

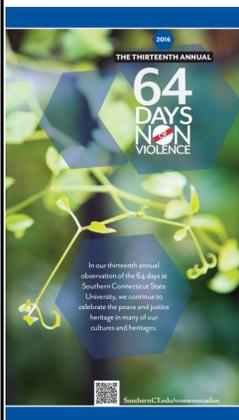


WOMEN'S STUDIES

INVIGORATING, EVOLVING, TRANSFORMING

MARCH 2016 NEWSLETTER
VOLUME 2 ISSUE 5

13TH SEASON OF 64 DAYS OF NONVIOLENCE



The **64 Days of Nonviolence** officially begins January 30th of each year, the day Mahatma Ghandi was assassinated, and ends April 4th, the day we commemorate Dr. Martin Luther King. This year, 2016, is the thirteenth annual observation of the 64 Days at SCSU. We continue to celebrate the peace and justice in our diverse cultures and heritages, including the observance of Human Trafficking Awareness month, Black History month, Women's History month, and Asian/Pacific Heritage month.

A list of March events are below. Please visit

our website for a complete list of events from the 64 Days of Nonviolence. <https://www.southernct.edu/academics/schools/arts/departments/womensstudies/64daysofnonviolence/>

March 64 Days Events

2nd: An Interfaith Dialogue 1-2pm, Engleman A 120

3rd: "Portraits of American Moms: #BlackLivesMatter and #SayHerName," with Alyssa Liles-Amponsah, 12:25-1:40pm, ASC 301

7th: "Chops Beyond the Practice Room," with Jessica Meyer 1-2pm Engleman C 112

7th-17th: SCSU Campus E-Waste Collection Mon & Wed: 7:30am-11:30am, 1:00-2:30pm, Thurs: 7:30am-12:00pm, Facilities Operations Warehouse, 615 Fitch Street

8th: Screening of "Journey to the Bottom of the N-Word," by Frank Harris III, Co-Sponsored by Multicultural Center, Anthropology Department, History Department, Sociology Department, VPAS and Women's Studies 7pm, ASC

9th-16th: Week of Wellness

15th: "NDN (American Indian) Women's Cultural Production & Sustaining Turtle Island," with Teresa Juarez and Ali El-Issa, 12:25-1:40pm, Engleman B 121 A+B

19th: The 21st Annual African American Women's Summit, a Sisters' Collective in New Haven 8:00am-3:00pm; Wexler-Grant School, New Haven

28th: "Gender, Projected" 5:30-7:00pm, ASC 301

29th: The 7th annual "The Z Experience," in memory of Zannette Lewis, in conjunction with Women's Appreciation Day 7:30-10:00pm, ASC Ballroom

31st: Slut Walk at SCSU Panel Discussion at 2 PM; One-Mile Walk on Campus, beginning at 3 PM

ACTIVISM NOW

Graduating Women's Studies M.A student, **Betsy Nilan**, is the Acting President of The Get In Touch Foundation. The Get In Touch Foundation is a global breast-health non-profit based in Milford, CT. Get In Touch encourages girls to become advocates for their body, and take control of their health from an early age. The Girls' Program is a free program provided to schools which teaches girls in grades 5-12 the importance of and how to do a breast self-exam using a tool called a Daisy Wheel, which has 8 tips on how to do a breast self-exam.

22ND WOMEN'S STUDIES CONFERENCE AT SCSU

"Women, Community, Technology"

The 22nd SCSU Women's Studies Conference: "#FeministIn(ter)ventions: Women, Community, Technology," April 15-16, 2016. Pre-Registration is now open! Please visit www.southernct.edu/womensstudies

to view our conference page and register today. Pre-Registration is a discounted conference cost for those who take advantage early. After **March 18**, pre-registration ends and regular registration rates appear open until **April 16**, the second day of the conference. The conference is a two day event packed full of plenary speakers and breakout sessions, with topics ranging from Slutwalks and social media to cyberfeminism to women in STEM.



"Portraits of American Moms: #BlackLivesMatter and #SayHerName"



Join us for a group discussion on art as resistance and political participants for social change featuring the work of:

Alyssa Liles-Amponsah
Alyssa is an artist, educator and Education Consultant. She creates art that explores elements of portraiture, identity, experience and space centered around African American and African Diaspora.

MARCH 3, 2016
12:25 - 1:40 PM
STUDENT CENTER RM 301 For more information, contact Women's Studies Engleman B 229 203-392-6133

SCSU WOMEN'S STUDIES PROGRAM PRESENTS

NDN (American Indian) Women's Cultural Production: Sustaining Turtle Island

Come join us for an amazing presentation on American Indian Women's Cultural Production and Sustaining Turtle Island

Teresa Juarez, Apache/Chicana! President of Peace Development Film Board

AK El-Issa, President and CEO of Flying Eagle-Woman Fund

Date: March 15, 2016
Time: 12:25-1:40pm
Where: EN B121 A+B

Part of the 64 Days of Nonviolence

Women's Studies Staff

Yi-Chun Tricia Lin, *Director & Professor*
Alisha Martindale, *Graduate Assistant*
Isabel Skarzynski, *Graduate Assistant*
Miriam Clement, Nikia Halim, and Nadia Khalil,

Undergraduate Interns

Questions and comments are always

welcome, please stop by at

Engleman B229,

or call us at 203.392.6133,

or email us at

womensstudies@southernct.edu,

or visit

www.southernct.edu/womensstudies

Twitter @WMS_SCSU

Instagram @SCSUWomensStudies



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HEALTHY TIPS: HEALTHY EATING HABITS

We, the public health interns, have put together a list of healthy eating habits for the WMS newsletter readers. Although the following tips may seem redundant, they are important to implement particularly throughout a busy day. Remember to eat three or more meals a day (breakfast, lunch, and dinner): Remember that dinner doesn't have to be the largest meal. One advantage of eating three or more meals a day is that your calories are spread throughout the day, so you won't get too hungry between meals. Another is that you won't exacerbate conditions such as gastroesophageal reflux disease, or GERD for short. Try to avoid heavy meals in the evening time, eating too much in the evening can result in unused calories that are not burned up by physical activity and can be stored as fat — a condition that can lead to weight gain. Try ordering dessert first: Ask your waiter if they have berries for dessert then order it for an appetizer. Raspberries, strawberries, and blackberries are rich in fiber, antioxidants, and ellagic acid, a compound that is being studied as a colon cancer fighter. Slow down on the sodium: Americans eat more than double the daily amount of sodium recommended by the American Heart Association. Too much sodium increases the risk of heart disease, stroke, and other health problems. Bon appétit! Sincerely, Nadia Khalil, Miriam Clement, Nikia Halim.

GLOCAL ACTIVISM

Black Girls CODE was launched in April 2011 by Kimberly Bryant. The organization's goal is to provide young and pre-teen girls of colors opportunities to learn in-demand skills in technology and computer programming at a time when they are naturally thinking about what they want to be when they grow up. Black Girls CODE hopes to grow the number of women of color working in technology and give underprivileged women and girls a chance to become the masters of their technological worlds. Upcoming events in the New England area are BGC Boston Chapter Meet & Greet and Kickoff April 2, 2016 and BGC Boston Chapter Presents: Build a Webpage in a Day April 23, 2016. for more information, please visit :

<http://www.blackgirlscode.com>.



FEMINIST OF THE MONTH DIXIE WIAFE



Dixie Wiafe is in her last semester of the Women's Studies M.A. program. Her thesis is titled "Sex Trafficking in Connecticut: The Underlying Truth of Services and Prevention for Victims of Sex Trafficking." She will focus on sex trafficking in Connecticut and the (lack of) services provided for victim survivors of sex trafficking, specifically how the services provided do not cover all the basic needs of sex trafficked victim survivors. Dixie's intention for her thesis is to collect and survey the information available on and for sex trafficked victim survivors and the services available to them. In addition to seeking and surveying the current services available to sex trafficked victim survivors, she intends to examine where the services lack and could be improved. "A majority of the services support victims by providing medical and health assistance, as well as counseling;" however, the victim survivors "need more integrative services to restore their confidence and strength that will enable them to live a normal life." Dixie's target

research subjects are the available services offered to victim survivors, such as training programs and advocacy agencies. Dixie will use a transnational feminist lens to examine and formulate solutions for the lack in services and advocacy for sex trafficked victim survivors. What lead Dixie to focus on sex trafficked victim survivors and the services available to them was her previous knowledge of the lack in services available for this demographic. She justifies this research through her knowledge of and about the services available, as well as her passion to highlight the importance of this issue to a broader audience, in hopes that more comprehensive and all-inclusive services will be developed. Dixie credits Women's Studies with a positive impact on her life: "being a part of this program is a daily reminder of self-worth, a boost of confidence, and self-love." She is thankful for the friends and colleagues she has made in this program, especially because her home is in Massachusetts and does not see her family often. The Women's Studies community has become like a family for her and she "absolutely loves it."

PASSIONS & PATHS



Painting by Anthony Mitrano. Anthony Mitrano is pursuing a graduate certificate in Women's Studies. This painting is part of a series they are working on that focuses on the transformations of butterflies, freedom, and restriction.