The Mask You Live In
Film Screening and Panel

Lauren Dietz

On Tuesday, October 13, the MSU Women's Resource Center, in conjunction with multiple other campus departments, hosted a free film screening of the recently released documentary, The Mask You Live In. This was followed by a panel discussion and Q&A session. With the dire need to start a discussion on these tough societal issues, it was absolutely remarkable to see over 400 attendees—including MSU staff, students, faculty, and members of the Greater Lansing community—in the Kellogg Center Auditorium that evening.

The film focused on the violence of masculinity in today's culture and highlighted the harmful consequences of telling young boys to “man up” and keep emotions exclusively to themselves. It discussed the critical roles that mothers, fathers, coaches, teachers, siblings, etc. play in the production of masculinity and the negative societal effects that come along with this. Offering a critical view of masculinity, The Mask You Live In also spoke about the benefits of creating alternative opportunities for men to express themselves, alleviating the heavy mental burden that is affecting the majority of males today.

Following the conclusion of the film, the panel was introduced by Rick Schafer, Associate Director of Student Life. Rick shared with the crowd how incredibly eye-opening the film was for him, especially in relation to the raising of his own children.

The panel began with insight from Ignacio Andrade, of MSU’s Office for Inclusion and Intercultural Initiatives. Ignacio spoke of how the film not only inspired him to think about how he was raised, but especially how he is raising his own sons currently. He spoke of fears and apprehensions associated with raising children in this dangerously “masked” society, as well as answered many questions from parents in the crowd, focusing on how he is raising his sons to live without this mask. Ignacio shared personal stories exemplifying how society’s masculinity has already started to enter his young son’s mind through phrases such as “like a girl” being used adversely by peers at school.

As a doctor in Sports Medicine here at MSU, Dr. Jeffrey Kovan interacts with student athletes throughout the span of their college athletic careers, and more importantly when they are injured. It is not at all rare for athletes to suffer mentally during times of injury or recovery, and Dr. Kovan spoke about the masks that athletes are told they must wear to be viewed as strong or capable by their peers and society. Also pulling in narratives from his personal life and childhood, Dr. Kovan talked about raising his own children and his memories of growing up not being allowed to cry. He powerfully revealed that during the three times in his life when he has actually let his emotions show and has cried, he has never felt as “truly at peace” as he did in those moments.

As a two-sport scholarship student-athlete, playing football and running track & field for the Spartans during his undergraduate studies here at MSU, Jeremy Orr brought an important perspective to the panel. Telling the crowd of his experiences playing football his entire life, Jeremy touched on the very important topic mentioned throughout the film: sports and coaches influencing the mask of masculinity. Jeremy spoke of growing up in a house with no women, and two older brothers who also played college football, one of them who made it to the NFL. He spoke of his own and his peers’ experiences with injuries, and the belief that “football players don’t cry.” Jeremy also spoke of how sports impacted his outlook on winning and losing. He had accepted the belief that if he was losing he was not good enough, and he had incorporated this damaging idea into all aspects of his life—school, work, relationships. Jeremy has claimed that this film was entirely life-changing for him.

Rashad Timmons, a Journalism major at MSU with a specialization in Visual Communication and a Minor in African American and African Studies, reminded the crowd of the violence that non-cisgender, gender-fluid, transgender, queer, and other members of the LGBTQ community experience due to today’s society’s dangerous cycle of masculinity. In addition to this, Rashad shared a powerful story from his childhood in which he flew off of a bike onto the pavement. He distinctly remembers his older brother telling him “not to cry” or to “do this little girl stuff” in front of him. Reflecting on this experience not only aided Rashad in pinpointing a time in which he himself was told to bottle up very valid emotions, but also aided in his noticing that society had already conditioned his brother to think and act in this detrimental manner.

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Women’s Networking Association

*Fall Semester @ A Glance*
FREE and open to all! RSVP required.
Please call (517) 353-1635 or email wrc@msu.edu (with “Networking” in the subject line).

“Microaggressions in the Workplace” - Wednesday, November 18, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. This seminar will explore the concept of microaggressions in the workplace. Of particular focus are the raced and gendered assaults that women covertly and overtly experience by peers, which cause undue emotional, physical and psychological stress to their daily work lives. Participants will explore strategies for negotiating and resisting these aggressions against their identity and working with colleagues to achieve more culturally inclusive work environments. Presented by Dr. Dorinda Carter Andrews, Teacher Education, MSU College of Education.

“Panel & Evening of Networking” - Wednesday, December 9, 2015. Networking and refreshments begin at 4:30PM, panel begins at 5:15PM, Four Seasons Room, James B. Henry Center for Executive Development (3535 Forest Road, Lansing, MI). Join the Women’s Networking Association for an evening of networking, refreshments and a panel with some of Michigan State University’s most successful and inspiring women. Panelists to be announced. Limited space available; RSVP by Friday, December 4, 2015.

The mission of the Women’s Networking Association (WNA) is to connect professional women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women’s leadership at Michigan State University and in the Greater Lansing community.

Halle Tanner Dillon Johnson was a 24 year old widow raising a daughter when she decided to attend the Woman’s Medical College of Pennsylvania. She graduated with honors in 1891 and accepted a position as the resident physician at the Tuskegee Institute. Before she began her job, Halle needed to pass the Alabama Medical Board exam, an unusually difficult multi-day test. When she passed the exam, Halle became the first female physician of any race licensed by the state of Alabama.

Source: Baddestmotherever.com

Erich Pitcher, a doctoral candidate in Higher Adult and Lifelong Education (HALE) at MSU was able to give the audience enlightening insight into his transmasculine experience with the shaping of his own masculinity and the masks that we live in. He told personal stories of the relationship he had with masculinity through his transition process. Erich spoke of the ability to interrupt and talk over others in staff meetings, the ability to raise his voice, and the advantages he gained as he transitioned to a male in today's society. The audience was able to see a new perspective and view the evolution of masculinity through Erich's lens, which I personally found incredibly beneficial and thought-provoking. Erich answered questions from the crowd regarding his experience as a transmasculine male, touching on his experiences with his parents, as well as his experiences with the pressures to fit into society’s box of masculinity.

The evening concluded with an interactive photo campaign, in which participants could write down what they consider to be their “mask” to be revealed in a photo series encouraging people to “drop the mask.” The photos, tagged with the hashtag #DropTheMask, are now available on the MSU Women’s Resource Center’s Facebook page.

The MSU Women’s Resource Center is happy to announce that our Intern, Maggie Chesbrough, has taken on a project that works to redefine society’s beauty standards with each and every post! If you are a diehard feminist or just someone who wants to learn more about the different forms of oppression people experience every single day, this is the blog for you! ☀️

Embrace-your-image.tumblr.com

The Mask You Live In—Continued from page 1.
Sunday, November 1, 2015: Daylight Savings Time! Remember to turn your clocks back by one hour at 2:00AM (or when you go to bed).

Tuesday, November 3, 2015: Budgeting for the Holidays. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. Make the holiday season less stressful and enter 2016 without new debt. This seminar will help you come up with a plan to make your holiday shopping work for you. Presented by GreenPath Debt Solutions. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Thursday, November 5, 2015: A Conversation with Barbara Ehrenreich. 5:00PM—7:00PM, RCAH Theater, Snyder-Phillips Hall, MSU. Award-winning author of Nickel and Dimed, Bait and Switch, Bright-Sided and Living with a Wild God. Co-sponsored by various MSU departments. See flyer on page 5.

Tuesday, November 10, 2015: Academic Women’s Forum. 3:30PM—5:00PM, MSU Union Building, Lake Ontario Room (3rd floor). All woman-identified academics are invited to participate in the bi-weekly Academic Women’s Forum. The forum has been created to provide safe-space for women-identified academics to come together, build community, and discuss issues that are relevant to their success at MSU. RSVP by emailing Health4U@msu.edu.

Thursday, November 12, 2015: Buying a Home from A—Z. 6:00PM—8:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. Whether you’re purchasing your first home, or haven’t purchased a home in a couple years, this workshop will cover everything from home inspections, home values, the importance of a real estate agent, how title insurance protects you and, of course, information regarding mortgage products, how to qualify, and what to expect throughout the process. Presented by MSUFCU Mortgage Department. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Wednesday, November 18, 2015: “Microaggressions in the Workplace.” Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. This seminar will explore the concept of microaggressions in the workplace. Of particular focus are the raced and gendered assaults that women covertly and overtly experience by peers, which cause undue emotional, physical and psychological stress to their daily work lives. Participants will explore strategies for negotiating and resisting these aggressions against their identity and working with colleagues to achieve more culturally inclusive work environments. Presented by Dr. Dorinda Carter Andrews, Teacher Education, MSU College of Education. Hosted by the MSU Women’s Resource Center Women’s Networking Association. RSVP to wrc@msu.edu or 517-353-1635.

Thursday, November 19, 2015: Negotiating Family Dynamics during the Holidays. 12:00PM—1:00PM, MSU Union, Lake Erie Room (3rd floor). Family gatherings, especially during the holidays, can bring out tensions that have been developing for years or new tensions can be created by new life transitions. The birth of children, new marriages, a family member coming out as LBGT, family history of violence, or being asked by your relatives over and over when you are going to get married, can all create tense interactions. Join us for a panel discussion to gain skills for navigating challenging family dynamics. Panelists include: Lori Strom, MSU Family Resource Center, Deanna Hurbert, LBGT Resource Center, and Zain Shamoon, Human Development and Family Studies Doctoral Candidate.

Thursday, November 19, 2015: MSUFCU Financial Solutions Seminar—Planning for Health Care in Retirement. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. This seminar will cover Medicare and costs of healthcare for retirees. Presented by MSUFCU Financial Solutions. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.


Tuesday, November 24, 2015: Academic Women’s Forum. 3:30PM—5:00PM, MSU Union, Lake Ontario Room (3rd floor). All woman-identified academics are invited to participate in the bi-weekly Academic Women’s Forum. The forum has been created to provide safe-space for women-identified academics to come together, build community, and discuss issues that are relevant to their success at MSU. RSVP by emailing Health4U@msu.edu.


Friday, November 26, 2015: Thanksgiving Holiday. University Closed.
Events & Resources

Giving Thanks to Your Community
MSU WRC Staff

Thanksgiving is a time to give thanks for the many gifts you have in life. Our community has provided many of those things we are all grateful for. The MSU Women’s Resource Center urges all of our readers to thank their community this holiday season by volunteering, giving back, and helping those who may not be as fortunate.

Where Can I Help?

- MSU Family Resource Center 432-3745
- MSU Student Food Bank 432-5136
- MSU Safe Place (Advocacy) 432-9570
- Advent House 485-4722
- Big Brothers. Big Sisters 372-0160
- Boys and Girls Club of Lansing 394-0455
- Capital Area Literacy Coalition 485-4949
- EVE, Inc. 372-5976
- Cristo Rey Community Center 372-4700
- Ele’s Place 482-1315
- Gateway Community Services 351-4000
- Greater Lansing Food Bank 908-3698
- Greater Lansing Meals on Wheels 887-4307
- Hannah’s House 482-5856
- Haven House 337-2731
- Junior Achievement of Mid-MI 371-5437
- Lansing Area AIDS Network 394-3560
- Lansing City Rescue Mission 485-7145
- Lansing Teen Challenge 484-6050
- Loaves & Fishes Ministry 482-2099
- Old Town Commercial Association 485-4283
- MI Resource Center on Domestic & Sexual Violence 381-4663
- Mother Theresa House 484-5494
- Refugee Development Center 482-2252
- Ronald McDonald House 485-9825
- Salvation Army 482-9715
- Sisters Maternity Center 490-5775
- Sparrow Volunteer Services 364-3606
- The House of Promise 282-9924
- Women’s Center of Greater Lansing 372-9163

Community Days 2015!

STOP HUMAN TRAFFICKING WHO WILL? SPARTANS WILL.
The House of Promise/MSU LEAD Campaign is hosting a fundraiser this year by selling Community Days Coupon Books good at Younkers, Herberger’s, Elder-Beerman, Carson’s, Boston Store, Bergner’s and Bon Ton. The Coupon Booklets have over $500 in exclusive coupon savings and are just $5.00 each. The coupons can be used for purchases made on Wednesday and Thursday, November 11—12, 2015 (8:00AM—10:00PM) and Friday and Saturday, November 13—14, 2015 (7:00AM—11:00PM). Community Day Coupon Books can be secured by stopping by the MSU Women’s Resource Center (332 Union Building/517-353-1635) or online at http://bit.ly/1h3G9w5.

100% of the proceeds will go directly to The House of Promise, a faith-based nonprofit that provides survivors of sex abuse and sex trafficking unconditional love, acceptance, and a place to heal.

For more information about The House of Promise, visit:
http://www.thehouseofpromise.com

For more information about The House of Promise/MSU LEAD Campaign, visit the MSU Women’s Resource Center’s website at http://wrc.msu.edu (under the “Human-Trafficking” tab).

Save The Date!

Global Fest 2015
Sunday, November 22, 2015 12:00N—5:00PM, MSU Union Building

Travel the world in one day at Global Festival! Exhibits prepared by students about their homelands. Performances of cultural dances, songs and ceremonies. Global gift shop to purchase items from all over the world.

Admission is FREE for this wonderful family event!
A Conversation with Barbara Ehrenreich

Award-winning author of *Nickel and Dimed, Bait and Switch, Bright-Sided* and *Living with a Wild God*

Thursday 5th November
5:00-7:00pm

RCAH Theater, Snyder-Phillips Hall, MSU

The event will also feature a panel discussion with MSU faculty members:
- **Elizabeth Bogdan-Lovis**, Center for Ethics and Humanities in the Life Sciences
- **Michelle Kaminski**, School of Human Resources and Industrial Relations
- **Amy DeRogatis**, Department of Religious Studies

Co-sponsored by the Department of Political Science, James Madison College, Social Science Scholars Program, Center for Gender in Global Context, Symposium on Science, Reason, and Modern Democracy, Lyman Briggs College, Office of the Vice President for Research and Graduate Studies, Human Development and Family Studies, Social Work, College of Arts and Letters, History, Sociology, Criminal Justice, Residential College in the Arts and Humanities, English, Women’s Resource Center, and Center for Ethics and Humanities in the Life Sciences.
LEADERSHIP DEVELOPMENT PROGRAM

Women’s Initiative for Leadership Development (WILD)

Leadership Training Seminars

The Program is free and open to all Michigan State University students and will equip participants with tools for advancing their leadership abilities in a hands-on and peer supported environment.

LEADERSHIP 101: Friday, October 2, 2015 3:00PM—4:00PM, MSU Union Building, Lake Superior Room (3rd floor)

Learn the best tips and tricks for leadership success, whether you’re a seasoned leader or just getting started. Presented by Sara Olsztyn, Community Director, Akers Hall, MSU East Neighborhood.

TIME MANAGEMENT: Friday, November 6, 2015 3:00PM—4:00PM, MSU Union Building, Lake Ontario Room (3rd floor)

Leaders have many commitments to juggle. This session will help you learn to maximize your time and organize your schedule in the way that works best for you. Presented by the MSU Learning Resource Center.

OVERCOMING PERFECTIONISM: Friday, December 4, 2015 3:00PM—4:00PM, MSU Union Building, MOSAIC: Multicultural Unity Center (2nd floor)

Striving for perfection in academic work, leadership roles and your personal life can sometimes hold you back from achieving your full potential. This session will provide strategies for overcoming the unrealistic desire for perfection. Presented by Lisa Laughman, Emotional Wellness Consultant.

All sessions are FREE & OPEN TO ALL. RSVP to wrc@msu.edu (with “Leadership” in the subject line) or 517-353-1635.

Contact:

Phone: 517-353-1635
Web: http://wrc.msu.edu/studentgroups/index.html
Email: wrc@msu.edu

Women Leaders MSU

The VISION of WILD is to connect, inspire and prepare the women [students] of Michigan State University to become leaders on our campus, in our communities and for our world. The MISSION of WILD is to embolden women to achieve their full leadership potential by creating a supportive environment where women leaders can thrive with confidence. WILD assists to help students develop a vision and implement strategies to become the leaders of tomorrow.