March is...
National Women’s History Month

Herstory

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http://und.edu/student-life/womens-center/index.cfm

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

Upcoming Events

Meet, Eat & Learn:

Wednesday, March 6th
Noon-1 PM
International Centre

A Look into the Past, Present, and Future of Women in Iran

Three Iranian women will discuss their personal journeys and
share information on women’s rights, culture, religion, and
practices in Iran.

 Speakers:
Mojdeh Mardani—Faculty, Electrical Engineering &
SWE Faculty Advisor
Sima Nogharian—Assistant Professor, Electrical Engineering
Leila Azinfar—PHD student, Electrical Engineering

FREE LUNCH! EVERYONE IS WELCOME!

Who Needs Feminism” Campaign
March 21st
9 AM-3PM
Memorial Union

Friday, March 8th

Read more on pg. 2!
The word “feminist” is commonly perceived as a man-hating, bra burning, liberal view of the world. People feel this is a radical concept that nobody wants to talk about. This perception is misunderstood and the reason why this campaign as begun.

**What is the Who Needs Feminism Campaign?**

A group of women from Duke University decided they wanted to change the perception of “feminism”. The “Who Needs Feminism” Campaign is aimed at challenging the existing stereotypes that surround feminists. This campaign shows that feminism can appeal to a wide range of individuals based on cultural background, socioeconomic status, sexual orientation, and others.

**How do I participate in this campaign?**

Come out to the Memorial Union on March 21st to participate in the UND “Who Needs Feminism” campaign. This is an opportunity to tell why you need feminism and have your picture taken with that reasoning.

*Examples of sayings may include:*

“I need feminism because being a man shouldn’t mean belittling a woman.”

“I need feminism because it gives me hope we can change our reality.”

For More Information Visit the Who Needs Feminism website:

http://whoneedsfeminism.tumblr.com/
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.

♦ Whether or not you have sex over spring break plan beforehand what is acceptable to you and set your boundaries early. If you do decide to have sex make sure to use protection and keep yourself in safe situations.

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

UND Writer’s Conference

Tuesday, March 19th–Saturday, March 23rd

All readings and panels will be held in the Memorial Union Ballroom. Films shown in the Memorial Union Lecture Bowl.

All events are FREE and open to the public!

For complete schedule go to:
http://writersconference.und.nodak.edu/wc-schedule.htm
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.

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