March is... National Women’s History Month

Herstory

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**Website:**
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**Hours:**
Monday - Friday, 8:00 am - 4:30 pm

**Upcoming Events**

**Meet, Eat & Learn**

Wednesday, March 5th
Noon - 1 PM
International Centre

**A Conversation About Feminism and Sexism**

Jessy Hegland is the creator of a documentary called “Freedom Barrel: North Dakota Voices on Feminism and Sexism”. Join us as Jessy discusses her experiences in creating the film as well as what she has learned about how North Dakota women and men view feminism.

“Freedom Barrel: North Dakota Voices on Feminism and Sexism”

**Screening and Panel Discussion**

Wednesday, March 5th
7 PM

**Memorial Union Lecture Bowl**

“Freedom Barrel: North Dakota Voices on Feminism and Sexism” is a documentary that is really a conversation—a conversation with North Dakota women and men about their experiences with sexism and what feminism means to them. Poignant and timely, their words expand on a conversation needed as much today as ever. Recalling their own personal experiences viewers feel as though they become part of the conversation.

Following the screening, a panel discussion will take place to discuss the history of feminism and sexism in ND and around the globe.
WOW! Week of Waves Events
Sponsored by: Third Wave at UND

Monday, March 3rd
- Cupcake Sale, 11-3 PM, Merrifield
- Wonder Woman! The Untold Story of the American Superheriones, 6 PM, Memorial Union Lecture Bowl

Tuesday, March 4th
- Tabeling in the Memorial Union about Measure 1, Personhood Bill, 12-2 PM

Wednesday, March 5th
- Meet, Eat, and Learn, 12-1 PM, International Centre
- “The Freedom Barrel” Documentary and Panel, 7 PM, Memorial Union Lecture Bowl

Thursday, March 6th
- Tabeling in the Memorial Union about Measure 1, Personhood Bill, 12-2 PM

Friday, March 7th
- International Women’s Day Panel, 12-1 PM, International Centre
- “This is Personal” Women’s Art Exhibition at Blue Door Gallery (Downtown Grand Forks), 6-9 PM

Meet, Eat & Learn
Wednesday, March 26th
Noon-1 PM
International Centre
Kathy Coudle King will be performing a piece for Women’s History Month.

International Women’s Day Panel
Friday, March 7th
12:00pm
International Centre

In honor of International Women’s Day, Women and Gender Studies is hosting their annual panel featuring women from all over the world. Please come and listen to these women share their stories.
FREE PIZZA AND POP!

45th Annual Writer’s Conference
April 2nd-4th
"Imagine: A Literary Festival on the Prairie"
http://und.edu/orgs/writers-conference/
SPRING BREAK SAFETY TIPS

Every spring, college students across the country head for vacation hot spots across the country and abroad. MTV and other media outlets have glamorized partying and highlighted many tourist destinations in the last several years. What is meant to be a fun and relaxing time with friends may turn into a tragedy without taking important safety precautions.

Many may remember the Natalee Holloway disappearance that dominated the news in the Summer of 2005. Unfortunately, incidences like these are heightened during spring break.

• To stay safe during spring break safespringbreak.org recommends reserving a hotel room above the first floor because rooms on the first floor are easiest to break into. Furthermore, don’t let anyone into your room you don’t know and keep doors and sliding glass doors locked. If your room has a safe take advantage of it and store your valuables.

• When using an ATM go in a group and try to get your cash in daylight hours. Also, use your hand to cover the keypad when entering your PIN and if there is someone suspicious simply go to another ATM or wait for them to leave.

• If you are consuming alcohol remember to pace yourself and be conscious of alcohol poisoning. Many perpetrators target people who are intoxicated so be aware of your surroundings. Also, watch your drinks and your friends drinks in case you may be drugged. If it tastes funny or you have left your drink unattended pour it out and get another one. It is not worth the risk.

• If you are drinking outdoors be aware that sun exposure can intensify the effects of alcohol. Stay hydrated, pace yourself, and wear sunscreen.

• Also, be very careful if you are going to consume alcohol in a hot tub. Alcohol can dilate blood vessels and lower blood pressure which is intensified in a hot tub.

• When going out stay together. Make sure everyone leaves and comes home together. This way you can look out for each other, if a friend is too intoxicated to be out take them home, if someone might have been drugged take them to a hospital.

• If you are leaving the country, first of all you will need a passport. Plan this at least 6 months in advance. Do not bring flashy valuables and dress conservatively. Do your homework and keep in mind that the laws may change depending on the country you are visiting.

• Protect yourself from the sun. It has been a cold winter in North Dakota, so the warm sunshine will feel good, however too much can result in premature aging, changes in skin texture, and skin cancer. Make sure to bring plenty of sunscreen and always apply and reapply throughout the day. SPF 15 or higher is ideal.

Reference: http://www.safespringbreak.org/safety-tips/

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND's students, such as the Women's Center. To support the Women's Center, go to www.undalumni.org and designate your donation to "Women's Center" in the comments or contact Jay Erickson, Director of Development, Division of Student Affairs, at 701.777.3693.
What is International Women’s Day?

Each year on March 8th, International Women’s Day (IWD) is celebrated around the world. According to the official website, IWD is “a global day celebrating the economic, political and social achievements of women past, present and future”. This day is all of what you make of it and can be celebrated in any way honoring women. However, the day has been traditionally celebrated by men giving flowers and gifts to the women in their lives. In some countries, IWD holds the same status as Mother’s Day. IWD has the potential to be even bigger than Mother’s Day in that IWD pays tribute not only to mothers and grandmothers but wives, girlfriends, coworkers, and friends too!

The idea of IWD was first proposed by Clara Zetkin in 1910 at the International Conference for Working Women. IWD became a reality in 1911 and the rest is history, or herstory in this case, as IWD will soon reach its 100th year! Today IWD is recognized as an official holiday in 15 countries (China, Armenia, Russia, Azerbaijan, Belarus, Bulgaria, Kazakhstan, Kyrgyzstan, Macedonia, Moldova, Mongolia, Tajikistan, Ukraine, Uzbekistan, and Vietnam).

A day like IWD reminds us to show appreciation for women we care about. Make everyday International Women’s Day and show the women in your circle how grateful you are to have them in your life.

Reference: http://www.internationalwomensday.com/events.asp