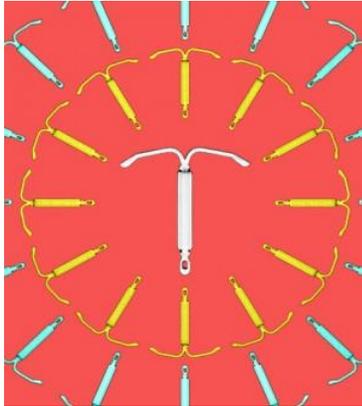


IUDs and Political Uncertainty

By Frances Ambrose



Ever since the disquieting outcome of election night, I have been urging all of my sexually active female relatives, friends, and acquaintances to schedule an appointment to get an IUD before Trump takes the White House in January. Why? Because a Trump presidency (and his recent Health and Human Services appointment) will most likely mean major changes to women's access to birth control and abortions.

IUDs are the most effective form of birth control over the last several years. Some types may even outlast the Trump administration's time in office. If you don't want to have children in the next few years, go to BridgerCare or your local healthcare provider and look into getting an IUD. Anti-choice legislation-- like the recently passed Texas bill requiring women who have surgical abortions to cremate the fetus or hold funeral services-- will possibly surge in volume and success. With Trump in office, more bills like this are sure to come. Currently under Obamacare, women have access to free birth control including pills, rings, emergency contraceptive, and IUDs. Trump has repeatedly announced his intentions to repeal Obamacare as soon as he takes office. IUDs are expensive, upwards of \$800 without insurance. Take advantage of your insurance now and get an IUD before January.

Trump has vowed to fill Justice Antonin Scalia's Supreme Court seat with an anti-abortion judge and he will possibly have the opportunity to appoint more Supreme Court justices and district judges during his term. Vice President elect, Mike Pence, has been behind drastic anti-abortion legislation and was quoted as saying: "I long for the day that Roe v. Wade is sent to the ash heap of history." Pence's dismal dream may unfortunately become a reality in the coming years-- he seems to have convinced previously pro-choice Donald Trump that his extreme and one sided anti-choice view of women's reproductive rights is preferable.

IUDs aren't for everyone, but it's worth a consultation with a health care provider. There are many different types, including non-hormonal options for women whose bodies don't respond well to hormones. All options are nearly 100% effective in preventing pregnancy and can last between 3 and 10 years-- hopefully, long enough to get us through to the next presidency.

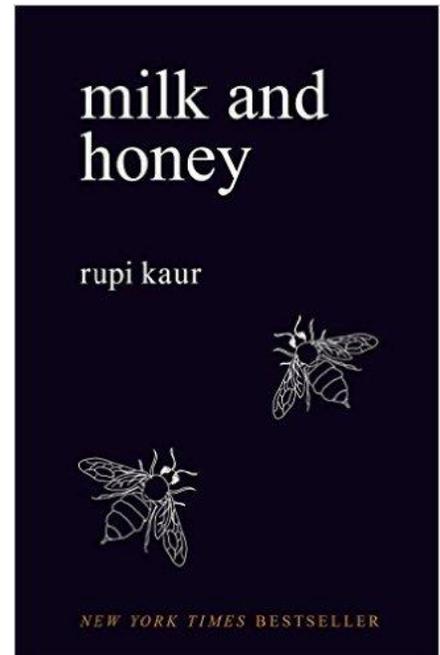
As a feminist and an advocate of women everywhere, I urge you to protect yourself against those who want to strip you of your rights. Consider an IUD. Love your body by giving it autonomy. It is imperative that we stick together during the next four years, so be sure to support and protect one another. Birth control is the only guarantee against unplanned pregnancies and the need for abortion, taking our access to family planning resources away is a lose/lose for all of us.

Suggested Read: *Milk and Honey*

By **Andrea Lawrence**

Rupi Kaur's book of poetry, *Milk and Honey*, speaks languages of "the hurting," "the loving," "the breaking," and "the healing." She illustrates every kind of relationship with the simplest of words, which are also the most challenging. She leaves much to the imagination as both her words and her illustrations force you to fill in the blanks with your own life experiences. The first three chapters discuss familial and romantic relationships, as well as the relationships we have with ourselves. The topics she writes about, such as alcoholism and abuse, carry power throughout her story, even when she uses humor to guide the reader back to a life worth living. I found the last section "the healing" the most inspiring because her words eloquently describe what it means to be a human but also what it means to be a woman. She writes:

"i like the way the stretch marks
on my thighs look human and
that we're so soft yet
rough and jungle wild
when we need to be
i love that about us
how capable we are of feeling
how afraid we are of breaking
and tend to our wounds with grace
just being a woman
calling myself
a woman
makes me utterly whole
and complete " (Kaur, 169).



I think her feminist outlook is what many women, especially American women, need today. With our recent election results it is important to remember that you are a "complete" human being, and are worth fighting for.



Women's Rough Road to the White House

by Lolo Thornton

This election has literally defined the challenges women have faced on the rough road to the White House. November 8th marked Hillary Clinton's second defeat in her attempt to become President of the United States. Though she undeniably came closer than any other woman in U.S. history, Clinton is not the only female candidate to have straddled the many obstacles in her goal of achieving the presidency. Victoria Woodhull began women's journey to the White House in 1872 when she first ran for President. This was 47 years before women had the right to vote. Woodhull did, though ultimately unsuccessfully, argue in a court of law that indeed, women did have the right under the Privileges and Immunities Clause of the Constitution. Woodhull was the candidate for the Equal Rights Party and a proponent of "free love", meaning she believed everyone should have the liberty to marry, divorce, and have children in whatever way they wanted. Although Woodhull was a suffragette, she was not supported by notable others such as Susan B. Anthony who labelled her positions on family and sexuality as lewd. Woodhull attempted to elect Frederick Douglas as her Vice President but he never publicly accepted the nomination. The week of the election, Victoria Woodhull was arrested for printing "obscene" content in a newspaper. All women who tried to vote that year were also arrested. Although Woodhull never reached the White House, her struggle opened up the doors for women who would follow in her footsteps.

One hundred years after Woodhull's historic attempt, Shirley Chisholm, the first African American woman elected to congress, ran for president in the 1972 election. Just prior to the announcement of her candidacy, the Equal Rights Amendment had been passed through Congress and the *Roe v. Wade* decision was on the Supreme Court's horizon.

Chisholm's campaign centered on the rights

of women, people of color and the poor as well as her adamant disapproval of the Vietnam war. Although she did not win the Democratic nomination, when Chisholm addressed the public, she famously stated, "What I hope for most is that now there will be others who will feel themselves as capable of running for high political office as any wealthy, good-looking white male." Her words moved the country. Unfortunately, in 2005, Shirley Chisholm died before she could witness the Presidency of Barack Obama, or Hillary Clinton's run for the office.

Although Geraldine Ferraro ran for Vice President, not president, she had a difficult time during the campaign. As running mate to Minnesota Senator Walter Mondale in 1984, she was the first woman Vice Presidential candidate on a major party ticket. Ferraro supported both the Equal Rights Amendment and the Women's Economic Equity Act and served on the board of Planned Parenthood Federation of America. An already successful Congresswoman from New York, Ferraro had dealt with her fair share of political struggles. She was often known as the "tough lady" in the media. However, when running for V.P., she was bombarded with sexist questions—even by successful reporter Barbara Walters who asked: "Vice President, okay, fine. But do you think you're equipped to be *President*?" Also during a debate, Ferraro was given the question "Do you think the Soviets might be tempted to take advantage of you simply because you're a woman?" Ferraro and Mondale did not win the election but her success and strength in government inspired many other women along the way.

We have yet to elect a female president and I have only listed a few of the many who have tried over the past 150 years. Each year we move closer to this goal. Although Hillary Clinton did not win, her perseverance demonstrated that women will keep fighting until we achieve this goal.

WOMANifesto

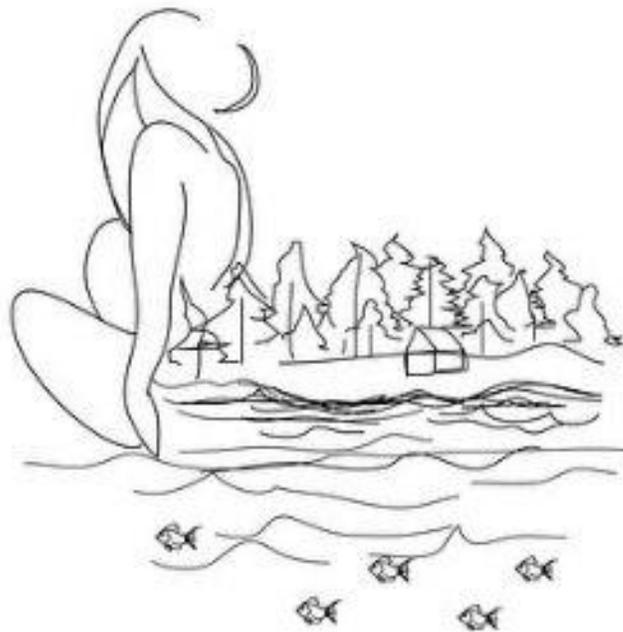
MONTANA STATE UNIVERSITY WOMEN'S CENTER

December 2016

what's the greatest lesson a woman should learn?

that since day one. she's already had everything
she needs within herself. it's the world that
convinced her she did not.

- rupi kaur



LGBTQ+ Post Election Fear

By Lolo Thornton

Although we all want to believe “love trumps hate,” it’s been difficult for some communities to trust this idea in the wake of the election of our president-elect, Donald Trump. The LGBTQ+ population in the U.S. has been particularly troubled by our new leader and his vocal approval of discrimination and harm against others. Crisis and suicide hotlines saw incredible increases in calls from members of the LGBTQ+ community the two days following the election. Some doubled, while others increased from 100-200 calls to 700 contacts per day post-election. All these calls came from members of the LGBTQ+ population of our country. Callers reported fear, anxiety, and stress around potential personal victimization from hate crimes and biased policy. A common worry among callers was about the nature of legislation that might be passed by the new administration. Vice President-elect Mike Pence has actively fought gay marriage legalization and believes in conversion therapy for those identifying as LGBTQ+. Callers to hotlines understandably fear that he might revoke their hard-earned rights. After making such progress over the past few years, LGBTQ+ folks and allies are anxious about these rights being undermined and/or abolished.



In addition to fear of Trump and Pence’s possible actions, the LGBTQ+ community is also terrified of backlash from homophobic U.S. citizens who now feel emboldened by members of the new administration to express and act upon their beliefs. Incidents of violence and threats have already escalated and been reported among the community. People burning pride flags have been reported since last week’s election, and countless verbal attacks have been witnessed. Perpetrators commonly mention Trump’s name while they insult and target these members of our society. Although Donald Trump said he would protect LGBTQ+ rights and keep folks safe, the extremely hateful rhetoric he used during his campaign, and the people this speech has empowered have opened a door to hate crimes and words. Some homophobic, transphobic, racist and sexist individuals feel they now have a right to publicly treat others with hatred and disgust. The heightened hate speech and actions are understandably causing intense fear in a community that may now (again) feel it has little recourse in the law.

Now, more than ever, we need to stand up as allies for our LGBTQ+ friends, families and communities. Be sure to voice your opinions to legislators, donate to worthy non-profits, help support an open dialogue, keep raising awareness about LGBTQ+ rights. For those of you on campus, consider becoming involved with the Safe Zone program to become an identifiable ally for our students, staff and faculty members. For Safe Zone Trainings, call the Diversity Awareness Office at: 994-5801, or contact the new LGBTQIA Student Support representative, Ryan Erickson. Let our voices be heard—we will not tolerate acts of hate and violence against our LGBTQ+ community members!

Join Students For Choice, F-Word, and MASH

**for an evening celebration of the
44th anniversary of Roe v Wade!**

What: Reproductive Health/Sex Trivia (with prizes!) and planning for the Women's March on Montana (January 21st)

Where: Colombo's Pizza, 11th and College

When: Friday, January 20th 7:30-10:00 pm

Return Service Requested

Bozeman, MT 59717-2100
372 Strand Union Building
Women's Center

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