"I'm so glad that I live in a world where there are Octobers." L.M. Montgomery

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

DIRECTORS NOTE:

We are in uncertain times. Day to day pressures are compounded by the multiple pandemics we are currently experiencing. We at The Davis Center want to remind you that we are here for you! Our Staff and Community Engagement Fellows hold weekly drop in hours making us only a google meet away from supporting you!

Next month marks yet another historic Presidential election. The DC is working alongside many others across campus to coordinate support around the anxieties and fears that this particular election is triggering.

Yet, let us also remember that the joy all around us. This month we celebrate Disability Employment Awareness and the continuation of...
Latinx Heritage Month as well as both National Coming Out Day (10/11) and International Pronouns Day (10/21)!! Look out for MinCo groups offering events!

In this month’s newsletter we want you to learn a little sign language, engage in a little self-care, and keep you informed about resources and upcoming events. Read on!

Best,
Dr. Eden-Reneé

DC TEAM SHARES...

Happy Mountain Day Ephs!

A lot of us have been staring at screens all day long. In meetings, in classes, connecting with friends in different households...all on a screen. I’m not the only one getting late day eye strain and headaches. So, for this month’s self-care challenge let’s all take advantage of this time and weather by taking a break - OUTSIDE. Don’t bring anyone or anything (keys = yes, phone = no), just spend 5 minutes by yourself. Look around you. Inhale deeply, slowly exhale. Try to discover a few things you had never noticed before. If you find yourself walking during this break, focus on what is going on around you rather than that meeting you are trying to get to (and don’t forget those deep breaths). Let’s take a little bit of Mountain day into every day this month!

If you can’t get outside one day, take a break when and where you can. And I mean a real break. Just sit. One day I enjoyed some hot chocolate (because it’s getting cold) and did absolutely nothing but sip my hot chocolate for five minutes. Call it a time out and go to your corner (your favorite chair) and breathe for five minutes.

Turns out, taking a break good for improving focus and doing well on a task!
Want to go deeper? Find a little time each day to take a break. Just remember that taking a break doesn’t mean do something else. This time (at least) it means do nothing. Super Challenge: Children’s time out goes according to your age. See if you can get in the same number of minutes of time out as the number of years you have been on this planet (age 34 = 34 mintes).

Want to learn more? Check out this article on the science supporting taking breaks, how to take them more often given different work schedules, and ideas on what you can do during your break. One point from the article helps with eye strain. “Especially if you look at a screen most of the day, your eyes could use a break. Use the 20-20-20 rule: Every 20 minutes, take a break for at least 20 seconds and look at objects that are 20 feet away from you.”

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 on my appointment page!

Take Care!
Dr. Eden-Reneé

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Dear Davis Center Times Readership,

My name is Aseel Abulhab, and I’m the Assistant Director of the DC. Welcome to Williams Signs! I discovered a passion for sign language and working with the deaf community at the end of high school, and have since had the opportunity to finish a complete course in ASL, attend a summer course at Gallaudet University, and undertake two international fellowships devoted to deaf access to education. Each newsletter, I will share a new phrase or sign in ASL and a related fun fact. If you have any additional questions or want to engage on the subject, please reach out to me at aa9. Happy signing!

Fun Fact: Sign language is not universal and formed independently of spoken language! For example, American Sign Language and British Sign Language are not mutually intelligible. An International Sign Language exists, but is only mostly used at particular international meetings and events.
Hi All! NatMB, the DC PC (Program Coordinator) here: I am fascinated in just about everything and am absolutely in love with the nature around Williams College and Berkshire County. I'm also commonly the only female or person of color on hiking trail crews or even just hiking: the world is for ALL of us and in my mind, social justice is intrinsically connected to environmental justice: we all want a safe world for the future on ALL levels, yes? This will be the first installment: I just wanted to introduce you to my section, "GET OUT with NatMB." Each month I'll highlight another wonderful, beautiful or amazing aspect of the local outside world, this month: the marvelous mycological majesty that is THE CLARK!

Did you know that some of the best places for finding a wide variety of mushrooms and fungi is VERY close to the Williams College campus? While I cannot begin to explain why, I've found through my decades of exploring this area that THE CLARK is absolutely flush with fabulous, fascinating fungi! I personally do not pick mushrooms, I just love to look at them and tell them how beautiful or strange they are and then thank them for being alive, but even in the winter I can find mushrooms there: for real!

I know the world is very small for on-campus students right now but I also know that the grounds of the Clark are in the safety zone, so this month my challenge to all is to get outside and find some mushrooms! If you love biological sciences then you'll love this endeavor, if you love the visual arts, you'll love this challenge, if you love personal space, you'll love this opportunity to have lots of open space.

To help you with this endeavor, I'm attaching a free PDF that will help you identify the mushrooms of this area that I've found to be one of the most...
accessible mycology resources around. Take pictures and share them with me! Maybe we can even explore together! The great outdoors are for EVERYBODY, let's make our communities seen and represented outside as well. The world is beautiful.

CLICK HERE TO ACCESS THE MUSHROOM IDENTIFYING PDF

CLICK HERE TO ACCESS THE CLARK’S HIKING TRAIL MAP

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.

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 find virtual Drop-In CEF appointment times!

Click here to learn more about the OIDEI team!

The Davis Center works closely with student groups across campus. 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 minority students by serving as a mechanism for minority 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

Talk of the Town
Friday, October 9, 4PM EST

Join Williamstown community members as we deconstruct recent events in our town, and community organizing initiatives addressing police brutality, racial injustice, and advancing social justice.

Everyone is welcome! Event will take place outside (near the Clark), socially
distanced. Participants are invited to attend a weekly Black Lives Matter Vigil afterward.

MEET AT THE BACK DOOR OF THE CLARK’S MANTON CENTER
OCTOBER 9TH, 4PM

Talk of the Town

Confused about recent events in Williamstown?
Curious about how our local government operates?
Eager to connect with others in town to discuss these questions and concerns?

Join fellow Williamstown residents taking on issues of racial justice and police reform at the local level for a conversation and temperature check on these issues facing our community.

BRING YOUR THOUGHTS AND A MIND OPEN TO DIALOGUE!

TO ENSURE THAT WE MEET HEALTH GUIDELINES,
PLEASE RSVP BY EMAILING ARLENE KIRSCH AT ACKIRSCHeC4.NET

The Williams College Jewish Association is selling handmade bracelets in exchange for donations to racial justice-aligned organizations. Contributions will be matched by members of the board up to $265! Learn more and buy your bracelet here.

Support WCJA’s Initiative for Racial Justice by making a donation and ordering a handmade bracelet!

CLICK HERE to learn more!
This upcoming Sunday, October 11, is National Coming Out Day! Whether you’ve been out for years, are just coming out, or aren’t able to do so - we support and stand with you!

Share your thoughts on what coming out means to you! Submit a post [https://padlet.com/vtk1/79tlbmx91t8o7eak](https://padlet.com/vtk1/79tlbmx91t8o7eak) (Anonymous submissions are always welcome, too!)

Join us this Sunday (10/11) at 8pm EST for our club meeting through zoom (link can be found in insta bio). We will discuss LGBTQ+ history, jeans, hotline tips, chill music, and have some fun with virtual sticky notes :D (Come on, what more could ask for?)

❤️

Hope to see you there!
~ QSU Board
Mr. Soul!

"Broad in scope and rapidly paced, the film can feel as if it's bursting at the seams. It acutely conveys the radical joy that "Soul!" inspired, barely contained in the movie's running time." — New York Times

From 1968 to 1973, the public television variety show SOUL!, guided by the enigmatic producer and host Ellis Haizlip, offered an unfiltered, uncompromising celebration of Black literature, poetry, music, and politics—voices that had few other options for national exposure, and, as a result, found the program an improbable place to call home. The series was among the first to provide expanded images of African Americans on television, shifting the gaze from inner-city poverty and violence to the vibrancy of the Black Arts Movement. With participants' recollections and a bevy of great archival clips, Mr. Soul! captures a critical moment in culture whose impact continues to resonate.

Featuring: Ellis Haizlip, Nikki Giovanni, Sonia Sanchez, Quest Love, Harry Belafonte, Al Greene, James Baldwin. Narrated by Blair Underwood

Visit ImagesCinema.org to view. $12.

Immigrant Advocacy & Community Building,
Tuesday October 13 @ 7PM

Join #NoLostGeneration and Williams College as they host a dialogue with immigrant advocate and community builder, Anhlan Nguyen, who will speak to the community about their experience as a refugee of the United States and outlines and discuss the important skills and knowledge sets needed to be an impactful community advocate.

Tuesday, October 13, 2020, 7PM - 8PM EST.
Zoom ID: 812 1304 6244
Passcode: 404298
Celebrate the Life & Legacy of Dr. W. Allison Davis '24!

The Office of Special Academic Programs and the Allison Davis Research Fellows would love to see you as they celebrate part of our namesakes' birthdays! We look forward to seeing you there!

This event is "virtual."

Wednesday, October 14, 2020 at 5 o'clock pm EST.

ZOOM link: https://williams.zoom.us/j/9772286324?pwd=SzVLMFVVRiRTFkNC2ajlME5jRmV2Zz09

THE OFFICE OF SPECIAL ACADEMIC PROGRAMS & THE ALLISON DAVIS RESEARCH FELLOWS INVITE YOU TO

CELEBRATE THE LIFE, LEGACY AND BIRTHDAY OF

Dr. W. Allison Davis '24

Wednesday, OCT 14, 2020 5-6 pm EST
Join us on ZOOM

Guest Speakers:
Theo Pippins '14, ADRF Alum, PhD Candidate, Columbia University
Daniela Zárate, '15, ADRF Alum, PhD Candidate, UC San Diego
Voting Rights, Election 2020, Colleges, Universities, and Us: Webinar
TUE, OCTOBER 20TH, 2020
7PM - 8:30PM EST

The right to vote is a cornerstone principle for citizens in modern democracies. Historically, however, there have been challenges to this fundamental right. The history of the United States is no exception. While there have been notable advances the last several decades to mobilize voting by citizens, there has also been a marked increase in measures to suppress the votes of younger and older citizens alike. Voter suppression has detrimental ramifications in a democracy. The stakes are acute particularly in an election year.

This webinar features Presidents from four institutions representing distinct structures and student bodies: Berkshire Community College, Howard University, Rutgers University, and Williams College. It is co-hosted by the W. Ford Schumann ’50 Program in Democratic Studies at Williams and the Eagleton Institute of Politics at Rutgers, and it invites the featured speakers to reflect on the implications of voting rights and Election 2020 for the biggest issues facing colleges and universities today.

The event will contain both conversations among institutional leaders and the Presidents’ answers to questions posed by students, faculty, and staff at their respective institutions. Our goal is to generate discourses on a pressing topic and continue those discussions in our college and university communities well beyond the fall.

Email Carrie Green to learn more and get the Zoom link.

The COVID-19 Health 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 the online/virtual Covid-19 Health Advocacy Training

CISA Curated Guide to 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

Online museum exhibit explores oral histories of the Berkshire County African American community members

Read and listen to a collection of stories from African-Americans in the Berkshires through compelling, contemporary accounts as recorded by leaders from the local NAACP Berkshire Branch. This exhibition is presented in partnership with the Housatonic Heritage Oral History Center at Berkshire Community College.

CLICK HERE to access the virtual exhibition

World Mental Health Day is October 10

This year's World Mental Health Day, on October 10th, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened; for the vast number of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before. And this is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye.

The economic consequences of the pandemic are already being felt, as
companies let staff go in an effort to save their businesses, or indeed shut down completely.

Given past experience of emergencies, it is expected that the need for mental health and psychosocial support will substantially increase in the coming months and years. Investment in mental health programs at the national and international levels, which have already suffered from years of chronic underfunding, is now more important than it has ever been.

This is why the goal of this year’s World Mental Health Day campaign is increased investment in mental health. - World Health Organization

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 abroad.

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.

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 from trained volunteer counselors, open daily.

TrevorText—A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available daily by texting START to 678-678.

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

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

PLEASE VOTE PLEASE VOTE PLEASE VOTE PLEASE VOTE PLEASE VOTE PLEASE VOTE