

*"Changing the world doesn't happen all at once...It's an evolution, the sum of a billion tiny sparks. Some of those sparks will have to come from you." — Katie Couric*

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## Centennial of Women's Suffrage

On Aug. 26, 1920, the 19th amendment became law and changed the course of history. 2020 marks the 100th anniversary of American women's right to vote and is a reminder of the more than 72 grueling years suffragists struggled to gain this right. For most of our history, women were denied owning property, claims to money, the right to vote and much more. In 1848, when Elizabeth Cady Stanton and Lucretia Mott organized the Seneca Falls Convention, a national movement for women's rights began.

The Seneca Falls Convention was the first formal women's rights convention in the U.S. and was inspired by Stanton and Mott's attendance of the World Anti-Slavery Convention. Eight years later, the Seneca Falls Convention was held with 260 women and 40 men in attendance. At the convention, the Declaration of Rights and Sentiments was written. This document paralleled the Declaration of Independence and asserted that women should be granted the same rights as men. Abolitionist and former slave Fredrick Douglass was at the convention and played a major role in ensuring that the right to vote was included in the Declaration.

The Declaration of Rights and Sentiments inspired women and men to start advocating publicly for women's rights. In 1851, Frances Dana Gage and others led a Women's Rights Convention in Akron, Ohio. It was at this convention that former slave and women's rights activist Sojourner Truth gave her famous "Ain't I a Woman" speech that highlighted her desire for gender equality of black and white women. It was not coincidental that most of those working towards women's rights also worked with the 15th

amendment movement advocating for African American men's suffrage.

Suffragists formed associations and held parades, rallies, marches and protests to bring awareness to



their movement. Several organizations merged in 1890 to form the National American Woman Suffrage Association (NAWSA). Led by Susan B. Anthony, NAWSA organized a strategy whereby each state would pass an amendment in its constitution granting women's suffrage. Mabel Ping-Hua Lee, the first woman to obtain a Ph.D. from Columbia, was an important figure in New York's suffrage movement. Even though Chinese Americans were not allowed to vote until 1943, when the Chinese Exclusion Act was repealed, she and other Chinese suffragists advocated for women's voting rights.

In 1913, Alice Paul founded the Congressional Union for Woman Suffrage, which later became the National Woman's Party (NWP). The NWP took a different approach than NAWSA, advocating for federal reform. They picketed at the White House, which landed many members in jail at Occoquan Workhouse, where these suffragists faced abuse. After witnessing the home front war contribution of women and learning of the treatment of suffragists, in 1918 President Wilson expressed support for the movement despite originally being anti-suffrage.

Off the mainland, battles for

women's suffrage ensued in U.S. territories. Wilhelmina Kekelaokalaninui Widemann Dowsett founded the National Women's Equal Suffrage Association of Hawai'i. This group petitioned the Hawaiian territorial government, but before Hawai'i's government passed any suffrage laws, women on the

island gained the right to vote through the 19th amendment. In 1925, Ana Roqué de Duprey, a co-founder of the University of Puerto Rico,

helped establish the Puerto Rican Association of Suffragist Women, which was successful in obtaining the right to vote for literate women in Puerto Rico in 1929.

To celebrate the 100th anniversary of the 19th amendment, Congress established the Women's Suffrage Centennial Commission in 2017. Congress devoted \$4 million to the Commission to fulfill its duties of coordinating activities, distributing information on state held events and encouraging other organizations to hold events. Women's Vote Centennial Initiative (WVCI) is another large collaboration dedicated to celebrating the 100th anniversary of the 19th amendment.

The fight for women's suffrage has left a lasting mark on today's society. The 19th Amendment helped women move closer to equality and encouraged women to work for more job opportunities, fairer wages, education, sex education, reproductive rights and family leave. A revolution started long before the 19th amendment was passed, but thanks to the hard work and courage of the early suffragists, women are now exercising their right to vote.

— Heidi Matthews & Amy Bosley

## Letter from the Co-Editors

This edition of Attune is a unique one as it was produced during a time of working from home. Our process had to evolve, just as we all have had to adapt to new circumstances. The focus of this edition is on the continuous evolution of not only women, but humankind, with an emphasis on how we've evolved in the past and how we continue to evolve.

Historically, our most difficult trials and times have brought about some of our most impressive accomplishments. Our feature article *Centennial of Women's Suffrage* chronicles and celebrates the story of the U.S. women's suffrage movement.

In *Sharing Our Collective Trauma*, Jac Ewasyshyn, Tech's Project AWAKEN coordinator and survivor advocate, discusses how to identify and cope with the trauma caused by the March tornadoes and Covid-19.

*Not Just Pink and Blue* and *Raising Respect* describe some of the positive and negative ways that we can affect our children. *The Right to Be with Our Families* speaks directly to needs of working parents. *Facing Me* describes a treatment used to help those with eating disorders and negative body image, while *Fostering*

*Body Positivity* discusses how we can support these individuals. Finally, *Donning Power* explores the history and implications of women's power suits.

Though the writers of this issue cover a variety of topics, we have always strived to honor the way women, and men, have become stronger and more resilient. We hope that this edition of Attune inspires you to reflect on your own evolution. While we can't predict what the future will look like, we can adapt to and overcome the obstacles that may stand in our way and work to create a brighter future.

—Emma Kenner and Amy Bosley

## Not Just Pink and Blue

The word sexism evokes mental images of the wage gap, a woman losing her job because of pregnancy and women in powerful positions being called "power hungry." While people generally acknowledge that sexism exists, many do not acknowledge the common, everyday sexism that presents itself in the form of gender stereotypes. However, gender stereotypes are not only displayed in our actions, but also in our language. This common everyday sexism hurts not only young women, but also young men.

Stereotypical gender expectations start at an early age and often before some children are born. For example, when a girl is born, parents will typically swaddle her in a soft pink blanket and dress her up in giant bows. The bows, glitter and soft pinks that little girls are associated with symbolize femininity that society sometimes foists upon women. Of course, some women love those things, but the problem lies with forcing girls and women to feel like these symbols are required to be considered "womanly."

Insisting that girls embrace conventional gender norms can hinder women in incomprehensible ways. The United Nations

published an article stating that gender stereotyping acts as a barrier to quality of girls' education, hinders girls' access and participation in information and communication technology and perpetuates gender-based violence against women.

Men are also hindered by gender stereotypes.

When a boy is born, parents, family members and friends often speculate which sport he'll play or how many girls he'll date. Comments like these are commonplace and overlooked. These speculations put limitations and expectations on a child before he can make

any decisions about his life for himself. Forcing the child to conform to the social norms that are considered masculine reinforces the cycle of cultural gender bias.

According to Emily Kane, an author, researcher and professor from Bates College, children become active in following gender-specific roles and ideas as early as the age of two. This information reveals the harm that can result from forcing gender stereotypes on

children from birth. Kane also found that parents are more lenient with their daughters who display traditionally masculine interests rather than sons who display traditional feminine interests. This difference implies that femininity is valued less than masculinity.

Phrases such as "you throw like a girl" and "I'm not like other girls" are just two examples of typical devaluing remarks that



contribute to the larger issue of sexism. Award-winning columnist Barbra Baker wrote a column examining the phrase "like a girl," the way it is used to belittle others and its deeper implications in the athletic domain. In the column, Baker interviewed Mary Anne Trasciatti, associate professor of rhetoric at Hofstra University, who stated, "It really says something about our culture when it's an insult to call someone a girl."

"It's not just about sports -- it's about our culture and the lack of value we put on femininity and girls in general," she continued. Baker adds that constantly demeaning half of the population through daily, common phrases should never be acceptable.

Overall, it is clear that stereotypical gender expectations start before birth and are built upon throughout a child's life through daily actions and language demonstrated by those around them. In the article "Preventing Gender Bias," published by the Harvard Graduate School of Education, author Leah Shafer advises that parents serve children best by creating a bias-free home where they can learn positive language, equal standards and have the freedom to explore beyond gender lines. Children also must be taught about gender bias. This education will help

children to understand the issue, feel comfortable discussing when they have felt those biases and appreciate all people for who they are, not what is expected of them by society. Making some small changes to the way boys and girls are treated in childhood can help to eliminate the gender stereotypes that exist today and create a society where all genders are treated as equals.

— Emma Kenner

Experiencing COVID-19 has been traumatic in most communities, but for us in Putnam County its effects have been magnified by the devastating tornado that struck on March 3. As an advocate working with those who have experienced sexual assault, domestic violence, dating violence and stalking, I have extensive training in trauma and its manifestations. I am seeing the signs of collective trauma in myself and in our community.

Many times, people who have experienced something traumatic may not recognize the serious impact of that trauma. Most people have heard of the Fight-or-Flight response, but fight, flight or freeze may be a more accurate description of trauma responses. When exposed to a dangerous situation, adrenal hormone releases will result in a host of different reactions to the trauma. HORMONES, not choice, determine how an individual will respond.

## Sharing Our Collective Trauma

In other words, you don't choose, your body chooses for you.

Following a traumatic event, there is no "right" way to respond or heal; there are a gamut of common responses. Hyperarousal and hypervigilance, which are similar to the feelings of being jumpy and on-edge, are some common reactions. Dissociation, or the disconnection from thoughts, feelings and the present, along with feeling helpless, a need for control, sleep disturbances, anxiety, depression and substance use or abuse are all common responses. Any of this sounding familiar?

Knowing the signs of trauma does not protect us from it but instead can help us identify what is happening. Because of my trauma training, I've noticed my own trauma responses. I've been troubled by the empty store shelves. The daily anxiety makes it hard to focus. The Stay at Home order

has made me feel trapped,

rather than safe. The slightest hint of tornado conditions has me hiding in the bathtub with the weather radio close by.

Even writing an article about trauma – which normally would write itself for me – has proved emotionally draining.

One of the hardest parts of healing from trauma is admitting what happened. Acknowledging that something is true means we have to incorporate it into our story. I don't know about you, but I don't want this to be a part of the story. But, I've never met a trauma survivor who would have chosen their experiences. However, labeling our own trauma can be powerful. This labeling acknowledges that we are reacting normally to abnormal circumstances and can be compelling validation. Asking for support is the first step – a really big step – in the healing process.

Counseling can help survivors of trauma process their experience and restore their sense of safety. Tech's Counseling Center can help you walk through your feelings and move forward. It is normal for emotional pain to last weeks, months and even years following traumatic situations, and it is unreasonable to expect that someone would just 'get over' these experiences.

It is possible to survive trauma and to restore a sense of normalcy. That being said, the 'new normal' may be different from the one of the past. Indeed, this can be seen as a chapter of our lives filled with strength, pain, perseverance and resilience. While a part of us may be longing to return to normal, perhaps, these times of collective trauma can be used to inspire us to grow in empathy for ourselves and others, to value human connection and to stitch an improved inclusive human community.

— Jac Ewasyszyn,  
Project AWAKEN coordinator

The image of a woman in a suit

## Donning Power

conjures many icons, from Melanie Griffith in *Working Girl* to Ellen DeGeneres on the red carpet. Menswear-inspired looks are almost as old and storied as feminism itself. In 2018, power-suits that bear striking resemblance to those of the shoulder padded '80s started showing up both on the high fashion runway and the shelves of fast-fashion retailers. However, as Angelia D'Avignon, writer for the Atlantic noted, the history of the women's power suit is a history of rights, progress and perhaps subversion.

Coco Chanel is often credited with creating the woman's suit: the wool blazer, skirt or trousers and tasteful blouse underneath. Typically accompanied by high heels, this look is most closely associated with the 1980s and the booming economic power of women in the workplace, though it was first developed in the 1920s. According to the Women's Museum of California, the women's power suit was designed to allow women to "assert their professional authority, creating a clear visual presence." However, now that women make up nearly half the workforce, asserting mere existence is no longer as large of an issue as it once was; today, the women's power suit is

about asserting equality.

The power suit has reemerged in an era that is much the same as its last mainstage appearance in the 1980s, when women are ascendant in politics, culture and business. Today, more women are running for political office in both parties than ever before. Joanna Dai, once a high-power New York financier for JP Morgan, told the online publication Fast Company, "I wanted to walk into a meeting and mirror the man I was there doing business with. It reflected how similar we were in rank and competence." California passed legislation requiring that all public corporations in the state have at least one woman on their board by the end of 2019 and at least three by the end of 2021. As more women enter positions of power, it seems only reasonable that they are wearing clothing that has become somewhat more of an armor than a garment.

This trend is not without its critics. A 2019 Wall Street Journal opinion piece by Katharine K. Zarrella argues that a "power dress" conveys a sense of poise that is unique



to women. Women's suit-maker Kevwe Mowarin, speaking to NBC's *Make It* noted that it is often harder to find custom women's suits or tailors to do the job of making a suit fit well. There are, of course, women who cannot afford these items or who believe "professional" clothing can be exclusionary. As a nationally competitive debater,

my suits have been unfavorably critiqued. While my male counterparts, often wear the same suit day after day and weekend after weekend at debate tournaments, I have received written and oral feedback from judges and other competitors for wearing the same suit twice.

Whether women get their suits off the rack or bespoke, the truth is that this trend isn't going away. What women choose to wear in the workplace may continue to be controversial to some, but the reemergence of the power suit, or the power garment, signifies a continued shift in business, politics, and culture towards the empowerment of women and the inclusivity of all.

— Mik Davis

Eating disorders and body image issues can affect people of all races, ethnicities, genders and ages. According to The National Association of Anorexia Nervosa and Associated Disorders, in the United States alone, at least 30 million people suffer from an eating disorder. Mirror exposure therapy is an emerging therapy that can benefit people with both body image issues and eating disorders.

According to Arash Emamzadeh in *Psychology Today*, Mirror exposure therapy (MET) is a type of exposure therapy used to treat body image disorders. Similar to treating phobias, therapists treat patients by exposing them to their fears or the source of the problem. For patients with eating disorders and body image issues, the “fear” they are exposed to is the perceived and distorted image of their own body. There are many different forms of MET, but typical sessions require patients to wear revealing clothing in order for the patient to be able to see more of their own body in the mirror. The sessions may not begin with exposing clothing, but the clothing becomes more revealing as the

## Facing Me

therapy continues. Because of the clothing requirements, same-gender therapists are usually preferred for the treatment.

There are several different variations of MET. Dr. Trevor Griffen, resident physician at the Icahn School of Medicine, said in “Guided Non-judgmental MET,” patients stand in front of a full-length mirror and are asked to describe their body using only neutral and objective terms. For example, a patient might describe their nose as “approximately 3 inches long and at a 45-degree angle” instead of saying “my nose is too big.” In this form of therapy, patients usually work their way down their body describing every part they see in these kinds of neutral terms. Another type of therapy is referred to as “Pure MET.” According to Emamzadeh, in this type of MET, instead of describing their body parts, the patient describes the emotions they are feeling as they look at different parts of their bodies.

Pure MET can cause more discomfort than guided non-judgmental MET, likely due to patients voicing strong emo-



tions rather than neutrally describing body parts as in guided non-judgmental MET. Emamzadeh described a third type as “MET with a positive focus” which is better suited for patients who may not be able to handle the first two methods. In this final form, patients are asked only to describe their favorite parts of their bodies.

Studies in the *International Journal of Eating Disorders*

(Delinsky & Wilson, 2006; Key et al., 2002) have shown that MET patients have a significant and sustained reduction in body image dissatisfaction compared to groups that did not receive MET. MET helps patients stop focusing on small aspects of their bodies that they dislike and encourages a more balanced view of the body. This therapy helps the patient see the overall person in the mirror and not just perceived flaws. Though it can be uncomfortable for patients during a session, MET allows counselors to easily map out the areas that their patients have strong positive and negative emotions towards. In other words, the treatment is effective because of the strong emotions patients feel during sessions. Overall, MET seems to be an effective form of treatment for those struggling with eating disorders and body image issues and leads to longer lasting improvements in body satisfaction.

— Rachel Pearson

## Raising Respect

When raising children, parents traditionally teach boys to be strong, tough and the provider in a family, while most girls are taught to take care of the household chores, cook, clean and nurture. “We love our boys and we raise our girls,” former first lady Michelle Obama stated at the inaugural Obama Foundation Summit. But, what does it mean to truly raise a strong man? According to author and activist Tony Porter, we should raise our boys to break free of the Man Box.

Porter’s organization, A CALL TO MEN, has as its mission “to promote a healthy and respectful manhood and shift attitudes and behaviors that devalue women.” A CALL TO MEN teaches that the Man Box contains the ingredients of our socialization of men. These ingredients encourage boys to be powerful and dominating, fearless and in control, strong and emotionless and success-

ful. To men stuck in the man box, women are objects, property and of less value than men. The organization says that the result of boys being raised in the Man Box is continued violence against women, girls and marginalized groups.

So how do we combat this Man Box to raise strong, yet loving boys who have a respect for women and others? Porter says we need to deconstruct the box while holding on to the wonderful things that being a man encompasses. We need to “take a look at the notions of manhood that are contributing to violence against women and marginalized groups,” Porter discusses in his 2010 TED Talk.

This concept leads to the idea of raising a feminist son, with ‘feminist’ being defined as, “Someone who believes in the full equality of men and women,” according to Claire Cain Miller, Pulitzer Prize winner and writer for *The New York Times*. According to Miller, it is time to teach our boys to “fight stereotypes and pursue their dreams,” just like we have started to do with our girls.

To do this, A CALL TO MEN lists six

ways we can help our boys escape from the Man Box on their website. These include teaching boys to: “1. Embrace and express a full range of emotion. 2. Not to conform to the pressure to always be fearless and in control. 3. Value a woman’s life, treat all people equally and promote the betterment of humanity. 4. Not to use language that denigrates women and girls. 5. Develop an interest in the experience of women and girls, outside of sexual conquest. 6. Model a healthy, respectful manhood to other men and boys.”

No matter a child’s gender, parents should strive to treat all sexes equally. The most important thing for a young man to do is to enjoy and celebrate childhood. By allowing him to explore all that interests him, to live outside of the box, and to feel free to express himself, parents can raise a secure, confident and caring boy. As Miller declares, “Teach boys to show strength — the strength to acknowledge their emotions. Teach them to provide for their families — by caring for them. Show them how to be tough — tough enough to stand up to intolerance.”

— Natajha Johnson

Approximately 40 percent of incoming college freshmen will have already struggled with disordered eating according to Mike Gurr, a licensed professional counselor in Wickenburg, Arizona. Women in particular can show signs of onset around 16-20 years old, about the time they are moving away from home and starting college. In the past 13 years, a study by the National Eating Disorder Association (NEDA) indicates that women with eating disorders on college campuses has increased 9.2 percent. And yet, how many universities have active support groups for eating disorders?

The term eating disorder (ED) encompasses a variety of illnesses including anorexia, bulimia and binge-eating. Each display different symptoms, but center on an unhappiness with the body. This

## Fostering Body Positivity

unhappiness can provoke dangerous eating habits. Starvation (anorexia), consuming a large amount of food and later purging it (bulimia), or losing control and eating past the point of being full (binge-eating) are just a few of these addictive behaviors. EDs are serious and can lead to death.

NEDA conducted a survey of 165 colleges and universities in the U.S. and found that only six percent of students with EDs were asked about their condition by their health care provider. Though the surveyed colleges stated that resources on EDs were very important, the colleges lack support programs, education, screenings and training opportunities related to these disorders.

Support is vital to those with an ED. NEDA research shows that treatment is most successful when relationships

with the self and others are formed. These connections instill hope and motivation in those with EDs. Women have shared that having an accepting relationship with a loved one was essential to their recovery because the relationship provided unconditional love, support, trust and hope. Support groups are also essential to recovery as they help members strengthen recovery skills, create a sense of belonging and allow for a safe space to share and start difficult conversations.

While colleges across the country lack education and support for EDs, other options are available. "College Hope," through Eating Disorder Hope, is a national collegiate initiative that aims to provide resources for treatment and general education about EDs. NEDA has a helpline (1-800-931-2237) that is available 24/7. Colleges provide counseling services where students can begin to get help.

Tennessee Tech has BIDE

(Body Image and Disordered Eating), an all-inclusive, student-facilitated, peer support group that promotes self-growth and self-acceptance. Students who struggle with body image or who are at any stage of an ED are welcome to join. BIDE meets twice a month and can be reached through email at [bidepeers@gmail.com](mailto:bidepeers@gmail.com). The Counseling Center also provides support through appointments and the website offers a free ED screening service.

The Mayo Clinic has found that many who struggle with an ED are reluctant to ask for help. If you know someone who is struggling with poor self-image or an ED, be patient, listen and check in on them regularly. Caring support can be the foundation of healing.

— Dasha Myer

## With 72 percent of The Right to Be with Our Families

Access to paid parental leave is beneficial and important to families. For children, the first few years of life are critical for development and forming attachment to caregivers. A 2014 study by Gault, Hartmann, Hegewisch Milli, and Reichlin stated that access to leave allows for the strengthening of attachment between parents and their child. The researchers found that mothers are more likely to breastfeed when leave is available and breastfeeding allows for an increase in bonding between the mother and child. The study also found that though fathers are less likely to take leave, time off would allow for stronger father-child bonding as well.

Blanca Eschbach, a mother from Texas, told Reuters in 2019, "I think as a society we value productivity above family life. You almost feel rushed to get back to work." Eschbach had 10 weeks after giving birth before returning to work. She said 16 weeks would have been ideal, but her family could not afford it. Without access to paid leave, many parents are unable to spend much time with their child during a period that is important to their child's development.

According to [tn.gov](http://tn.gov), Gov. Bill Lee put a



new plan in place to offer up to 12 weeks of paid family leave for some state workers. This policy went into effect March 1. Jonathan Mattise at [usnews.com](http://usnews.com) reported that almost 38,000 employees will be eligible for leave at 100 percent of their salary because of the executive

order. Though this new plan does benefit some state employees, many parents are still without paid leave. "About 80 percent of U.S. workers in the private sector still lack access to paid family leave," reports Mattise.

According to [tn.gov](http://tn.gov), with some restrictions, parents in Tennessee are provided with four months of leave to care for a newborn, but employers are given the option as to whether they offer paid or unpaid leave. As of right now, Tennessee employees who need paid time off under the Family Medical Leave Act (FMLA) use their vacation or sick days, according to the Department of Human Resources. This new policy does show that Tennessee is making progress in the parental leave sector, but many more changes are still needed to ensure that all parents can take off time to care for their children without the fears of income and job loss.

— Madison Cantrell

## Coming Fall 2020

**Book Club:** Attend this term's inaugural meeting of our student book club in September. This is your chance to meet other readers and discuss books and issues of interest.

**Centennial Celebration:** Join us in September as we celebrate 100 years of women's suffrage.

**Center Stage presents Heather Dean:** Heather Dean has worked with the Copal AA La Esperanza village founded by Maya survivors of Guatemala's genocide for almost 30 years. She was instrumental in founding the village's school which focuses on indigenous culture, human rights and sustainable forestry. Dean and a special guest will discuss the genocide of the Maya people, the current fight for indigenous rights, ecological and political issues and the changing role of women in Guatemala. Heather appears in September.

**Center Stage presents Kayla McKeon:** Kayla McKeon is the manager of Grassroots Advocacy with the National Down Syndrome Society, and the first registered lobbyist who happens to have Down Syndrome. As a lobbyist, McKeon helped pass the ABLE to Work Act in 2017 and is currently lobbying for the Transitioning to Integrated and Meaningful Employment (TIME) Act. McKeon is also a medaled Special Olympian in bocce and acts as a Congressional Athlete member and Ambassador. The Commission on the Status of Women is excited to host Kayla in October.

**Wilma Carr Scholarship:** Qualified applicants are current students who are survivors of domestic violence, child abuse or a similar unfortunate situation. Applications are due December 15, and all applicant info is kept strictly confidential.

For specific dates and locations, visit our website  
<https://www.tntech.edu/women/>

## Attune Fall 2020 Write for Attune!

We want *Attune* to be relevant and interesting for our readers and are seeking fact-based articles on topics profiling and empowering the lives of women. Students, staff and faculty of all backgrounds are encouraged to submit articles of 600 words or less. Email submissions or questions to [womenscenter@tntech.edu](mailto:womenscenter@tntech.edu) or drop them off at the center.

**Submission Deadline: Sept 18, 2020**

## Get Involved

The Women's Center has volunteer, HPEO and internship opportunities. Work Study positions are also available for interested students upon interview. Write for our newsletter; help plan, create and host events; hang fliers and design publicity; or assist with bulletin boards and other informational displays with our staff. Interns can receive course credit hours.

Sociology, psychology, human ecology and journalism majors are encouraged to intern, but we are open to students from all approved departments. Build your resume, put your knowledge to work and help your campus community.

Get connected to your Women's Center.  
Like us at "TnTech Women's Center" on Facebook  
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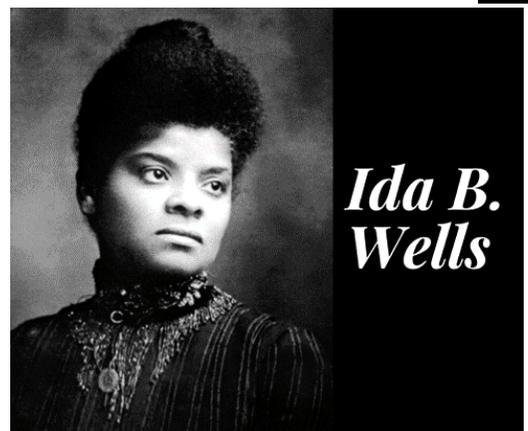
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Visit our website:  
[www.tntech.edu/women](http://www.tntech.edu/women)



### 2020 Pulitzer Prize Winner

Ida B. Wells (1862-1931) was awarded a Pulitzer "for her outstanding and courageous reporting on... violence against African Americans during the era of lynching." A part owner of the Memphis Free Speech newspaper and well-known suffragist, Wells led the anti-lynching crusade in the 1890s.