



The UMBC Women's Center Newsletter: January & February 2012

Letter from the Acting Director: Jess Myers



"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

Last week, I celebrated my first year anniversary at UMBC! I'm so excited to have a full year under my belt with

hopefully many more to come. As I reflected throughout the day, I thought about all the things I've learned from working at the Women's Center over the past 365+ days and wanted to share.

UMBC students are really smart. When I listen to the constructive and meaningful conversations you have in the Women's Center, I am blown away by your thoughtfulness, your research skills, and your passion to be experts in your fields and areas of passion.

Moms are super heroes. I have learned so much from the moms who come into the Center everyday. I admire your strength, flexibility, selflessness, and deep love for your children. I also know more about breast pumps and day care issues than an average non-mom probably would and I love it! Most importantly, the moms I work with remind me about how awesome my mom is and I thank her a lot more now. Thank you!

Students returning to college for the first time in years to complete their undergraduate degrees are immensely brave. I have been honored to be a part of the Returning Women's community and to hear your struggles and successes. While you may feel invisible on

campus at times, know that I see you. You humble me. **Collaboration and partnerships should never be underestimated.** The Women's Center would not be who we are without so many amazing campus partners and friends. You help extend our voice, our services, and our ability to be an educational and safe space on campus. You know who you are... thank you.

20th Anniversaries are fun! It's been a blast working on the Women's Center's 20th Anniversary. It has allowed me to develop new skills and perspectives and it was a great way to learn about the amazing history of the Women's Center. I'm lucky to be a part of that story.

Knitting is no joke. Seriously. Check us out on Fridays from 1-3pm.

It is important to trust yourself and take risks. I love the quote I used as an introduction. It was my guide through grad school and I've been called to remember it often over the past year. I love working with college students because I get to see them go from buds to blossoms as each semester passes—my work as a professional is no different. I am thankful for people at UMBC who have encouraged me to blossom and I hope to do the same for others who come into the Women's Center each and every day.

And more! But, you'll have to come by the Women's Center to hear more. *Welcome to the spring semester!* Keep reading on for details on all the great events and programs we have planned for you!



What's Inside!

- ☉ Letters from Staff
- ☉ Community Spotlight
- ☉ 20th Anniversary Events
- ☉ Ongoing and Upcoming Events & Groups
- ☉ Information about the Women's Center, the list serve, and newsletter submissions
- ☉ Shout Outs!

**STALKING:
KNOW IT. NAME IT.
STOP IT.**

JANUARY 2012

StalkingAwarenessMonth.org

Letter from the Acting Coordinator: Galina Portnoy



In February, we are reminded to consider ourselves and our relationships with our bodies. While Valentine's Day traditionally reminds us of our feelings towards others, it can also be a time to reflect on our love for ourselves. **National Eating Disorders Awareness Week (2/26-3/3)** encourages us to check in with our body image and eating/dieting behaviors. We are also reminded to consider the messages that media disseminates about beauty and thinness.

For example, advertising sells more than the products illustrated. Advertising and media also sell values and ideals that we're expected to buy into. For women, there is no greater concept sold with products than thinness; and for men, advertising sells body mass, muscle, and power. The message for women is "the thinner the better." Unpacking this message a little more, I am struck by the pervasive attempt for women to become as thin and as possible and thus take up as little space in the world as they can. However, I have seen a trend recently in advertisements depicting

women with muscles and strength. It's about time women are shown being strong, powerful, and using their bodies in ways we haven't seen in mainstream media in the past. Because women's obsession with thinness goes beyond weight and extends to women's place in the world, this new direction gives me hope.

My undergraduate honors thesis examined body image satisfaction and thin-ideal internalization in relation to feminist identity. I hypothesized that feminists, or women with a stronger feminist consciousness, would be more satisfied with their bodies and would internalize thin-ideals less than women who did not relate to feminism. Some of my findings were inline with that: as feminist self-identification increased, body dissatisfaction decreased. Thin-ideal told a more complicated story. I measured two aspects of thin-ideal: awareness and internalization. I found that although feminists were more aware of the ideal, their internalization of the thin-ideal was unaltered. This tells us that raising feminist identification is not enough. Although feminist identification raises awareness of negative stereotypes about women, it may not protect women from internalizing these stereotypes. The Western cultural context and social messages for

"beauty" affect us more than we consciously realize, regardless of how *aware* we are that they exist.

But what feminism does well is teach us the importance of maintaining a critical eye. Whether looking through fashion magazines, watching TV, or going about your daily business, I encourage you to apply a critical lens to the messages you come across. What concepts or norms are being sold to you alongside a product? I guarantee that maintaining this critical lens will not only change your relationship with the world around you but also with yourself. This month, I encourage you, too, to challenge notions of "normalcy" and "beauty" in any way you can. Take a few minutes to identify what you truly love about yourself, both inside and out. I urge you to transform the way you measure your worth. Your value, importance, and position in the world should not be a direct result of how you look and how much you weigh.

Keep an eye out for Women's Center & University Health Services programming around body image towards the end of the month!!

If the definition of beautiful gets any thinner, no one will fit.

100,000 STORIES: WHICH ONE IS YOURS?

BMORE PROUD: Intersections

The Baltimore Metro LGBTQIA Leadership Summit

Date: 2/18/12 (Snow Date: 3/31/12); Location: UMBC

The Women's Center is excited to highlight BMORE PROUD this month:

BMORE PROUD is a leadership summit that promotes awareness and education of queer issues on college campuses, and among those schools, and in greater Baltimore, Maryland, encourages socializing and networking to cultivate student involvement and leadership in the queer community.

The BMORE PROUD Queer College Coalition is the primary intercollegiate network and clearinghouse serving college & university students/faculty/staff in the Baltimore-Metro LGBTQIA community. We seek to promote personal and professional growth of this community through leadership development, academic scholarship, educational programming and social networking opportunities.

The goals of this summit include:

- ◇ Collaborate in planning and sponsorship of programs and events intercollegiately.
- ◇ Develop an intercollegiate student leadership conference that travels to a different university in this area each year.
- ◇ Develop an annual or bi-annual intercollegiate academic symposium/colloquium that promotes LGBTQIA scholarship in this area.
- ◇ To cultivate an endowment to fund LGBTQIA academic scholarships and small grants for student organizing in the Baltimore-Metro area.
- ◇ To create a virtual resource for LGBTQIA students, faculty, staff that student involvement, collaboration, and a sense of community.
- ◇ Develop a professional and social network for LGBTQIA students, faculty and staff at institutions of higher education in the Baltimore-Metro area.
- ◇ Advocate for dedicated staff, space and funding of LGBTQIA initiatives in student affairs and academic affairs so that all area institutions can adequately serve the LGBTQIA populations and educate their universities on LGBTQIA topics.

BMORE PROUD is excited to feature Mary Washington as their keynote speaker!

Mary Washington is a Democratic Delegate in Maryland's 43rd District. She is one of eight openly LGBT members of the Maryland General Assembly. While in college, Washington was a student organizer and worked to form advocacy groups for black, women, and LGBT students across Pennsylvania. As associate director at Baltimore's Parks & People Foundation, Washington leads programs to promote green communities, educate children on environmental issues, and create a healthier, safer, sustainable Baltimore.

The cost of attending is \$10 and if you are interested, please visit BMORE PROUD's registration webpage at <http://www.bmoreproud.org/registration>

Is there an organization, group, or department on campus that uniquely promotes women's issues and stories?

Is there a particular person (student, faculty, or staff) at UMBC that you feel contributes to women's success and well-being?

If so...
nominate them!

To nominate a group or individual for a community spotlight, email Galina at

portnoy1@umbc.edu



Celebrating 20 Years 1991-2011
100,000 Stories: Which One is Yours?

WOMEN'S CENTER SPRING EVENTS

February 21
8:30 - 10:30am

Off Campus Commuter Services: Good Morning Commuters!

The Commons, Main Street

We're bringing the Women's Center 20th Anniversary and breakfast to you commuters!

February 27
4pm

Korneman Lecture

Albin O. Kuhn Library, 7th floor

Join Kathy E. Davis as she speaks to Feminism as Traveling Theory:

The Case of Our Bodies, Ourselves

March 7
12pm

President's Commission for Women: Mentoring Tea

Women's Center Lounge

Mentors are everywhere and their stories are inspiring.

Join a UMBC woman mentor for tea and encouragement.

March 14
4 -6pm

I out 100,000: The Importance of One

UC Ballroom

At this capstone event, hear how the story of one student called others to make a difference.

Light reception included.

April 4
6:30 - 8pm

CWIT's Women in Technology: 2nd Annual Spring into Leadership Event

University Center, 3rd Floor

Women in engineering and computing careers are transforming the world! Imagine how you will too at this interactive event of students, professionals, faculty and staff. Light refreshments served.

April 25

Undergraduate Research & Creative Achievement Day

University Center

Look out for the 20th anniversary logo on posters and presentations related to women and gender issues!

May 9
12pm

Closing Picnic

Women's Center Backyard

Help us end our celebration by creating one last memory during our 20th anniversary year.

The Spring Semester will also include the debut of the Women's Center 20th Anniversary digital story telling documentary and the creation of a 20th Anniversary Memory Quilt. Be on the lookout for more details throughout the semester!

Thank you to our many cosponsors and supporters! Without you our 20th Anniversary would be incomplete!

UMBC's Office of Undergraduate Education, The Commons, Chartwells, commonvision, Gender and Women's Studies, The President's Commission for Women, The Albin O. Kuhn Library, University Health Services, The Theatre Department, UMBC Homecoming, The Office of Student Life, URCAD, CWIT, UMBC Magazine, and the Women's Center Advisory Board

Unisex/Gender-Neutral/Gender-Inclusive Restrooms are Here!

For those of you coming back to campus for the first time since last semester, you might notice a new change to the ground floor of the Commons. The restrooms have gone unisex/gender-neutral! Why are gender-neutral restrooms important? Visit the following links for additional information:

<http://www.amplifyyourvoice.org/youthresource/genderneutral>

<http://www.youtube.com/watch?v=2I3y2X6mPCw>

Thank you to The Commons for making this change and allowing anyone in our campus community a safe restroom environment!

The Returning Women group has a facebook page now! Don't forget to like us! <http://www.facebook.com/returningwomen>

Spring 2012 Film Series

Women's Center

February

(40th Anniversary of Title IX)

"Training Rules"

Jen Harris is a basketball player at Penn State University. Coach Rene Portland makes the rule "no drugs, no drinking, no lesbians." Training Rules takes the disturbing facts of the Harris vs. Portland case and personalizes their impact by telling Jennifer's story as well as those of six other women who were victimized through the years. Together they unveil a litany of betrayal, abuse, humiliation and bigotry. Training Rules examines how women's collegiate sports, caught in a web of homophobic practices, collude in the destruction of the lives and dreams of many of its most talented athletes. (62 minutes)

Showtimes: M (2/27) 10:00, 11:00, 12:00, W (2/29): 10:00, 11:00, 12:00, 1:00, 2:00, 3:00 T (2/28) & Th (3/01): 10:00, 11:30, 1:00, 2:30, 3:30, 4:30 Friday (3/02): 11:00

Film Discussion: Friday, 3/02, 12pm

Facilitated by: TBA

March

(Women's History Month)

"A Place of Rage"

This exuberant celebration of African American women and their achievements features interviews with Angela Davis, June Jordan and Alice Walker. Within the context of the civil rights, Black power and feminist movements, the trio reassess how women such as Rosa Parks and Fannie Lou Hamer revolutionized American society. A stirring chapter in African American history, highlighted by music from Prince, Janet Jackson, the Neville Brothers and the Staple Singers. (52 minutes)

Showtimes: M (3/26) & W (3/28): 10:00, 11:00, 12:00, 1:00, 2:00, 3:00 T (3/27) & Th (3/29): 10:00, 11:30, 1:00, 2:30, 3:30, 4:30 Friday (3/30): 11:00

Film Discussion: Friday, 3/30, 12pm

Facilitated by: TBA

April

(Sexual Assault Awareness Month)

"Very Young Girls"

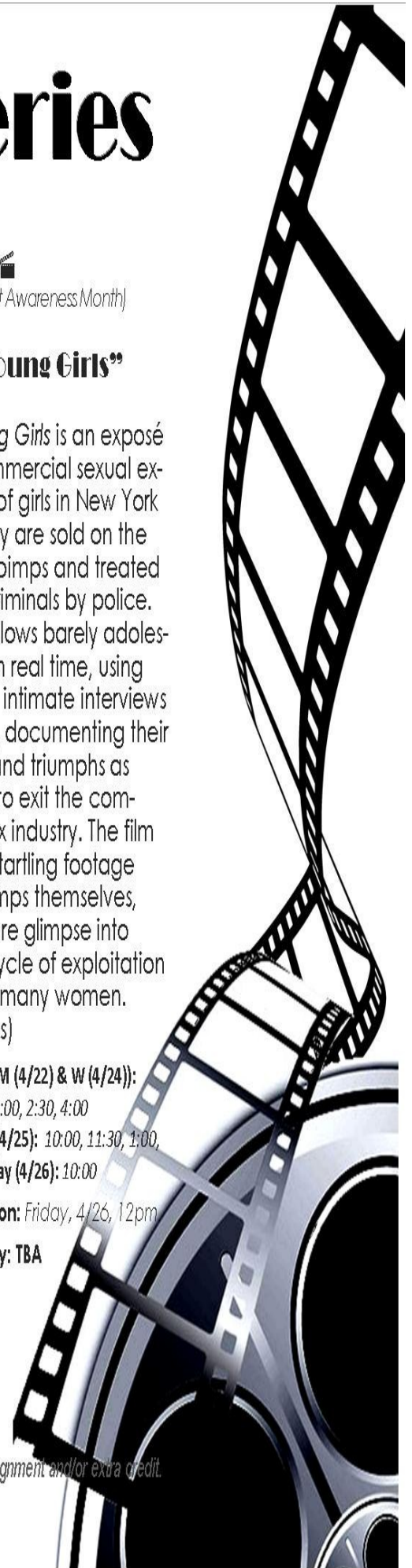
Very Young Girls is an exposé of the commercial sexual exploitation of girls in New York City as they are sold on the streets by pimps and treated as adult criminals by police. The film follows barely adolescent girls in real time, using vérité and intimate interviews with them, documenting their struggles and triumphs as they seek to exit the commercial sex industry. The film also uses startling footage shot by pimps themselves, giving a rare glimpse into how the cycle of exploitation begins for many women. (83 minutes)

Showtimes: M (4/22) & W (4/24): 10:00, 11:30, 1:00, 2:30, 4:00 T (4/23) & Th (4/25): 10:00, 11:30, 1:00, 2:30, 4:00 Friday (4/26): 10:00

Film Discussion: Friday, 4/26, 12pm

Facilitated by: TBA

Please consult with your professor and/or syllabus to see if any of our films can be or are currently being used for class assignment and/or extra credit.



CENTER AND COMMUNITY SPOTLIGHTS

President's Commission for Women 2012 Achievement Award

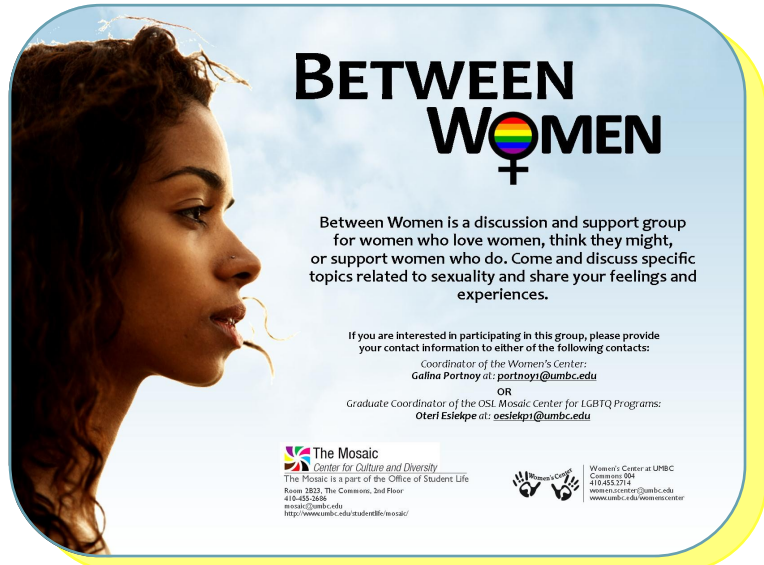
Nominations are currently being accepted!
Nominations are open to all UMBC staff and faculty who:

- ◇ Provide service, leadership, or advocacy for women's issues to the University or the wider community
- ◇ Work to promote understanding among people of different groups, cultures, and socioeconomic backgrounds

If you are viewing this newsletter electronically, you can find the nomination form by clicking [here](#) & more info [here](#)

The deadline for nomination is Monday, Feb 6th


[Click here](#) to see past winners of the President's Commission for




BETWEEN WOMEN

Between Women is a discussion and support group for women who love women, think they might, or support women who do. Come and discuss specific topics related to sexuality and share your feelings and experiences.

If you are interested in participating in this group, please provide your contact information to either of the following contacts:
Coordinator of the Women's Center:
Galina Portnoy at: portnoy@umbc.edu
OR
Graduate Coordinator of the OSU Mosaic Center for LGBTQ Programs:
Oteri Esiekpe at: esiekpe@umbc.edu

 The Mosaic Center for Culture and Diversity
The Mosaic is a part of the Office of Student Life
Room 2823, The Commons, 2nd Floor
410-455-2600
mosaic@umbc.edu
<http://www.umbc.edu/studentlife/mosaic/>

 Women's Center at UMBC
Commons 304
410-455-3214
women@center@umbc.edu
www.umbc.edu/womencenter

Returning Women's Support Group

The Returning Women's Meeting is a Women's Center program designed to support women returning to college later in life (after the traditional age of 18-22). The meeting is an informal time for returning women to gather, share stories, struggles, and successes. Coming back to college later in life isn't easy. We, at the Women's Center, want to do what we can to support you. Campus resources will also be made available in order to help you reach your goals.

jess.myers@umbc.edu

Join us for meetings Wednesdays at 12pm

****Newcombe Foundation and Bryson Neville scholarship applications for 2012-2013 will be available soon! Stay tuned for details!****

Interested in Alternative Spring Break??

Visit: <http://my.umbc.edu/groups/serve>

Mothers' Meetings

All mothers are welcome! Share a cup of tea and your stories/struggles, celebrations about one of life's greatest & most challenging experiences! The Mother's meeting takes place the second Friday of every month

**Next Meeting: 2/12 at noon
in the Women's Center**

Maryland's 2012 Legislative Session Highlights:

The Maryland Coalition Against Sexual Assault (MCASA) supports legislation that promotes justice for survivors of sexual violence, accountability for offenders and protection for the general public. MCASA responds to policy questions and legislative initiatives throughout Maryland's legislative session (January-April).

Their 2012 priorities currently include:

Funding for Services for Sexual Assault Survivors
One of MCASA's top priorities is to maintain funding for rape crisis and recovery centers and prevent loss of services for victims of child sexual abuse and sexual assault.

Sex Crimes – Fondling During Burglary
Most sex crimes in Maryland are treated with additional seriousness when committed in conjunction with a burglary in the first, second, or third degree. This bill would re-categorize 4th degree sex offenses committed during a burglary as 3d degree offenses, thereby fixing a loophole in Maryland sex crimes law.

Penalties for Failure to Report Child Abuse
MCASA expects one or more bills to create a penalty for failure to report child abuse and hopes to ensure that these efforts include abuse prevention.

[CLICK HERE](#) to download the full list of our current 2012 Legislative Priorities.

If you're interested in calls, visiting, and/or writing letters and emails, visit their [Take Action](#) web page.

UMBC Women's Center

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E-mails:
womens.center@umbc.edu
jess.myers@umbc.edu
portnoy1@umbc.edu

Facebook Page: *Women's Center at UMBC*



This, That, and the Other...

Newsletter Submissions: Do you have an event, organization, course, announcement, or other information that would be useful to the UMBC Women's Center community? If so, please send it to womens.center@umbc.edu so we can post it in next month's newsletter.

Women's Center List-serve: To learn about upcoming events, scholarships, and other opportunities from the Women's Center, please email us at womens.center@umbc.edu and we will add you to our list-serve.

And please, visit us! We're located in The Commons, Suite 004 (right next to the Yum Shop). We have: a private lactation/mediation room, comfy couches, library, free coffee, tea, tampons/pads, condoms/dental dams. We're also here if you just need to talk... if you are going through a hard time, have something to celebrate, or need a hug, we are here :)

Please Note: Our Spring Hours are Monday-Thursday, 9am-7pm and Fridays from 9-5pm.

January & February 2012 Women's Center Shout Outs!

We would like to offer our "**Shout Outs!**" section to everyone in the UMBC Women's Center community. If you would like to send a Shout Out! To someone who has achieved something great, made a positive difference in your life, or just deserve a few kind words, email the UMBC Women's Center at womens.center@umbc.edu and we'll include them in our next month's newsletter.

♀ **Diane Lee**- Thank you for your continuous support of the Women's Center. We feel lucky to have you as an advocate! – Jess

♀ **Kim Moffitt, Vickie Williams, Robin Farabaugh, Kim Robinson and Bobbie Shahpazian**—Thanks for your help in another great Newcombe Scholarship round. Your dedication helped yet another round of returning women in their quest to graduation!

♀ **Dr. Jessica Guzman-Rea** – Thank you for facilitating a great discussion for our December film, *The Business of Being Born*. It was great to hear your perspective and have everyone meet Xavier.

♀ **Katie Glasser and Susan Martin**— Thank you SO much for your brainstorming session regarding the CWIT scholars program. It was great to bounce ideas around with you regarding next steps for the Women's Center!

♀ **Adam Krawczyn and Laura Shraven**— As always, thank you for your support on all things 20th anniversary. We couldn't have had a successful celebration thus far without you!

♀ **Mickey Arora and Alison Rohrbach**-As always, thank you for all the great collaborations and partnerships. Looking for-

ward spreading awareness during Sexual Assault Awareness Month.

♀ **Delana Gregg**—Thanks for the brainstorming session to help me with the day-care committee for the PCW.—Jess

♀ **Therisa Steven**—Thanks for the great new coffee pot donation!

♀ **Galina Portnoy**—Thanks for working hard over break to get lots of to-do items done for the Women's Center. I'm so excited to hopefully see some results in regards to donations and sponsorships!

♀ **Chelsea Haddaway Williams**—Thanks for helping promote the Women's Center and our 20th Anniversary. We appreciate your partnership!

♀ **Eryl, Galina, Christy, and Lizzy**—Thanks for all the work you put in during the downtime of January! I appreciated the extra hands and company! -Jess

♀ **To The Knitting Circle** – Thanks for the great fellowship and creative energy you bring to the Center every Friday afternoon... it was great having you here over the winter break!

♀ **GWST Faculty and Staff** – As always, thank you for your support. We appreciate your partnership.

♀ **OUE Leadership Team and Partners**—

Thanks for a great collaboration meeting before this semester started. I look forward to finding new ways to better serve all of our students. A special shout out to **Jessica Guzman-Rea and Sam Reilly** for organizing! –**Jess The Women's Center Advisory Board**— Thanks for a great mini retreat in January. Looking forward to next steps and new visions for the Center!

News from the Nursery!

Congrats to **Jill Weinknecht Wardell** on the birth of **Scarlett Rhiannon** on January 4th!

Help us welcome our New Intern!

Welcome to **Cassandra Morales** who will be serving as our Women's Center intern for the spring semester. She's full of ideas and energy and we're excited to see what new paths she opens for the Center!

