This New Year’s, Lose Hate

Do you make New Year’s resolutions? Did you resolve to ‘lose weight’ this year? Four out of five women in the U.S. are unhappy with their appearance. So it is not surprising to learn that losing weight tends to be the most popular resolution in the United States – but this year the Women’s Resource Center urges you to reconsider that goal and instead lose hate.

‘Fat’ talk is predominant in our society (with 93% of college women engaging in it): “These jeans are too long, I need to be taller or skinnier!” “I wish I had your thighs.” “I was so bad yesterday, I’m skipping dessert today!” These habits of making negative comments about our bodies have become a staple in female culture and have negative professional, personal, and physical consequences.

But what does ‘fat talk’ and self-hate accomplish? Would losing weight or being ‘thin’ achieve happiness? What if instead of obsessing to meet often unrealistic goals, women sought to embrace and love their bodies? This year, why not choose hate loss instead of weight loss? We all get only one body that achieves amazing, beautiful, and miraculous things—so fight for it, not against it. Instead of making weight loss resolutions, create healthy practices that enhance your being holistically—physically, emotionally, and spiritually—every day. Practice self-compassion and identify what you need to be happy with yourself.

Lose hate and celebrate all the things that make you unique and stunning.

Lose hate and recognize the qualities that make you an excellent friend, sister, mother, and human being.

Lose hate, this New Year’s, and resist society’s urge to tell you that you aren’t good enough and special the way that you are.
Sexual Violence and the Civil Rights Movement

Through the lens of sexual violence, Danielle L. McGuire’s *At the Dark End of the Street: Black Women, Rape, and Resistance – a New History of the Civil Rights Movement from Rosa Parks to the Rise of Black Power* (2010), reinterprets the history of the civil rights movement. The 1955 Montgomery bus boycott is often revered as the beginning of the civil rights movement, but McGuire shows that it was in many ways “the last act of a decades-long struggle to protect black women from sexualized violence and rape.”

In recent years there has been acknowledgment that women have been under recognized for their role in the civil rights movement. However, McGuire goes a step further to show that the civil rights movement was also rooted in African-American women’s struggle against sexual violence. *At the Dark End of the Street* is the first book that aims to understand the role rape and sexual violence played for the struggle for freedom by sharing the testimonies of black women who faced sexualized violence marked by racial politics and worked to make a change.

Rosa Parks is often remembered as a sweet and quiet old woman who defied Jim Crow laws and did not move to the back of the bus because of tired feet. Yet Rosa Parks knew what she was doing in that moment of resistance as she was already a skilled detective, seeker of equality, and antirape activist. The NAACP branch office in Montgomery, Alabama recognized her as one of their best investigators. After the gang rape of Recy Taylor by six young white men, Parks helped form the Committee for Equal Justice – better known as the Montgomery Improvement Association. Parks was instrumental in launching the movement that would change the world.

Sexual violence towards black women by white men had its roots in slavery and continued through the twentieth century. Interracial rape was used to preserve white patriarchal power and to justify lynching black men who did not conform to the Southern status quo.

While a black women’s rape by a white man was ignored, black men (and boys) would be murdered in some cases for even whistling at a white women. Between 1940 and 1975, organized resistance to sexual violence and protection of black womanhood was an important factor in challenging white supremacy, but analyses of sexualized violence is rarely acknowledged in histories of civil rights movements.

McGuire presents a rewrite of the civil rights movement – showing that it was more than a struggle between black and white men but had roots in ending sexual violence against black women.
Sexual Assault Resource Center of Brazos Valley

We conducted a short interview with Alaina Jalufka, Director of Center Programs at Sexual Assault Resource Center (SARC) about some of the resources that this agency provides to A&M students. Here you can read some of the answers:

1. Would you tell us a little about the history of cooperation between A&M and SARC? What are some of the things that SARC-BV has done in the past for A&M students?

The Sexual Assault Resource Center and Texas A&M University have had a very cooperative relationship in the past and it continues to this day. For instance, university personnel do refer students to SARC for services. In the past, SARC has provided internship and volunteer opportunities for A&M students and continues to do so. In addition, SARC has provided crisis services to students through the agency’s 24 hour hotline and accompaniment services to area hospitals. The Women’s Resource Center has also partnered with SARC in the past to take part in awareness raising events such as Take Back the Night, Walk a Mile in Her Shoes, and the Candlelight Vigil for Sexual Assault Awareness Month in April. Finally, a SARC representative is a member of the University’s Sexual Assault Survivor Services monthly meetings.

2. What is the cost of using your services for A&M students?

There is no cost to use SARC’s services for A&M students, or anyone in the seven counties that SARC serves (Brazos, Burleson, Grimes, Leon, Madison, Robertson, and Washington counties).

3. What are some of the services that you generally provide to A&M students?

Some of the general services that SARC provides A&M students include the use of the agency’s 24 hour hotline that is available to call year round; free, confidential, and unlimited counseling sessions (individual or group) to survivors and/or their loved ones with a Licensed Professional Counselor; an advocate will meet a survivor at the local hospitals to provide crisis support during the evidence collection exam, and upon request, a SARC staff member is available to present to classes, student organizations, etc on an array of topics related to sexual assault.

Seen These Stickers Around Campus?

Developed by the Sexual Assault Survivor Services team, comprised of staff across the university, these stickers were designed to raise awareness for resources on sexual assault. Our hope is to have them in as many bathroom stalls across campus to inform our community in a private manner about the resources available to them if assaulted.

After performing a campus climate survey last spring (2013) we found that students who are survivors of sexual assault are underutilizing resources – most not even seeking medical help or counseling. The university wants students to know that support is available to them if they have experienced an assault, harassment, stalking or any other forms of abuse.

If you are a building proctor interested in attaining these stickers for your bathroom stalls, please note that they are easily removed without damaging the paint and can be washed over with any cleaning supplies without damaging the sticker. We would love to see more buildings supporting this effort. If you are a building proctor and would like to have the stickers in your building please contact Kristen Harrell at kristenh@studentlife.tamu.edu.
The Women’s Clinic at Student Health Services

The Student Health Center provides additional services to female students, including annual women’s health exams, at the Women’s Clinic. These are considered preventative care as advised by the American College of Obstetricians and Gynecologists, as well as the American Cancer Society. If you are 21 years of age or older, it is recommended that you have a physical exam, including a breast exam, pelvic exam, and a pap smear test done to monitor cervical cells for any changes associated with cancer or pre-cancerous conditions.

Recently, the guidelines for these screening tests changed. Annual exams are still encouraged every year beginning at 21, but women who have a normal pap smear only need to get one every three years. Women with abnormal pap smears should follow a different schedule depending on the abnormality or grade of the results. The thought is to allow women’s bodies to clear the HPV on their own so they want to allow more time. The old guidelines required more aggressive treatment which potentially causes more trouble with the cervix (stenotic or scarred cervical tissue and incompetent cervix during pregnancy). At the time of their visit students can also screen for sexually transmitted infection, or ask other questions related to women’s health. If students have any questions about screening tests they can schedule an appointment in the Women’s Clinic just for questions. Providers are very enthusiastic about teaching!

Contraception counseling is also available where students can discuss non-hormonal and hormonal methods of birth control. At the women’s clinic the staff prescribe a wide range of birth control, and place Intrauterine Devices as well as Hormonal Implants.

They also evaluate vaginal infections/problems, urinary tract infections, sexually transmissible illness screenings, irregular periods, infertility, pelvic pain, sexual questions, as well as premenopausal and menopausal symptoms. Gardasil vaccines and counseling on safe sex practices are also available.

The Women’s Clinic is staffed fully by two Women’s Health Nurse Practitioners and a Family Nurse Practitioner who specializes in women’s health. It is overseen by a board certified OB/GYN who sees patients for specialty consults as determined by the NPs in the clinic. The clinic is located on the 2nd floor in the Beutel Health Center and students can make appointment by phone at (979)458-8280 or online at http://shs.tamu.edu/patientportal.

All of the care is confidential through FERPA guidelines. SHS billing statements list Student Health Services rather than the Women’s Clinic and do not elaborate on the type of care given. Medical information can only be shared with third parties (including parents) if the student has signed a medical release. SHS also sends secure messages about treatments via email. If a student has shared their password with another person, the student should let their providers know to call them instead of using the secure message system.
Walk a Mile in Her Shoes: No Excuse for Abuse

Walk a Mile in Her Shoes (WAM) is an opportunity for men to take a visible stand against sexual violence in our community. Often sexual violence is viewed as a women’s issue even though it affects people of all genders. WAM offers men and our community a learning experience on interpersonal violence and encourages us as a community to step up against these issues and proclaim that there is ‘No excuse for abuse!’

Registration for WAM 2014 will open on the Women’s Resource Center’s website (wrc.tamu.edu) in early February. Each registration is $15 through March 11, 2014. At that point, the cost of registration will increase to $20. Onsite registration is also available on the day of the event. We cannot accept credit card payments onsite, but we will accept cash and checks. All checks should be made out to Texas A&M University. Shoes are reserved on a first-come, first-served basis. Participants will get their shoes on the day of event. The WRC has the following shoes available in men’s sizes and quantities:

<table>
<thead>
<tr>
<th>Men’s Shoe Size</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>9</td>
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<td>13</td>
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<td>14</td>
<td>5</td>
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Walkers can either walk as individuals or as a part of a team. The individual or team with the most recruits will win the Recruiter of the Year trophy. We encourage all Walkers to seek sponsorships to raise money in support of gender violence education on our campus. The Fundraiser of the Year will receive a gift from one of the Walk a Mile in Her Shoes event sponsors as well as the WAM Fundraiser of the Year trophy. Please join us April 15 from 5:30 to 7:30 pm at Koldus Plaza.

If you have any questions about the WAM event or are interested in volunteering please contact Sonia Mahabir: soniam@studentlife.tamu.edu.

Elect Her: Aggie Women Win

Did you know that in the 50 years since women have been admitted to Texas A&M University, there have only been three female Student Body Presidents? Our last female Student Body President, Schuyler Houser, served from 2001-2002, meaning that there have been no female Student Body Presidents in the past 10 years, despite women accounting for nearly half of the student body.

Facts like this led the Women’s Resource Center to seek out programs to support women who were interested in running for elected position not only during their college career, but also after their time at A&M is over. This year, we are introducing Elect Her: Aggie Women Win. Elect Her is administered by the American Association of University Women and Running Start, which offered 50 program grants for universities across the country in 2014.

As a part of this grant, Texas A&M will host a half day workshop designed to encourage women to run for office and teach them how to construct an effective campaign. Participants will hear from Representative Sarah Davis from the Texas House of Representatives on her experiences running successful campaigns for office, Ms. Lynn Paris from the TAMU Division of Marketing and Communications on the importance of message, and from current Student Senators regarding their experiences in the Student Government Association. Elect Her will be hosted on Sunday, January 26, 2014 from 10:30 am to 3:30 pm at the Memorial Student

For more information about other programs please visit our webpage at http://wrc.tamu.edu

Supporting [Aggie Women]
Honors to Female Faculty Members in Fall of 2013

In celebrating Women of Character, Courage, and Commitment which is a theme for the 2014 Women’s History Month, the WRC has collected the information regarding all the female faculty members who have received an award or recognition during the fall of 2013. We congratulate them on their accomplishment and wish them well in their future endeavors.

College of Architecture

Ms. Shelley Holliday, Senior Lecturer, Department of Architecture, received undergraduate teaching award on the basis of student vote.

Dr. Fellice House, Assistant Professor, Department of Visualization won Second place in a national juried competition called American Art Today. From 556 submissions to the competition from throughout the United States, 64 works were selected for the exhibition and her piece received 2nd place!

Mays Business School

Dr. Alina Sorescu, Associate Professor of Marketing appointed to an endowed professorship (Rebecca U. ’74 and William S. Nichols III ’74 Professorship) effective September 1, 2013.

Dr. Lisa Troy, Clinical Associate Professor of Marketing: Selected for the honor of Howdy Camp 2014 Namesake Recognition.

College of Education and Human Development

Dr. Jia Wang, Associate Professor, Department of Educational Administration and Human Resource Development won the ASF College level Distinguished Achievement award for teaching

Dr. April Douglass, Lecturer, Department of Teaching, Learning and Culture won Outstanding Local Advisor Award.

Dr. Cynthia Boettcher, Clinical Professor, Department of Teaching, Learning, and Culture, College of Education, won Bush Excellence Award for Faculty in International Teaching.

Dr. Cyndi Riccio, Professor, Department of Educational Psychology, received the CEHD Development Council’s Outstanding Service Award.

Dr. Janet Hammer, Clinical Professor, Department of Teaching, Learning, and Culture received Distinguished Achievement Award for teaching from Association of Former Students.

Dr. Deborah Simmons, Professor, Department of Educational Psychology, received the Outstanding Faculty Mentoring Award from the College of Education and Human Development.

Dr. Lisa Bowman-Perrott, Assistant Professor, Department of Educational Psychology, was named a Montague Center for Teaching Excellence Scholar.

Dr. Laura Stough, Associate Professor of Educational Psychology was awarded the Association of Former Students (AFS) College Teaching Award. She was also elected Vice President of the National Training Director’s Council for the Association of University Centers on Disability.

Dwight College of Engineering

Dr. Patricia Smith, Associate Professor, Department of Biological and Agricultural Engineering was selected for receiving Distinguished Achievement Award for Teaching by Association of Former Students.

Dr. Helen Reed, Professor, Department of Aerospace Engineering, was awarded The Texas A&M University System 2012-2013 Regents Professor Award in September 2013.

Dr. Elizabeth Cosgriff-Hernandez, Associate Professor, Department of Biomedical Engineering, received research grant from NIH, for a research study titled “Development of Pickering Emulsions as Injectable Bone Grafts”. She also received a research grant from St. Jude Medical, for a study titled “Evaluation of Polyurethanes after Hydrolytic Aging”.

Dr. Deborah Simmons, Professor, Department of Educational Psychology, received the Outstanding Faculty Mentoring Award from the College of Education and Human Development.
Dr. Kristen Maitland, Assistant Professor, at Department of Biomedical Engineering was recognized as a senior member of the Institute of Electrical and Electronics Engineers (IEEE). As a senior member, Maitland joins a select eight percent of IEEE’s 419,900 total members.

Dr. Mary McDougall, Associate Professor, at Department of Biomedical Engineering received a research grant from NIH, for a study titled “Sixteen Channel Carbon-13 Phased Array Spectroscopy at 7 Tesla”. This grant is shared with Dr. Steven Wright of the Department of Electrical and Computer Engineering.

Dr. Melissa Grunlan, Associate Professor, Department of Biomedical Engineering, received a research grant from Momentive Performance Materials, Inc., for a research study titled “Silicone Hydrogel Technology”.

Dr. Maria Barrufet, Professor, Department of Petroleum Engineering received the Society of Petroleum Engineers (SPE), Distinguished Member Award at the SPE Annual Technical Conference held in October 2013.

College of Geosciences

Dr. Courtney Schumacher received the Clarence Leroy Meisinger Award from the American Meteorological Society.

Dr. Mona Behl was featured in the June issue of The Oceanography Magazine.

College of Liberal Arts

Dr. Ada Palmer, Assistant Professor, Department of History won the 2013 Prize for Best Essay by a Junior Scholar, Harvard University Center for Italian Renaissance Studies.

Dr. Elisabeth Ellis, Associate Professor, Department of Political Science, was elected co-president of the Association for Political Theory.

Dr. Cara Wallis, Assistant Professor of the Department of Communication is the recipient of a prestigious award for her research in Beijing, China, with young, migrant women. She won the James W. Carey Media Research Award for her book, “Technomobility in China: Young Migrant Women and Mobile Phones.”

College of Science

Dr. Deborah Bell-Pedersen, Professor, Department of Biology, received Texas A&M Women Former Students’ Network (WFSN) Eminent Scholar Award for contributions in service, extra ordinary achievement in original research, and scholarship.

Dr. Xiaorong Lin, Department of Biology, has been selected as a 2013 Investigator in Pathogenesis of Infectious Disease by the Burroughs Welcome Fund (BWF).

Oksana Shatalov, Lecturer, Department of Mathematics, won a college level AFS teaching award.

College of Veterinary Medicine & Biomedical Sciences

Dr. Karen Snowden, Associate Professor, Department of Veterinary Parasitology was recognized with the prestigious Association of Former Students College-Level Teaching Award.
Spring Semester Calendar of Events

Women’s Resource Center

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1.26.14</td>
<td>Elect Her: Aggie Women Win</td>
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<tr>
<td>2.19.14</td>
<td>(tentative) Start $mart Salary Negotiation Workshop</td>
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<tr>
<td>3.6.14</td>
<td>Women’s Leadership Forum &amp; Women’s Progress Awards</td>
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<tr>
<td>March 2014</td>
<td>Women’s History Month</td>
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<tr>
<td>3.22.14</td>
<td>(tentative) Start $mart Salary Negotiation Workshop</td>
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<tr>
<td>April 2014</td>
<td>Sexual Assault Awareness Month</td>
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<tr>
<td>4.15.14</td>
<td>Walk a Mile in Her Shoes</td>
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<tr>
<td>4.23.14</td>
<td>Denim Day 2014</td>
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Women’s & Gender Studies

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<thead>
<tr>
<th>Topic</th>
<th>Date</th>
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<tr>
<td>Claire Katz Roundtable Discussion on Judaism, Gender, and Humanities Education</td>
<td>Friday, February 7, 2014</td>
<td>3:30-5:30 pm</td>
<td>Glasscock 311</td>
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<td>(Refreshments will be served)</td>
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<tr>
<td>Gender, Judaism, and the Limits of Forgiveness</td>
<td>Friday, February 21, 2014</td>
<td>3:00-5:00 pm</td>
<td>Glasscock 311</td>
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<td>(Refreshments will be served)</td>
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<tr>
<td>WGS Working Group 2013 Dissertation Award</td>
<td>Wednesday, April 2, 2014</td>
<td>3:30-4:30 pm</td>
<td>Glasscock 300</td>
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<td>(Refreshments will be served)</td>
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<tr>
<td>Kristan Poirot: A Question of Sex, Feminism, Rhetoric, and Differences that Matter</td>
<td>Thursday, April 24, 2014</td>
<td>4:00-5:30 pm</td>
<td>Evans Annex 410</td>
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<td>(Refreshments will be served)</td>
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The 12th Woman

Women’s Resource Center
Cain Hall C-106
1257 TAMU
College Station, TX 77843-1257
979.845.8784
wrc@tamu.edu
http://wrc.tamu.edu

THE WRC IS MOVING!

While the first floor of Cain Hall is under renovation, we will be housed on the second floor of the building. The office of Women’s Resource Center will be moved in February.

https://www.facebook.com/TAMUWRC
https://twitter.com/TAMUWRC

Meet the WRC Staff!

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