February is Black History Month

Reframing Boobie Miles: Racial Iconicity and the Transmedia Black Athlete
Feb. 10, 5pm. This semester’s Seymour Lecture in Sports History, given by Dr. Samantha N. Sheppard, associate professor of cinema and media studies, will focus on how media has shaped much of the narrative of black sports history.

Space Making and Wellness Among Black Adolescent Girls: Toward a Participatory Vision
Feb. 17, 12pm. This presentation will highlight qualitative data from Black adolescent girls who participated in the Black Girl Magic Crew (BGM), an afterschool program created for and by Black girls focused on their identity development, mental health, and literacy.

Educational Series to Address Mental Health in the Black Community (BIPOC Parent and Caregiver Mental Health Movement). A free online series about mental health in the black community.

• **February 12, 10am:** The Impact of the 2 pandemics: Covid-19 & Racism and Managing Chronic Health Issues, Loss, Grief and Trauma
• **February 19, 10am:** Diversity of Perspectives and Needs: Children, Black Males, Older Adults, Justice Involved and LGBTQ
• **February 26, 10am:** Social Determinants, Education, Engagement and System Change: Where do we go from here?

Past features
• Cornell DEI Celebration Resources for Black History Month
• Blackness at Cornell Series from the Inclusive Excellence Podcast (Episodes 23-25)
• Cornell Wellness celebrates Black History Month – interviews with Black staff, faculty, and retirees about health-related topics

“In the depth of winter, I finally learned that within lay an invincible summer.” Albert Camus
Recreation Facilities reopen to Retirees, Spouses, and Partners
Access to Rec facilities (fitness centers, pools, group fitness classes, gymnasiums)
is again open to all eligible members.

Treat Yourself Tuesday (CCE Tompkins)
Feb. 8, 12pm: Explore how to make quick, healthy snacks that are popular for all ages! Contact sgc56@cornell.edu, (607) 272-2292 ext.252 to sign up.

Cornell Start-Up Releases New Gluten Free Snacks
Antithesis Foods, founded by former students in the Department of Food Science, launched a grain-free, gluten-free baked crisp snack, Protos. Find Protos by visiting eatprotos.com or purchasing them at P&C Fresh (Ithaca, NY), or the café in Cornell University’s College of Veterinary Medicine.

Female Volunteers Needed for Weight Loss Study at Cornell
The Women’s Imaging Research Lab is seeking female volunteers between the ages of 18-35 years with BMI > 30 to participate in a study to examine how follicles develop in the ovary during weight-loss. Email womensimaging@cornell.edu and include 'Weight Loss Study' in the subject line to learn more.

12 cool winter activities you’ve never heard of (Active for Life)

Soup & Hope Series: Michelle Artibee, Director of Workforce Wellbeing
12-1pm. Listen to Michelle’s reflections on body size and weight loss/gain, working in a field that historically prioritizes thinness, and finding peace and love in health and her relationship with food.

Available in person and online
- Register to attend IN PERSON at Sage Chapel (CU NetID required)
- Register to attend Zoom

Fake News, Alternative Facts, and Disinformation: Learning to Critically Evaluate Media Sources
Feb. 16, 3pm. In the high-speed world of reality-optional politics, “alternative” facts, and “fake” news, how can you identify news sources that are accurate and trustworthy?

Recovering Your Creative Spirit in Grief (Hospicare)
March 3, 6:30-8:00 pm (via Zoom). Brenna Fitzgerald, writer, coach, and host of Creative Recovery podcast will guide participants into a deeper understanding of their own blocks.

Family to Family Class (NAMI)
An 8-week class on Tues. evenings beginning March 1 through April 19, 6:30-9:00pm. This online class is for adults 18 and over who have a loved one experiencing a mental health condition.
**Spousal Loss Support Group** (Hospicare)
March 1, 8, 15, 22 and 29, 2022 from 12-1:30pm. This 5-week online group offers people who have lost a spouse or partner the opportunity to process their loss in a supportive and confidential setting.

**Mental Health & Special Education Workshop for Caregivers** (Family & Children’s Service of Ithaca)
Feb. 24, 4-5:30pm. Does your child need more support than they are currently receiving in the school system? Learn what resources and services are available, where to start, and possible next steps.

**Why Is My Dog Barking at Nothing? Causes and Treatments for Your Noisy Pooch** (Newsweek)
Includes guidance from Dr. Katherine Houpt, Dept. of Clinical Sciences, College of Veterinary Medicine.

### CULTURAL

**Here, Queer, & Yiddish! Creating the World’s First Yiddish LGBTQ Youth Guide**

**The Queer Nuyorican: Racialized Sexualities & Aesthetics in Loisaida**

**Fragile Knowledge: Owning the Scars of Second-Generation Holocaust Survivors in Latin America**
Feb. 14, 1pm. This presentation will explore various ways in which second generation Holocaust survivors in Argentina have witnessed the wound transmitted by their parents.

**Title IX Then and Now: Celebrating Cornell Women’s Athletics**
Feb. 23, 8pm. The Class of 1974 invites you to join Cornell historian Corey Ryan Earle ’07 for this look back at the history of women’s athletics at Cornell.

### FINANCIAL

**Crypto 101** (eCornell)
Feb. 9, 1pm. The conversation will cover the latest applications of blockchain technology, important issues for investors, and exciting innovations.

**Women Talk Money: Investing during market ups and downs** (Fidelity)
Feb. 9, 2pm. Learn steps for navigating choppy markets.

**Virtual Home Inspection Classes** (Ithaca Neighborhood Housing Services)
Feb. 21, 6:30-8:30pm. A licensed home inspector will teach participants how to examine homes

### OCCUPATIONAL

**Supervising@Cornell**
Supervisors AND non-supervisors are invited to view this on-demand flexible series of programs to help you develop and get the information you need. Learn about university expectations, resources, policies, and best practices. Check out the newest module:
**SUPERHR8008 Ombudsman:** The Cornell Ombudsman Office is a place to confidentially discuss issues. It is available to all students, faculty, and staff, except for Weill Cornell Medicine. This tutorial is an overview of the office and the services they provide.

**Cornell Young Professionals Colleague Network Group Coffee Chat – New Year, New Board**  
Feb. 21, 12pm. Join fellow young professionals from across Cornell for a relaxed and insightful chat.

**ENVIRONMENTAL**

**How to Get Into the Red: Cornell as a Living Laboratory and Reaching Carbon Neutral**  
Feb. 7, 2:45-4:00pm. Cornell has pledged to cut direct emissions from our Combined Heat and Power Plant to zero by 2035, but is that enough?

**Let’s Talk: Local Food System** (Community Foundation of Tompkins)  
Feb. 8, 12pm. Join Katie Hallas, Community Food System Plan Coordinator, for a 30-minute conversation about our local food system.

**Gardening with Kids** (CCE Tompkins)  
Feb. 15, 6pm. Gardening with kids can be fun and memorable! Learn about components, plants, activities, and attitudes that make gardening a year-round activity to share with the kids in your life.

**About the Wellbeing Update:**  
Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program about campus and community resources, programs, and events. Explore past editions or email wellbeing@cornell.edu to ask questions or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.