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FEBRUARY 2021 | ISSUE 5

# THE MDC BULLETIN

The Newsletter of the Department of Psychological Sciences Multicultural and  
Diversity Committee at Kent State University

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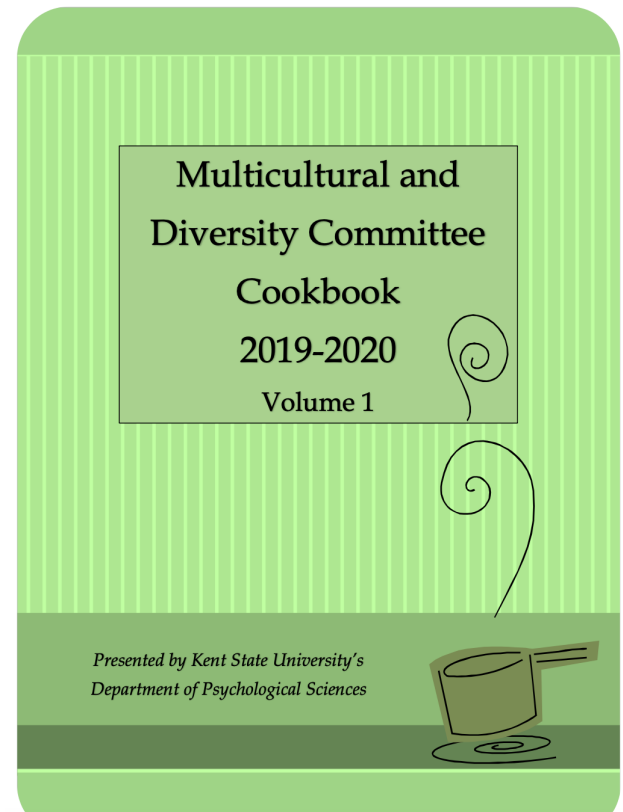
# MDC Cookbook: Now Available!

Are you looking for new and exciting meals to try while at home during quarantine? Try reading the first volume of the MDC Cookbook to find delicious recipes from previous Taste of Diversity events! Recipe highlights include:

- Ratatouille
- Spätzle
- Agua de Melon
- Italian Panna Cotta
- Black Forest Cake...and so much more!

To access the cookbook, you can contact the MDC resource chair, Carli Obeldobel ([cobeldob@kent.edu](mailto:cobeldob@kent.edu)), or download a copy from the MDC resource server:

<\\psychserv.psychology.kent.edu\Department\MulticulturalAndDiversityCommitteeResource>



## MDC Career Series for Undergrads!

The MDC recruitment and retention team is excited to host the second session of our MDC Career Series! This live talk is entitled, ***Counseling Degrees Career Night***, and will be held on **February 15 at 7:00 pm**. Please share this information and the **Microsoft Teams link** with any students that you believe are interested in attending this session!

Students can watch the recordings of this talk and last semester's talk, *Clinical and Experimental Psychology Ph.D. Career Night*, by **accessing our Google folder here**. Stay on the lookout for future information about our next session that will take place later in the semester: *Social Work Career Night*! Please contact Emily Rabinowitz ([erabinow@kent.edu](mailto:erabinow@kent.edu)) for additional information or questions.



## BLACK HISTORY MONTH

### Won't You Celebrate With Me

by Lucille Clifton

won't you celebrate with me  
what i have shaped into  
a kind of life? i had no model.  
born in babylon  
both nonwhite and woman  
what did i see to be except myself?  
i made it up  
here on this bridge between  
starshine and clay,  
my one hand holding tight  
my other hand; come celebrate  
with me that everyday  
something has tried to kill me  
and has failed.



### If you don't know, now you know...

- The month of February commensurates Black History month, also known as African-American History Month. In February, we celebrate the contributions that Black individuals have made to American history in their struggles for freedom and equality, which deepens our understanding of our Nation's history.
- The need for this celebration was identified in 1915 when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History (ASALH). Later in 1926, through this organization, Dr. Woodson initiated the first Negro History Week in February 1926.
- In February 1969, Black History Month was first proposed by Black educators and the Black United Students at **Kent State University**. The first celebration of Black History Month took place at Kent State one year later, from January 2 to February 28, 1970.

# Black Excellence Over the Years

## SCIENCE

- **Gladys West** invented an accurate model of the Earth , which was used as the foundation for the creation of the Global Positioning System (GPS).
- **Mark E. Dean** is one of the top engineering minds in the early 1980s, that developed a system that allowed computers to communicate with printers and other devices.
- **George CrumCrum**, a chef and restaurateur is said to have unintentionally created the potato chip during the summer of 1853.

## LITERATURE

- U.S. National Book Award and Newbery Award recipient **Virginia Hamilton** was the author of 41 books in multiple genres. She won every major award for children's books.
- National youth poet laureate, **Amanda Gorman**, is the youngest poet ever to recite at a presidential inauguration. She performed at President Joe Biden's inaugural, in January of 2021.

## MUSIC/TV/FILM

- Both **John Legend** and **Whoopie Goldberg** are Black EGOT winners, meaning they have received Emmy, Grammy, Ocsar and Tony Awards. Currently, there are only 16 EGOT winners.
- **James Weldon Johnson** is best known as the composer of 'Lift Every Voice and Sing', the song which the NAACP dubbed the Negro National Hymn. He was also a journalist, poet and novelist.

## SPORTS

- Just 13 years ago, **Mike Carey** was the first Black individual to referee a Super Bowl game.
- The first Black athlete to win a medal at any Winter Olympics was **Debi Thomas**. She also was the first and only African American Figure skating champion in the US.
- Florence Griffith Joyner, also known as "**Flo Jo**", was the fastest woman alive. She has records in the 100 and 200 meters that still haven't been broken after almost 30 years.

## FINANCE

- **Madam CJ Walker** was the first Black woman to become a self-made millionaire after creating a line of hair products geared towards Black hair.

## POLITICS

- **Shirley Chisholm** became the first Black congresswoman in 1968. Four years later, she became the first major-party Black candidate to make a bid for the U.S. presidency.

# This Year We Remember

*Kobe Bryant, 41, Basketball Legend*  
*Gianna Bryant, 13, Basketball Prodigy*  
*Ja'Net DuBois, 74, 'Good Times' Actress*  
*John Lewis, 60, Congressman & Civil Rights Icon*  
*Katherine Johnson, 101, NASA Mathematician*  
*Chadwick Boseman, 42, Multi-Award-winning Actor*  
*Reverend C.T. Vivian, 95, Civil Rights Legend*  
*Reverend Dr. Joseph Echols Lowery, 98, Known as the "Dean of Civil Rights"*  
*Marcus Garvey Jr., 90, A pan-Africanist who started the Universal Negro Improvement Association*  
*Bill Withers, 81, Grammy-winning singer and songwriter "Aint No Sunshine", "Lean on Me" and more*  
*Little Richard, 87, Legendary Rock n' Roll Pioneer*  
*Ellis Marsalis Jr. 85 Legendary Jazz Pianist*  
*Bashar Barakah, 'Pop Smoke', 20, Rapper*  
*Bruce Williamson, 49, The Temptations Lead singer*  
*Andre Harrell, 59, Entertainment Mogul*  
*Charley Pride, 86, First Black Country Superstar*  
*Bishop Barbara Harris, 89, World's First Female ordained Episcopal Bishop*  
*Cheryl A. Wall, 71, Award-winning Literary Scholar*  
*Arnie Robinson, 72, Olympian Long Jumper*  
*David Dinkins, 89, New York City's First Black Mayor*  
*Lou Brock, 81, Baseball Legend*  
*John Thompson, 78, First Black Coach to Win NCAA title*  
*George Floyd, 46, Father, Truck Driver, and Security Guard*  
*Breonna Taylor, 26, Emergency Medical Technician*  
*Admaud Arbery, 25, Football Player*

## How to Become An Ally to the Black Community

### Tips

1. Be intolerant of intolerance
2. Be proactive about inclusion in your daily life
3. Understand that Black people face struggles that others do not
4. Actively confront racism

### Actions

1. Don't tell or participate in racist jokes
2. Educate yourself with books, articles, videos, or documentaries, etc. - [click here for the MDC Anti-Racism resources](#)
3. Diversify your media intake (news and social media) and friend circles to include Black voices
4. Teach others (children, friends, and family) about the complexity of race
5. Start and encourage dialogues about differences
6. Use your privilege (physical and monetary resources) to support Black people, issues, and businesses



# UPCOMING CELEBRATION:

## WOMEN'S HISTORY MONTH

During the month of March, we take the time to celebrate the numerous contributions women have made to American history, culture, and society. Women's History Month initially began as a week-long local celebration in 1978 in Santa Rosa, California. Afterward, other communities and organizations across the country were inspired to plan their own Women's History Week celebrations. It was not until 1987 that the National Women's History Project successfully petitioned Congress to officially recognize March as Women's History Month. Since then, the National Women's History Alliance has selected a yearly theme. The theme for 2021 is: "Valiant Women of the Vote: Refusing to be Silenced," to highlight the important roles of women suffragists who continue to advocate for voters' rights.



### Did you know that...?

- March 8th is recognized as International Women's Day. This is a day to celebrate the economic, political, and social achievements of women across the globe.
- In the late 1800s, esteemed psychologist Mary Whiton Calkins was denied admission to Harvard University but was allowed to observe classes because she was a woman. Years later, Calkins passed all her classes and completed her dissertation; however, the university refused to grant her a well-deserved degree. These setbacks did not stop Calkins from continuing her work and she became the first woman to serve as the president of the American Psychological Association in 1905.
- Inez Beverly Prosser, Ph.D. became the first African American woman awarded a doctorate in psychology at the University of Cincinnati in 1933. Her research centered on self-esteem and personality variables in African-American middle-school children in both segregated and integrated schools.
- Estefania Aldaba, Ph.D. became the first Filipina to earn a doctorate in clinical psychology in 1942 at the University of Michigan. She was a founding member of the Philippine Association of Psychologists and the Philippine Mental Health Association.

# Campus-wide Events

Take a look at the events on Kent State's campus that focus on issues of multiculturalism and diversity. For more information, visit the university's calendar at

<https://www.kent.edu/calendars>.

## February 15: Black Service Organizations: Then to Now

- At this event, participants will learn how to become more engaged with their community through a panel discussion of how organizations (local and national) have shaped changes in society.
- 6:00 pm - 7:00 pm, Virtual

## February 17: Round Table Discussion: Black History Month

- Attendees will gain a greater understanding of Black history and how to support the Black and African American community.
- 12:00 pm - 1:00 pm, Virtual

## February 18: The Black American Experience

- This program should bring awareness to attendees about the experiences Black Americans face in a country founded on racism and slavery, and start discussions on how we can move forward. [Register in advance with the Division of Diversity, Equity, and Inclusion by clicking here.](#)
- 12:00 pm - 1:30 pm, Zoom

## February 18 and 25: Book Discussion - My Vanishing Country: A Memoir

- Each session will discuss up to 4 chapters of the book My vanishing Country: A Memoir by Bakari Sellers. Participants will have the opportunity to grapple with race and race conflict.
- 2:00 pm - 3:00 pm, Virtual

## February 25: The Conception of TEXTURES: The History and Art of Black Hair

- Join Dr. Ellington and Dr. Underwood as they discuss their collaboration that led to the development of both the TEXTURES exhibition, on view at the KSU Museum in September and the 200-page publication.
- 5:30 pm - 6:30 pm

## March 11: The Asian American Experience

- [Register here with the Division of Diversity, Equity, and Inclusion.](#)
- 4:00 pm - 5:30 pm, Zoom

## March 25: Kent State's Legacy of Advocating for Change: Gender, Race, and Sex

- [Register here with the Division of Diversity, Equity, and Inclusion.](#)
- 4:00 pm - 5:30 pm, Zoom
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## April 21: The Trans Experience

- [Register here with the Division of Diversity, Equity, and Inclusion.](#)
- 4:00 pm - 5:30 pm, Zoom

**Acknowledgments:** *The MDC would like to thank all graduate students and faculty for contributing to this issue. This issue was edited by, Tiffany Rowell, Keaton Somerville, and Stanley Seah.*

*The Kent State University Department of Psychological Sciences Multicultural and Diversity Committee (MDC) is dedicated to making a positive difference in the education of all students within the department through the promotion of an atmosphere of multicultural acceptance, competence, and diversity. In order to stay true to this mission, we will be sending out newsletters to the department to keep everyone updated on events and issues concerning the intersection of diversity, multiculturalism, and psychology. For more information, you can contact the MDC Chair, Stanley Seah ([tseah@kent.edu](mailto:tseah@kent.edu)) or Faculty Liason, Dr. Mary Himmelstein ([mhimmels@kent.edu](mailto:mhimmels@kent.edu)).*