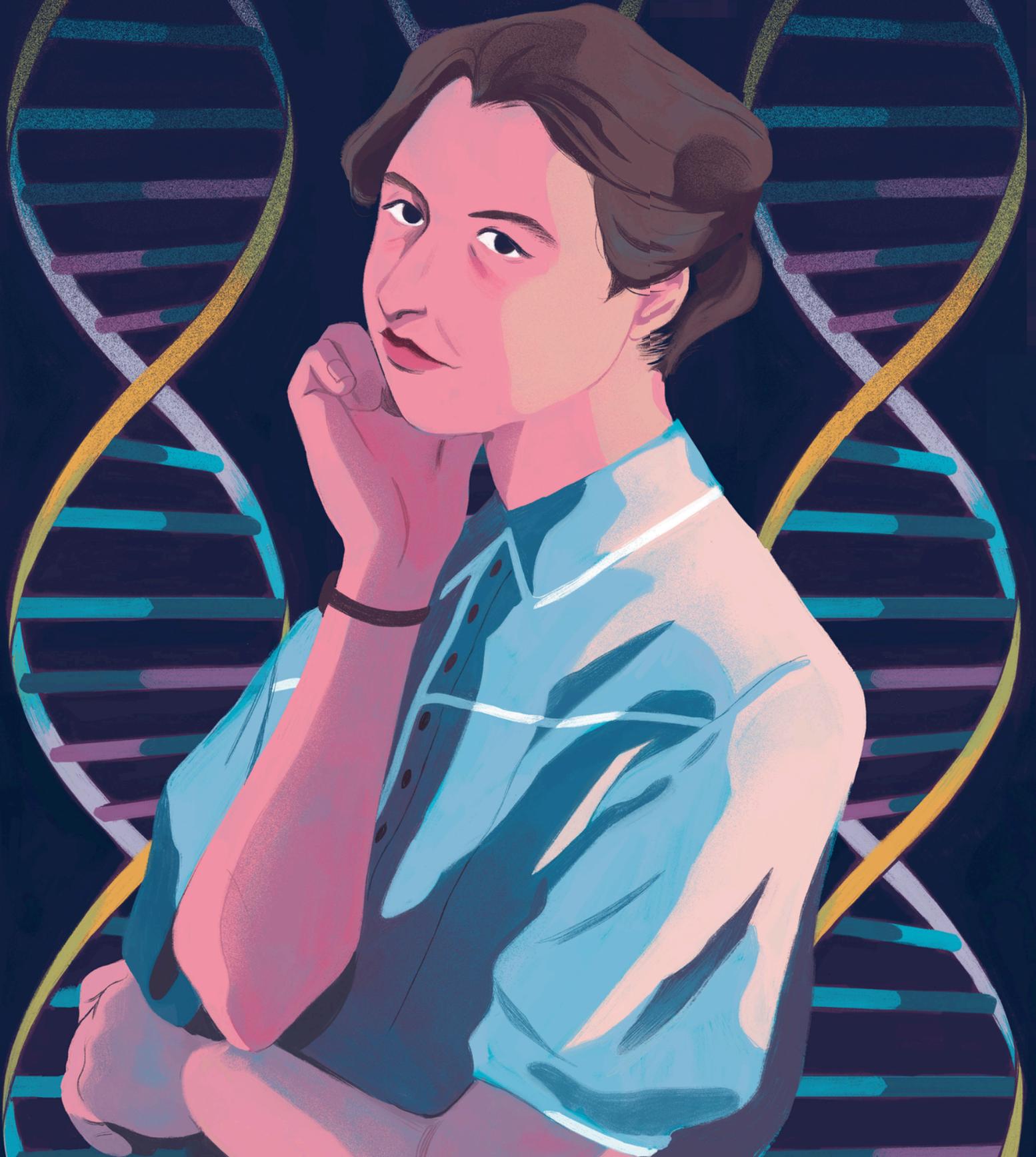


# FOSSA NO. 21



WOMENS HISTORY MONTH

ARTIST—JULIETTE BROCAL

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# Women's History Month

HEAR FROM WOMEN IN FOSSA!

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## *A shift in Perspective*

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When I used to reflect on being a woman in STEM, my thoughts often gravitated toward the moments I felt dismissed; the times my ideas were overlooked, my contributions interrupted, or my voice drowned out in rooms. My first instinct was to frame my experience through those frustrations. Ironically, that was the focus of the first article I wrote for FOSSA in my second year. But over time, my reflection shifted. I began to notice something just as powerful. I saw women in my program stand up, claim space, and lead with confidence. I watched my peers command rooms, ask bold questions, seize amazing opportunities, and support one another. There was something deeply empowering about witnessing women not just surviving in these spaces, but shaping them.

This experience shifted my perspective. Instead of focusing solely on the negative, I began to see possibilities. It is inspiring to see women lead, but even more powerful to realize you have people to lean on for your success. And I am glad to be graduating with a change in heart.

Love, Aish Penumaka



Aishwarya Penumaka

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## *New Business Grants Available!*

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Doing research has been one of the most formative parts of my undergraduate experience. Working in research has taught me how much science is built on patience – experiments fail, protocols change, data can look messy, and progress is rarely linear. You learn quickly that resilience matters more than perfection.

What I didn't expect was how much that same lesson would apply to me. In STEM, it's easy to create a timeline in your head – when things should click, when opportunities should come, when you should feel further along. And when that timeline doesn't unfold the way you imagined, it's easy to feel like you've fallen short.

Research has forced me to accept that growth isn't linear and that not everything is within your control. Experiments don't cooperate just because you planned them carefully, and neither does life. Being a woman in STEM has meant learning to release the pressure of perfectly executed plans and to allow space for detours, slower seasons, and unexpected outcomes. Sometimes it's okay when things don't proceed according to plan. It's okay to be kinder to yourself in those moments – to recognize that progress can still be happening, even if it looks different than you expected. Not everything has to unfold perfectly for it to still matter.



Gurleen Banger



# FOSSA's KRISPY KREME

## DONUT SALE

March 4<sup>th</sup> | 10am-4pm

Science Atrium

**\*Prices:**

**\$2/donut**

**\$8/half dozen donuts**

**\$12/dozen donuts**



All proceeds will be dedicated to supporting individuals experiencing homelessness in the Kitchener–Waterloo community.

*\*purchases made with credit/debit are subject to a 5% service charge*

FOSSA  
FORMAL 2026

CLUB  
NOIR  
MARCH 12 • 8PM-12AM  
THE TURRET

\$5  
*Early Bird*

\$10  
*Regular*



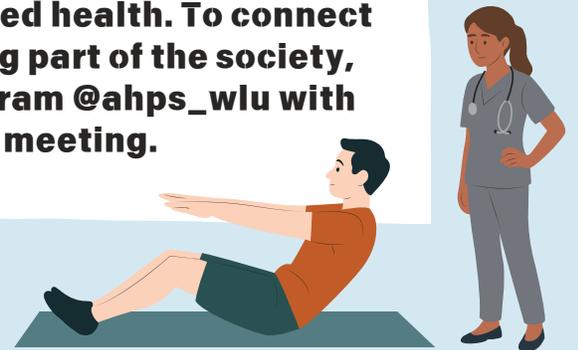
Scan the QR code to purchase tickets today!

# CLUB SPOTLIGHT



## ALLIED HEALTH PROFESSIONALS SOCIETY

**The Allied Health Professionals Society (AHPS) focuses on educating, connecting, and inspiring Laurier students looking to pursue careers in the allied health professional field. The AHPS aims to inform students of 2-3 different career options per meeting, helping expand students' knowledge on the other areas they can take their degree. Bi-weekly, members will attend sessions that include career profiles, customized routes to achieve each profession, day-in-the-life videos, and career cruising resources. Among each other, members will discuss what they have learned to expand their knowledge and grow their passion for the importance of careers in allied health. To connect with the AHPS and get the most out of being part of the society, members can message the AHPS on Instagram @ahps\_wlu with career suggestions for the next meeting.**



# WOMEN IN STEM: PIONEERS OF SCIENTIFIC INNOVATION

EDII

FOSSA



Rosalind Franklin is most famous for producing Photo 51, the X-ray diffraction image that revealed the double-helix structure of DNA. While her data was shared with James Watson and Francis Crick without her knowledge, her contributions extended far beyond genetics. She performed groundbreaking work in virology, leading the research that mapped the structure of the Tobacco Mosaic Virus and the polio virus. Her work proved that a virus's genetic material was embedded within its protein shell, a discovery that remains a cornerstone of modern molecular biology and infectious disease research.

Alice Ball was an American pharmaceutical chemist and the first woman and first African American to receive a master's degree from the University of Hawaii. She became a lead researcher at a young age, focusing on finding a medicinal treatment for Hansen's disease (leprosy) during a time when patients were forcibly isolated due to the lack of a cure. At just 23 years old, Ball developed the first successful injectable treatment for leprosy by isolating ethyl esters from the oil of the chaulmoogra tree, a process that became known as the "Ball Method." This breakthrough allowed thousands of patients to be treated and discharged from hospitals and isolation installments for the first time in history. However, following her death at age 24, the president of her university continued her research and published the findings under his own name without giving her credit. It took nearly 90 years for her pioneering work to be formally recognized.



Marie Curie was a groundbreaking physicist and chemist whose research fundamentally changed our understanding of atomic science. Born in Poland in 1867, she later moved to Paris to study at the Sorbonne, where she excelled in physics and mathematics despite significant financial hardship and gender discrimination. Alongside her husband, Pierre Curie, she began investigating uranium rays, a phenomenon first observed by Henri Becquerel. Through meticulous experimentation, she discovered two new elements—polonium (named after her homeland) and radium—and coined the term "radioactivity" to describe the emission of energy from unstable atoms. In 1903, she became the first woman to win a Nobel Prize in Physics, and in 1911, she won a second Nobel Prize in Chemistry for isolating pure radium, making her the only person in history to win Nobel Prizes in two different scientific fields.



March 24th-26th  
Science Atrium

# **FURC** 2026

FOSSA Undergraduate Research Conference



**17 MARCH 2026**



**HAPPY SAINT**

**PATRICK'S DAY**

**TIPS FOR PARTYING SAFELY:**

- 
- 
- Have a plan for getting home safely
  - Eat and stay hydrated
  - Use the buddy system
  - Know your limits
  - Never leave your drink unattended or accept drinks from strangers
  - Always be aware of your surroundings

