UPCOMING EVENTS

Meet, Eat & Learn:

Mildred Biaku is a graduate student currently pursuing her PhD in Teaching and Learning. Mildred will be talking about her experiences as an international student here at UND. Mildred is originally from Ghana, a country in West Africa. She will be focusing on what it is like to be a mother of three and dealing with many nuances that she faces as an international student. This will include general socio-cultural differences that she has encountered especially here at UND.

Wednesday, February 12th Noon - 1:00 pm
International Centre

CAREER SERVICES
Walk-In Wednesday!!
McCannel Hall Room 280
9AM–3PM
JANUARY 22- MAY 7

⇒ Internship Opportunities ⇒ LinkedIn/Social Media Presence
⇒ Resume ⇒ Networking Skills
⇒ Cover Letter/Personal Statement ⇒ Career Fair Readiness
⇒ Career Search ⇒ Student Employment
⇒ Interview Skills

CONTACT INFORMATION:
Staff:
Kay Mendick, Director
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305 Hamline Street
Grand Forks, ND 58203

Phone:
701-777-4300

Website:
www.und.edu/womenscenter

Hours:
Monday - Friday:
8:00 am - 4:30 pm
Test Your Knowledge—Black Women in History

1. Norma Merrick Sklarek (b. 1928) was the first black woman to be licensed as:
   a. A stock broker
   b. An architect
   c. A lawyer

2. Mary Church Terrell (1863-1954) started her career in education before moving on to fight for both civil rights and women’s voting rights. To what city government position was Terrell appointed in Washington, DC as a notable first?
   a. Chief Librarian
   b. Board of Education Member
   c. Department of Health Inspector

3. Dr. Mae Jemison (b. 1956) was the first African-American woman to fly in space. As a science mission specialist on the space shuttle “Endeavor,” what area of research did she NOT pursue?
   a. Biofeedback
   b. Studying electromagnetic fields
   c. Weightlessness

4. Fannie Lou Hamer (1917-1977) was a civil rights activist who dedicated herself to voter registration in the south. She was forced to leave her childhood home for the act of:
   a. Registering to vote
   b. Protesting lynching
   c. Resisting arrest

5. Pauli Murray (1910-1985) was the first black woman to:
   a. Appear on the cover of Vogue magazine
   b. Direct a feature-length film
   c. Become ordained as an Episcopal Priest

6. Wilma Rudolph (1940-1994) was the first female triple Olympic gold medalist in track in 1960, winning her medals in which city?
   a. Rome
   b. London
   c. Los Angeles

7. Edith Spurlock Sampson (1901-1979) was the first African-American woman to fly in space. As a science mission specialist on the space shuttle “Endeavor,” what area of research did she NOT pursue?
   a. Biofeedback
   b. Studying electromagnetic fields
   c. Weightlessness

8. Ballerina Janet Collins (1923-2003) was the first black artist to perform on which stage in New York City in 1951?
   a. Radio City Music Hall
   b. The Apollo Theater
   c. The Metropolitan Opera House

9. Byllye Y. Avery (b. 1937) is an award-winning health care worker-turned-writer and lecturer. Among her many accomplishments, Avery founded the National Black Women’s Health Project. How old is this organization?
   a. 25 years old
   b. 10 years old
   c. 30 years old

10. Ethel L. Payne (1911-1991) was the first black female commentator at this national news organization (hint—she worked with Walter Cronkite):
    a. CBS
    b. ABC
    c. CNN

Answer’s found on back page!

Tips for an affordable and fun Valentine’s Day with a romantic partner or friends!

- Prepare a home cooked meal
- Create handmade coupons (i.e. a night out on the town or you pick the movie)
- Have a game night or play video games
- Make crafts (decorate wine glasses, plates, or just break out construction paper)
- Have a movie marathon (genre of your choice!)
- Visit a museum
- See a matinee movie in the theater
- Go to a coffeehouse

Happy Valentine’s Day
Friday, February 14th
Women of Color and the Feminist Movement

Women of color involved in the feminist movement have historically not only focused on just women’s issues. Issues of race, ethnicity, liberation, and other issues of social injustice have been intertwined with injustices faced by women. In the early days of the feminist movement, there were many debates between white women and women of color about what issues were relevant. Women of color at times had different concerns based on the social environment of the time that were not always respected and incorporated into the movement by their white counterparts. Even in the 1970s and post civil-rights movements women of color were typically pushed off to the sidelines as a face of feminism was established.

The Combahee River Collective Statement from 1977 summarized the ideas and issues Black Feminists face and is a powerful statement to this day. The statement highlighted the interests of Black Feminists and that they wanted to combat multiple oppressions that occur in society. It said, “We do not have racial, sexual, heterosexual, or class privilege to rely upon, nor do we have even the minimal access to resources and power that groups who possess anyone of these types of privilege have.”

In the 1980s, the rise of the term womanists and mujerista movements began. African/Black American and Latina women who did not find all the many issues of concern being addressed by the feminist movement at the time gave way to new movements and theories. In many ways these movements formed due to issues of white feminism not necessarily recognizing the racial, class, and social differences and how these impacted the variety of worldviews among feminists. “White feminism” as a specific set of single-issue, non-intersectional, superficial feminist practices. It is the feminism we understand as mainstream, and may not necessarily include aspects related to class, race, sexual orientation, ableism, and ageism. Many prominent women in the movement (e.g. Bell hooks, Alice Walker, and many more) have contributed greatly to the womanist movement and their works can be found online and in local libraries to further your knowledge on the topic!

The Future of the Movement

Much of the future of the feminist movement is rooted in recognizing the different worldviews that everyone involved in the feminist movement may have. There is a dominant image of what feminism looks like, but there are many people involved and bringing different issues to the forefront. Women of color, white women, men, LGBTQ individuals, people of varying abilities, and different age groups are all involved in tackling the multiple oppressions that people face today. Incorporating worldview, recognizing how our own identities impact our views on issues, and recognizing different concerns of various individuals is essential in approaching these issues.

* inspired and adapted from Women of Color and Feminism: A History Lesson and Way Forward by Anthea Butler, Women of Color and Feminism: A History Lesson and Way Forward

AAUW and UND Partnership

The University of North Dakota and AAUW (American Association of University Women) have recently formed a college/university partnership. Kay Mendick and Patty McIntyre from the Women’s Center are the C/U representatives and will be collaborating with the AAUW Grand Forks Branch. AAUW’s mission is to advance equity for all women and girls through advocacy, education, philanthropy, and research. Through membership, one belongs to a community of men and women breaking through education and economic barriers so that women and girls have a fair chance. Undergraduate students can join for FREE as an e-student affiliate by filling out a simple online form.


There are benefits for students, faculty and staff which include free e-student affiliate membership for undergraduates, access to education, grants, leadership development opportunities, fellowships for graduate students who are AAUW members, advocacy for federal public policy, ground breaking research, and AAUW internships.

Visit www.aauw.org and see what the opportunities available to the University of North Dakota community.

Watch for future announcements regarding opportunities to meet, greet and get to know AAUW better.
February is National Eating Disorder Month: Did you Know?

- The rate of development of new cases of eating disorders has been increasing since 1950 (Hudson et al., 2007; Streigel-Moore & Franko, 2003; Wade et al., 2011).
- The prevalence of eating disorders is similar among Non-Hispanic Whites, Hispanics, African-Americans, and Asians in the United States, with the exception that anorexia nervosa is more common among Non-Hispanic Whites (Hudson et al., 2007; Wade et al., 2011).
- Alcohol and other substance abuse disorders are 4 times more common than in the general populations (Harrop & Marlatt, 2010).
- Depression and other mood disorders co-occur quite frequently (Mangweth et al., 2003; McElroy, Kotwal, & Keck, 2006).
- There is a markedly elevated risk for obsessive-compulsive disorder (Altman & Shankman, 2009).
- Browne (1993) reports that African-American women feel tremendous pressure as role models, and that as a result, feel they must be perfect in order to counteract negative stereotypes.
- Hall (1995) reports that Asian and Asian-American women are becoming increasingly susceptible to eating and body image problems.
- While research indicates that lesbian women experience less body dissatisfaction overall, research shows that beginning as early as 12, gay, lesbian and bisexual teens may be at higher risk of binge-eating and purging than heterosexual peers.
- In one study, gay and bisexual boys reported being significantly more likely to have fasted, vomited or taken laxatives or diet pills to control their weight in the last 30 days. Gay males were 7 times more likely to report binging and 12 times more likely to report purging than heterosexual males.

* Taken from the National Eating Disorder Awareness Website

** Information taken from blackvoices.com, 2010.

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