Meet Eat and Learn
Come celebrate the 6th Annual “Phenomenal Woman Award” and recognize influential women from our past! Wednesday, March 7th 12-1 pm at the International Centre

In recognition of Women’s History Month, please join us and learn about these incredible women of our past.

Dr. Susan La Flesche Picotte: First American Indian Woman to become a physician in the U.S. Portrayed by: Trisha Yearwood

Frida Kahlo: Considered one of Mexico’s Greatest Culture Artists Portrayed by: Shay Rodriguez

Rosa Parks: Named the “Mother of the Modern Day Civil Rights Movement” Portrayed by: Malika Carter

Pakistani Prime Minister Benazir Bhutto: Pakistani Democratic Socialist Portrayed by: Yolanda Cox

Era Bell Thompson: Editor of Ebony Magazine and published author Portrayed by: Natasha Yearwood Thomas

The Women’s Center and the Era Bell Thompson Multicultural Student Services Center invite you to join us for our Meet, Eat, and Learn on March 7th from noon to 1:00 p.m. at the International Centre. During this event, the 6th Annual Phenomenal Woman Awards will take place. Two individuals will be recognized for their efforts in contributing to the advancement of women and/or people of color. This event is open to students, faculty, staff, and community. Come enjoy a free lunch everyone is welcome.

43rd Annual UND Writers Conference
March 27-31
Through the leadership of the UND English Department, the Women’s Center is delighted to help support bringing Brenda Miller to campus. For the entire Writer’s Conference schedule please go to check out their website at: http://www.undwritersconference.org/we-schedule.htm

March 29th
Panel discussion “Creatures of Habit” at Noon
Film: “Wendy & Lucy” selected by Brenda Miller at 2:00pm
Reading by Brenda Miller at 4:00pm

March 30th
Panel discussion “Adult Companions” at Noon

National Women’s History Month
Free Roses on March 8th from 11-1 p.m. to honor International Women’s Day!

To help celebrate International Women’s Day, the Women’s Center will have roses to be given away on a first come first serve basis. Stop by the main floor of the Memorial Union and look for our table and pick up a rose for that special woman in your life. We have invited the Women Studies Department to join us in handing out information about both the Women’s Center and Women Studies. (100 roses will be given away)
Organization In A Home Creates A More Peaceful Life
By Chanel Myers

When I get home from work or school, I throw my book bag on a chair or slump it against the couch, kick my shoes in the middle of the floor, and sprawl myself across the couch. Being an undergraduate or graduate student can be exhausting. It is hard to keep up on studying, maintaining a job, and keeping up a personal life. For me, one of the first things to go is the organization within my life and my home. In the end, allowing the organization to fall apart just takes up more time. March is National Women’s History Month, and the theme is empowerment. To empower means educating yourself and educating others of all genders within your career, home, and all whom you may encounter to allow everyone the chance to find their own voice (National Women’s History Project, 2012). Katie Mustgrove exemplifies the idea of empowerment by educating her family and community members about the skills she learned from her education and her personal life experience. She is a homemaker, professional organizer, and a leader in her church community. Mustgrove also has a degree in Family Science and Professional Preschool Education. She has been married for 15 years, has six beautiful children, perfected her organizational skills within her own home, and consults for clients who need organization assistance. I had the opportunity to meet with Mustgrove here in Grand Forks, ND., and see her organizational skills first hand. I was able to find out what the key steps are to organizing a room or house. There are six steps to creating and keeping an organized household, according to Mustgrove . (K. Mustgrove, personal communication, February 1, 2012).

Step 1: Analyze the Space.
It is important to define what the function of the space is. There isn’t a right or wrong with this step. The space needs to be personalized to your needs to make the organization affective. Determine what spaces and containers, or lack thereof, are working or not working to keep the space clean.

Step 2: Plan It.
When looking at the whole space, the organizer must determine which area is the most cluttered. Start in one area first and move forward from there. If there is a large project being taken on, the organization can take time and prioritization must take place. Make sure that the reason of the organization is identified. This will make the space and a person’s life more functional and less chaotic.

Step 3: Clear Out the Space.
Clear everything out. It is important to start with a “clutter-free” space. Use cleaning solutions if necessary to allow the organization to start with a fresh clean space.

Step 4: Sort It. There are three categories that all objects within the space should be placed in: keep, throw away, and donate. Mustgrove explains that every person should get rid of 50 percent of his or her belongings when undertaking this organizational process. Although she expresses how some people can think this is a bit drastic, she also explains that many times we have much more than we actually need and this is what can create the chaos.

Step 5: Container It.
This is the step where every single object in the space needs to have a home. Find a place for everything. Shop for the right sized containers to fit the space and objects, put labels on all of the containers so that everyone knows what goes where, and then everything can be put in the same place every time.” It takes twice as long to put something away wrong” (Mustgrove, 2012). Spending the time to put everything the same direction or making sure all the labels in the pantry are faced the same way can seem extreme, but in actuality, it can create order and make the space much more calming and peaceful to the eyes.

Step 6: Follow Up or Maintain. If you live with roommates or family members, explain to them where everything goes, the purpose, and importance of the organization to you. Periodically evaluate if the space is still functioning properly or if there needs to be a change again to keep the space clean, clear, and organized. Make the organization a way of life or a habit. Instead of just kicking your shoes off, make it a habit to put everything back. “Being organized is not a personality trait. It’s a skill anybody can learn” (Mustgrove, 2012)

March 8th 12-1 pm, at the International Centre

Sponsored by the Women Studies Department

In celebration of International Women’s Day, the UND Women Studies Department will host a panel discussion with international women. There will be a panel of International Women discussing women’s rights and cultures worldwide. Free Pizza and Pop. Everyone is Welcome!

Tunnel of Oppression

Invite your friends and come to this kick-off event for the Tunnel of Oppression!

At 6:00 p.m. MOOZ-lum will be showing in the Memorial Union Ballroom. This film is directed by Qasim Basir. Qasim, during an interview made the statement, “I simply wanted to give a voice to a generation that is often drowned out by the heavy volume of extremism. But alas, here we are. And I'm willfully submitting my film into the discussion, hoping that it will be able to shed some light and humanize a group of people who have been demonized for far too long. He will be speaking at 7:30 p.m. following the showing of the movie. Mooz-lum: Amid a strict Muslim rearing and a social life he’s never had, Tariq (Evan Ross) enters college confused. New peers, family and mentors help him find his place, but the 9-11 attacks force him to face his past and make the biggest decisions of his life. Following the presentation, Qasim Basir will be available for a meet and greet session. The evening will conclude by 9:00 p.m.

The Tunnel of Oppression is an interactive program that simulates a variety of oppressions people in our community are faced with. It takes about 30 minutes to walk through the tunnel. Enter through the door to Johnstone Hall and follow the signs to get downstairs where the tunnel starts. Everyone is welcome. Volunteers are still needed for this event. Any volunteers interested can contact Erin at erin.schulke@my.und.edu. Reservations are preferred, but walk-ins are welcome.

Tunnel dates and times:
Tuesday 3/27 from 5:00 p.m. to 8:00 p.m.
Wednesday 3/28 from 11:30 am to 1:00 p.m.
Thursday 3/29 from 5:00 p.m. to 8:00 p.m.
The Fire Hall Community Theatre produced a workshop for women of all ages called “Broads on the Boards.” This workshop provided women with the opportunity to write monologues about their personal life experience to share with each other and the community, including stories of sorrow and delight.

I have written about personal experiences before, taken risks with writing throughout my school career, but I had never been on stage to perform my writing. I had also never shared my writing and my personal experiences with women that I didn’t know at all before. We all come from such various backgrounds, ages, and experiences. It’s hard to tell how a person will react to a piece of you that you are sharing on stage. In general, I think it can be difficult for women to find their voice, to share what they really think, believe and feel, and to stand up for something they are passionate about. Even among other women, I think women still hold on to a historically quiet voice for the sake of niceness or not wanting to look overbearing or too opinionated.

What I learned throughout my experience in this workshop is that the other women and girls in the group felt the same way. We all had to put trust and support in one another as we shared personal information about ourselves. Through that support we have given each other, we found confidence to find our “voice” figuratively and literally as we prepared for our final performance.

Writers and actors include: Pat Danielson, Lana DeMars, Karen Fore, Jackie Hoffarth, Heather Joy Jackson, Theresa Knox, and Lyric Jackson. The stories will be performed at 7:30 on March 8th at the Fire Hall Community Theatre. Tickets are $10. The Fire Hall Theatre is located on 412 2nd Ave North, Grand Forks, N.D. Call them for more information at (701) 746-0847

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