

# Diversity Center



*“Chazak chazak v’nitchazek” / “Be strong, be strong, and may we be strengthened”*

As the term winds down The Diversity Center, would like to wish everyone a successful finals week, we recognize the stress that academic rigor compounded with extenuating factors can have on our mental health, so we just want to remind everyone to prioritize self-care. That can be time spent sleeping, studying in the company of friends, lying out on the grass at night, whatever helps you to feel a bit less stressed. For more on coping with impediments to mental health read check out page 3 on SADS.

**Diversity and Inclusion:** Dr. Kimberly Barrett, for those who have yet to meet or see her, is a presence. Not overly prepossessing, or imposing, but nonetheless arresting. In the poise with which she walks, in the assuredness and understanding with which she talks, and the habitual smile that when it isn’t on full display is only ever an introduction away. It’s easy to recognize someone you’d like to get to know better, someone you could imagine yourself working alongside, and if it’s up to Dr. Barrett (which it almost certainly is) you definitely will. “I’m trying to be involved with events and students. I just want to be visible on campus and in the community” Barrett said of one of her foremost occupations since getting to Lawrence. She mentions having been

invited to assistant coach the Women’s Volleyball team which she modestly offered she’d never played in college, but that she did enjoy the experience of warming the seats.

That’s the kind of attitude Kimberly seems to carry about most things. She strives to accommodate, to offer whatever help she can and I immediately saw this in the preparedness and passion with which she communicated her agenda for this year so far at Lawrence. She unpacked each proposed project and the problem it was intended to respond to as she went “First, I have lots of opportunities on the schedule for students to come and talk with me. That’s one of the pressing issues for me, it’s creating authentic spaces for discussion and inclusion.” But for Dr. Barrett these initiatives for inclusion aren’t only focused on the students. Instead she believes that having similar systems of inclusion and support for staff and faculty of color at Lawrence is essential to retaining a diverse staff and faculty.

This makes sense. Regardless of age, religious affiliation, gender, race, or sexual orientation people want to be where they feel not only wanted and welcomed but supported. And this is important because as Dr. Barrett later pointed out

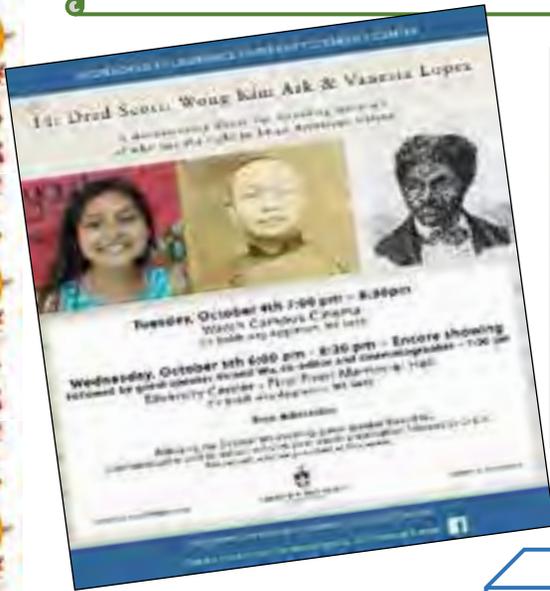
“Another critical need is diversifying faculty and staff, but also making sure that anyone that we do hire will support diversity and community.” This is the kind of culture Dr. Barrett is working to inspire at Lawrence, one where there’s understanding and a sense of safety. Ultimately making a place where a diverse audience of people flourish.

Dr. Barrett’s tenacity isn’t limited to Lawrence’s Campus, in fact she is working to open dialogue between the Appleton Community Police and the campus community. Following last year’s events, in particular the concerns of students of color regarding feeling unsafe on College Avenue, Dr. Barrett wants to form a relationship between the Appleton community and students, “There is also the work with the community, which is important because that’s not only good for Lawrence, it’s good for the region [Read: Fox Valley] in terms of retaining and detracting the most talented individuals.”

For those wanting to hear more from Dr. Barrett, you can read her community column published in the October 7<sup>th</sup> issue of the Post Crescent. Keep an eye open and an ear to the ground for future appearances as a regular columnist in the community staple which she teased could be happening within the upcoming year.

# DC Rewind

## THE 14<sup>TH</sup>



Students engage in a Q&A with Cinematographer, and Coeditor Roland Dahwen Wu after a viewing of the documentary *The 14<sup>th</sup>: Dred Scott, Wong Kim Ark, and Vanessa Lopez*

## Inside Out



Students and Diversity center staff pose with T-shirts after a viewing of the Disney Pixar film *Inside Out* put on for DCs weekend on mental health.

## LAMP



This term The Diversity Center revamped LAMP, a mentoring program for underclassmen of marginalized backgrounds. In this program underclassmen are paired with students who have a year or more of experience on the lawrence campus in order to help underclassmen not only acclimate to, but to thrive here. The initiative is led by Annyce Brackins, Raghav Sharma, and Sam Alika Bader.

## Coping with SADS: Light, more Light



### WHEN?

What is the span of time over which people with SAD can expect to experience symptoms?

“Symptoms probably start as the light hours get shorter dark, so around October for us in Wisconsin, and progress as the day continue to get shorter. It takes until after the winter solstice, so about April here in Wisconsin, to feel some of that lift.”

University can be a stressful environment in general but at Lawrence University, where putting yourself through the blender of over commitment and seeing how few pieces you come out in is a sort of art, stressful seems an understatement. Add to that the fact that we attend school in the Midwest in a state that charts a record low temperature of -55 F and you have a recipe for a disparaging smoothie. Yet where most see winter as a battle those who suffer from Seasonal Affective Disorder (SAD), which the Mayo Clinic defines as a mood disorder that occurs at the same time every year, stand to fight a war. We here in the Diversity Center want students to do their best, and in order to do that we believe you have to feel it. So in order to keep you feeling your best through the encroaching winter season we stopped in at the wellness center’s counseling services to speak to resident Staff Counselor, Andrea (Andy) Guenther-Pal, about what exactly contributes to SAD and some ways, short of medication, to cope with and combat the symptoms.

### GET OUTSIDE!

What are some ways in which students can combat SAD here in Wisconsin?

“I would say that most important is to make sure that you’re getting outside, and getting enough vitamin D through diet or a vitamin supplement. Get exercise, even when it’s gray or cloudy out there’s still light. It helps to regulate your circadian rhythm because your body still recognizes light and dark, but if you’re indoors all the time you don’t recognize those changes and your sleep and mood are thrown off as a result.”



### BE WARY OF THE ALARM CLOCK

But can’t people just regulate their sleep using alarms?

“I’d say no, and here’s why: let’s look at an extreme, if someone sleeps all day and stays up all night, like people who do shift work. People who do shift work often have trouble maintaining that lifestyle. It affects their immune system, their mood, and it affects them physically.”

There’s also the social impact of keeping odd hours and being awake when everyone else is asleep. It can be fairly isolating in itself.



### THE CHECKUP

Students can also go to counselors. Which is good to do every once in a while even if you aren’t on the cusp of a breakdown. A check-in is always a good thing, they’re available to speak about your mood and whatever else someone may be experiencing. Counseling services are open Monday- Friday from 8am-4pm for appointments and 1-3pm for walk-ins so if you ever feel the urge to drop in don’t hesitate.



# Student Spotlight

We'd like to congratulate our Student Spotlight recipient for this term, Bhavana Suvarna. Bhavana is a junior double majoring in French and Economics. She began simply majoring in Economics, but loved the French language so much that she decided to take it on as a second major. Bhavana is also a member of Greek life here at Lawrence and is involved with its burgeoning committee on diversity and inclusion. This committee is intended to address issues of inclusivity as they pertain to gender, race, sexual orientation, and socioeconomic status that may fly below the radar. This committee focuses conversation on those issues, hopefully leading to some possible solutions or at least a more inclusive space for all people identifying as women or non-binary. We asked that Bhavana stop by and answer the question, Why is diversity important to you as a member of Greek life. Here's how she responded:



“Men’s Fraternities have existed longer than women’s sororities and women’s Greek organizations. Part of the reason women’s sororities came after fraternities was because women weren’t allowed to join these spaces for men [fraternities], and part of what made these spaces for men so enticing to join was that they were places where members encouraged each other to attain high scholarship and also offered unity and support. I think it’s kind of cool to see sororities as a conduit for social change in that way, but you also have to think about which women those organizations were made for back then: white, protestant, and upper-middle-class. While thinking about the history and thinking about sororities as conduits for social change I believe it’s important to remember where we started and what the goal was, also keep refining it and to continue that goal of trying to be inclusive of all of these identities [gender, race, sexual orientation, socioeconomic status], encouraging them to attain high scholarship, and helping them grow.”

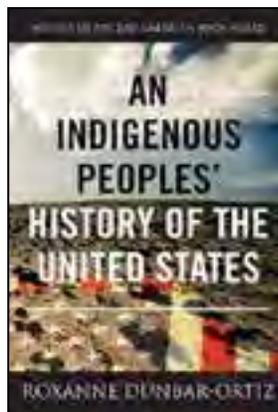
## Book of the Month

### D<sup>3</sup>: Diversity Dinner Discussions

This year Diversity Center Dinner discussions took on a new life as they were broken down into two phases. Phase one dinners catered to groups who were beginning their conversation about becoming more inclusive while phase 2 dinners included members of groups from different organizations who participated in a dinner discussion last year and were ready to dig deeper in their diversity goals. Phase 1 participants included a range of groups from Judicial board to Greek life while Phase 2 dinners included many far reaching groups such as LUCC, The Lawrentian, Lawrence International and Lawrence Women in Science. Many of the groups spoke about important topics such as Ally ship, diversity and inclusion in leadership roles, and unintentional separation within groups. Dinners were led by students Kendra Pankow '17 and Michael Thao '19; with their help students were able to have an introspective look at their group and understand the steps needed to take to ensure their group was living up to their goals to be inclusive of all students.

#### The first history of the United States told from the perspective of indigenous peoples

Today in the United States, there are more than five hundred federally recognized Indigenous nations comprising nearly three million people, descendants of the fifteen million Native people who once inhabited this land. The centuries-long genocidal program of the US settler-colonial regimen has largely been omitted from history. Now, for the first time, acclaimed historian and activist Roxanne Dunbar-Ortiz offers a history of the United States told from the perspective of Indigenous peoples and reveals how Native Americans, for centuries, actively resisted expansion of the US empire.



With growing support for movements such as the campaign to abolish Columbus Day and replace it with Indigenous Peoples' Day and the Dakota Access Pipeline protest led by the Standing Rock Sioux Tribe, *An Indigenous Peoples' History of the United States* is an essential resource providing historical threads that are crucial for understanding the present. In *An Indigenous Peoples' History of the United States*, Dunbar-Ortiz adroitly challenges the founding myth of the United States and shows how policy against the Indigenous peoples was colonialist and designed to seize the territories of the original inhabitants, displacing or eliminating them. And as Dunbar-Ortiz reveals, this policy was praised in popular culture, through writers like James Fenimore Cooper and Walt Whitman, and in the highest offices of government and the military. Shockingly, as the genocidal policy reached its zenith under President Andrew Jackson, its ruthlessness was best articulated by US Army general Thomas S. Jesup, who, in 1836, wrote of the Seminoles: “The country can be rid of them only by exterminating them.”

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