Fear not November's challenge bold—We've books and friends,  
And hearths that never can grow cold: These make amends!  
~ Alexander L. Fraser (1870–1954), "November," c. 1918

The Davis Center advances broad campus engagement with complex issues of identity, history, and cultures as they affect intellectual, creative, and social life.

Brightest Diwali Greetings!

May the ever pervading lamp of awareness continue to brighten & guide your life!
DIRECTOR'S NOTE:

Although the past month was hard, the Williams community was there for one another. Many offices came together to support the campus around election related anxieties and the sorrowful passing of a student. We kept our masks on and protected our community, keeping our positive test rates very low. There are still areas where we can (and will!) learn and grow. We at The Davis Center applaud these efforts and continue to work alongside the community to be there for YOU!

American History was made as our next Vice President is a Woman of Color!!

This month, our regular articles about self-care, sign language and enjoying the outdoors offer a little respite from the day-to-day. We also celebrate Native American Heritage Month and Diwali!! Do keep an eye out for programming in reflection of Trans Day of Remembrance (November 20th).

Read on!

Eden-Reneé

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W. Allison Davis '24 & John A. Davis '33 Lecture 2020 with Dr. Ruha Benjamin: Race & Covid 19
On October 29th, the Davis Center, OIDEI, the Oakley Center and Special Academic Programs teamed up to host the acclaimed academic and all around inspiration, Dr. Ruha Benjamin. If you are a member of the faculty, staff or a student currently and you are bemoaning the fact that you missed this enlightening presentation, please write Director Hayes (eh12) to gain access. We are honored to have hosted Dr. Benjamin and look forward to the next event.

The Holiday Season's upon us! CELEBRATE SAFELY

The CDC has just released recommendations to help folk celebrate Thanksgiving and other upcoming holidays safely. We hope you and all your loved ones observe these suggestions so you stay healthy and so we can see you again.

We understand that this year's holidays will be bittersweet, but do know that we are very thankful to all of you. Here's to a healthy, beautiful Holiday Season!

CLICK HERE to learn more about CDC’s recommendations

A SOCIALLY RESPONSIBLE THANKSGIVING

Thanksgiving is great a time to reflect on the true history of the holiday and that for many, Thanksgiving is not a time of celebration. There are ways that we can enjoy our gatherings and be thankful while also learning myth from fact and how to be an ally. Here are a few resources to share and discuss with family and friends.

Best,
Happy Friday Ephs!

It’s crunch time! The pile of assignments that need to be graded is getting higher. Projects need to be wrapped up before the campus goes fully remote. We are all busy. So this month, take a little time each week to free your mind by organizing your to do list. Having a plan lowers anxiety and increases productivity. Just don’t forget to add in a few things that make you happy. I really mean it, put doing happy things directly on your schedule (a 3 minute dance break should do the trick!). Here are a the task/time organization methods I like:

**The Sunday Meeting**
**Pomodoro Technique**
**Priority Matrix**

Go ahead and reward yourself for anything you get done. No need to be stingy, a little extrinsic motivation never hurt anyone :)

Want to go deeper? Spend 5 minutes at the end of each day reflecting on how the plan worked, what didn’t, and what changes you want to make for tomorrow.

Want to learn more? Read all of the links above.

Want to talk about it? I have office hours on Wednesdays from 1-3pm. The link to join my zoom changes from week to week but can be found...
Dear Davis Center Times Readership,

My name is Aseel Abulhab, and I’m the Assistant Director of the DC. Welcome to Williams Signs! Each newsletter, I share a new phrase or sign in ASL and a fun fact. If you have any additional questions or want to engage on the subject, please reach out to me at aa9. Happy signing!

New Sign Phrase: "My name is ... What’s your name?" You can look up the ASL alphabet to learn how to fingerspell your name!

Fun Fact: The difference between Deaf and deaf.

‘Uppercase D’ Deaf: Deaf with a capital D indicates a cultural identity for people with hearing loss who share a common culture and who usually have a shared sign language.

‘Lowercase d’ deaf: This refers to the physical condition of having hearing loss. People who identify as deaf with a lowercase ‘d’ don’t always have a strong connection to the Deaf community and don’t always use sign language.

Ultimately, each individual person has their own preferred term for how they identify themselves. If you’re unsure about how someone identifies themselves, ask!
"My name is....What's your name?"

**YOU on SHINRIN-YOKU**

Shinrin-Yoku is a Japanese term meaning "forest bathing." It's the concept that one goes to the woods to take in the forest with all the senses: to bathe in their sounds, smells, sights and the feelings observed and experienced. The beauty of this practice is that it's not an exercise—not in the sense that your heart rate is going to increase or you'll strain yourself physically— you just need to be present in the forest.

Being present in the moment is important at all points in your life: diligence will not only help protect you from misfortune but can also enrich your life as you begin to see MORE. When I'm looking for mushrooms, I don't focus on mushrooms, I take everything in and it's like they just start popping up -- they haven't actually magically appeared: I've just become AWARE of them. Everything in our natural world is, or has the capacity and potential to be beautiful and inspirational: it's just about SEEING IT. Forest bathing, or Shinrin-Yoku, is a strategy to help you develop the ability to see and appreciate your world, more.
On average, American citizens spend 93% of their life inside, and that was before the Covid-19 pandemic took over our 'regular' lives. Numerous studies show that even a few moments in a forest have verifiable health benefits. Even for those of us that live in an urban environment, this practice can be honed. All you need are some trees! How Nat?! Read on:

1) LEAVE YOUR GADGETS AT HOME.

2) FIND A SPOT: Wander aimlessly, follow curious sights, interesting smells, stop and just listen to the critters or water trickling. SAVOR THEM: find something special or interesting or unique or beautiful about it and then just acknowledge it. The more you appreciate, the more you'll be able to appreciate.

3) WELCOME THE CALMNESS: Welcome the feelings you have. With time, you'll be able to find relaxation from something as simple as just BEING: that will bring you solace or even happiness.

That's about it. The thing about forest bathing is that different folk do different things while forest bathing: some do Tai Chi or meditation, some practice their yoga or write poetry inspired by observations. Some draw, some dance, some obsessively look for mushrooms.

So my friends: GET OUT! It's good for your body, mind, spirit and soul -- it truly heals. It costs nothing but your time and rewards you infinitely.

~Nat!
The DCPC
LEARN MORE ABOUT HEALING YOURSELF IN NATURE

Community Engagement Fellows (CEFs)

The Community Engagement Fellows are a Davis Center-trained, peer-to-peer diversity education group. The DC Community Engagement Fellows work closely with the DC staff and are part of the Davis Center’s effort to provide education for the campus on issues of identity, power, and privilege in order to build a more inclusive community.

Click here to find virtual Drop-In CEF appointment times!

Office of Institutional Diversity, Equity & Inclusion (OIDEI)

The Office of Institutional Diversity, Equity and Inclusion at Williams College dedicates itself to a community where all members can thrive. We work to eliminate harmful bias and discrimination, close opportunity gaps, and advance critical conversations and initiatives that promote inclusion, equity, and social justice on campus and beyond.

Click here to learn more about the OIDEI team!

Born out of the students' advocacy and protests of students, the Davis Center continues to fulfill its mission by working closely with student organizations. Included in those groups is the Minority
Coalition ("MinCo"), student affinity groups united under the umbrella of MinCo. The Davis Center provides advising and logistical support for these groups.

MinCo provides a more unified voice against prejudice and discrimination against marginalized students by serving as a mechanism for affinity groups to come together in organizational, social, academic and political spheres. MinCo facilitates cooperation and communication among its member organizations, the campus and the Williamstown community and is an active voice in constructing a stronger community more aware of minority concerns.

Click here to read more about the MinCo Groups!

Upcoming Events: Community, Professional & Learning Opportunities

Body Positivity Workshop with Sisterhood Saturday, 11/14/2020 @ 1 p.m. est

Join Sisterhood on Saturday, November 14th at 1pm (note the day and time change from our regular general meetings) where we will
be discussing Body Positivity with our guest host, Atiya McGhee! We aim for this to be a safe space to discuss our experiences with body shame and body positivity and how we can turn these sometimes negative experiences into positive affirmations.

CLICK HERE to learn more about this workshop

Art-Inspired Yoga with Emily Kamen
November 17, 2020 @ 4:30 PM est

This one-hour, vinyasa-style yoga class takes inspiration from Barbara Takenaga’s "Nebraska Painting (rising)" in its wave-like, fluid movements punctuated by bursts of bright light.

Emily Kamen (MA ‘20, she/her) is an art historian, educator, environmentalist, and lover of movement. A life-long dancer, her yoga practice strengthened and developed while she was an undergraduate student at Princeton University. She completed her 200-level teacher training at YogaStream in 2014 and has been teaching students of all ages and abilities since. Having trained under Lara Heimann, physical therapist and founder of LYT yoga, Emily's practice is grounded in principles of functional mobility and alignment. In addition to yoga studios, her classes are often sited in art museums and organic vegetable farms. Emily is always looking for creative ways to combine and refine her passions for art, environmental consciousness, living beings of all species, and joyful movement.
"First Do No Harm: Climate Migration, Reparations, and the Guarantee of Non-Repetition"

Tue, November 17th, 2020
7:00 pm - 8:30 pm

“Climate Migration, Reparations, and the Guarantee of Non-Repetition.” A public lecture by Maxine Burkett, Global Fellow, Environmental Change and Security Program Woodrow Wilson International Center for Scholars & Professor of Law, University of Hawai‘i at Mānoa. Sponsored by the Center for Environmental Studies and the Class of 1960 Scholars Program in Environmental Studies.
RACISM AND DISEASE

A CONVERSATION WITH

ALEXANDRE WHITE
(SOCIOLOGY & HISTORY OF MEDICINE, JOHNS HOPKINS)

Wed, 11/18 | 5 PM
Contact oakleycenter@williams.edu for zoom link

Oakley Center for Humanities & Social Sciences, Williams College
**Advocacy Training**
DC online workshop now available

This series of six short videos addresses COVID-19 and safer practices, as well as caring for oneself and for each other during this pandemic. The training examines racialized interpretations and impacts of COVID-19, and why social identities matter in dealing with the virus and with each other, as we engage in sometimes challenging discussions.

Created by Davis Center Community Engagement Fellows, this training is a peer to peer education and advocacy initiative, that others may find informative and helpful. The videos are available on-line, and follow-up discussion opportunities are available.

**CLICK HERE to access this free workshop**

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**Organizations Dedicated to Helping Immigrant Families Separated at the Border**

The Coalition for Immigrant Student Advancement (CISA) has recently created a resource guide dedicated to organizations helping immigrant families being separated at the border. These organizations have all been fact-checked and have a history of providing financial assistance to immigrants for legal aid, housing, bail relief, etc. Our goal in creating and sharing this research guide is to give individuals simple and organized information on how they can direct their funds to help individuals in need. For more information about this initiative, email **MIR2@williams.edu.**

**CLICK HERE to access this important resource**

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**Martin Luther King Jr. Day: A Call For Participation**

MLK Jr. Day programming will be quite different this year; even with our current circumstances, it is important to continue to engage in the legacy of MLK Jr. and to be creative about the ways in which we celebrate and push forward that legacy. Given that programming will be remote, we have the ability to spread out different events over the month of January leading up to MLK Jr. Day.

We're putting out a call to MinCo groups to participate in MLK Jr.
Day. If this is of interest to your group and/or if you have any questions, please reach out directly to Aseel (aa9) by Monday, November 23rd with your interest. We can help you to flesh it out!

We're open to ideas on what types of programming you'd like to create or envision, keeping in mind our current circumstances and amplifying the experiences of those most marginalized in our community. A few potential ideas for ideas and events: a student panel, a collection of stories, partnerships with alums, and ideas for virtual service projects. We're looking forward to another wonderful MLK Jr. Day, and we thank you in advance for your consideration on this!

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**TalkSpace**

- **Free Online Therapy for Students**

TalkSpace is an innovative online therapy service that is now available, at no cost and effective immediately, to all enrolled students, twelve months a year and even while traveling.

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**Crisis Interventions**

- **Trevor Lifeline** — The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25, available at 1-866-488-7386.
- **TrevorChat** — A free, confidential, secure instant messaging service for LGBTQ youth that provides live help.
TalkSpace connects users to a dedicated, licensed therapist from a secure, HIPAA-compliant mobile app and web platform. Their roster comprises more than 5,000 licensed clinicians from across the country, who collectively speak over forty languages. You can send your therapist a text, voice or video message anytime, from anywhere, throughout your time at Williams.

Williams College and the IWS is providing this service to students in addition to all of our existing on-campus offerings in psychotherapy, psychiatry and on-call crisis services, as well as the wellbeing promotion events, workshops and groups we organize throughout the year.

To register, visit www.talkspace.com/williamscollege, enter your Williams email address and follow the prompts.

**Suicide Prevention Trainings and Resources**

**LGBTQ on Campus** — These online, interactive training simulations for students and faculty in higher education are AFSP/SPRC Best Practices for Suicide Prevention and were created in partnership with Kognito Interactive and Campus Pride.

**Step-In, Speak-Up** — These online, interactive training simulations for faculty and staff working with youth in Grades 6–12 are AFSP/SPRC Best Practices for Suicide Prevention and were created in partnership with Kognito Interactive.

If you are thinking about suicide, you deserve immediate support. Please call The Trevor Lifeline at 1-866-488-7386.

**FREE RESOURCE:**

**Student's Guide to Radical Healing**

**CLICK HERE TO DOWNLOAD AND ACCESS THE STUDENT'S GUIDE TO RADICAL HEALING**
THANK YOU FOR VOTING! STAY ENGAGED, VIGILANT & KIND!