SPRING 2024

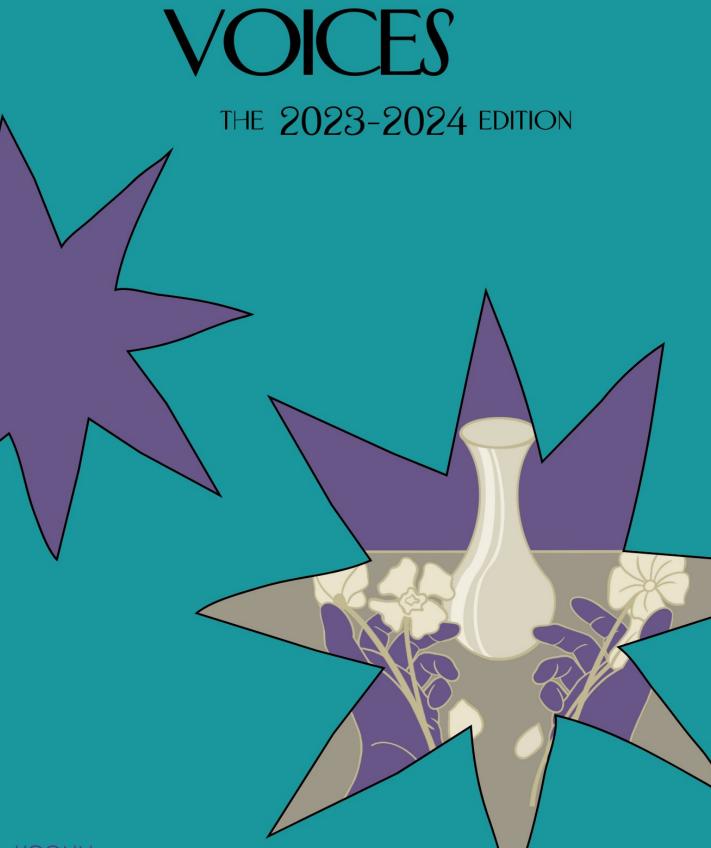




TABLE OF CONTENTS

- 1 Our Programs
- 3 A Letter from the Editor
- 4 These Voices Have Choices
- 5 A Movement Towards Reproductive Justice
- 7 An Interview with VAWPP Ambassadors
- 9 What Happened at the Center this Year?
- 11 Revolutionary Love: The Call of Our Time
- 13 A Visit from Valarie Kaur
- 15 A Radical Proclamation Against the Status Quo
- 16 Beyoncé's "Renaissance" and the Importance of Feminist Praxis in Pop Culture
- 18 Black Girl in Nature
- 19 An Interview with a Teaching Assistant for the Seminar on Gender-Based Violence
- 21 Friendships: the Little Things
- 22 Making My Own Decisions: Money Versus Happiness
- 24 Reading, Writing, and Representation
- 26 A Letter from the Director
- 28 A Letter from the Writing Intern
- 29 Best Wishes to Our 2024 Graduates

OUR PROGRAMS

Between Women

Between Women is a group created to provide a safe space for queer and questioning women or nonbinary folx who like women. We meet weekly to discuss various topics that may affect us as a group. Our goal is to foster a safe and welcoming environment for people of numerous identities, while also bonding over shared similarities.

-Kenzie Farquhar, Between Women Co-Facilitator



IN-POWER

In-Power is a student-led support group for victim-survivors of sexual assault, stalking, and/or intimate partner violence at any point in their healing process. In-Power aims to create a safe space for students to begin or continue their healing process, and to regain a sense of agency over themselves, their stories, their experiences.

-Kortney St. Preux, In-Power Co-Facilitator

MEN'S PROJECT

The Men's Project is one of the programs at the Women's Center that focuses on masculinity and it's implications on society. The participants of the Men's Project meet on a weekly basis to discuss topics surrounding sexuality, gender-based violence, psychological biases, and more. The project aims at providing a safe space for men to have organic discussions, build friendships, and learn more about ourselves as well as the world around us.

-Archit Joshi, Men's Project Co-Facilitator

OUR PROGRAMS

GREEKS AGAINST SEXUAL ASSAULT

The goal of Greeks Against Sexual Assault (GASA) is to train members of fraternities and sororities so they can then positively influence their peers by challenging social norms that promote gender-based violence; understanding their connection to survivors of gender-based violence; and role modeling effective bystander interventions. The weekly meetings that we host, typically in the spring semester, will explore issues of gender, privilege, social justice and how we can stop sexual assault and interpersonal violence, specifically within the Greek community.

-Zay Quinto, GASA Co-Facilitator

WOMEN IN STEM

The Women in STEM (WiSTEM) mentoring program is an initiative designed to support underclasswomen pursuing STEM degrees through the mentorship of their upperclasswomen peers. WiSTEM aims to encourage the retention of women in science, technology, and engineering, and math through personal and academic support. Mentees are matched with a mentor who can provide personal support, academic advice, and knowledge about career development. WiSTEM hopes to prepare our mentees for a successful outcome in STEM at UConn by addressing possible obstacles, including "weed out" courses, GPA recovery, on-campus research labs, communicating with professors, and proper work-life balance. We want to enhance the role of women in STEM at UConn through discussion and educating about women's issues, gender equity, and stereotypes within the STEM field while allowing these women to form connections with each other.

-Anjeli Joseph, WiSTEM Co-Facilitator

ALETTER FROM THE EDITOR

It's finally here welcome to the 2023-2024 edition of *Voices*. It has certainly been a beautiful, busy, chaotic year.

My time here at the Women's Center is encapsulated within these pages. I am eternally grateful to have had the

opportunity to be a part of this community, to form such rich and earnest connections, but also to work so closely with *Voices*—to write, to craft, to assemble the dignified and meaningful thoughts of my acquaintances into one consequential body of work that carries within it the weight of what the Women's Center stands for: the freedom to be oneself, to express oneself, to fight for oneself, to love oneself, and to project those radical actions onto those around us.

Voices is exactly what it claims to be: a collection of voices. Ours, theirs, others, friends we hold dear, friends we have yet to meet. This issue is a culmination of life and love—it is an accumulation of conversations, observations, inquisitions, and reflections. It asks, and it answers, it sings and it whispers, all at once. But mostly, it yearns to be read. To be heard. I see the world differently than I did a year ago. There is a dimension of the human experience that I believe I am able to understand to a deeper extent after my time at the Women's Center. We aren't all that different, are we? I hope that, after reading this issue, you might come to feel the same.

We are in troubled times. There are rough seas ahead. Stay vigilant, stay thoughtful, stay compassionate. Remember to raise your voice, and the voices of those who can't do it themselves. And, above all, take care.

THESE VOICES HAVE CHOICES

If you have the freedom to make decisions, you wield power. It is imperative that you recognize that.

It is also imperative that you recognize the fact that not everyone has that freedom, wields that power, or is afforded the same choices, which makes your utilization of it all the more critical.

Often the significance of our ability to make decisions, the privilege of having choices, goes unrecognized; it's easy to overlook the small, unconscious acts of power we exercise over our lives every daywhat shirt we wear on a Tuesday morning, what kind of aged cheese we buy at the grocery store—sometimes, though, our ability to make decisions culminates into something much more meaningful.

Think about some of the more important decisions that you make-not that cheese isn't important-and you might be considering decisions like what schools you choose to attend, what jobs you choose to apply for, where you choose to live. But what about how you choose to express yourself? After all, our identity is an encapsulation of our decisions-observing certain aspects of ourselves and choosing to express them. How about what you choose to do with your body, or how you choose to respond to certain situations?

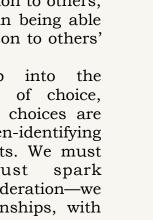
How do you choose to experience life?

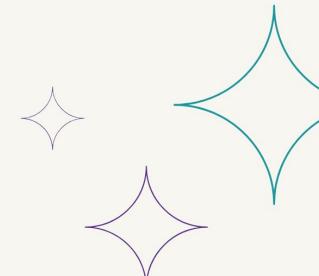
Now, I know what you're thinking: what do you mean how do you choose to experience life? Do you have a choice in that? If you're reading this newsletter, chances are, you do. You have made decisions that have led you to this moment: right here, right now.

Every decision you make influences your life in some way-sometimes on a molecular level (reference: cheese), and sometimes on a much larger scale. It's important that we can take a step back and analyze our decisions, past, present, and future, in a grander sense: What do our choices mean for ourselves? What do they mean for those around us? And why do some choices not feel like choices at all?

All of the decisions we make carry a certain weight-some heftier than others. How can we recognize this weight, inform ourselves of it, inform others? How can we recognize our positions in relation to others, our privileges in opportunity, in being able to make decisions, in comparison to others' lack of?

We must delve deep into the importance and implications of choice, specifically in regard to what choices are available to women or women-identifying individuals in differing contexts. We must raise questions. We must spark introspection, and foster consideration-we must think about our relationships, with ourselves, with others, with society, about restrictions and allowances and purposeful promotions, how they might influence our decisions, what that might mean.





A MOVEMENT TOWARDS REPRODUCTIVE JUSTICE



A few weeks ago, my aunt showed me a newspaper clipping depicting woman а holding an umbrella at a protest. She had a gag in her mouth and a look of determination on her face. The pro-choice marcher being portrayed this at

moment was my great aunt, Carmen Murphy. What she was protesting is an amendment that I had never heard of prior to viewing this photograph: The Hyde Amendment.

The Supreme Court in 1973 ruled in Wade Roe v. that the Constitution recognizes the right for anyone who possesses the ability to bear a child to be able to terminate their pregnancy by abortion. Most people are aware that this case provides people assigned female at birth (AFAB) with the choice to have an abortion in the United States. However, many people, like I was, are unaware of the existence of the Hyde Amendment passed by Congress three years after Roe v. Wade. This amendment prohibited the use of federal Medicaid funds for abortions.

After being implemented, the total number of abortions funded by Medicaid dropped from 300,000 to just a few thousand each year. Since the amendment passed, it has varied whether or not the amendment included exceptions for rape and incest or if abortions were only permitted if the person would be in danger by carrying to term. While Roe v. Wade provided many people with access to abortions, the Hyde Amendment limited this right for many individuals in the United States. This amendment disproportionately impacted low-income individuals, Native American people, Black people, federal employees, military personnel, Peace Corps volunteers, and federal prisoners who sought out abortions through federal health care.

The government restricting funding for accessible abortions for everyone completely undermines people who are AFAB's right to choose, to have bodily autonomy, particularly those who are lowincome, BIPOC, and/or dependent on federal health care.



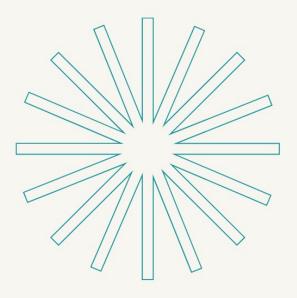
Carmen Murphy at a pro-choice protest.

Bridget Quieroga, VAWPP Facilitator

The Hyde Amendment provides an opportunity to clarify the distinction between the reproductive rights movement and reproductive justice. Most people with the ability to bear children feel strongly about having the right to safe and legal abortions. The term reproductive rights focuses on ensuring the legalization of abortions in the law. While, certainly, this is imperative, it creates a rather narrow vision of an issue which is multifaceted. Reproductive justice focuses on how the issue of abortion and reproductive autonomy has disproportionately impacted people based on racial and socioeconomic factors. While Roe v. Wade, theoretically, should have provided safe and accessible abortions through the law, instead a large proportion of people in the United States were excluded from this right through the Hyde Amendment. Reproductive justice works as a movement to address how these groups disproportionately cannot access abortions, contraceptives, birth control, pregnancy care, and sex education.

With Roe v. Wade being overturned by Dobbs v. Jackson in 2022, advocating for reproductive justice is essential now, more than ever, to ensure the rights of everyone are protected. A major part of the idea of reproductive justice is advocating through grassroots movements from the bottom up. While voting for politicians who support reproductive rights and writing letters to Congress for support on these issues is certainly helpful, it is difficult to ensure that the experiences of low-income and people of color will be accounted for. What we can all do, as advocates for change, is engage with grassroots organizations who support reproductive justice.

Supporting grassroots organizations with specific goals allows for an opportunity for coalition building and prevents the possibility that one group of people is left out of the movement. My great aunt, along with many others, used her voice to advocate at protests and within her community. By doing so, she planted the seeds for me to use my voice today. It is essential to use our collective voices now to allow for change to blossom beyond us and shape the world we wish to see.



Click on the hyperlinks below to view some reproductive justice organizations to get involved with or simply learn more about!

- <u>National Women's Law Center</u>
- <u>Asian Communities for Reproductive</u>
 <u>Justice</u>
 - Black Women's Health
- ImperativeNational Latino Institute for <u>Reproductive Justice</u>
 - Sister Song Women of Color Justice
 <u>Collective</u>
 - <u>National Asian Pacific American</u> <u>Women's ForumPregnancy Justice</u>
 - <u>Reproductive Health Access Project</u>

Page 7

NITH WITH VAWPP AMBASSADORS

What is your position here at the Center this semester, what does your position entail?

NALA DAVIS: During the spring, I work as a VAWPP Ambassador. My coworker Katie and I are in charge of planning events for Sexual Assault Awareness Month. The events we have planned range from conversations about healthy and unhealthy relationships to a screening and discussion about sexual assault. The biggest event we plan is Take Back the Night, the Women Center's largest event of the spring. Take Back the Night is an event that we host every year that emphasizes creating a safe space for survivors and their allies to find community with one another and heal.



VAWPP Ambassadors Katie Holmes and Nala Davis

What does your position mean to you?

KATIE HOLMES: My position is very special to me because I am cultivating change. Gender-based violence is overwhelmingly present in our society, and I take pride in doing my part to help make our interactions with others safer. Everyone deserves to live a life that is free of fear and that is based in *their* decisions, not someone else's. So, if my work can make even just one person learn something or find healing in their past, then that makes everything worthwhile.

NALA: It honestly means the world. The Women's Center, and us as an extension, are creating a community of supportive survivors and allies. Our events might not singlehandedly do this, but the people who attend create bonds with one another, learn from each other, and engage in the way they think about sexual assault and the world at large. One of my greatest career achievements thus far has been standing and watching survivors become brave enough to step up to the podium and speak out about what happened to them.

Page 8

What is the importance of Sexual Assault Awareness month?

KATIE: Sexual Assault Awareness Month is in the month of April. The whole month is dedicated to raising awareness, educating our peers, and supporting survivors in their healing journey. It is so important to take this time to spark conversations with people about consent and genderbased violence. This month provides us a greater opportunity to educate others, while learning and growing from our own pasts, in order to create a safer future. It is also so important to give survivors the opportunity to find peace with their pasts so that they can move forward. The process of healing is not one can do alone, in any situation, therefore we dedicate this month to support survivors.

> NALA: Sexual Assault Awareness Month signifies the importance of the impacts that such an autonomy-stealing event has life. on someone's It is an pain acknowledgement of the and suffering, and a reminder that it still happens every day. It is also an opportunity for allies to show support, to display that there will always be someone that survivors can turn to in their community. As a survivor myself, it is my honor to provide support in a situation where I received none. Everyone who has gone through a traumatic experience deserves a community they feel they can rely on.

Any specific importance to you?

KATIE: For me, I think about my friends and my family. It is important to protect your loved ones and more importantly to do your part to create a safer world. I then think about survivors everywhere and admire their courage. They deserve so much more grace and support during their healing, and yet, they still stand strongly as advocates for others.

How do you honor Sexual Assault Awareness month? How do you get involved?

NALA: Attending events is the most important thing a person could do. Showing up is already a large step. We have around two events each week in April: Our Expression Creative Kickoff event. Teal Ribbon Tabling, Influential Women Wall, Tinder Profile Tabling, Symposium, and Take Back the Night-our biggest event of the year; we spend months orchestrating it! Involvement or participation, even simply by showing up to events like these, demonstrates support and solidarity for and with survivors. These events are also educational!

WHAT HAPPENED AT THE CENTER THIS YEAR?

These are just a few of the events the Women's Center hosted this past year!



WOMEN'S HERSTORY MONTH

WEDNESDAY, MARCH 6TH | 6PM | WHM OPENING |REVOLUTIONARY LOVE: THE CALL OF OUR TIMES WITH VALERIE KAUR

Join us for an evening with Valarie Kaur, civil rights leader, lawyer, award-winning filmmaker, educator, and author of the #1 LA Times Bestseller SEE NO STRANGER.

Student Union Theatre





Join us as we celebrate women's achievement, raise awareness about discrimination, and take action to drive gender parity. We will have speakers, performances and snacks as well as flowers for everyone! FRIDAY, MARCH 8TH | 11:30AM-1:30PM | INTERNATIONAL WOMEN'S DAY -#INSPIREINCLUSION

WEDNESDAY, MARCH 20TH | 6-8PM | REPRODUCTIVE JUSTICE: THE INTERSECTION OF HEALTH, RIGHTS, AND SOCIAL JUSTICE Reproductive justice is a feminist framework, developed by women of color, that center's the needs of the most marginalized and affirms our human right to bodily autonomy and to live healthy lives with access to the necessary physical, mental, political, economic, social, and sexual resources for the wellbeing of all people.

Student Union Ballroom

UConn Women's Center, SU 421G - <u>Zoom</u> & Watch Party

Recalling a watershed event in US politics, this Peabody Award-winning documentary takes an in-depth look at the 1972 presidential campaign of Shirley Chisholm, the first black woman elected to Congress and the first to seek nomination for the highest office in the land.

VConn Women's Center, SU 421G

WEDNESDAY, MARCH 27TH | 6PM | CHISHOLM '72: UNBOUGHT & UNBOSSED - FILM SCREENING AND DISCUSSION

> IF YOU REQUIRE AN ACCOMMODATION TO PARTICIPATE IN THIS EVENT, PLEASE CONTACT THE WOMEN'S CENTER AT 860-486-4738 OR WOMENSCENTER@UCONN.EDU.





REVOLUTIONARY LOVE: THE CALL OF OUR TIME



On March 6^{th} , 2024, the Women's Center, i n collaboration with the Asian American Cultural Center, had the honor of hosting activist, author, and founder of The Revolutionary Love Project, Valarie Kaur, kicked who off

Women's Herstory month here at UConn with a lecture on what it means to practice what she calls Revolutionary Love -to labor: for others, for our opponents, and for ourselves-the cornerstone of her philosophy. Prior to her lecture in the Student Union Theatre, Valarie attended a luncheon with several UConn students and staff here in our very own Center, where she connected with students on a personal level, related to them through anecdotes. and shared feelings and mutual concerns. It was a moving experience to share our vulnerabilities with Kaur, to hear her share hers with us, and to look at them, together, through the lens of Revolutionary Love.

Kaur's intention with The Revolutionary Love Project is to inspire others to lead their lives with love. Love, as sweet labor. To see each stranger as a friend we have yet to meet, and to treat them as such. To recognize our own values, our own needs, and accommodate them. To forgive our opponents; to understand that they are human, not all that different from ourselves.

It's understandable to question her philosophy when it comes to laboring for our opponents: *why should we love those who have hurt us*? No, it isn't love that

she's asking of us, not at first-instead, it is the act of wondering about our opponents, attempting to understand them. What made them do that, say that, think that? What are the puzzle pieces that lie beneath their skin, within their soul, that make them who they are? How do those pieces differ from my own? Maybe these questions can shed light on why we might feel a certain way. In wondering about others, we might be able to comprehend the events that made us deem them our opponents, or vice versa. Might be able to come to terms with them. And in coming to terms with them, perhaps we are able to forgive them. Perhaps that forgiveness can then grow into an ability to recognize them as our equal.

Now, Kaur is aware of how difficult that task can be. She is very transparent in her ability to recognize the fact that it is not always easy to let go of negative emotions, to forgive, to love, especially in regard to those who have caused us harm. The time in which we are able to reach the point of forgiveness differs for everyone and can be dependent on individual circumstances; in fact. Kaur often references the fact that a particular process in which she was able to forgive someone who caused her harm took her roughly 15 years.



Ava Reilly, Editor

You might be surprised to find that forgiving our opponents is a radical action that works for the benefit of ourselves as much as it does for those we are forgiving. As women, forgiveness is often expected of us. Lack of ferocity is thought to be a feminine quality. That fact, in and of itself, is enough to fuel a grudge. But we must consider the ways in which harboring negative emotions affects us. Kaur is in no way encouraging us to force ourselves to forgive those who may have wronged us, rather to keep an open mind, and to treat ourselves with grace while we work towards a point in which we're able to release ourselves of those burdens.



"Inspirational . . . radical . . . fierce . . . a moral compass for our time." —Michelle Alexander, author of *The New Jim Crow*

The cover of Kaur's book, See No Stranger: A Memoir and Manifesto of Revolutionary Love, curtesy of valariekaur.com/see-no-stranger

We must prioritize our own physical, spiritual, and mental health. This is where laboring for ourselves comes into play. There is significant healing that must be done, internally, to be able to free ourselves from those negative emotions, whether they be anger, frustration, sadness-burdens, weight on our shoulders, heavy on our souls. Kaur emphasizes the importance of listening to our inner selves, what our bodies, hearts, and minds yearn for. If you need to scream, then scream. If you need to rest, then rest. This is self-love; it is sweet labor; and it is radical action. This facet of Kaur's philosophy echoes sentiments of Audre Lorde's, and I cannot help but be reminded of her quote: "Caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare."

You are invaluable. You are worthy of love. You are worth fighting for. And so is the person standing to your left, to your right, down the street, across the country, on the opposite side of the planet. There is a clipping of a critic's review pasted on the cover of Kaur's book, *See No Stranger: A Memoir and Manifesto of Revolutionary Love*, that reads "time to reject hierarchies of human value." I think this line insightfully and gracefully encompasses Kaur's intent with The Revolutionary Love Project.

For more information on The Revolutionary Love Project, click <u>here</u> to visit Kaur's website.

AVISIT FROM VALARIE KAUR

When Valarie Kaur walks into a room, you can feel it. She is a kind, empathetic, confident, elegant woman who inspires those around her. The Women's Center hosted a luncheon with Kaur before her nighttime talk here at UConn. She asked student staff to name a question that had been heavy on their minds/hearts/souls for a while. The staff posed various questions and concerns, such as worries about the future of the Earth, how to break generational trauma, and what our paths lead to. Valarie answered each question with elegance, and many students and Valarie's team were able to share their story.

Kaur explained that her project, The Revolutionary Love Project, stemmed from an attack that happened to her family friend, Balbir Singh Soldi. Soldi was killed in a hate crime by a man named Frank Roque after the 9/11 events. It took Kaur over a decade, but after meeting with the widow of Soldi, processing some of her own trauma, and attending many protests, she decided she was ready to forgive Mr. Roque. Why? Why would Kaur forgive someone that was responsible for the death of someone so important to her? Kaur emphasized the difference between forgiving and forgetting. She may not be able to forget what happened to Soldi, but she will be able to forgive and let go of the anger, release. That's what Revolutionary Love is, she explained. Choosing to love and let go of hate, as much for ourselves as for anyone else.

Kaur discussed how, when she called Frank Roque on the phone, he didn't seem apologetic. In fact, he seemed dismissive of the situation. But when Soldi's brother Rana acknowledged his half-baked apology, Roque began genuinely apologizing, and had a heart to heart with both him and Kaur. This uncovering of a veil shocked Kaur, overwhelmed her, and is what inspired her to launch The Revolutionary Love Project. In Kaur's words, "There's no such thing as monsters in this world, only humans who are wounded. Once you see their wounds, they're not so scary."

Being in such an intimate setting, hearing her story told to us so personally was inspiring, touching; it made some students cry.

Before her nighttime lecture, Kaur handed all attendees a paper compass. The (pictured below) compass had three sections. One for ourselves, one for others, and one for our opponents. Each section had various levels of where each person is in their journey to Revolutionary Love. Kaur made it clear that "When you have a knee on your neck, your job is to stay alive. That is a revolutionary act. You don't have to wonder about your opponent & love them." What she means by this is she recognizes not everyone is in a place to forgive. Many people currently are still going through trauma from their "opponents", and the revolutionary act in that case would be surviving, so they can process and heal from that trauma later.



Sonia Ahmed, Writing Intern

Revolutionary Love can look different for everyone. It can be self love too. On the 'ourselves' section of the compass, the first stage is to breathe. Kaur explained that after the attack on Soldi, she traveled across the country, documenting various protests and talking to those that had lost loved ones in attacks. Kaur enjoyed doing this activism work, but it was tiring her out. Her body was giving her signs to slow down, as she had unexplainable pains in her chest. Breathing in order to love yourself is a form of self-care. Taking deep breaths, spending time with those who love you, engaging in hobbies that make you happy, all of these are things that are part of that revolutionary act of loving yourself. Kaur would not be able to continue her activism work and write her book without spending time with her kids and doing henna circles with her friends.

Kaur's strong message of choosing love over hate is one that resonated with a lot of us at the Women's Center. Her talk changed my perspective on things. Kaur described Kathy, our Associate Director, as having "mothered the space". Kaur is right. Both the full-time staff and student staff have made the Women's Center a place of love, where we all wonder about each other. It is a supportive community, and even though there are a lot of different personalities and perspectives in the Center, that is one of its strengths. We are able to wonder about our peers here, and in turn wonder about how the world would look if all spaces were this welcoming and filled with love. We thank Kaur for coming to speak at the Center and inspiring all of us with her message of love.



Some of the 2023-2024 Women's Center staff with Valarie Kaur.

Mariah Riley, Administrative Assistant





For most of my life the notion of love revolved around romance. It was always a matter of what I didn't have and when I did have it, it never felt like it was enough. I was never able to appreciate what I already had, which is myself. As I've gotten older, I've begun to truly

understand the importance of self love. How it conquers all, how it's everlasting, how it sets the tone for how you allow yourself to receive love from other people.

When prioritizing mental health or aiming to achieve a higher level of self, people often look outward at their lives instead of turning inward. If they did, they would realize that many of our problems can be attributed to one underlying factor an unhappiness with ourselves. A negative relationship with yourself can come in many forms: self sabotaging personal relationships, not taking care of your physical health, being your own worst judge, allowing others to treat you badly.

It took years for me to come to terms with the way I viewed myself, and even longer to unlearn certain thoughts and behaviors I practiced that were negatively impacting me. It's never helped that my entire life I've grown up in white spaces that constantly made it clear that I wasn't the beauty standard. For me, I feel like there's only a certain amount of time that I can sit around and feel sorry for myself though. Whether it was initially suppressed or not, I know my worth. I know that my beauty not only reflects on the outside, but it radiates on the inside too. It's easy to hate yourself or feel ugly when you think about the messages that are given to us in

society. Everyday throughout your life you are fed information. Through ads, you are fed problems with yourself, items being marketed to fix different insecurities you never knew you had, shown specific beauty standards in media that most normal people will never amount to, told that if you love yourself you are self-centered or a narcissist. You are pushed away from your true identity and validated when you perform in a way that is structured by society. You can't let them trap you in this routine.

Page 15

For some, the strict regimen that is created through years in this country's school system finally spits you out into college where perhaps rather suddenly you are met with the fact that there are so many different types of people; setting you up for the first real taste of the possibility of self discovery. Don't just taste the possibilities; set your teeth into them and bite in, swallow.

Love yourself and make an effort to get to know yourself. Day in and day out, you live with yourself. Express yourself in any way you see fit; let the world see you for who you are and not who it wants you to be. Indulge in the things that give you a sense of purpose, that ignite you, the things we enjoy that just feel right. Honor yourself, by enforcing and maintaining boundaries that protect your peace and state of mind. Surround yourself with people who see you for who you are and want you to succeed. Become comfortable with the body that guides you and allows you to experience the world. Treat yourself the way you treat other people. Fill your own cup with love, and watch as your life floods back with it. An energy transfer with mutual benefit, a radical proclamation against the status quo, self love.

BEYONCE'S "RENAISSANCE" AND THE IMPORTANCE OF FEMINIST PRAXIS IN POP CULTURE



B e y o n c é ' s 'Renaissance: Act I' genuinely changed my life. I'm not just being dramatic, and I am absolutely being gay. Let me take you on a journey. It's the summer of 2022, and everyone's just coming out of a global pandemic. We

were all experiencing collective trauma on such an international scale. What did Mrs. Knowles-Carter decide to do? Drop one of the best selling albums of the year, breaking the record for most Grammy wins—with only two features on the entire album; one being the trailblazing deity, Grace Jones. Beyoncé has been such an icon and the pinnacle of pop culture. She is able to use her platform to create discourse on different social issues from Black Lives Matter to women's rights.

Her art has become a huge form of feminist praxis—the process of putting your feminist ideas, and theory in general, into real-world action, in any way you can. You can partake in praxis by conversing with others, going to a protest, or even making art. That's what Beyoncé decided to do with her huge platform, during a time of intense hatred and anti-queerness. 'Renaissance' was a beautiful way for her to show her allyship, and the girls and the gays ate it up!

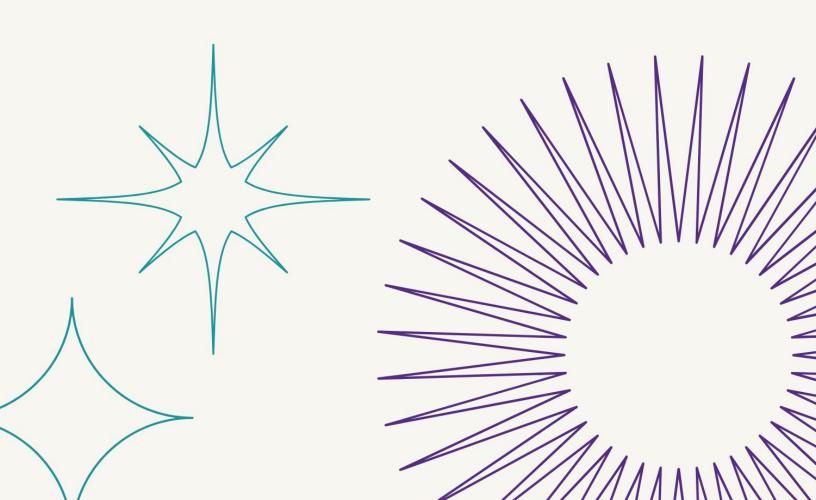
album-I thought it was nice, but it was hard for me to resonate with such a passion project tailored specifically for queer people of color. Conceptualizing my personal intersectionality was such a confusing space. Flash forward to my graduation day in May of 2023. I'm about to receive my Associate's Degree. My name gets called, and I am super nervous and excited. The president of my campus prior was about to introduce me to acknowledge my part in my community. She says my pronouns are 'she/her,' implying that I am coming out as a transgender woman. For context, I am Non-binary and very open about it. My they/them. pronouns are This misinformation was basically settled because I, myself, decided to email the president myself and tell her her mistake. I was met with a bare minimum apology. My identity was just invalidated in front of hundreds of people. For a while after, I was really embarrassed and emotional about the entire incident. I would drive around and listen to music, hoping the feelings would leave me.

As for me, at the time, I liked the

Eduen Smith, Administrative Assistant

I have a weirdly spiritual connection to Spotify shuffle. It always gives me a song I need to hear, and I always end up crying and driving. (Please pull over and take care of yourself y'all because, what am I doing?). One of these low days, an affirmation came onto the shuffle: Release ya anger, release ya mind, Release ya job, release the time, *Release ya trade, release the stress, Release* love, forget the rest. the What an unforgettable voice that outstretched such important ideas to my tired mind and drained ego. It almost created a rebirth within my self connection. Instead of feeling ostracized and alone, I felt UNIQUE! My embarrassment seemed to wither away, serving as nourishment for my mind, fostering the growth of a newfound sense of personal empowerment. After I revisited the album, especially after such a horrible experience, I felt liberated. No one would 'Break My Soul.' I was a unique and divine individual, who had so much more to offer.

This Critical semester, Ι took Approaches Women, Gender, to and Sexuality Studies with Barbara Gurr. (Everyone do yourself a favor and take a class with Barb!). We actually learned about the idea of feminist praxis. When I finally learned about this concept, it became super easy to identify artists' intent behind their releases. Beyoncé's influence over our country is something that might take a whole different article to cover. However, through her lyricism and general craft, Beyoncé has an incredible ability to persuade folx to lead with love in the face of hate. My story is one of many that represent exactly why queer spaces need to exist in any capacity. The way that she used her art as a form of allyship is, in my opinion, an incredible form of feminist praxis.



BLACK GIRL IN NATURE



Anyone who knows me knows that I am not an outdoorsv person. For the longest time, I knew it went deeper than iust discomfort. Ι have constantly shied away from taking hikes. going camping, biking, etc. The bottom line is that I don't feel like I

belong there. My ancestors helped build this land, yet I feel so excluded from it.

Historically, those before me have either been forced to associate nature with grueling labor or excluded from it because it was considered to be a place that only white people are allowed to enjoy. Maybe this aversion is deep within my bones or inseparable from my blood, a generational trauma.

My body, my soul, decides for me: You do not belong here, stay inside where it's safe. I do not get a choice. Right now, I feel as though I will never be able to get the full scope of this earth because every ounce of my being contradicts the idea.

When I was a kid. I craved the controlled outdoors. I never had an interest in just walking around, admiring my surroundings, or making my fun out of sticks and leaves. However, I was never encouraged to do those things. I was told "when I was a kid, we'd stay out until the streetlights came on. But now things are different, now things are dangerous. You never know what people are capable of." My parents were right, and on top of that, I was a target because I was a little black girl in a world that never embraced me as I was. Being outdoors alone is a threat because it is a mystery, one that is not at all safe to explore. This sentiment has been carried into my adult life, and has shaped my living habits.

Why partake in something that doesn't serve me? Doesn't welcome me? As you might have ascertained, that's a pretty selfish point of view. However, it has been informed by at least a decade's worth of discomfort and estrangement.

As a little girl, I was obsessed with Disney. I admired the princesses on the screen with all of my being. The idea of a Disney princess, however, was always so connected to nature. Jasmine has her pet tiger, Raja, and Aurora dances through the forest dreaming of her prince, Cinderella was worshiped by animals. What did I have? A backyard that had very little room to run around in. I used to wake up to the sounds of birds chirping from my window. I would lay in my bed and sing softly to their songs. I would never actually go outside to see them, though. I never felt the need to. If they were to see me, would they accept me? I have already discussed how this phantom gut feeling comes from my ancestor's fear, but other Black people seem to enjoy nature just fine. So, what is it about me that's so different? In all honesty, I have no idea.

I never felt the need to change until I met my roommate, Olivia. She walks into the natural world with open arms. I feel simultaneously jealous and content with our differences in that regard. However, because I love her, I make a bit more of an effort to understand her world. Being her friend has opened me up a bit more to the world around us. I saw my first double rainbow with her by my side; she often points out different types of plants to me when we walk around together. She teaches me about the world that I've shut out for so long, and I am doing my best to accept it, little by little. I think I expect myself to be either an avid hater of nature or a pure lover, no in-between. Maybe that isn't the case. Maybe I don't have to be Mother Nature, maybe I can just be an occasional admirer.

TEACHING ASSISTANT FOR THE SEMINAR ON GENDER-BASED VIOLENCE

Seminar on Rape Education and Awareness provides a broad exploration of the issues of gender-based violence and how these issues relate to college students. The emphasis of this class is twofold: educating enrolled students about the dynamics, impact, prevalence, and root causes of gender-based violence (GBV) and building facilitation skills. The overall goal is to prepare students to present workshops to their peers on campus.



VAWPP facilitators and seminar TA's Melanie Luna and Olivia Kennedy with Elise Delacruz, the VAWPP Program Director.

What is your position at the center this semester?

MELANIE LUNA: Liv and I are TAs for the seminar on Rape Education & Awareness, where we aim to expand students' perspectives and prepare them for facilitating these important conversations. Last semester I was a VAWPP facilitator, where I would go into first-year classes and facilitate a Consent 201 workshop. My facilitator and TA position allows me to help educate and promote conversations regarding gender, sex, identity, and overall intersectionality. I took the seminar my first year here, so it's kind of like a full circle moment, where I get to help teach the class and prepare students who are interested in becoming facilitators.

Why did you want to obtain this position? What motivates you?

MEL: I wanted to become a TA because I wanted to be able to do the same thing that the previous TAs did for me. I wanted to help foster a safe learning space, where students can begin to understand the roles they play in our social frameworks. I'm motivated by the thought of making an impact, even if it's just one person.

How did you prepare for your position this semester?

MEL: I had an idea as to what my position would look like since I took the class and had my own TAs. My supervisor, Elise Delacruz, made sure to give me a solid idea of what my position would look like. We meet weekly to prep for our class, and she always asks my co and I "what do you want to get out of the students?" I keep this in mind throughout the semester as it also prepares me for my position and what role I want to play in this learning process.

What does your position mean to you?

MEL: My position has given me the opportunity to challenge and engage with our students. As a TA, I'm not just assisting on class lessons. I'm here to provide support to our students, meeting with them to create a better relationship with the class. My position has, and continues to, teach me about how to challenge folks and how to make our visions come alive.

FRIENDSHIPS: THE LITTLE THINGS



Valentine's Dav is my least favorite holiday. To me, it's a capitalist cash-grab to make couples buv flowers and heartshaped chocolates all in the name of romantic love. I've noticed that our culture tends to put romance above other

forms of love, such as platonic love or self-love.

For years, I felt like something was wrong with me; I believed I was the only person not actively interested in dating anyone. The desire to be like everyone else in romantic relationships left me to ponder late at night for months until I had an epiphany: I'm indifferent to romance due to the fact that I get enough fulfillment from my friendships. As simple a realization as it was, it felt so freeing to me when I came to that conclusion.

I've always cared deeply about my friendships with people, especially my closest friends. While my best friend lives two time zones behind me, she's the one I call or text first when there's an emergency, and I could write a whole paragraph of our various inside jokes. Some of my happiest memories with my roommate are of us driving around listening to music together, and my close friends and I have made a new tradition of getting ice cream from the dining hall every time we have a meal together. I make it a habit to let my friends know that I appreciate them through little gifts, sending them memes that make me think of them, or just straight-up telling them I appreciate them. While none of these

actions are considered radical in theory or practice, they strengthen my bonds with my closest pals and help us form our own tight -knit community. Community is something that is very important to me, especially in our fast-paced world that focuses on the individual.

There's nothing wrong with prioritizing yourself, but I believe a great community can boost all of us through the exchange of creative ideas, emotional support, and collective care. In my time in supportive communities like the Women's Center and my Women's Gender and Sexuality Studies (WGSS) classes, I've learned about how building a supportive community like the one I've crafted with my friends can be an aspect of radical self-care. Radical self-care is important in our fastpaced world that encourages us to always be productive. However, iust like Valentine's Day has used romantic love to catch the attention of consumers, many companies have taken the idea of radical self-care and watered it down to entice people to purchase their products.

Due to the popularity of consumption -driven self-care, I always thought that I never took time out of my day to engage in radical self-care. However, my time at the Women's Center has made me realize that I don't need to consciously remind myself daily to perform radical self-care if I'm fostering a reliable community with my friends and family. Communities are beneficial in times of success and struggle, and my conscious choices to treasure my friends and our relationships has allowed me to engage in radical self-care every day. We've only got one life to live on this planet, so we should focus on caring for those around us.

Melanie Luna, VAWPP Facilitator, Teaching Assistant

MAKING MY OWN DECISIONS: MONEY VERSUS HAPPINESS



Growing up in a Mexican immigrant household, I've always felt the need to make my parents proud of my career. I wanted to make sure that the educational path I was following would secure me a financially stable job, so that when the day comes, I would be

able to take care of my parents during their retirement years.

I was always aware of the concept of money, not because my parents wanted me to, but because it became obvious. When I would go to the store with my mom, I would see a doll I liked and asked her "Can I get it?" And she would reply "Maybe next time, Nena." This became a pattern. I knew there wouldn't be a next time. Whenever I caught myself asking for a new doll or Toy, I noticed my mom would pause what she was doing. I knew it pained her to say it so I decided to say it for her. "Actually, never mind Ma, we can get it next time." I never wanted my parents to feel embarrassed about our finances.

Looking back now, I realize that this was at the time of the recession. We were able to afford our basic needs, and they were still able to send me off to school field trips. I was still privileged enough to grow up in a household with toys, dolls, movie discs, and even a DS and Gameboy. I grew up appreciating what I had and in return my parents asked that I did good in school.

Throughout my entire life my grandparents would turn casual conversations into lectures about the importance of staying in school and landing good jobs that made me happy. Of course, my family wanted my sister, cousins and I to be successful, but the thing they wanted most for us was happiness. The sad reality is, I had convinced myself that happiness could not be obtained without money. I entered UConn as a Biology major on the pre-dental track. Whenever parents or teachers asked me what I wanted to be. they would reply with admiration, "oh my goodness that's amazing!" But things went downhill fast. I started failing exams, lab practicals, and chemistry labs. My mental quickly declined, health and I was academically humbled to say the least. I had always been a straight A student, in middle school and in high school. I even took elementary school grades seriously. Suddenly that changed; it was clear that I was burnt out and it felt like the world was against me.

With the help of advisors and friends, I had decided to switch my major to Sociology, which I have come to love! When taking the time to reassess my major, I had created a list of things I found interesting as well as things that feel personal. I had originally thought of switching to Allied Health, but having to take chemistry was a complete deal breaker. I realized I enjoyed the concept of talking about how society works, which lead me towards sociology. I'm a strong believer that if we want to make positive change, we first must understand what it is that is flawed. Issues regarding race, gender, and class, to name a few, have affected myself, my family, and the people I've grown up with. I'm not sure what profession I want to enter specifically, but I do know that I want to do something that helps others.

Making this decision wasn't easy. I felt as if I was giving upon something I could push through. Looking back on this now, four years of constant anxiety and stress only to enter a profession that could overwhelm me would not have been worth it. I had to accept the fact that I was taking my education in a new direction. Learning never stops, and I want to use my knowledge to help break cultural norms and show others that it's okay if you're not good at everything.

Luckily, my family has supported me, which I am extremely grateful for, but I realize that might not always be the case within ethnic families like mine.

If you're a fellow first-gen student going through the same thing, just know it's okay! Picking a career can be hard because there's so much pressure, and we all want to make our parents proud, but your happiness is important too. When telling my parents, I thought they wouldn't trust my decision. I was scared that they would think I was looking for an easy way out. They weren't surprised when I told them I was switching my major. I think when we communicated through FaceTime throughout the semester, they could tell I wasn't my best self. They reminded me that this is my education.

I used to think that I had to make six figures in order to be "something," but that simply is not true. It's just like my mom told me, "you should be happy with what you end up doing. Don't think about money. As long as you are doing something you enjoy, it shouldn't matter." Change can be scary, but it's important to know that there's always someone who supports you, and if you can't think of anyone, then I support you.

READING, WRITING, AND REPRESENTATION









This comic was created to show how someone can create a space for themselves in a world that doesn't yet accommodate their differences. Representation is certainly important; it's important that we recognize the fact that we have the choice to represent and advocate for ourselves. These decisions, the choices that allow for them, do not come as easily to some as they might to others—some groups are in places where their voices may not resonate as loudly because there are systems in place meant to suffocate them. Acknowledging that facts helps bring those struggles to light with hopes that something might be done about it. To those that feel disconnected from the people we see in the things around us,

consider whether or not you have the choice to move towards changing it.



Illustrated by Kathryn Markey, Visual Design Specialist

ALETTER FROM THE DIRECTOR



Visioning, intention aligning, setting—transitions are often a time when look to make we updates, sharpen our focus, and identify new moving paths for forward with our goals. Before the start 2023-2024 of the academic year, the professional staff came

together for six extended planning sessions to reimagine how we approach our work and to realign our available resources to support that approach. The new academic year was going to be one of many transitions.

The University was in the process of creating a new strategic plan, and ODI was restructuring. In that context, we spent a good deal of time, in a room at UConn Health, discussing "What is our story?" We reflected on what had come from the 50th anniversary celebration, what we wanted for the future of the Center, and the why and the how we do what we do. We wanted to be able to tell the UConn community who we are, what we do, and encourage their engagement in our work. In other words, we wanted to be able to be able to be able to articulate our vision for the Women's Center. As Daniela, our GA, says – "still a work in progress."

Here is what we're thinking so far:

The Women's Center works to:

• dismantle gender oppression through prevention, education, and advocacy;

• support undergraduate and graduate students, staff, and faculty who experience sexism, gender-based violence, discrimination, and/or harassment;

• center the experiences of women and gender-expansive people; and

•celebrate all of the ways gender is lived and expressed

through an anti-racist and culturally affirming feminist practice.

We'd welcome your feedback.

In July, Judy Lopez, the Women's Center Assistant, moved to ODI's Central Office to serve as the inaugural Associate Director of Business Operations and to lead the new Shared Services Team. During her tenure at the Women's Center, Judy went out of her way to make sure her colleagues felt supported, nurtured, and encouraged to pursue their academic, professional, and personal aspirations. She is an exemplar for what holistic student support looks like. We are fortunate that Judy is now able to share her skills and talents in a more official capacity across all of the units within ODI.

This also meant, we had to realign available resources to create an our infrastructure that would support our continued work. During our summer planning, we revised some of the student staff job descriptions and created some new ones. We also took this as an opportunity to hone in on our learning objectives for the student staff and to incorporate many of the Career Readiness Competencies from the National Association of Colleges and Employers (NACE) into our work with student staff. We also set our the intentions for coming academic year. We decided to focus our education and advocacy efforts around three goals:

- Provide educational programming and support to students, staff and faculty focused on Reproductive Justice .
- Design and implement an educational campaign to raise awareness of the impact of gendered language on students, staff, and faculty.
- Provide educational programming and support to students, staff and faculty focused on priority/current forms of gender discrimination.

At the core of these goals is a commitment to autonomy, agency, and liberation. While there are many, we are choosing right now to focus on these barriers to being able to show up as our authentic selves, to realizing our academic and professional potential, and to feeling affirmed with a sense of belonging and inclusion. All in the service of celebrating all of the ways gender is lived and expressed. So now that we are at the end of the academic year, how did we do? A scroll through our social media posts and the articles in this newsletter tell that story. Some of the highlights include:

• Educational programming on reproductive justice - The Path to Reproductive Freedom: Understanding the Nuances of Reproductive Health, Reproductive Rights, and Reproductive Justice w/Nia Eshu Martin-Robinson and #ThisIsAmerica - Reproductive Justice: The Intersection of Health, Rights, and Social Justice, co-planned with UConn Alumni.

• Educational campaigns/programming on impact of gendered language on students, staff, and faculty – Visibility Isn't Enough: Language, Trans Politics, & Poetry with Chrysanthemum and <u>An</u> <u>Introduction to Gendered Language</u>.

• Educational programming on priority/current forms of gender discrimination - Black Women in Higher *Ed discussions and networking events, co* -organized with the African American Cultural Center and BSOUL Learning Community Sexual and Assault Awareness Month.

Most importantly, we showed up for our commitment to support individuals and the institution to centering autonomy, agency, and liberation. How do we know? This video the students here at the Center created for our UConn Gives campaign says it all - <u>UConn Women's</u> <u>Center (@uconnwomenscenter)</u> • <u>Instagram</u> <u>photos and videos</u> This is the future of the Center, the why, and the how we do what we do.

ALETTER FROM THE WRITING INTERN



Before I started for working the Women's Center, I, like a lot of people, thought the Center was just for white women. I figured that we have all these other cultural centers race. there for so wouldn't be too much racial diversity in а

center based on gender.

But there is. The Women's Center is filled with so many diverse, vibrant personalities with different backgrounds, perspectives, and outlooks on life. At the Women's Center, my fellow coworkers are men, women, Asian, black, white, gay, straight, younger, older, but all are feminists.

Real feminism is feminism for all. Feminism for black, brown, and white women. The Center would not be a place where feminism is truly celebrated if not for the diversity of the student staff and everyone who uses the space.

I am a Pakistani, Muslim, queer woman. It was not always easy for me to accept all parts of my identity. In religious spaces, not everyone is always accepting of every community, even though that is what religion preaches. Inside and outside religious areas, people often cast quick judgements and create an unwelcoming environment for my peers and I.

I found my community in my friends and various spaces on campus. The Center is one of these. Here, I know I can be myself and not hide certain parts of who I am. I don't have to hide aspects of my sexuality, and I don't have to make myself small to make room for men. Everyone's voice matters, including mine.

One thing Valarie Kaur discussed

when she came to campus to speak was the importance love. specifically of Revolutionary Love, which she defines as choice to labor for others, the our opponents, and ourselves. This world is driven by fear, which is why me and others may not feel safe in certain spaces. Not every community is accepting of all people because they're scared of what's new and foreign to them. But if we lead with love, and wonder about our opponents instead of acting out of fear, we create an accepting environment, like the Women's Center.

Page 28

When I look at people in the Center and other spaces I'm part of, I see that most of them do not look like me. But that is a good thing. Regardless of race, gender, or sexuality, I wonder about my fellow coworkers and peers. And they wonder about me. Having different perspectives within a space is so important because it ensures all voices are heard. I find comfort in my friends, peers, and the Center because I know I can be myself without being unwelcomed. These spaces should exist everywhere, not just on campus. We all bleed the same color.

