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VOICES Newsletter, v6n2, March 2010

University of Northern Iowa. Center for Multicultural Education.

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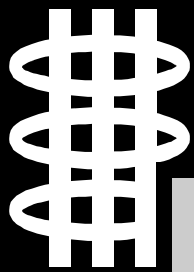
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VOICES

promoting diversity in the university community and beyond...

CME SEVEN BOOK CLUB

It is not too late to join Dr. Blackwell for his monthly book club discussions. The book club is held once a month in the CME lobby, and features a variety of best-selling authors. There are still two books left in the series.



This month's read is *Asian Americans in the Twenty-First Century* by Joann Faung Jean Lee. Join us on Tuesday, March 23 for the discussion!

Upcoming Selections:

Jesus, Interrupted: Revealing the Hidden Contradictions in the Bible (and why we don't know about them) by Bart D. Erhman

A History Lesson

At this point, it is our hope that most students, faculty, and staff are aware of the CME and its function. However, it is almost guaranteed that very few know about its rich history and intense development that the facility and its staff have endured over the years.

The Civil Rights movement of the 1960's gave way to many different changes in curriculum and campus institutions. The Afro American Society at UNI was not exempt from these changes. They created a proposal to rename what was then known as the "Key Hole Room" to the "Afro-American Culture Center." Although this created quite a

controversy, the idea of a cultural facility was officially in the making. After having their idea ignored, the African Americans decided to take matters into their own hands and stage a sit-in at former President Maucker's house. Seven of the 31 students present at the sit-in were arrested for their leadership. They have since become known as the UNI 7.

All of the students really put up a fight for their goal; but it paid off. After the Board of Regents accepted the proposal, the request to turn Vice President William Lang's home

into a cultural center for the minority population was accepted by a vote of five to three. The Ethnic Minorities Cultural and Educational Center opened in February, 1971. The name was changed to the Center for Multicultural Education during the 1997-1998 academic year.



The EMCEC, 1971



How much do you know?

The statements below were some of the ones posed during the African American Jeopardy contest held at the CME during Black History month. See how many of these questions you guess correct!

1. He was the first to die in the American Revolution.
2. She rescued over 300 individuals through the Underground Railroad.
3. She is the author of "A Raisin in the Sun."
4. Boldly breaking racial barriers, he became the first black heavyweight champion.
5. He silenced Hitler during the Olympics in 1936 by winning the 100 and 200 meter dashes.
6. A member of Congress, she was the first black woman to run for the U.S. Presidency.

Answers on page 5

"Injustice anywhere is a threat to justice everywhere." Dr. Martin Luther King, Jr.

SAVE THE DATE!

Thursday, March 25
Gallagher Bludeorn
Performing Arts Center
7:00 p.m.



The UNI campus and community is invited to see
"one of America's most
provocative public intellectuals!" This event is free
and open to the public



A Word From the Director...

Dr. Michael D. Blackwell

Director

In 1994, I wrote an editorial in a local paper concerning the United States' tragic relationship with Haiti. During that period of time, Haitians who were seeking to come to this country were being detained and housed in Guantanamo. We were ignorantly ostracizing them because they were black and ostensibly because they were believed all to have HIV or full-blown AIDS. After the recent debacle in New Orleans post-Hurricane Katrina, we knew that we would be scrutinized by the world in the wake of the devastating earthquake that ripped through Haiti. What irony!

We are good at philanthropy here in this country, particularly when some sort of disaster strikes overseas or in places domestically where people are not poor, exploited, or otherwise depreciated. This malady in our human spirit causes us oftentimes to drop the ball, so to speak, when we have the opportunity to rescue, prevent, or eliminate impending adversities. We should be perched on the edge of our

seats, if you will, prepared to act in service to our fellow human beings who are suffering. In actual fact, we should be about the business of securing a better world for folks disadvantaged, obstructed, ostracized, and the like. Martin Luther King, Jr., aptly put it: "Injustice anywhere is a threat to justice everywhere."



Michael D. Blackwell
Director

Check out Dr. B's Blog!

**Featuring his comments on current
events and social issues**

<http://drmdbwell.blogspot.com>

When Justice Sees the Light

The way to deal with injustice
Is determine its cause;
Without fearfulness or malice,
Attack it with no pause.

As long as pride pervades our hearts
And greed's the card we play
The ends that the system imparts
Will wipe no tears away.

The achiness in those who bear
The brunt of evil's core
Is fierce, and does not disappear
Till death knocks down the door.

Oh, where have all the heroes gone
Who trucked the underdog
And, while oppression carried on,
Battled amid the fog?

The poor, the sick, the indigent
The laughed at, and ignored
Deserve the help that these ones lent
Because they knew their lord.

The authors of injustice know
The damages they wreak;
Of integrity, they let go
And scandalize the meek.

No end's in sight for this malaise.
We must keep up the fight
And usher in those righteous days,
When justice sees the light!

© Michael D. Blackwell

"Service to others is the rent you pay for your room here on earth." Shirley Chisholm

Dr. Barbara J. Berg

On Monday, March 8, the CME will have the great pleasure of hosting feminist author, Ms. Barbara J. Berg. Dr. Berg is a renowned writer who has not only published several highly regarded books, but also written for publications such as *The Washington Post*, *The New York Times*, and *Ladies' Home Journal*, to name a few. Dr. Berg has also been seen during her nationwide speaking tours on talk shows including *Oprah*, *CNN*, and *CBS Morning Show*. But, her list of accomplishments does not stop there!

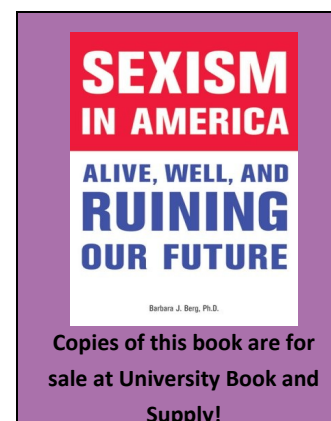
Dr. Berg has a biography in the recent book, *Feminists who changed America*. In addition, she is an award-winning teacher, having taught at institutions such as Yale Medical School, Columbia Universities' Physicians and Surgeons,

Sarah Lawrence College, and Marymount College.

We welcome Dr. Berg to the University of Northern Iowa to discuss her latest book, *Sexism in America: Alive, Well, and Ruining Our Future*. Dr. Berg has devoted her time to further the fight for women's suffrage. She is committed to making a difference when it comes to the lives of women and the many issues that they are forced to deal with.

"Sexism in America: Alive, Well, and Ruining Our Future" debunks the many myths about how far women have come and the pervasive belief that ours is a post-feminist society. She traces the history of the story of women's rights all the way back from the 1950s up until

now, detailing the illusions within the progress that seems to have been made. We expect this event to be not only enriching, but very entertaining as Dr. Berg gives us the inside story on her passionate fight for women. Join us for this exciting evening! (This event is free and open to the public.)



The Politics of Jesus

Dr. Michael D. Blackwell
Director

From time to time, I pick up a book that really resonates with me and compels me to share the work with others. A couple of years ago, when I read Dr. Obery Hendricks, Jr.'s book, *The Politics of Jesus: Rediscovering the True Revolutionary Nature of Jesus' Teachings and How They Have Been Corrupted*, I was moved to inform colleagues and associates of the affirmation of many of mine own ideas about what people should be doing to address the issues in society and to pursue justice, fairness, equity, and the like on an ongoing basis. I am not sure how many folks responded to my recommendation, for I do not keep track of such records. However, it did come as a surprise to receive a call earlier this school year whether the Center for Multicultural Education could help sponsor the author's visit for

Black History Month. I leapt at the opportunity!

Dr. Hendricks was happy to oblige the CME and me. Our areas of study are similar, although he is a biblical scholar and I am a social ethicist. His lecture focused on the challenges Jesus faced, as a citizen under the hegemony of the Roman Empire, while speaking out (both Jesus and Hendricks) against inhumanity, materialism, greed, and arrogance. Hendricks was a rather gracious guest—taking the time to respond carefully and forthrightly to student questions after his formal talk and to engage them in conversation while autographing books for them of either *The Politics of Jesus* or his 2003 novel, *Living Water*. It was nice to have the multipurpose room filled to capacity

and the lobby overflowing with people listening to Hendricks speak.

The CME usually does not often invite speakers who have major ties to a religious field or institution. In the past, support was given for the greatest African American scholar of religion at the time, Dr. C. Eric Lincoln; later this year, we are supporting the preeminent New Testament scholar, Dr. Bart Ehrman, author most recently of *Jesus, Interrupted: Revealing the Hidden Contradictions in the Bible (and Why We Don't Know About Them)*. These are not devotional periods, but, rather, exposure to real scholarly research and what the studies reveal about our traditions, our understanding, and our perspectives on the future.

"If we loose love and self-respect for each other, this is how we finally die." Maya Angelou

MARCH EVENTS

Check out our website for details on additional events happening in March and April!

Soweto Gospel Choir- March 5

Bring the entire family to this show that will fill you with inspiration! Winner of two Grammy Awards, the Soweto Gospel Choir was formed to celebrate the unique and inspirational power of African Gospel music. The 26-person choir, under the direction of David Mulovhedzi and Beverly Bryer, draws on the best talent from the many churches in and around Soweto. Check with the CME for free ticket opportunities!

Barbara J. Berg- Monday, March 8

Dr. Barbara J. Berg will visit the UNI campus on Monday, March 8 and provide a lecture in the evening regarding her research and new book entitled *Sexism in America: Alive, Well, and Ruining our Future*. This event is free and open to the public.

Spring Break Trip- March 14-18

Travel with the CME on a civil rights tour through Alabama and Tennessee on this 5-day Spring Break Trip! Join us as we travel by charter bus to historical hotspots of the Civil Rights movement. We estimate students costs will be a minimum of \$150 while faculty/staff/community members will have a minimum fee of \$190 (includes travel, lodging, and entrance/admission for group events. Participants are responsible for meals and additional entertainment). Registration has begun!

An Evening with Dr. Cornel West- Thursday, March 25

The CME has extended an invitation to Dr. Cornel West, world-renowned scholar and public intellectual to visit the UNI campus. All are invited to see "one of America's most provocative public intellectuals!" Save the date for this extraordinary event!

Multicultural Student Leadership Retreat- Saturday, March 27

The CME is hosting a Multicultural Student Leadership Retreat on this day from 8:30 a.m. till 4:30 p.m. Students are invited to participate to further develop and sharpen leadership skills through different speakers and break-out sessions. This event is free and open to the public. Registration begins Feb. 2010.

APRIL EVENTS

San Jose Taiko- Friday, April 16

San Jose Taiko has mesmerized audiences for three decades with the powerful and propulsive sounds of the taiko drum. Inspired by traditional Japanese drumming, San Jose Taiko performers express the beauty and harmony of the human spirit through the voice of taiko. This event is held at the GBPAC at 7:00 p.m. Check with the CME for free ticket opportunities!

CME Seven Book Club- Monday, April 22

As the CME Book Club reviews the 7th and final book in the series entitled *Jesus Interrupted: Revealing the Hidden Contradictions in the Bible (and Why We Don't Know About Them)*, Dr. Bart D. Ehrman will join the group for discussion from 3:30-5:00 p.m. at the CME. Examining the New Testament with critical eyes, Dr. Ehrman highlights the authors (and supposed authors) of the books, their conflicting points of view, and the dates when various parts of the New Testament were actually written. He will return to campus at 7:00 p.m. that night to provide a lecture on his book.

"Truth knows no color; it appeals to intelligence." James Cone

Hunger: Do you know the feeling?

Taryn Parker
Office Assistant

One in four children will be hungry today. They will have trouble focusing at school, and experience a lack of energy when trying to perform normal activities. They will go to bed early with an empty stomach, and wake up with a similar feeling. **1 in 4:** are you feeling called to action yet? Hunger is a major global issue, but is frequently overlooked within our own nation and, even more commonly, within the state of Iowa. Hunger rates have drastically increased, and so has shortages in local food banks.

The Northeast Iowa Food Bank (NIFB), located on 11th Street in Waterloo, Iowa, has been faithfully serving its 16 Iowa counties since its humble beginnings in 1981. With a large team of staff and a steady flow of volunteers, the food bank makes a huge impact on these communities in need. However, according to Mike Lind, Director of External Relations, there is still a long way to go when it comes to educating Iowa citizens about the reality of hunger.

To get another perspective, Lind was questioned about the most common misconceptions revolving around the hunger issue. "Most people think of hunger as existing only in a third-world country. People are not educated on the problem that exists locally," he said. Lind explained that when people are aware of hunger existing on a local basis, they brush it off with an "it's not

that bad" mentality. But how do you exactly classify this enormous group of people? Lind uses a term called *food insecurity*. It simply means that one does not get an adequate amount of food and nutrition on a daily basis. In our country, it used to be 1 in 8 people experienced food insecurity. According to Lind, very recent results reveal 1 in 6 are now considered to be in this category. In Iowa specifically, it has jumped from 1 in 10 to 1 in 8. Unfortunately, these statistics are



on the rise, and little is being done to stop them.

Lind discussed how the economy is playing a huge part in this drastic increase. The food banks are experiencing a shortage of food because more people are attending the food pantries and other programs that they supply after losing their jobs or investments. Others who previously donated their money and time are finding themselves on a tighter budget given the circumstances. Although using the excuse of the poor economy seems tired and cliché, it is still wreaking havoc on the nation, especially organizations such as the food bank, which cannot potentially improve your stocks.

But what can we do to help? As students, and for anyone who is suddenly finding themselves on a new and stricter budget this year, Lind says he sympathizes with the lack of funds. But, the food bank, although still in desperate need of financial donations, needs volunteers in order to make their programs a success and to reach as many families in need as possible. "It is great to have volunteers come in and help with the food packing. For our senior nutrition program and our operation family pack especially, it can sometimes take me several days to pack the loads. With volunteers to help me out, we can get it done in a few hours," says Mike.

Volunteering is a must when it comes to the NIFB's success. This, in addition to educating yourself and going out to your community and being an advocate for the cause, is the best thing that you can do. It is our responsibility to do our part in aiding the families in our surrounding communities who are experiencing this horrible feeling of hunger. This problem cannot be overlooked any longer. Check out the website of your local food bank and see how you can get involved.

For more information on hunger in Iowa and how to help, visit the Northeast Iowa Food Bank website at: www.northeastiowafoodbank.org, or call (319) 235-0507.



JEOPARDY ANSWERS

Here are the answers to the Black History Jeopardy questions— see how many you got right!

- | | |
|-------------------------------|-----------------------------|
| 1. Who is Crispus Attucks? | 2. Who is Harriet Tubman? |
| 3. Who is Lorraine Hansberry? | 4. Who is Jack Johnson? |
| 5. Who is Jesse Owens? | 6. Who is Shirley Chisholm? |



"Make your life count- and the world will be a better place because you tried." Ellison Onizuka

Spring Break Trip

Everyone looks forward to spring break, but not everyone can afford a luxurious tropical vacation. Instead of sitting around your hometown wasting away this break, let the CME be your tour guide to a blast-from-the-past adventure.

The CME will be taking a civil rights bus trip to Montgomery, Selma, and Birmingham, Alabama, and Memphis, Tennessee. The bus departs early Sunday, March 14th, to make the drive to Montgomery. From there, participants will tour historic landmarks and fascinating museums, stopping at dark for rest in a nice hotel bed and, most importantly, to experience some southern night-life! The bus will make its way back to UNI Thursday, March 18th.

This is a quick trip to take a break from work and school and experience the

significance of the Civil Rights Movement by seeing the most important places firsthand. Some of the stops include visits to Dexter Avenue Baptist Church, Edmund Pettus Bridge, Birmingham Civil Rights Institute, National Civil Rights Museum, and many more. A charter bus will take you to each of your destinations, and hotel accommodations have already been reserved. The cost for this trip is \$150.00 for UNI students and \$200.00 for the general public; much less than a plane ticket to a cliché spring break destination!

A full itinerary is listed on the CME website, and a registration form must be filled out completely and all costs must be paid in full. For more details on this great opportunity, please visit the CME events page, or contact the CME Graduate Assistant, Kolby Knupp, at kolby@uni.edu.

**Edmund
Pettus Bridge
Selma, AL**



**Dexter Avenue
Baptist Church**



**Rock n' Soul Museum
Memphis, TN**



Featured Student Organization: African Union

Umaru Balde

Student Worker

The African Union at UNI is a student organization founded in 2003. The African Union is not only for Africans as it may sound, but it is an open organization for everybody who wants to join. The main purpose of the AU-UNI is to promote the many different African cultures and unite African and non African students.

The African union organizes and participates in many cultural events within and also out side of the UNI campus. AU has been participating in culture fests and other events in the community of Cedar

Falls and Waterloo in the past few years by entertaining and serving African food. Recently however, the Au has organized a new performing group. This group does different performances such as African dances, acting, fashion shows, poetry and more.

The group is a social and educational group like any other group on the UNI campus. Its office consists of 5 members; the president, Vice president, general secretary, treasurer and event organizer. The adviser is Professor Dr. Pierre Damien Mvuyekure.

**For more information on
the AU-UNI, contact
Umaru Balde at
walonbalde@gmail.com.**

"You can't be neutral on a moving train." Howard Zinn

Heart Healthy

Taryn Parker
Office Assistant

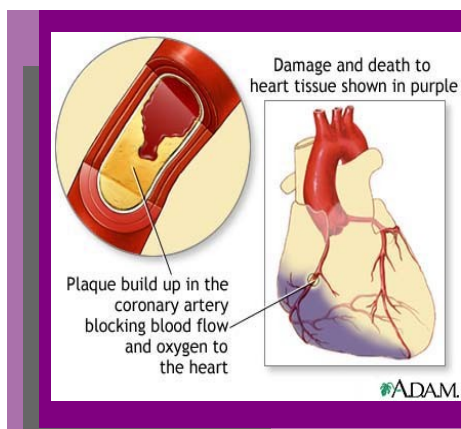
Heart disease is more common than cancer, killing one out of every three women. In fact, once every minute someone's life is taken by a heart attack. The shocking statistics are not even the scariest part about heart disease. The terrifying reality is that people seem to be overlooking this disease and ignoring signs and symptoms until it is too late. The CME had a chance to catch up with Heidi DuCharme, the go-to girl for HeartAware at Allen Hospital. She had some very surprising facts to share about the severity of heart disease and how quickly it can impact a life. Although there is a long list of risk factors, the good news is that there is an equally long list of easy ways to prevent the disease.

By now, most people have been informed of the risk factors and preventative measures, or at least heard a lecture from their doctor. However, many are in denial that this could ever happen to them or a loved one. This is ironic because most of the risk factors are common issues that the average person encounters on a daily basis. These include; high blood pressure, weight/waist circumference, high cholesterol/lipids, lack of exercise, smoking, and increased stress. Chances are, you are someone you know probably possess a few of these risk factors.

Heart disease is caused by a narrowing of the heart's coronary arteries. Unstable plaque builds up in the artery and eventually begins to rupture. This results in a blood clot, which blocks the blood flow to either the heart causing a heart attack or to the brain causing a stroke. Heart attacks can take on different forms, and they are not all the cliché movie scene attacks that we are used to

seeing. Some can be sudden and intense, leaving little time to act, while others can be slow to start, with signs of discomfort leading up to the attack. It is vital that if you begin to notice any of these signs, you call an ambulance immediately. Heidi explained to us that people will try to drive themselves to the hospital or have someone else take them.

The danger with this is that once these symptoms begin, you usually do not have that much time until a full-on heart attack begins. If you are in an ambulance, they will have the equipment necessary to begin stabilizing the attack.



If all of this sounds like something that you would rather just avoid, which is probably anyone with a pulse, then it is important to take these few steps in effort to get and stay healthy. Regular exercise can lower blood pressure and maintain a healthy weight, while working to decrease stress build up. There are different rumors about how long and often you should exercise, but Heidi recommends you aim for at least 30 minutes of moderate intensity 5-7 days a

week. The walking and activity that you do at work, school, or around the house does not count as exercise since it is not a continuous activity. You can break up your exercise, as long as you get and keep your heart rate up.

Avoid smoking as well as exposure to second-hand smoke, and be especially careful of your diet. Avoid saturated and trans fats, which are found in animals and fried or processed foods. This being said, not all fats are "bad" fats. Polyunsaturated and monounsaturated fats found in fish, nuts, olive oil, and peanut oil can help lower your risk. Also, make sure to eat your 5-9 servings of fruits and vegetables and choose whole grains whenever possible. These include brown rice, oatmeal, popcorn, and whole wheat pastas. The key to this is staying away from white flour. Whole grains contain soluble fiber, which helps to prevent cholesterol from entering the blood stream. Get in the habit of checking the food labels before making a choice. Focus in on the "daily percentage value" on the right side of the label. If it reads 20% or more, this is high and 5% or less means low. Use this technique to help you get more fiber and less saturated fats and sodium.

More than 1 million Americans will have a heart attack this year. Get "heart healthy," and do not be a part of this statistic. For more information, visit www.healthawareservices.com and take the heartaware risk assessment.



"Make your life count- and the world will be a better place because you tried." Ellison Onizuka

Poet's Peak

Every April is a nation-wide celebration of poetry. Log on now to www.poetry.org for more information and to find events happening near you!

To gear up for National Poetry Month, we are starting the celebration early with a special poem.

Agreed

Whoever said that we in the USA are free?
Was it you, for it damn sure wasn't me!
I called America my home, though I'm treated like a knave
And I simply haven't met any should I can call brave.
We are all cowards, afraid to call a spade a spade,
While millions go hungry each day as we cut domestic aid
What kind of life do you wish to live in central plains
Quietly funding the Iraq War, while poverty next door remains?
How comfortable are you when your lips are shut tight
Are you so content that you have given up the fight
The tears, the sweat, the torture and torment, the shed blood
That our fore parents experienced greater than any post-Katrina flood
Let's start getting busy- causing trouble here and there
Let's turn injustice upside down near and everywhere
Let's stay seated when others rise to the anthem and pledge
And place our bodies on the line- have no fear, don't hedge
For things won't get better until we join together
To get rid of the horrific misery to which we are bound whether
We're black or brown or red or yellow or white
We're all imprisoned and living in cells of the darkest night
Until we make sure all persons have what they need
To succeed while on earth in the land of one's birth-agreed?

"It is my deepest belief that only by giving our lives do we find life" Cesar Chaves

USE US FOR YOUR NEXT EVENT!

CME 2009-10 Operation and Reservation Hours

Monday - Thursday
8:00 am - 8:00 pm

Friday
8:00 am - 5:00 pm

**Friday Night, Saturday
& Sunday**
By Request

Call us to reserve a CME
facility for your
event today!



March 2010

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Questions or comments? Let us know!

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