Feminist Friday is a new initiative in the Margaret Sloss Women’s Center that will focus on discussions on topics related to gender equity. The goal of this initiative is to begin to critically engage in topics, current events, and pop culture from a feminist perspective. Faculty from across campus will be invited to spend an hour to help conversations. Feminist Friday will launch on November 3rd and feature Dr. Shaneda Destine and Shania Destine, where they will be discussing "Feminist vs Womanist."

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Send topic ideas to womenctr@iastate.edu with subject line: Feminist Friday.

**Staff Spotlight: Crystal**

I am a sophomore history major at Iowa State University from Council Bluffs, Iowa. My goal is to work in government policy and legislation. Some of my interests include activism, reading, and watching cat videos. Working at the Margaret Sloss Women's Center allows me to earn a paycheck while spreading the important message of feminism and women's rights across campus.

**The Vagina Monologues Auditions**
The Vagina Monologues walk-in auditions are coming up!
If you live your life as a woman, you are welcome to audition. No acting experience needed. Each audition will take 5-10 minutes.

The Vagina Monologues is an award-winning play based on V-Day Founder, playwright, performer and activist Eve Ensler's interviews with more than 200 women. With humor and grace the piece celebrates women's sexuality and strength. The purpose of the Monologues is to raise awareness and funds for local anti-violence organization, ACCESS (Assault Care Center Extending Shelter and Support). The Margaret Sloss Women's Center, Student Union Board, and the Society for the Advancement of Gender Equity coordinate the production annually.

Put the following dates on your calendar:
Sunday, November 12 from 7:00-8:30pm in the Sloss House
Wednesday, November 15 from 5:00-6:30pm in the MU Room 3538
The F-Word: By Karri Folks

The Margaret Sloss Women's Center gets requests to present to a variety of groups all year around. I received my first request to present "The F-Word" to an art class in the College of Design. Feminism is for EVERYONE, however my first dilemma was "How do I further engage an Art 208 class?" A portion of the Women's Centers mission is to provide programming through a feminist lens. It suddenly hit me - EUREKA - I will discuss art through a feminist lens! The students in the class were very attentive and engaged in the conversations about the feminist art movement.

We discussed the artwork of several feminist artist including Frida Kahlo, Gregg Deal, and The Combahee River Collective. Students shared their interpretations of the provided samples of feminist artwork and compared their interpretations with the artists' descriptions. We concluded the #FeministFriday program with a creative session where all students crafted pieces of artwork that reflected what feminism meant to them. I thoroughly enjoyed the energy of the students in the class and there explanations of their creative crafted feminist pieces. The students made for an amazing experience that will stay with me for a lifetime - Thank You Art IS208!

Friendsgiving: By Janae Due

Holidays can be hard - especially Thanksgiving. You're sitting around a dinner table with family, shoving stuffing in your face. No – that's not why it's difficult. The difficulty comes in when Uncle Carl says something sexist or Aunt Marlene continues to say racial slurs. You keep stuffing that stuffing in your mouth to, well, literally stuff it. Calling out your family, especially during holidays, can be uncomfortable, awkward, and potentially fear-inducing. Holidays are difficult times for people with marginalized identities; more so now with 45's administration and widespread accepted white supremacy running rampant. Let's not forget the fact that Thanksgiving is basically celebrating the white man's colonization of the Americas and mass Native American genocide. Ya know, easy
My solution is to celebrate Friendsgiving instead. Host it on a different day than the traditional holiday and celebrate with your closest pals. Rather than subjecting yourself to your family’s ignorant and bigoted views, gather a crowd of friends, potluck-style. Surround yourself with those you love and those who love you for you. This doesn't change what happens on the traditional Thanksgiving holiday if you celebrate with your family, but it for sure adds necessary emotional relief.

**Mental Health in Your Friends: By Hannah Robinson**

As midterms fall, the days get shorter and drearier, and finals now in sight, it is easy to feel overwhelmed. You may notice your friends getting overwhelmed as well. But when does your friends’ stress become something to become concerned with? According to ULifeline, a website dedicated to college mental health, there are multiple signs to look for in friends regarding their mental health. For the complete list, check out this link. Generally be concerned if you notice changes in their day-to-day lives, such as a change in how much sleep they are getting, missing classes and homework, changes in their appetite, having less energy, or having a general loss of interest in things they used to enjoy.

*If you feel concern for them and their health or safety, there are multiple places to turn to on campus.*

- **The Women’s Center**, located in the Sloss House between Curtiss and Gerdin
- **The Dean of Students Office**, located in the Student Services Building
- **Student Wellness**, located in A37 Friley Hall.

Don't take mental health on as your responsibility, by yourself. Utilize campus resources and look out for each other. Together we can have a great rest of the semester!

**Campus Climate**

Win $50 by giving your opinion on the learning, living and working environment at Iowa State

Responses are confidential

campusclimate.iastate.edu/survey

How is your ISU experience? Share your feedback in a campus climate survey of the learning, living and working environment at Iowa State. Responses are confidential. Results will be used to address areas of concern. More info and the
How To Be Thankful When There's Nothing to Be Thankful For: By Kenni Terrell

We are months into the semester and it may feel like you're constantly getting task after task with no breaks. I've been there, I am there. I find myself forgetting to actually live life - to enjoy my time in college.

I find it hard to feel thankful when I'm under a lot of stress. I sought out help from peers and on-campus resources and found that allowing myself a few minutes a day to write down affirmations and things that I am grateful for give me some light and positivity for my week. It was hard to implement at first, I said "I don't have the time!" But now that I have a few days down and have them highlighted by the mood they made me feel (such as purple for "loved," and "blue" for intelligent, etc.) I can read through the list each day before I write some more things down. Having a physical list of what I am thankful for really put me in a good mood for the week. I challenge you to write down gratitudes, one a day for the next week, and see your thankful list (and attitude) improve.

Feminist Trading Card Project: By Huanjiao Dong

The Margaret Sloss Women's Center is conducting a feminist trading card project in an effort to educate the ISU community on women who have made a significant contribution to advancing gender equity. The trading cards will also provide useful information to let the students know more about gender equity, women's leadership and feminist theories. We would like to get your feedback on who you will like to see featured on the trading cards and your stylistic preference. Please take a few minutes to complete this short anonymous survey. Thank you so much for your participation.