

### Spotlight Person : Irena Sendler

#### INSIDE THIS ISSUE

**Spotlight Person Article.1**

**Spotlight Event Article...2**

**Benjamin V. Cohen Peace  
Fellow Lecture.....3**

**Build Peace Event.....4**

**Conferences.....5**

**Blog of the Week.....5**

**Organizations.....6**

**On/Off-Campus Event.....8**

**USIP Certifications.....9**

**ID 301 Conference  
Presentations.....10**

**April  
Event.....13**

**On-Campus Support  
Groups.....14**

**Crossword Puzzle.....15**

**About Us.....15**

April is Genocide Awareness and Prevention Month, and every year on 16 April, Holocaust Remembrance Day is celebrated in the United States. To pay homage to these times of remembrance, this month's Spotlight Person is a Polish nurse, named Irena Sendler. On 15 February, 1910, Irena was born in Otwock, Poland – a town about 15 miles southwest of Warsaw. Her father was a doctor and tended primarily to the poor Jewish population; he was also one of the first Polish socialists.

In 1939, Irena began working as a Senior Administrator for the Warsaw Social Welfare Department, which operated canteens around the city. Under her leadership, these canteens provided food, clothing, financial aid, money, and services for orphans, the elderly, the poor, and the destitute. Even when the Nazi-influenced government told her not to, she provided these services to the Jewish population of Warsaw. She had Jewish families registered under false Christian names, and to prevent possible government inspections, she reported the Jewish families of being afflicted with infectious diseases like typhus and tuberculosis. When the 16-block Warsaw Ghetto was sealed in 1942, Irena Sendler was appalled by the conditions these Jewish families were forced to live in. She joined Żegota, known as the

Council for Aid to Jews, which was organized by the Polish underground resistance movement; she was one of the first recruits to this group to focus on efforts to rescue Jewish children from the ghetto. In order to legally enter the Warsaw Ghetto, Irena was issued a pass from Warsaw's Epidemic Control Department, which allowed her to visit the Ghetto daily. She began to smuggle children out in an ambulance and with the help of volunteers from each of the canteens of the Social Welfare Department, she issued hundreds of forged documents to get over 2,500 Jewish children to safety with temporary new identities. Some children were taken out of the ghetto in gunnysacks, buried in loads of goods, potato sacks, coffins, and a baby was even carried out of the ghetto in the bottom of a mechanic's tool box.

In 1943, Irena was caught by the Gestapo and arrested. She was imprisoned and tortured, but she refused to give up the names and addresses of her accomplices and the families sheltering the rescued Jewish children. While her torture left her crippled for life, her bravery during the Nazi occupation of Poland helped to save 2,500 lives.

Continued on page 2.

## Spotlight Person : Irena Sendler, cont.

She eventually tracked down the children she saved, and reunited them with their family members. Her work defied the Nazis, and helped to save many from one of the most catastrophic genocides the world has ever seen.

In 2007, she was nominated for the Nobel Peace Prize. Irena passed away in her Warsaw, Poland Apartment on 12 May 2008; she was 98 years old.



Irena Sendler, c. 1944

## Spotlight Event : Fair Trade Certified Farm in the United States

In a country characterized by free trade, one family farm is taking on the challenge of fair trade agriculture. As of March 27, 2017, Wholesum Amado, in Amado, Arizona, is the first produce farm in the United States to become Fair Trade Certified. The third generation family business has been working for decades to become an all-organic, sustainable farm and fair trade certification was a top priority years in the making. With farms in both Mexico and the United States, the Crisantes family wanted to enhance the lives of its workers on both sides of the border, and bring sustainably sourced produce to all.

The Crisantes family first heard about all of the benefits associated with Free Trade Certification in 2010. Since then, they have worked toward the certification for their farm. The farm already

leads in social and environmental responsibility. Ricardo Crisantes, the company's vice president of sales and marketing, recalls building his first greenhouses with his father, Theoary. Theoary was intrigued with organic farming and made it a mission to give consumers healthier products. After he discovered natural food markets, food co-ops, and specialty grocery retailers in the United States, he realized his dreams could be a reality. Over time, the one family farm expanded, and Theoary's three sons joined the family business. They strive to keep their father's wishes through fair and sustainable farming.

In the United States, fair-trade agriculture has only recently turned some farmers' heads at the benefits for not only themselves, but also people across the globe. Fair Trade Certification means a multitude of standards to which companies and

## Spotlight Event : Fair Trade Certified Farm Cont.

their producers must adhere. This includes rigorous social, environmental, and economic standards that work together to promote healthy working conditions, environmental sustainability, and enables transparency within businesses. Throughout the world, primarily in the global south, Fair Trade Certified farms have heightened production standards and protected workers in various ways.

These farms also have benefited from the economic incentives of fair trade, such as Fair Trade Premium Funds. These funds are additional money earned with every fair trade sale. This money has been used for community enhancement projects around the world. Farmers have invested in transportation, education, development projects, and several

other specific investments. In Mexico, the premiums enabled workers to build an at-cost grocery store and a tortilla factory. In Sri Lanka, the funds have been used for education scholarships for women. Fair Trade Certification also ensures that workers are able to choose where these funds go.

With the newly certified farm in Arizona, the family has already begun thinking about what their newly earned premium dollars will be used for. Thanks to the Fair Trade standards, workers will be able to decide where the investments will be made, and whom the investments will benefit.

## Benjamin V. Cohen Peace Fellow Lecture

Join the Center for Peace and Conflict Studies to learn about the project conducted by Dr. Steven Hall and Dr. Misa Nishikawa. Dr. Hall and Dr. Nishikawa were awarded a Benjamin V. Cohen Peace Fellowship in 2015 for their project entitled, "Foreign Aid and Democratic Stability." Their project investigated whether democratic programs are effective in promoting democracy. They hypothesized that foreign aid would help suppress riots and dissent in a country, but it would be the democratic assistance programs that would help shape the country into a more stable place where peace can be achieved.

The event will be taking place on Thursday, April 20, in Bracken Library Room 104 at 4:00 pm



Dr. Steven Hall



Dr. Misa Nishikawa

## April “Build Peace” Event

April has been a historically violent month in the USA. In an effort to promote nonviolence, the Ball State University Center for Peace and Conflict Studies and students from the School of Art's Visual Communication program will host *Build Peace* on April 18 to 20. Co-sponsors for the event are R.A.C.E., AWAKEN, Inc., and the City of Muncie.

*Build Peace* involves the creation of an 8-foot peace pole via community participation. Participants will share their concept of peace on a colorful paper circle, thereby creating a visual reminder of the diversity and commitment to peace embodied in the Ball State and Muncie communities. The resulting peace pole also will serve to commemorate persons who lost their lives in April as a result of unspeakable tragedies

Some of the most horrific acts of mass violence in the recent history of the USA have happened during April, including the FBI's siege of the Waco compound that left 76 dead, the Oklahoma City bombing that killed 168 people, and the Boston Marathon bombing that killed 3 people and injured hundreds more. Even more concerning is the trend of violence on school campuses during April, including the Columbine High School Massacre that left 15 people dead, the Virginia Tech Massacre that resulting in a death toll of 33 persons, and most recently, the shooting at a San Bernardino school, resulting in the death of one person so far.

To promote a message of nonviolence and to remember and honor those who lost their lives in April, for the past ten years, the Center for Peace and Conflict Studies has hosted a series of programs on nonviolence. This year's *Build Peace* project extends this effort by the Center.

The “*Build Peace*” event takes place:

Tuesday, April 18, Atrium (near the Bookstore) from 1:30pm to 5:00pm

Wednesday, April 19, Student Center from 11:00am to 5:00pm

Thursday, April 20, Bracken Library from 1:00pm to 5:00pm



Masahisa Goi (Founder of the World Peace Prayer Society):  
Came up with the idea for peace poles in 1955



## Conferences

### 1) Mini Conference

June 23-25

Syracuse University

This conference will focus on interdependence, interaction, and relationships. See our conference flyer and stay tuned for more details! Also, here is a link to our conference website: <http://iarr2017.com/>. Note that the deadline for submissions is March 10, 2017.

### 2) 16<sup>th</sup> World Congress on Psychiatry and Psychological Symptoms

April 24-25

Las Vegas, NV

Conference Series Ltd heartily invites all the participants to attend 25th World Summit on Psychology, Psychiatry & Psychotherapy schedule during October 19-20, 2017 at San Francisco, California, USA a leading forum for Psychiatrists, psychologists, Doctors, healthcare professionals, researchers and students.

## Blog of the Week: Alexander Gilland

The public knows nonviolent figures such as Gandhi and MLK; one activist played a role in the Civil Rights Movement and even served as a big brother figure to Martin Luther King. During the 1930s and 1940s, Bayard Rustin practiced the principles of nonviolence decades before that became well known to the public. Rustin was arrested and put under FBI surveillance on several occasions for his involvement in the League of Young Communists Party, protesting World War II by encouraging people to burn their draft cards, and refusing to give up his seat on a bus. At the height of the Civil Rights Movement, he served as an advisor to Martin Luther King and actually organized the famous march on Washington. Yet despite these accolades, Bayard Rustin has been erased from history because he also happened to be openly gay at a time in which that was not acceptable in society.

While advocates of civil disobedience such as Henry David Thoreau, Mahatma Gandhi, Bayard Rustin, Martin Luther King, and contemporary figures of nonviolence may be seen as unpatriotic by protesting war and kneeling during the national anthem, they have also exercised their rights of man over the rights of government by standing up for what they believed was right and not blindly following their government. While I may not agree with all of their actions, I would also have to say that using nonviolent principles is a much better alternative than using brute force to resolve our conflicts. If we could all learn to use our moral compass, I think the world would be a much better place.

*The blog of the week is chosen from the ID 301- Introduction to Peace Studies class offered this spring (2017). The current blog is based on the author's opinion and does not represent the views of the BSU Center for Peace & Conflict Studies.*



## Organizations

### International Justice Mission

Tuesdays @ 6 p.m. in the Student Center, Rm. 301

November 17 - 6-8 p.m. - Documentary Night @ Student Center Ballroom

November 21 - 6 p.m.-Midnight - Benefit Concert @ The Living Room

IJM is a global organization that protects the poor from violence in the developing world. Ball State's chapter is a group of students who are passionate about ending slavery & human trafficking around the world. They believe that through Jesus Christ, they can create tangible change in the lives of slaves through prayer, educating people, changing our behavior, & volunteering. IJM fights by rescuing victims, bringing criminals to justice, restoring survivors, & strengthening justice systems.

### Feminists for Action

Tuesdays @ 6pm in Burkhardt Building Rm. 220.

A group dedicated to the empowerment of women, men, & children through advocacy & education. They strive to educate others about issues in the global, national, & community level. They encourage thought-provoking discussions & work to organize events to benefit feminist causes.

### Ball State University Social Justice League

Wednesdays @ 5pm at the Center for Peace & Conflict Studies.

SJL seeks to promote awareness, equality, & justice on the BSU campus, in the state, in the country, & in the global community. SJL desires to educate & discuss modern injustices & social justice topics, promote the distribution of advantages to be fair & equitable to all, & actively work to change current injustices.

### Cardinal Kitchen

Cardinal Kitchen is Ball State University's campus food pantry. The pantry is located on the second floor of the Multicultural Center & is available for use to all undergraduate & graduate students. The pantry is open the first three Wednesdays of every month from 5:00 - 8:00pm. The mission is to ensure that no Ball State student goes hungry on our campus.

### Ethnic Theatre Alliance

Mondays @ 5:00 p.m. in Arts & Communications Building Rm. 308.

ETA uses theatre to explore cultures, diversity, & racial-discrimination to develop worldviews in BSU students, & create well-rounded artists.

### Global Brigades

Global Brigades is an international non-profit organization that empowers communities to meet their health & economic goals through university volunteers & local teams. GB offers skill-based 1-3 week brigades to Honduras, Nicaragua, Panama, & Ghana. Each of these programs meets an aspect of GB's holistic model to strengthen the health & economic development of communities. Social Media: Twitter; Instagram; Facebook

## Organizations, cont.

### **MOSAIC**

MOSAIC is a social justice peer education program whose mission is to engage undergraduate students in open dialogues focused on diversity and social justice topics to promote awareness, change, and inter-group understanding.

### **ALIVE Campaign**

Wednesdays @ 9 p.m., in the Student Center Rm. 308

The Alive Campaign is a student-ran group at Ball State that is dedicated to raising awareness towards Suicide Prevention by representing as a "Life Appreciation Organization."

### **OXFAM America**

Oxfam America is a global organization working to right the wrongs of poverty, hunger, & injustice. Oxfam saves lives, develops long-term solutions to poverty, & campaigns for social change.

### **Call to Action**

Wednesdays @ 7:30pm in Teacher's College Room 108

CTA is a student organization at Ball State looking to educate & create awareness of lesbian, gay, bisexual, & transgender (LGBT) political issues at the local, state, & federal levels in order to empower students to take positive action to-wards equality for LGBT individuals & to influence others to take positive action.

### **Students for Life**

Every 1st, 3rd, & 5th Monday of each month @ 7:30pm in Bracken Library, Educational Resource Rm. 1 Ball State Students for Life (BSSFL) is committed to the protection of all human life; from conception until natural death. We strive to educate our members & the Ball State University community about why we value life in all its forms. We strive to respond with love, compassion, & support to those who suffer from restrictions of life.

### **Timmy Global Health**

Wednesdays @ 8:00pm in Bracken Library Schwartz Complex.

Timmy Global Health expands access to healthcare & empowers students & volunteers to tackle today's most pressing global health challenges.

### **Student Action Team**

Mondays @ 4:00pm in the Kinghorn Multipurpose Room.

SAT is an organization made up of general members & housing and residence life representatives. This organization is dedicated to volunteering & supporting Ball State University

## On and Off Campus Events

### Off Campus Events:

1) Human Rights Commission meeting

Thursday, April 20<sup>th</sup>

5:00 p.m.- 10:00 p.m.

Muncie Human Rights Commission Conference Room

### On Campus Events:

1) University Singers 53rd Annual Spectacular

April 8, 2017

7:30 p.m.

Emens Auditorium

Celebrate 53 fabulous years with the Ball State University Singers, Indiana's Official Goodwill Ambassadors! Since 1964 the University Singers have been recognized as one of America's top collegiate entertainment organizations

2) MFA Exhibition Evan Burnett "Disengagement Party: Comic Surrealism"

April 14, 2017

2:00 p.m.

School of Art

MFA Creative Project Exhibition, Evan Burnett "Disengagement Party: Comic Surrealism" in the MadJax second floor gallery. April 4th through April 20th. Free and open to the public.



## BSU Students Earn USIP Certifications

As part of the curriculum for the BSU Introduction to Peace Studies class (ID 301), students complete two online modules to earn certificates from the United States Institute of Peace (USIP). The first module is Conflict Analysis, where students can become certified in their ability to look at a conflict and analyze the cause of it. The second module is Interfaith Conflict. This module helps students learn about the use of religion in the peace process.

The current class of 12 students adds their certifications to their 158 predecessors that also have completed the modules as part of ID 301. This means that with this group of students, 170 students have become certified in Conflict Analysis and Interfaith Conflict through the USIP. As a result, over the years, the USIP has awarded 340 certificates to students in the Peace Studies program at Ball State University.

The most recent students to earn these certifications are:

Hayden Alexander  
Jessica Deckard-Mills  
Genevieve George  
Alexander Gilland  
Madeline Grosh  
Victoria Hanson  
Brook Haynes  
Derek Heim  
Morgan Koons  
Maxx Silber  
Haris Vrabac  
Kristin Wuthrich

To learn more about the two certificate programs, visit <https://www.usip.org/online-courses>



UNITED STATES  
INSTITUTE OF PEACE  
Making Peace Possible

## ID 301: Conference Presentations

### Conference Presentations by BSU Peace Studies Students

Every year the students in the undergraduate Introduction to Peace Studies class (ID 301) take part in the Ball State Student Symposium and/or the Butler University Undergraduate Research Conference. This year 12 students from the Peace Studies class presented at the Symposium, and one more student presented at the Butler Conference. What follows are the abstracts of some of the presentations given by these students.

#### Ball State Student Symposium Presentations

##### ***How Television and Media Consumption Influence Our Interpersonal Relations***

*Derek Heim*

Media have always been a large factor of what influences consumer behaviors. There are entire branches of social and psychological sciences that devote all of their attention on the interactions we as a society have with the media. The consumers of media are often put in situations where they are forced to endure negative images and stories. This report will analyze the effect that our interactions with the media have on our psyche. By analyzing texts and journals developed by trained media experts, I will to answer the question, "How does the procurement of peace relate to negative media messages?" As a student of the media, I have learned exactly what forms media take. Each of these channels plays a specific role in the behavior of members in our community, and in order to achieve peace, we need to know what changes media play in our day-to-day lifestyles. Utilizing the works of Daya Kishan Thussu as well as the text, *Persuasion in the Media Age*, I will take a closer look into the reactions I have with news and other information outlets.

##### ***The Impact of Jody Williams on Stopping the Use of Landmines and Promoting Peace***

*Jessica Deckard-Mills*

In wartime, guns and bombs of sorts are generally used as the main weapons to cause destruction and death, however, within this group of weaponry is a type of bomb that causes destruction long after the war is over: the landmine. A landmine is "a mine usually placed just below the surface of the ground and designed to be exploded usually by the weight of vehicles or troops passing over it" (Merriam-Webster Dictionary). The intention of landmines is not to kill per say but is meant to maim. Jody Williams has made it her lifelong goal to end the usage of landmines and created a campaign called the International Campaign to Ban Landmines. Williams won the Nobel Peace Prize in 1997 by creating this campaign and her lifelong work to help the oppressed, being an advocate of peace, and protesting war. Through academic articles written by Williams herself and several other scholarly journals, I will answer the question: What impact has Jody Williams had on world peace? I will not only be looking at her work with landmines but also at her help with underprivileged people in underdeveloped countries particularly in South America and what Williams is continuing to do today.

## ID 301: Conference Presentations Cont.

### ***The Impact of Tim Ballard and Operation Underground Railroad on Peace***

*Victoria Hanson*

Human Trafficking is a growing problem in the world and in the U.S. It is estimated that there are over 47 million human slaves in the world. There are many different types of human trafficking. These include, but are not limited to, forced labor, child labor, sex slavery, debt bondage, exploitation, etc. Human trafficking affects people from any age group and any social class. There are not many factors that set victims of human trafficking apart from those who are not trafficked. These victims are dehumanized and made to feel as though they are property. To the traffickers, the victims are a way to make money. Victims struggle with the traumatic experiences they faced for the rest of their lives. The fact that they were a victim, no matter how long they were one. As victims they can feel like no one is on their side and that there is no one to help them through their struggles. How has Tim Ballard and Operation Underground Railroad (OUR) impacted peace in the realm of eradicating human trafficking? This presentation will address this question through research surrounding an organization whose sole purpose is to eradicate this issue and provide services to empower survivors. OUR Rescue is an organization that raises awareness of human trafficking, especially involving child sex trafficking. Not only do they raise awareness but the founder of the organization, Tim Ballard, a former Navy SEAL, will take his team on sting missions and it is this brave work that he does that brings the survivors home and puts the traffickers in prison.

### ***The American Field Service and The Spread of Peace***

*Genevieve George*

If you ask somebody what they believed the benefits were to traveling abroad, some of the answers may be along the line of improving your skills in a foreign language, meet new friends, and explore amazing places; but how many people do you think would say that traveling makes the world a more peaceful place? As humans, we can be threatened by things we don't understand, especially when it comes to people who live life in a way that is completely different from our own. This can unfortunately promote hostility and cause people to stay within their own communities. However, by stepping out of your comfort zone and experiencing another culture, you gain not only understanding but respect for those different than you, and with understanding and respect comes peaceful interactions. There are many organizations today whose mission is to promote global peace, but how successful have they been in doing so? AFS-USA (formerly the American Ambulance Field Service) has been offering people the chance to study, volunteer, and work abroad since the early 1900's, and their efforts have helped people become global citizens who make the world a more peaceful place.

### ***Gender-Based Violence***

*Kristin Wuthrich*

Gender based violence is nothing new though society is becoming more aware about the issue. The statistics are staggering when it comes to violence against women. Research shows that one in three women have experienced violence by an intimate partner (UN Women, 2016). That being said worldwide anywhere between 35 to 70 percent of women have experienced violence (UN Women, 2016). Culturally there are variations on what types of violence are faced and how the victims and

## ID 301: Conference Presentations Cont.

the community handle these acts. In New Delhi alone 92% of women experienced sexual violence in a public place. These are statistics from over 20 years after the Declaration on the Elimination of Violence against Women was passed. This presentation is being conducted to study how culture impacts the women's rights movement on gender based violence. It will focus on the contextual differences of the acts of violence faced by women, the shame and blame earned from their communities, police intervention and their availability of health services before and after the violence occurs. A small portion of the project will look into some of the organizations and female activists working towards the elimination of gender based violence both here in the United States and in various other countries.

### ***The Impact of Srdjan Aleksic on Ethnic Peace in the Former Yugoslavia***

*Haris Vrabac*

At the symposium, I will tell the story of Srdjan Alexic. Srdjan was a Bosnian Serb from the town of Trebinje. He was an aspiring actor before the war in Yugoslavia. During the war, like all men in the area, he was drafted to join the Vojska Republike Srpske, or the army of Republika Srpska. During the war in Bosnia, many atrocities were happening on all sides of the war, but many people didn't like what was happening, Srdjan was one of those people. One day he saw a group of Bosnian Serb soldiers beating up a young Bosnian Muslim man in the town center. He recognized that man. It was his neighbor Alen. Srdjan then rushed in and tried to get the soldiers to stop hitting Alen. This made the drunk soldiers mad, and they proceeded to start beating on Srdjan, one of their own men. They beat him half to death, and he fell into a coma, then six hours later died from blows to the head. Alen could escape and now lives a comfortable life in Sweden. Srdjan could sacrifice his own life to save the life of an oppressed man. Now there is a monument of Srdjan in Trebinje, Bosnia and Hercegovina, and every year Alen comes to visit that monument on the day that it occurred. He also sits and speaks with Srdjan's father.

### ***The Impact of Photographs***

*Madeline Grosh*

Photography allows people to connect with events, actions, emotions, and more through a visual aid. Through these aids, people can better connect with the happenings around the world. Since the creation of photography, images have drastically changed how the common people view wars, devastation, and more. Photography has continued to alter the path and understanding, and has thus become stagnant in today's society. Through visual aids, international winners, and varying "Top Ten" lists, I will compose a collection of some of the most influential photos of the time. I will then explain and prove how such photos have caused an emotional upheaval and trauma in society. Not to mention the aftermath of many photos – the awareness, intensity, and humanitarianism which has risen simply through certain photos capturing perfectly terrible moments in history.

### **Butler University Undergraduate Research Conference Presentation**

### ***Conflict Response Teams: A New Method of Mediation***

*Christopher Held*

## ID 301: Conference Presentations Cont.

Wherever there is conflict, there is sure to be some attempt at peace talks. Interventions by third-party countries and organizations have been able to bring about peace in the past, especially with civil wars in South-East Asia and limiting the extent of the conflict in some African nations. Mediation is performed, with the third party normally serving as negotiator and working with the parties involved in the conflict. Normally an individual with a team behind them will run these mediations. However, as literature suggests, no single discipline of study is the answer to creating lasting peace. Social psychologists will look at the interaction of people, yet they may forget about the economic, or even the historical roots of the conflict. Conflict Response Teams are an answer to create a lasting peace wherever there is conflict. Research on team and solo negotiation has shown that in some situations teams are able to get the better results for both groups involved in the process. Taking this, Conflict Response Teams will be made up of trained mediators from varying disciplinary fields. With the varied backgrounds, these teams will be able to have expertise in the region in which they will perform mediations. The teams will be able to adapt to the conflict and work equally with one another to use their varied expertise to solve any type of conflict they are called into. A team dynamic to mediation would only help current mediation efforts, and at the very least would help move conflicts towards a peaceful conclusion.

## April Event

### Review of Bias Incidents And Solutions Panel Discussion

On March 23, the Center for Peace and Conflict Studies hosted the Bias Incidents And Solutions Panel Discussion. Sitting on the panel were Dr. Renae Mayes of the Department of Educational Psychology, Seth Kaempfer, Interim Assistant Director of the Multicultural Center, and Gabby Lloyd from the BSU Student Government Association. The main topic of discussion was how bias incidents are handled at Ball State University and what constitutes a bias incident. If a student feels as though they have experienced a biased incident, then they should visit the Multicultural Center's website to see how the Bias Response Team can help ([Located here](#)). The Multicultural Center's process of handling bias incidents is individualized based on each report, even if the report is submitted anonymously. Steps are taken by the Multicultural Center, with the victim of bias, to help her/him create a plan of action that could potentially lead to a solution. Another topic of discussion on this panel was the potential inclusion of a new section in class syllabi that would explain how students could report a bias incident. The inclusion of this new addition to class syllabi could happen in the fall of 2017.



Left to right: Seth Kaempfer, Gabby Lloyd,  
Renae Mayes

## On-Campus Support Groups

### INTERNATIONAL CONVERSATION HOUR

TUESDAYS from 6:00-7:30 pm – STUDENT CENTER MULTIPURPOSE ROOM

This program is designed to help international students practice English, learn studying skills and classroom culture, and make American friends. Through interactive discussion, they can normalize their experiences and decrease their isolation, worries, and stress as well as get support from American students. ICH begins September 8th, 2015.

### COUNSELING CENTER THERAPY GROUPS:

(Therapy groups require appointment at counseling center before joining. Call 285-1736 or let your intake counselor know you are interested in a group.)

### UNDERSTANDING SELF & OTHERS

Group members explore patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Discussions vary greatly from depression, anxiety, relationships, family concerns, eating issues, alcohol abuse and/or personal growth. The groups thrive on diversity as members discover the common bond through emotional experiences.

Mondays 1:30-3:30; Wednesday 3:00-4:30; Thursday 1:00-2:30

### WEIGHT NOT, WANT NOT

Supportive group for women with eating disorders or body image struggles who want to explore effective ways of coping. Time to be determined by availability of group members.

### SAFE HAVEN: GLBQ SUPPORT GROUP

This therapy group provides a safe place for GLBQ students to explore and discuss patterns of relating to self and others by discovering understanding and acceptance of themselves and others. Topics of discussion vary greatly from coming out, finding support, relationships, family concerns, depression, anxiety, and/or personal growth. Mondays 10:00-11:30

### C.A.L.M.:

Care for myself, manage my Anxiety, Live in the moment, practice Mindfulness - This group offers a secure space for students struggling with anxiety to not only explore their fears and worries, but also receive feedback and support from others with similar concerns. The group also focuses on teaching students about a variety of techniques, including mindfulness meditation, which can be particularly helpful in managing anxiety. Another benefit of being in a group is having a place to experiment applying new skills and ways of relating to others, in a safe and supportive environment. Tuesdays 3:00-4:30

### L.I.F.E. SKILLS

Are you struggling with how to deal more effectively with stress? Are you your own worst critic? Do you ever wish you had some better ways to take care of yourself? This group can help teach you tangible coping skills to take with you, and from the very first session, you can begin taking active steps toward change. These brief, 4-session workshop style groups will be running at different times throughout the semester.



## Crossword Puzzle

T	F	P	R	V	Y	D	H	B	U	C	S	E	C	Q
C	U	R	R	S	F	C	I	P	A	P	B	L	E	B
D	Z	A	C	E	R	A	K	N	R	N	F	O	R	S
I	R	E	N	A	S	E	N	D	L	E	R	P	T	D
E	D	C	E	N	U	E	I	Q	B	C	A	E	I	Y
E	D	S	O	Q	G	A	N	U	X	R	P	C	F	R
Y	E	A	Z	H	Q	X	I	T	L	D	M	A	I	Y
R	B	I	R	H	E	L	S	L	A	K	I	E	C	J
J	I	I	R	T	D	N	T	U	S	T	S	P	A	M
L	K	Z	C	P	R	Q	Y	B	X	F	I	N	T	T
R	Q	E	E	J	L	I	R	C	M	O	E	O	E	N
U	Z	A	W	P	P	E	A	C	E	B	H	Z	N	Y
M	C	M	V	H	C	H	Z	F	J	L	L	T	J	G
E	W	F	X	Y	C	U	L	S	U	O	X	U	A	E
E	C	N	E	R	E	F	N	O	C	G	E	Z	M	Z

BIAS  
BLOG  
BUILD PEACE  
CERTIFICATE  
COHEN  
CONFERENCE  
FAIR TRADE  
IRENA SENDLER  
PEACE  
PEACE POLE  
PRESENTATION  
RESEARCH

## About Us

The Center for Peace and Conflict Studies is an interdisciplinary center whose mission is to pursue research on structural and direct forms of violence and conflict; to implement nonviolent strategies to resolve conflict; to offer mediation services to individuals, groups, and organizations; and to train people in conflict resolution, mediation, peace-building, leadership, meditation, and sportsperson-ship skills. The center also pursues public diplomacy, sports diplomacy, and cultural exchange as part of local, regional, national, and international projects designed to promote mutual understanding, appreciation, cooperation, and respect.

### If you'd like us to include your events in the newsletter, please contact:

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### Our Programs Include:

Mediation training and services  
Mediation classes  
The Brown Bag lunch speaker series  
The Muncie Interfaith Fellowship  
The Social Justice League  
Organization

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