UPCOMING EVENTS

Meet, Eat, and Learn
Wednesday, February 8th Noon - 1:00 pm
International Centre

This Month’s Speaker:
This month’s speaker for our monthly Meet, Eat, & Learn will be Amoussa Koriko. Amoussa will speak on common misconceptions and challenges facing refugees coming into the area.

Mr. Koriko is a current UND student pursuing his PHD in Educational Foundation & Reasearch. He is currently a GTA, teaching French. Amoussa is a cultural officer in both the UND African Student Union and Grand Forks United African Community organizations. He is the founder of a local non profit organization, African Art Arena.

Meet, Eat & Learn is an opportunity to learn something new, share views and ideas, and interact with others - all while enjoying a delicious and FREE lunch.

Coming in March:
March is Women’s History Month!

International Women’s Day is March 8th!

ASU is a student organization here at UND and the mission of ASU is to actively serve as a resource organization that meets it's members needs. The membership of this organization is open to every students who share our common interest.

http://involvement.und.edu/organization/ASU

CONTACT INFORMATION:
Staff:
Kay Mendick, Director
Patty McIntyre, Program Associate

Address:
UND Women’s Center
305 Hamline Street
Grand Forks, ND 58203

Phone:
701-777-4300
Website:
http://und.edu/student-life/womens-center/

Hours:
Monday - Friday:
8:00 am - 4:30 pm

Happy Valentine’s Day
Tuesday, February 14th
Also V-Day

For more information: http://www.vday.org/home

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New CDC Reports ND lowest in Domestic Violence

Recently the Center for Disease Control released finding of a recent survey on domestic violence around the United States. The randomized survey questioned 9,000 women and 7,400 men. One in every four women says she has been violently attacked, choked, slapped, punched, beaten, or otherwise physically attacked by her husband, boyfriend, or intimate partner. One in every five women report being sexually assaulted.

North Dakota had the lowest weighted rate of reporting of rape, physical violence, and/or stalking by an intimate partner at 25.3 percent prevalence in the population. Crisis intervention specialists warn that the low standing should not be seen as a positive outlook on North Dakota’s incidents of domestic violence. This is in great part due to the fact that ND has seen an increase in domestic violence in the last years. The number of domestic violence incidents reported at crisis intervention centers in ND last year totaled 5,016, up 11.6 percent from 4,496 from 2007.

Obviously any rate of domestic violence numbers should be seen as too much. Studies and reports on domestic violence all agree that the rate is much higher in any region, due to underreporting by victims who are otherwise scared or ashamed to come forward. The controlling aspects of these relationships result in social isolation, emotional and mental abuse, and confusion further preventing women from leaving their violent relationships. Domestic abuse is often called spousal abuse, battering, or family violence. It includes sexual, physical, emotional, psychological abuse as well as financial abuse, medical deprivation, and intimidation. Unfortunately, although rates may differ in certain populations at risk, the numbers do not lie—domestic violence affects every sex, race, culture, education level, orientation, and economic background.

Other noted results from the CDC survey:

One in every six women has been stalked to the point of feeling she could be harmed or killed.

One in seven men said they experienced severe physical violence by an intimate partner. One in 19 men experience stalking.

Half the women reporting sexual assault or attempted assault said it happened when they were 17yrs our younger.

Shirley Anita St. Hill Chisholm was the first African American woman elected to the United States Congress, where she served as the representative for the 12th district of New York from 1969 until 1982. In 1972, she was the first black woman to run for the presidency of the United States under a major party.

Civil rights for blacks, women, and the poor, the U.S. judicial system, police brutality, prison reform, gun control, political dissent, and drug abuse were issues she consistently spoke out on when she ran for the presidency. George McGovern won the Democratic presidential nomination, but Chisholm captured ten percent of the delegates' votes. As a result of her candidacy, Chisholm was voted one of the ten most admired women in the world.

http://www.visionaryproject.org/chisholmshirley/

National Freedom Day

National Freedom Day commemorates the signing of the 13th Amendment outlawing slavery on February 1, 1865 by President Lincoln. The idea to celebrate the holiday came from Major Richard Robert Wright Sr., who was a former slave. He organized a group of leaders to write a bill for a national holiday that would celebrate freedom for all Americans, the holiday would take place on February 1. It was first commemorated on February 1, 1942, although it was not an official holiday yet. On June 30, 1948, President Harry Truman signed the bill. Every year on this day, a wreath is laid at the Liberty Bell in celebration.

The Day is also at times referred to as Juneteenth or Emancipation Day. June 19, 1865, is the Day that Union soldiers arrived in Galveston TX, announcing that the war was over and the slaves were free. General Granger, leading the soldiers that day, read the Emancipation Proclamation, which freed approximately 250,000 slaves in Texas alone.

[http://www.holidaysmart.com/2nationalfreedomday.htm]
**Bruises~ Roller Derby, Love, and Domestic Violence**

**Lori’s Story**  By: Jacqueline Hoffarth

**Who is Lori?** Lori is a 35 year old single mother of two children, a daughter, a sister, an aunt, and a friend to many. Lori is a United States Air Force Veteran who served four years active duty in the Air Force and two years reserve. She faithfully served her country during a deployment to Saudi Arabia during Operation Southern Watch, protecting the then “No Fly Zone” over the country of Iraq. Lori is also a full time college student, completing her bachelor’s degree and pursuing her Master’s degree in Social Work. She is on the Dean’s list and will go into a program called Advanced Standing because of her consistently high grades. Lori’s love goes beyond all this, however, as she is also a member of the Emerald Coast Roller Derby league.

**When Things Changed:** Lori was a victim of a severe domestic violence attack in April 2011 while she was out of town for Easter with her boyfriend. She was transported to the emergency room by ambulance and admitted. She spent six days in the hospital recovering from her injuries and waiting for the swelling to go down. Lori was hospitalized and had to undergo a seven hour reconstructive surgery to repair over 13 fractures in her face, which resulted in multiple pins, screws and titanium plates being implanted. She faces a long recovery, mounting bills and loss of income. In fact Lori is still having surgeries to fix the injuries from this brutal attack.

This writer would not otherwise known about Lori had it not been for her remarkable ability to share her story. Lori has set up a page on Facebook to bring awareness to domestic violence and to share her story. There are many groups, profiles, and the like on Facebook. In the age of social media, one can find a page dedicated to anything from a love for Cherry Coke to grief support. But Lori’s page captured me.

Lori has had the courage to do what most could not. She is not only recovering from this trauma in her life, but she is being brutally honest about her journey through it. It is an eye opener for many and validation for others. I’ve followed her posts from initial sadness and anger, to confusion over feelings for her attacker, to frustration over her lack of “being better already”. Over 8 months later and Lori is still posting about the physical and emotional limitations her attacker left her with. Her story, her posts on Facebook, show how domestic violence changes lives forever. Below is from posts taken from Lori’s page months after her attack:

“Aaaa I hate that I can't sleep at night, I hate that I am so unproductive, I hate that I have no motivation, I hate that I cry so easy, I hate that I feel all alone, I hate that my degree has got so off track, I hate that I have more surgery, I hate that my life has been turned upside down and inside out!!! OOhh and I hate that I feel hate!!! “

Visit her page at: https://www.facebook.com/pages/Loris-Story-Increasing-Awareness/172467382858741

Lori before and after her attack in April 2011

Her attacker would eventually be sentenced to 20yrs.

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**SHARE YOUR THOUGHTS!**

Whether you want to give the world a piece of your mind, need an outlet for expression or just like writing for fun, there may be a spot for your perspective or creativity in an upcoming Women’s Center News.

We invite you to submit editorials, “slices of life” describing a particular experience, poetry or other forms of writing. E-mail your submissions to:

Und.womenscenter@email.und.edu

*Please note that not all submissions will be published and that the UND Women’s Center reserves the right to edit submissions.

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**The Women’s Center now has a blog!**

Our blog is a new way for us to share with you upcoming events in the area and present current information on women’s issues.

Visit us at:

http://womenund.areavoices.com
This Valentine’s Day Have a Healthy Relationship and a Healthy Heart

http://blog.gaiam.com/blog/6-ways-to-be-active-with-the-one-you-love/

Valentine’s Day means many of you are probably planning a “date night” with your significant other, some friends or maybe even your kids. Planning and scheduling time with those you love is obviously crucial to maintaining a healthy and happy relationship. We are all so busy these days that it’s always a good idea to schedule time to reconnect.

If you are like most people, your dates/special times are based on “calories consumed.” This can mean eating at a new restaurant, getting snacks at a movie, meeting for a fancy coffee or a glass of wine after work. These things can be great ideas for spending time together but once in a while why not try looking at the opportunity to be with those you love a little differently. Pick activities to do together that are focused on being active and expending calories. Don’t think you have the time? Well, you may just have to change your definition of a “date”. Believe me, I know firsthand that sometimes the only time you may have together with a loved one when there are no obligations is at an odd time of the day, but that shouldn’t stop you. Being active together can truly enhance your relationship. It can foster the support you give to one another and can provide a great time to connect and feel energized together, all while burning calories. The options are endless for date ideas and sometimes you may have to think out of the box a little bit, but here are a few ideas to get you started:

* Take a hike together: Walking with a loved one is a great way to burn calories together, but also a great time to have meaningful conversations. Think of how many times you wished you had your loved one’s captive attention.

* Try a new sports class together: Perhaps you have been scared to try that kick-boxing or yoga class. Try it together.

* Challenge each other: Suggest playing your favorite competitive sport with a special someone. A little healthy competition on a tennis court or the golf course can be a lot of fun.

* Sign up for a ballroom dancing class together: Romance on the dance floor = calories burned!