

Department of Anthropology

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BRACE YOURSELVES

MIDTERMS ARE COMING

Hello Anthropologists! We hope you are doing well and that your midterms are going smoothly. Fall is coming! For this newsletter, among other opportunities, we have curated a list of resources for wellness and growth, including our Yoa@ Anthro inaugural session (see below!). Remember to breathe, take care of yourself and reach out, if you need to. Your academic advisor is always there to help at quinsonem@illinois.edu.

INTERN WITH VOTE FROM HOME 2020

Intern with Vote From Home 2020. We are now accepting applications for our remote internship and fellowship programs – we are looking for bright, energetic individuals who want to learn the nuts and bolts of how a first-class political operation works.

Participants will learn the basics of how to build a grassroots field program and engage with volunteers, voters, and seasoned campaign staff from the safety of their own home. They will engage in daily organizing activities, learn from and have access to Vote From Home 2020 staff, and hear from a variety of political guest speakers. By working as a remote intern, students can earn community service hours and gain real world experience that will give them an edge on future applications – be it for schools or jobs. Students will receive hands-on experience and walk away with letters of recommendation along with strong references. All of this is accomplished from the safety of their own homes.

Hours are very flexible, and the team at Vote From Home 2020 is a lot of fun! No experience necessary. You will walk out the door at the end of the internship knowing how to run a local field program, as well as having met some great (albeit virtual) friends.

Vote From Home 2020 is a national organization dedicated to expanding vote-by-mail in the 2020 election. Data shows Black, Latinx, AAPI, and young voters are less likely to request mail-in ballots than older white voters. We're making the 2020 election accessible and safe by mailing applications to these voters—and then following up with calls and texts at every step in the vote-by-mail process. You can read more about us at www.votefromhome2020.org

We offer opportunities to students across the entire country, and with COVID-19, we have moved to a remote internship plan, and have staff in every US time zone. This is a great opportunity to get involved in the fight for accessible and safe elections regardless of where you live.

In addition, the organization is also offering a remote fellowship program for participants who are looking to be even more involved. With a greater time commitment, fellows will take on leadership roles -- not only learning how to organize, but working with an assigned team of volunteers and interns to manage important direct voter contact programs. This will prepare them to be even more proactive in their roles within the organization, and ensure they can work effectively on future advocacy, political campaigns, and other modes of valuable civic engagement.

[CLICK HERE TO APPLY OR EMAIL at intern@votefromhome2020.org](mailto:intern@votefromhome2020.org)

YOG@ ANTHRO

Department of Anthropology | University of Illinois at Urbana-Champaign

Yog@ Anthro with Chloe Nagle

October 13th 4:15-5:00pm

Safety tips:
A yoga mat is recommended but not necessary. Exercise on non-slippery surface. Use towel, and/or chair.

Register at <https://forms.illinois.edu/sec/1211160171>

Join the Department of Anthropology and your peers for a Yog@ session with dance artist, teacher and yoga instructor, Chloe Nagle

[REGISTER HERE](#)

PICTURE A SCIENTIST

TRIBECA FILM FESTIVAL 2020

PICTURE A SCIENTIST

pictureascientist.com

PICTURE A SCIENTIST chronicles the groundswell of researchers who are writing a new chapter for women scientists. Biologist Nancy Hopkins, chemist Raychelle Burks, and geologist Jane Willenbring lead viewers on a journey deep into their own experiences in the sciences, ranging from brutal harassment to years of subtle slights. Along the way, from cramped laboratories to spectacular field stations, we encounter scientific luminaries - including social scientists, neuroscientists, and psychologists - who provide new perspectives on how to make science itself more diverse, equitable, and open to all. Our very own, Professor Cate Clancy, is also featured in the movie!

There will be two 72-hours time-frames where a link will be available to you to watch the movie at in October(15-18) and November(5-8). Please click the button below to register your interest and preference.

[REGISTER HERE](#)

TWO EVENTS FEATURING MS AMIRAH SACKETT

Two events featuring MS. AMIRAH SACKETT!

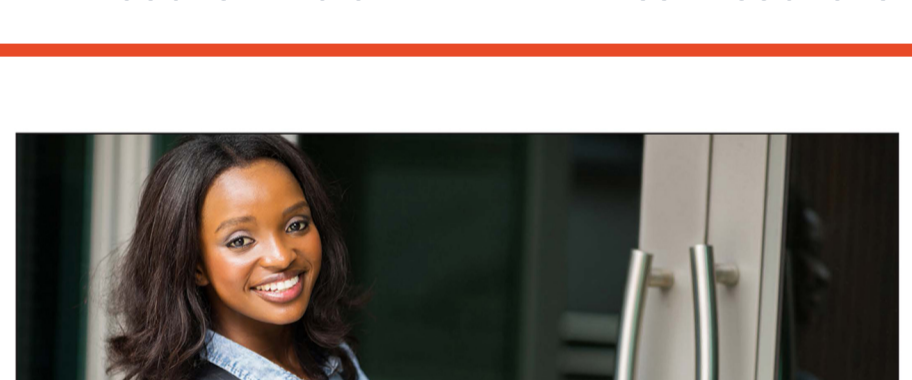
Amirah Sackett, internationally recognized hip-hop dancer, choreographer, and teacher, will perform with beatboxer, musician and voice impressionist MR MiC. She is widely known for her choreography and performance ensemble creation, “We’re Muslim, Don’t Panic,” which reached viral video fame after being featured on POPSUGAR Celebrity, The Huffington Post, AJ+ and Upworthy. Amirah was honored to be a TEDx speaker and has also performed and taught in both Bangladesh and Malaysia through the U.S. Embassy as a cultural diplomat. She continues to tour, teach, perform and break the misconceptions about Muslim women and Islam, using her artistic voice around the country and in her hometown of Chicago. Amirah will perform with Ahmed Zaghbouni, aka MR MiC—an international beatboxer, musician, voice impressionist and film director from Sousse, Tunisia. He has created a style called “megatron beatboxing,” which is featured on his YouTube channel. In 2019, MR MiC was honored to represent his country in the World Championships of Beatboxing, and, later that year, he collaborated with Amirah on a series of videos, Beatboxing Meets Popping.

Wed, Oct 7 @ 7:30pm CST: Performance at The Lied Center of Kansas
Livestream: <https://vimeo.com/458178142>

Mon, Oct 12 @ 7:30pm CST: Amirah Sackett in Conversation with Dr. Angela Williams, hosted by Krannert Center

[REGISTER HERE](#)

COUNSELING CENTER WELLNESS RESOURCES



Want to Learn Techniques for Improving Your Attention? Check out our In Focus Series!

In Focus is a five-week online series that offers education and support for students who commonly experience difficulties associated with **attention deficit/hyperactivity disorder (ADHD)**. You do not need to have an official diagnosis to get involved.

This series is interactive, and is designed to give participants techniques that can improve focus in the classroom, careers, and relationships.

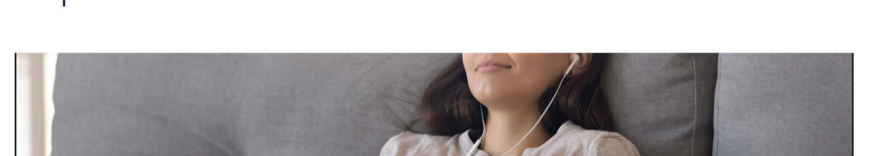
For Fall 2020, this series will meet **Thursdays from 1 to 2:30 p.m.** beginning October 15. It is open to all Illinois students. We encourage you to attend all sessions in the series. To register, please go to counselingcenter.illinois.edu/InFocus.

Registration is limited, so please sign up as soon as possible to ensure you get a place!

Spring 2020 Dates	Topic
Thursday, October 15	Goal Setting
Thursday, October 22	Procrastination
Thursday, October 29	Time Management
Thursday, November 5	Stress Management and Self-Care
Thursday, November 12	Process Session

Student Affairs
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center
counselingcenter@illinois.edu
217-333-3704



Feeling Overwhelmed and Looking to Get “Unstuck?” Attend the Counseling Center’s RIO Online!

These times are not easy. Feeling isolated and lonely is very common, and life is very different than it was before the pandemic. Many people are having strong reactions to these changes. RIO, which stands for recognition, insight, and openness, is led by Counseling Center clinicians and provides an interactive experience that helps you:

- Learn mindfulness skills to identify why you’re feeling the emotions you are and accept them.
- Manage stress, anxiety, and other emotions productively.
- Identify what’s most important to you and prioritize accordingly.

This series is open to all Illinois students—you do not need to be a current client of the Counseling Center. We do strongly encourage you to be available to attend both online sessions. To register, please visit counselingcenter.illinois.edu/RIO. After you’ve registered, you’ll receive an email with a link to attend and your materials.

Fall 2020 Dates

Monday, September 28 and October 5, 4-5 p.m.
Thursday, October 6 and 13, 5-6 p.m.
Thursday, October 8 and 15, 3-4 p.m.
Wednesday, October 14 and 21, 4-5 p.m.
Tuesday, October 20 and 27, 8-9 p.m.
Thursday, October 22 and 29, 4-5 p.m. (GIES)*
Monday, October 26 and November 2, 5-6 p.m. (LAS)*
Thursday, November 5 and 12, 5-6 p.m. (ACES)*
Monday, November 9 and 16, 3-4 p.m. (Housing)*
Wednesday, November 11 and 18, 8-9 p.m.
Tuesday, December 1 and 9, 4-5 p.m. (DGS)*
Wednesday, December 2 and 9, 5-6 p.m. (AHS)*

*All students are welcome, but this workshop is targeted for students in the college/department noted.

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[CHECK OUT THE FULL CALENDAR OF THE COUNSELING CENTER FOR MINDFULNESS SESSIONS AND MORE](#)

PAY WHAT YOU CAN AT BEVIER CAFE

EVERYBODY EATS @ BEVIER CAFE

Open Monday-Friday 11:30 am-1pm
2nd Floor Bevier Hall

How it Works

- Pay the suggested price (menu price)
- Pay what you can (name your own price)
- Pay more (menu price + a little extra)
- Pay it forward (buy a meal for someone)

Dine In, Carry Out, or Contactless Online Ordering

Bevier Café will continue to serve the same delicious menu, but with four distinct payment for the remaining of the fall 2020 semester.

Similar pay-what-you-can models have been successfully implemented in 60+ restaurants throughout the country. It is an innovative way to cover costs while feeding all people; regardless of financial means. With any luck, our pay-what-you-can system will allow them to continue teaching foodservice operations management to FSHN 340 students, continue to serve delicious food to hungry patrons, and take real action toward fighting on-campus food insecurity.

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