned yours and now they both live in
me
I speak Spanglish
I want to say no mires la paja en el ojo ajeno,
Instead criticize your own.

by Montserrat Carracedo

The following answers are provided by a virgin
You're welcome.

No I'm not religious,

But thanks for your prayers.

Yes I have dated before.

It doesn't last long.

It has nothing to with it,

and no I'm not just telling myself that.

No I'm not afraid of sex.

But I'm afraid of STD's,

But who's not,

Thought so.

No I'm not sexually frustrated,

See there's this thing called masturbation, surprise!

I'm not looking for someone to take my virginity because I believe it cannot be taken but talking about social constructs lose people so the more simple I'm waiting for marriage will do.

I do not look down on people who have sex.

I'm not ashamed to admit I'm one.

To people with virgin fetishes look somewhere else please thank you.

No I'm not a prude.

Yes I have watched porn before.

No it didn't traumatized me.

But the idea that it was shaped by the male gaze which means women who did not resemble me or maybe that was the racism who can tell but either way, placed it on the do not watch list alongside trump rallies but once again that is too long so I'll stick with the didn't traumatize me.

No I don't think my life will change once I have sex.

Yes I can think of things that are better than sex like a stable home, friends, free food.

Yes I would still say that when I have sex because I do not love physically.

What's that? Love languages look it up on your own time this is my time sweetie.

To anyone who couldn't date me because the thought of me being a virgin scared them, there are bigger things to worry about like getting shot for being black, the wage gap, accessibility, homophobia, bogus bathroom laws, and being raped.

To the person who dated me to have sex screw you, not sexually. I'm more than a couple of minutes of fucking if I say so myself.

To the person who knew what was up but still expected me to relinquish my body. Fuck you. I am not a piece of land you conquer coward.

To the future one, please remember the beginning and understand this. I'm waiting and that is all you need to know because as a virgin I do not owe an explanation to a situation hoping to become part of my equation.

No further questions.

by Kacey Johnson

Teaching My Little Sister How To Dress

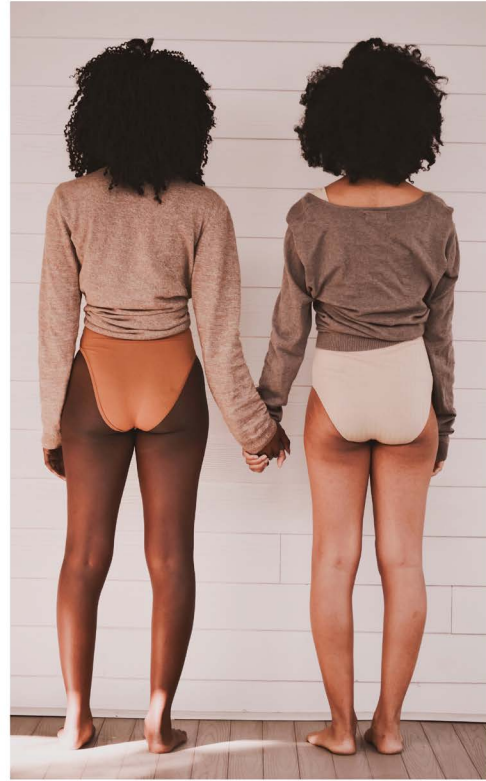
We teach girls to shrink themselves,
to make themselves smaller.
-Chimamanda Ngozi Adichie

In Charlotte Russe,
I see small body women
walk crevice-thin aisles
to get cotton clothes.
They hover on hangers choking
collars, empty shells sitting in
ventilated racks.
Every size is available,
extra small suffocates 32B
breasts for a perfect fit.
Round flesh bulbs
flash cleavage, shining in store light.
All of the models look twenty,
skinny, and Taylor Swift.
my sister searches for her size,
sifts from rack to rack
but the myriad of disproportioned
bodies makes me believe
that she wants to pose like them—
suck all of the black fat from her
small frame to fit in the white box.

by Dwight James III

How dare you
Put my name on your
Grocery list
"Milk, Bread, Cheese, you"
Don't put me on a shelf
To look up my price tag
Your fingers are cold
Stop tearing my wrapper
I am not yours
I am whole

by Christina Bondurant



Enlight
by Tre Crews



Self-Portrait
by Kiara Gilbert



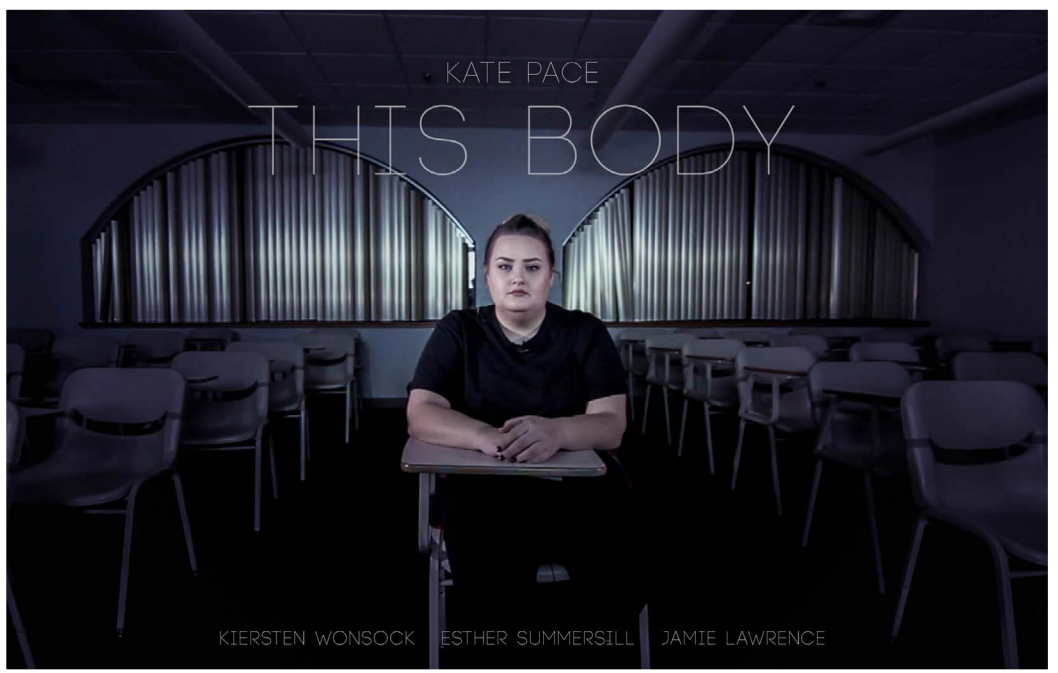
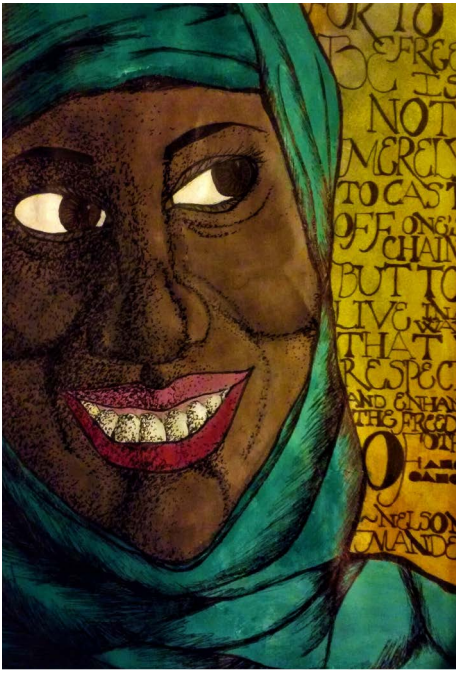
Hush
by Kiara Gilbert



*Handout
(The Creation of Capitalism)*
by Kiara Gilbert

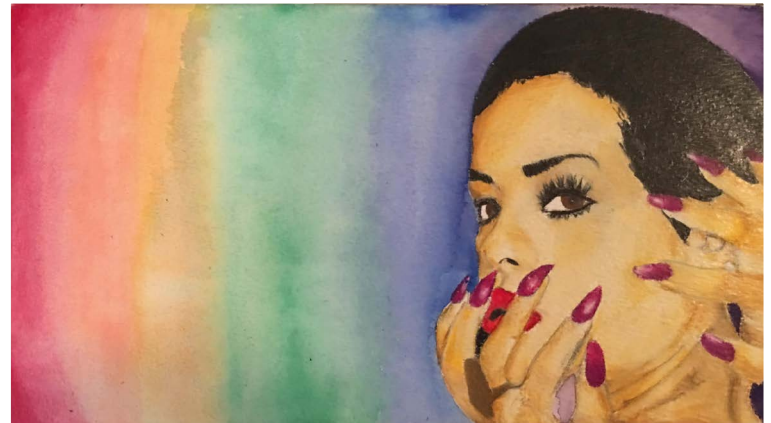
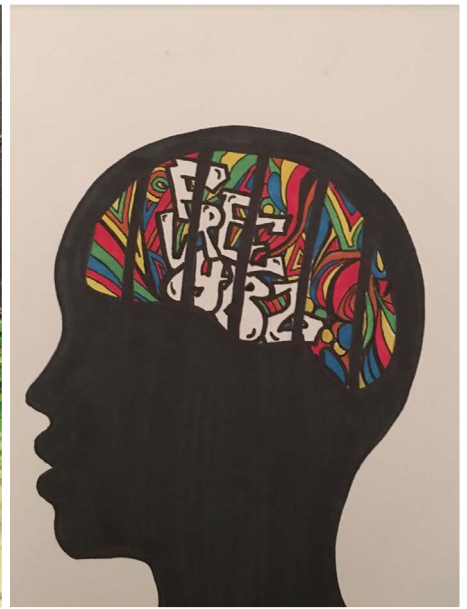
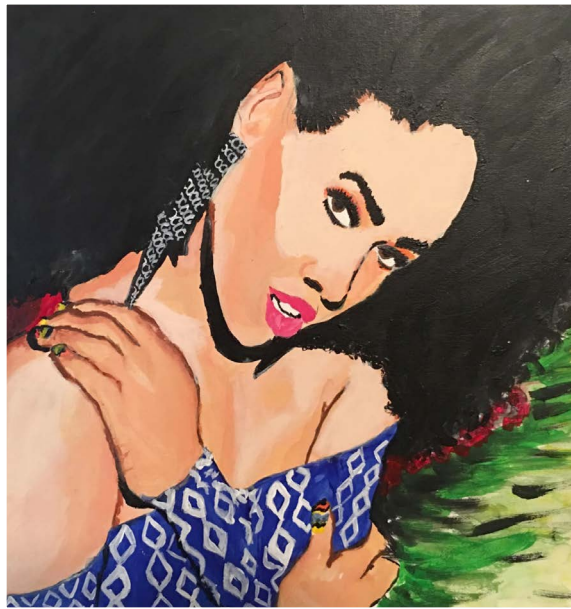
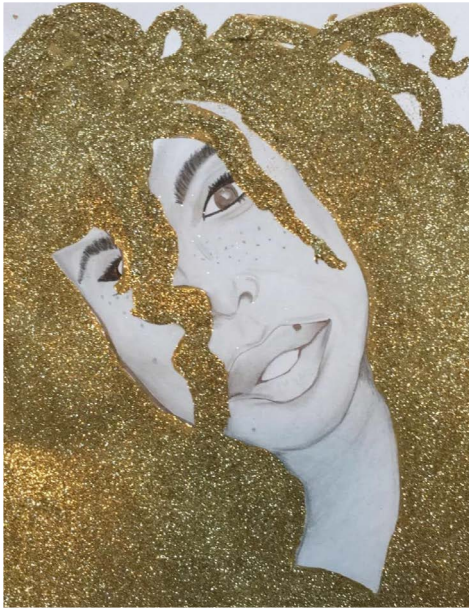


From the Earth She Has Grown
by Kiara Gilbert



Happiness and Prosperity
by Ayanna Camara

This Body
by Kiersten Wonsock, Esther Summersill, and Jamie Lawrence.
<https://www.youtube.com/watch?v=QpOsd96UHJE&feature=youtu.be>



by Weedley Dor

intersectionality 101

MAXINE JONES: BLACK WOMEN AND REPRODUCTIVE JUSTICE

As a professor of history Maxine Jones does not let her physical characteristics define her, or reflect on her moral traits as a woman, a woman of color or as an established educator. Professor Jones believes that reproductive rights should allow individuals to make their own choices regarding their bodies, "What I do with my body is between me and my creator." She believes women should be in control of their body, and should decide whether or not they an abortion is right for them. It is a personal decision. Women should be allowed to have a voice, "whether I believe in abortion or not, women should have the right to do what is best for them."



As college women who want to advocate for actions on women's rights, there are several measures that can be taken besides marching or protesting. In the past 30 years on campus, Professor Jones has seen women on this campus use their voices in various way to fight against injustices, reproductive privilege, and legislative decision on women's rights at Florida State. Women take measures by working within the system to change the system, contacting their representatives in congress, and preparing themselves to be in positions to make policy. White women and women of color have to interact more. The more interaction, the more they realize that their struggle is similar.

Despite women's roles on campus, college is difficult because we all struggle. Many college students struggle with their sexual orientation, socioeconomic status, and just growing to find themselves. "Sometimes as people of color we think that others don't struggle; but everyone struggles in their own way." Professor Jones advises us to come together and to work for what we believe in and to never give your power away.



ROBERTO FLORES

We spoke to Roberto Flores who current serves as the Assistant Director for Pride Student Union, an organization on campus that stands to provide services and programs to address the needs of lesbian, gay, bisexual, transgender, and queer students at Florida State University. Even today Roberto still struggles with the title of their identity, but Roberto prefers "they/them" pronouns when being referred to. They find coming out hard to do when they still have not put a label on who they are. As for Roberto, they have taken steps to feel more comfortable, from telling friends to dressing in what they feel most comfortable in, whether that be skirts, dresses, or pants. Regarding the trans community Roberto believes being transgender streams from different people who do not necessarily conform to

intersectionality 101

SAMANTHA JO MONCERATE

Sammie to her peers, is a 2nd Generation Filipino American who currently serves as the Director of the Asian American Student Union. Even from a young age, scenarios that Sammie commonly faced were being mistaken for a different ethnicity by other people and that she couldn't speak English. It was when she came to FSU and met other fellow Asian American students that she realized she was not alone in these experiences. The continent of Asia is a vast land that is home to very wide range of countries and ethnicities, while most have their similarities there are just as many differences among them. Asian students make up 2.6% of the Asian student population, a significantly small number when compared to the rest of the population. When asked if the small representation has hindered or benefitted her college career, Sammie responded that her experiences as an Asian American woman at FSU has had its ups and downs. On one hand, by having a smaller population she feels the Asian American community she has found in AASU is very tight knit and united, even though everyone comes from different backgrounds. "We've been able to form strong relationships and empower each other through different adversities." She shares, "Though it hasn't always been easy."



As for the downsides, having a smaller Asian student population means less representation, something Sammie has been used to even growing up in her hometown. Living within a small Asian community, Sammie wasn't used to seeing people who looked like her or were raised with the same traditions. It's always been a battle of struggling with the pressure to assimilate into American society while also maintaining her Filipino identity. She says it has always been difficult since she had to be dependent on her parents, the only direct connection she has to the Philippines.

the social gender norms that society and the media has put on us. "A trans person is not just Laverne Cox, Kaitlyn Jenner, or people who look like a typical cis woman," Roberto also adds that they are trying to educate others on the idea that transgender people are humans who are not just what the media portray them to be. This is done by transgender people in the community supporting and encouraging one another to express themselves freely.

Although cliché, Roberto offers that it gets better. In their personal experience, when faced with people who stare they remind themselves, "It's just cause I look so good that they really have to stare". They say that it has helped to surround themselves by others in the LGBT community who accept everyone for who they are. Despite the political controversy Roberto sees a strong sense of community within the LGBT society, not only on campus but throughout the world fighting for equality during this political regime. Their role in the community has changed their perspective of the world by allowing them to be more grateful of the privileges they have rather than dwelling on the mishaps.

SPOTLIGHT:

PATRICE WILLIAMS

PATRICE WILLIAMS, AN FSU GRADUATE STUDENT, RECEIVES \$120K GRANT TO STUDY HEALTH POLICY.

Patrice Williams is a first year doctoral student at Florida State University studying Urban & Regional Planning. She is a Robert Wood Johnson Foundation Health Policy Research Scholar who received a 120 thousand dollar grant to study health policy to better the life of her community.

Growing up Patrice Williams never saw herself getting involved in public health but instead had a desire in music while also having a passion for science. Since she was four, Patrice grew up playing the piano and during this time she fell in love with classical music and had dreams of being a musician. Along with this, she attended school six days a week, on Saturdays she was a part of the Saturday Science Program at Nova High School, where she discovered her interest in science. These classes foreshadowed the importance of science in her life, giving her an interdisciplinary and applied approach to science, technology, engineering, and mathematics. Despite her love for science, when applying for college Patrice realized that her music heavy resume was best suited for a music education major. While attending Florida State, music became a stressor instead of a passion, coupled with budget cuts forced on elementary and secondary school music programs and her desire to also study science and

mathematics, Patrice made the decision to pursue dual degrees in Music and Biomathematics with a pre-med track.

After graduation, Patrice Williams began working as an intern at a doctor's office, in order to gain experience in the field of medicine. While working there, Patrice was diagnosed with Polycystic Ovary Syndrome, an incurable hormonal disease that affects women's health and their daily life. Her doctors recommended that she exercise daily and eat healthy. However, living in a community with no sidewalks, as well as the closest grocery store being ten miles away, it was clear to Patrice that a drastic change in her community had to be made. "I saw that the way a community was built impacted not only my health, but the health of others. Having that personal experience and wanting to know who made those decisions is what drove me towards a career in public health and policy." With this job, she realized that just working in the medical field was not enough to satisfy her passion; she wanted to not only work for those in her community, but also reach a greater audience while continuing to make a larger impact. Patrice then applied to the Master's in Public Health Program. After being denied her first time around, Patrice was adamant about investigating the reasoning behind the



rejection. She then learned that she was denied because of a small error in her application. She appealed this and went through an interview process, and eventually was accepted into the program. "I always felt like I had to prove myself, because I didn't come in the conventional way".

The Master's in Public Health courses provided her a solid foundation to understand Public Health issues, however, it was not until she took a Health Behavior course that she was familiarized with the influence social and spatial infrastructures have in the development of our built environments. That course provided her a snapshot of how land design and health interacted. She felt that pursuing a doctorate in Urban & Regional Planning will enhance her understanding of the historical, social, and spatial infrastructures that have guided the development of the built environment we witness today. Her only problem was she didn't want to take out additional student loans in order to pursue to this degree full-time. After researching various options to fund her studies, she came across Pivot, which is a grant funding mechanism. This helped her discover the Robert Wood Johnson Foundation Health Policy

Research Scholar fellowship, that unknowingly to her, was looking for applicants who were resilient. She applied, writing about her history of emotional, physical and sexual abuse and how overcoming abusive relationships made her a stronger person and pushed her to advocate for those in similar situations. This program allowed her to meet and learn from others in her field who also overcame adversities in their lives.

When asked where she saw herself in ten years and how her worth will grow in value, Patrice stated that she wants to be a voice for those who cannot speak, who feel that no one has heard them, cares about them, and that no one knows their pain or their daily struggles. "I want their voice to be legitimized, your voice is valid and needs to be heard. I want to fight for policies and initiatives to assist them in their dreams or goals however large they may be, understanding that no dream or goal is ever too big. I'm not quite sure if this path leads to being a faculty member, a founder of an NGO, or even working in a government agency." One thing she does know, is that community engagement and advocating for policies that are going to help marginalized populations are what will get her impact across to generations to come. Although she has gone through many hardships, Patrice has also met women who inspire her by their undefeated resilience against their own struggles. "It's helpful to meet women that have overcome adversities, to have someone to look up to. I am inspired by great women, women who aren't hindered by circumstance." These unwavering truths have broken down barriers for women in different fields; strong women have led her to continue the faith of helping people around her.

Patrice encourages us to create communities of networking that allow us to launch not only our careers but also others around us. These opportunities allow us to invest in people, in human capital because that's worth investing in. Despite what you've been through or what happens around you, circumstances should not change your goals, but instead drive you to them.



GLOBAL FASHION TRENDS

Every season fashion offers new and existing trends, color, patterns and textures that help us look great, feel great, and exude confidence. The fashion styles today are all about extremes, constantly pushing the boundaries and imageries of fashion to new heights that have yet to be reached. Designer labels are reinventing their brands with streetwear styles, contemporary, formal, and vintages wear. These styles have been surfacing over the social scene, media, and your very own closet. New forms of fashion has resulted in seriously covetable clothes, whether outré and bold or honed to perfection for everyday wear, without scrimping on luxe detailing or points of difference.



DENIM ON DENIM



BOOTS



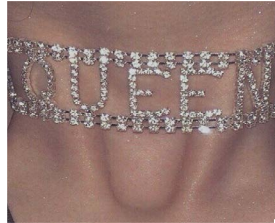
FRINGED HEMS



SILK



SHIRT DRESSES



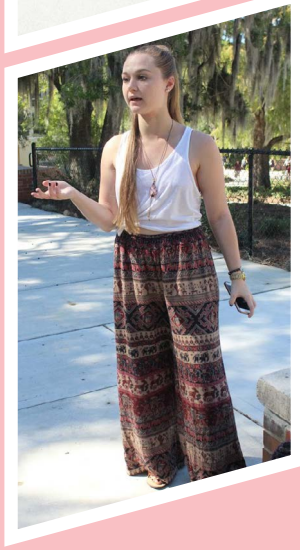
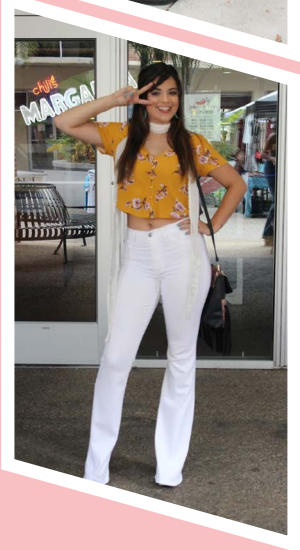
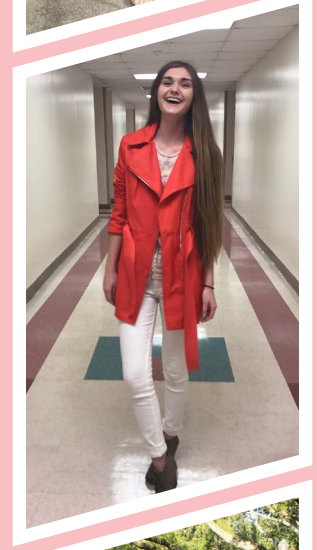
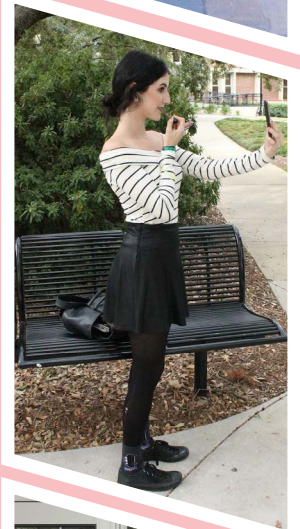
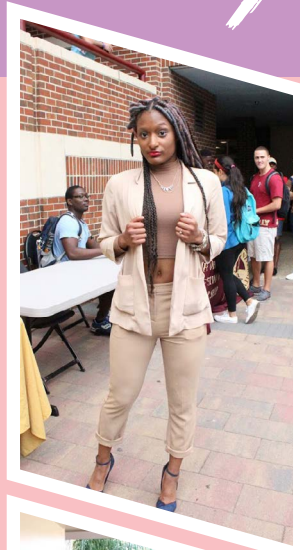
CHOKERS



TRANSPARENCY MESH

FASHION

at florida State



MUSIC AND FEMINISM

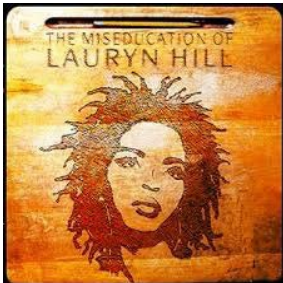


It seems like nobody does heartbreak and healing songs like **Adele**. For more than ten years, the now the best selling recording artist has been singing her sorrows away. Rather than dwelling on the pain she experiences, she focuses on becoming empowered and letting it fuel her and her music. Over the years, she has become an inspiration to many people who can identify with her. Her music has taught listeners how to handle the ups and down of love, how to recover from devastation and how to find strength within themselves. With the following she has, Adele has spoken out on equality, saying "I'm a feminist, I believe that everyone should be treated the same, including race and sexuality."

"I think I remind everyone of themselves. Not saying everyone is my size, but it's relatable because I'm not perfect, and I think a lot of people are portrayed as perfect, unreachable and untouchable." -Adele



It might seem hard to be the younger sister to Beyonce, but **Solange** has never let that stop her from owning her artistry. Solange has been noted as a fashion icon, as well as an role model for many African American women-especially with her decision to grow out her natural hair. In late 2016, Solange released her third full album, *A Seat at the Table*, which became her first number one album. The album is fueled with emotion and empowerment, as well as a celebration of culture. Tracks like "Mad" ft Lil Wayne and "Don't Touch My Hair" touch on black pride, anger, and stereotypes that affect women of color. Solange spoke out on this, saying "This album was made to heal and encourage black people, not explain to white people why black people need healing and encouragement."



Lauryn Hill is a five time Grammy winner and staple in the R&B community. Since her career began, Hill has always preached on women empowerment and equality. Her style is influenced by Caribbean music, and is praised for being genre fluid. Her biggest song, "Doo Wop (That Thing)" preaches on healthy relationships and women embracing self-love. "Baby girl, respect is just a minimum/N*ggas fucked up and you still defending them." In addition to preaching self-acceptance, Lauryn is an advocate for equality for African Americans, and she has openly rejected and fought against todays culture of racial injustice.



Cardi B, the self proclaimed Stripper hoe, reminds us to not be ashamed of our past and instead just worry about our future. Before she taught us "a hoe never gets cold" Cardi was a stripper in New York. Now Cardi is known for her hilarious videos that give advice to men, women, and even hater. She channels this carefree idea into music that reminds women to embrace their sexuality and be the realest versions of them. Often slept on due to her crazy antics, Cardi continues to empower women through music, social media, and fun videos everyday.



Malcolm X said “The most disrespected person in America is the black woman,” and **Beyoncé** reminded us about this. With the release of *Lemonade* we get to see a side of her that she rarely lets us see. This Grammy worthy album touched on the intersectionality of the black women and the strength that goes along with being a black woman. She touches on cheating, denial, forgiveness and everything in between. This beautiful visual album came after her last album, which introduced some of us to Chimanda Ngozi Adichie and reminded us what Feminism actually meant. Queen B continually serves to remind us about worth and that it is okay to be vulnerable.



Young M.A. works to keep her image as a “regular” girl despite her different identities, as a black queer woman. She has been breaking glass ceilings after glass ceilings in the rap game as what some would call the first openly gay rapper to hit the mainstream, which she did while embracing her sexuality. With lines like “You call her Stephanie, I call her Headphanie” and “And she make me weak when she deep throat” she left nothing out. Wordplay and humor like this challenges the idea of masculine radio rap that people are used to, without letting her sexuality overpower her music. With a reminder to be *Me, Always*, Young M.A. wants to continue to make music that reflects who she is and that is important for women everywhere.



Music is a great escape from reality when feeling at an all time low. Hearing the words of another individual that allows you to relate to their same situation can be very moving, especially in a time of heartbreak. **Reyna Biddy** does just that with her poetry. With spoken word she encompasses love, trust, heartbreak and much more that make you inspired to hear her story. She shares her time of growing up with dysfunctional parents and how their relationship affected her when it came to finding her own relationship. Reyna found herself searching for love in all the wrong places, making her insecure and not the woman she wanted to be. She explains through expiring words how she got through this time and learned how to be stronger women. Her poetry encourages women to be strong, to know you’re worth, and just how important self love is. Through these powerful words she has inspired many women to take a stand for what they deserve. You can hear all of this in her latest album titled *I Love My Love*.

“I’m afraid you’re under the impression, That I was made to please you. I was under the impression you understood me better. The truth is, I’m a superwoman. And some days I’m an angry woman, And some days I’m a crazy woman. For still waiting, For still loving harder even if I’m aching, For still trusting that I’m still worth the most, For still searching for someone to understand me better.”



Above is a quote of Reyna’s poetry that was featured in collaboration with **Kehlani** in her newest album *SweetSexySavage*. Kehlani speaks out for women with her outspoken music in a male dominated music industry. As women sometimes we have our days when we may not feel as strong, we cry, and even sometimes we forget our worth and may need a reminder. This is when you listen



to Khelani's music that will give you a full reminder of just how great you are. Khelani openly talks about the challenges women face everyday. How women are often over sexualized and are seen as more than that. She says that we are diverse compassionate beings that can do powerful things when we are put together. She feels very strongly about the power of women and our rights. Her passion for uplifting women is displayed through her music and is really catching the ear of young girls everywhere.



"My ambition is attractive, my aggression isn't passive" these are the words in the beginning of the song titled "Losing" by **H.E.R.** Through these lyrics she talks about focusing on her music career and striving for her goals. In the midst of that she feels like she is losing her love life but she knows that her career is more important than a love that is not secure. Her artist titled called H.E.R because she speaks for all women with her music that many women could relate to when dealing with love. Her words are a great musical escape along with the encouragement to strive for your goal.



Elizabeth Woolridge Grant. Better known as **Lana Del Rey**, is an American indie pop, rock, and alternative musician who's music has been noted for its cinematic sound and its references to various aspects of pop culture, particularly that of 1950s and 1960s Americana. Lana Del Rey love for music spiked from a young age as she channeled her innermost talents through her musically inclined parents. Lana's petronizing sense of longing and ethereal tune is revolutionary to fans. Her courage to express vulnerability in such a rich relatable way is truly a talent. Her newest song "Love" reflects on the concepts of youth through their experiences. She preaches on our youth having a sense of wonder and empowerment in the face of adversity in today's times, using the effect of love to propel them forward.



Florence Welch is an English indie singer who was discovered in London for her hippie driven aesthetic hues. Florence and the Machine consist of lead singer Florence Welch, keyboardist Isabella Summers, and a collaboration of other artists. Over the course of three consecutive albums, she has manifest a fan based that has not only uplifts but empower women around the world. Her "magnificently wayward choir-girl voice," as Rolling Stone put it, is suiting. When asked if it mattered if the women she listen to adhere to a feminist regime? As she would? She exclaimed:

"The idea of what a feminist is is changing. I have so many strong women in my life. Throughout making this record I was really supported, consoled and held by the women in my life. When you have a history of women behind you, you are constantly being floored by something powerful. It's like waves of truth. It is humbling to listen to strong women and it makes me realize my capacity."



Spotify® Her Voice Empowerment Playlist

<https://open.spotify.com/user/pbgafaru/playlist/3SHxpca5z0AFrlqDdwKO6R>



Campus Resources

RAD FSU POLICE

Are you an FSU Student? R.A.D. CAN ALSO BE A CREDIT COURSE!!! Get one hour elective credit for R.A.D. by taking the course through FSU. The course number is PEM 1405 and you must

- R.A.D. is a free*, fun class for women only!
- R.A.D. teaches you to defend yourself- stop depending on others!
- R.A.D. is only 12 hours long, with the last 3 hours as a voluntary simulation!
- R.A.D. teaches you to recognize dangerous situations- this could save your life!

HOW TO ATTEND: Register by clicking on the Sign Up button above, or by calling/emailing the FSU Police Department's Crime Prevention Unit: Officer John Baker, 850-644-1388 jwbaker@fsu.edu or Officer Mason Runge, 850-644-3660, crunge@fsu.edu

HEALTH AND WELLNESS CENTER

The Women's Clinic provides quality care in a compassionate and caring environment. Our primary goal is to ensure each patient feels comfortable and free to ask any question related to women's health issues.
(850) 644-4567

COUNSELING CENTER

Counseling.fsu.edu (850)644-8255

SEXUAL VIOLENCE COORDINATOR: KORI PRUETT

As a sexual violence coordinator on campus, why do you do the work you do?

Like a lot of folks, my education doesn't exactly match my profession. I earned a masters in International Affairs, but gained experience in the field by volunteering as an advocate for Refuge House. I also spent a year as an on-call advocate with the Victim Advocate Program at FSU. After I graduated, I worked full time for the Victim Advocate Program before transitioning into my current role. My journey to this role is a combination of both personal and professional experiences. I am driven to change our culture and create a community that thrives on healthy relationships free of violence. It is possible to decrease harm in our community.

Do you have a vision for the campus, and a message to students concerning their safety?

My vision for the campus is one that supports survivors, and understands that we all have a role to play in eliminating violence. This might be through bystander intervention, the words we chose to use, or offering support to a friend. I think it is possible to decrease harm by increasing awareness and action. As members of the FSU community it is important for us all to know how to access campus resources. We all have the power to change the culture through knowledge and action.

VICTIM ADVOCATE PROGRAM

A confidential advocate is on call twenty-four hours a day to respond to FSU students, faculty, and staff who are victimized, or any other person who is victimized on our campus, or by an FSU student.
850.644.7161, 850.644.2277, or 850.645.0086

FOOD PANTRY

University Center A, suite 4100. Contact the Dean of Students Department at 644.2428!

THE LEACH, FITNESS AND MOVEMENT CLINIC

Group Fitness Classes

WOMEN FOR FSU

The Women for Florida State University is for all women who share a passion for Florida State—current students, alumnae and friends, even parents of students. Our members span multiple generations and diverse backgrounds, but share the desire to support the university in whatever way they can.

Contact Laura Glenn at (850) 644-2313 or lglenn@foundation.fsu.edu.

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233 | 1-800-787-3224 (TTY)

STATEMENT ON ELECTIONS

Reflecting on the past year, and what it's meant for womxn everywhere, I can't help but think about the poem "The Dream About Shouting" by Dominique Cristina. It reads:

in the dream every word/ is red paint / i speak, it look like a murder scene. / they try shutting my lips / with caution tape / but I am burnin' my mouth down. / it's gon' come back to me / a new thing / no troll bridged tongue / no yawping / soundless empty. / in the dream / i am waiting for my mouth to be born / when she is... / everything gon' be loud.

So many of us are familiar with this dream - the radical desire of liberation, the heartfelt yearn of unapology, and the ever present longing of safety. They are dreams that have been dreamt by those who came before us, and will be in the minds and hearts of those who follow us. They are the dreams of the seven trans women reported murdered so far this year, the dreams of the 37 Black and Brown girls who have been reported missing from D.C. this year, the dreams of the more than one million people who showed up to Women's Marches around the nation.

Everyday, we are learning how to shout. Through activism, art, and the difficult challenge of existing - our mouths are being born. The Women Student Union hears you. We are listening. And soon, the world will hear you too.

ELECTION 2016

Despite what seems to be a year of setbacks, 2016 did bring some huge strides for women in politics. Since our government was formed, the United States has been historically governed by men. Women breaking into the political sphere is a difficult task, but in 2016 a record number of minority women were elected to the US senate. In fact, the number of women of color in the senate went from 1 to 4. One of these women is Catherine Cortez Masto, who was elected to represent Nevada. She is the first ever Latina senator, as well as the granddaughter of a Mexican immigrant. In California, Kamala Harris was elected to the senate as the second African American and first Indian American senator in US history.

Perhaps most inspiring is Senator Tammy Duckworth of Illinois. Tammy is a veteran and hero of the Iraq War, where her helicopter was shot down. She was badly injured, losing both her legs and damaging her arm. Despite this, she has worked hard in many different government positions while making history, being the first ever disabled woman to be elected to the House of Representative, the first member of Congress to be from Thailand, and now becoming the second ever Asian American senator. At state and local levels, there were also many women who triumphed. Just one example is Ilhan Omar, who was elected in Minnesota to the state legislature as the first ever Somali-American and Muslim female legislator.

WOMEN'S MARCH With the current political situation of the United States, speaking your opinion and standing up for what you believe in is more important than ever. On January 21, 2017 people all over the country, as well as across the world, came together in massive marches organized to advocate for women's rights. This day of protest has been reported to be one of the biggest demonstrations in history with 676 documented marches in the US, in cities like Washington D.C, Chicago, Los Angeles, Boston, New York, and here in Tallahassee. International marches took place in big cities such as Toronto, Berlin, Paris, London and Dublin. These marches united women from all types of backgrounds, despite their differing ethnicities, religions, socioeconomic status, and sexual orientation. Women were able to speak out about their thoughts on the new President of the United States, as well as their concerns with treatment of women in concern to sexual assault, LGBTQ rights, racial equality, religious prosecution, education, and, in general, inequality. Both politicians and celebrities alike came out to join the movement, from Senator Bernie Sanders to Rihanna. This day was all about having a voice and will go down in history.



distinguished alumni



KELSEY GRILLS

“It was such a pivotal experience for me and felt such a bond with my fellow board members, along with all our organization members. WSU was a big catalyst in kickstarting my dedication to advocating for women’s rights and all around female empowerment.” Since graduating from FSU, I have moved to NY where I now live and work. I also volunteer with the Mount Sinai SAVI (Sexual Assault and Violence Intervention) Program. I was a big advocate of rape culture awareness on our college campus and am thrilled that I am able to continue to advocate for men and women of sexual and domestic violence.”



CHRISSY ZUBEK

“Being involved with WSU helped connect me with a network of intelligent, capable, and driven women that shared my worldview as well as helped expand it. WSU also gave me a voice on campus to speak out and support other women. Women’s History Month, in particular, empowered me by giving me a way to help celebrate women and all of our accomplishments on campus, in Tallahassee, and around the globe. As co-chair of the Ladies’ Legacy Banquet and Director of Administration I gained skills in communication, event planning and management, and networking that will help me throughout my lifetime.”



SARAH SAXNER

“Feeling empowered isn’t something you learn in a day or in a year. You can’t learn it by reading a book or sitting in a classroom. It’s a choice that you actively make daily to live your life-- and as much as it’s about how you live your life, it’s how you encourage others to live their best selves too. Empowered women empower women. WSU was a launching pad for me into a whole host of issues that impact women and girls, and inadvertently men and boys too. I always knew that something was “off” or thought of things differently, but learned many systemic and systematic rationals for why society treated women and girls certain ways through my experience with WSU. I have always been a feminist, but that experience allowed me to put words to what I was already thinking. It gave me a lot of insight into the world I was about to fully embark in and helped me to make certain decisions that were right for me, personally and professionally, once I got there. Relationships with others, whether platonic or romantic, navigating difficult work situations like being the youngest and often the only woman in the room, handling sexual harassment or being taken advantage of by someone you once trusted and cared for is not easy. Being or feeling empowered isn’t a constant state of mind or being, it’s an active choice. Learning as much as I could about myself, those around me, and society at-large allowed me to continue my journey into womanhood to put me closer to being the woman I strive to be.”



TIFFINIE SWAN

“First and foremost I would have to say that as a full time therapist, I’m passionate about facilitating personal growth and peace of mind with all clients/patients I come in contact with but my natural pull towards the women experience, in particular, has only intensified after my time with the WSU. I believe that as women we deal with such unique daily struggles and our approach to the world can be difficult to understand without compassion and patience and that’s when my job is the most important. My goal is to help women to feel empowered, understood, not alone, and hopeful about their future.”

SPOTLIGHT: CORADATA MCCLOUD



CORADATA MCCLOUD EARNED AN INTERNSHIP WITH NORDSTROM AT THE HEADQUARTER CORPORATE OFFICE IN SEATTLE, WASHINGTON. CORADATA WAS LATER OFFERED A POSITION AS AN ASSOCIATE RETAIL MANAGER FOR THE HEADQUARTERS SHORTLY UPON GRADUATION.

Coradata McCloud is an Alumna of Florida State University who has earned a degree in Retail Merchandise Product Development. Coradata's interest in fashion evoked a drive in her to pursue a career in merchandise. Coradata's college career started at the University of Miami where she began school as a communications major. She later transferred to Florida State University and through the fashion program she gained a new found knowledge of the opportunities in the retail industry. There the Retail Merchandise Product Development program instilled in her the importance of professionalism and valuable experiences. She "loves clothes, and having the idea to create". The program propelled her into fashion, teaching her all that she needed to know about the industry. Coradata McCloud also dedicated her time to other interests on campus that was dear to her heart, organizations such as "Relay for Life", in memory of her father who passed away from cancer.

From a young age, Coradata's father always told her that she was special, and as a woman she can do whatever she puts her mind to. Even after his passing, she continued to model the values instilled in her by her father. It kept her motivated in life, teaching her to strive for her goals and never settling for less. When asked where she sees herself in the next few years, Coradata's hopes and aspirations are endless. When Coradata first applied to the internship program, she was a bit apprehensive about the hiring process. However during the interview itself, she found that it was easier to be herself, representing who she is and standing apart from others. After the interview process, this opportunity ended up being the best interview thus far.

Nordstrom was her company of choice, working for a company that had such a great collaborative culture and market audience. It's a company that has already been doing it right, they enhanced her skills and helped her gain top notch experience, like no other. Coming from a small town, opportunities are scarce, and being able to have this opportunity meant so much for her to create a path for other women. She wants to influence others who have similar backgrounds, so that they can continue to learn and build. Coradata says, "I believe that worth will continue to grow and ultimately help others evolve as well. What's most important is not forgetting where you come from and allowing service to shape and impact others around you no matter what course life takes you. Life is about impacting creating lasting relationships."

Opportunities like this propel people to go the extra mile, to do things that they have never been done before. Faith in yourself and shedding light on the aspect of "doing whatever you put your mind to" is the way to break down barriers. Having no hesitation on what society derives as the interpretation of life, instead define and create the life you want. Coradata states that, "being a woman, I have witnessed some incredible acts. Women are the backbone of the fashion business industry. They are constantly driving sales and maximizing profit. This breaks down barriers within the fashion industry and other careers which heavily involves women. Working for Nordstrom has given me a newfound perspective of women." As she was working alongside the Vice President of the company, helped her see the positive impact of having a woman in power in a new way. Along the way this helped her throughout her internship experience.



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Maeghan Shea

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Latya

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"Here's to strong women.

May we know them.

May we be them.

May we inspire them."

