

Reverend Arthur Price

When Reverend Arthur Price of the 16th Street Baptist Church in Birmingham, Alabama, spoke at CCSU during African American History Month, the audience found it impossible not to be compelled by his powerful and emotional delivery. The event, "The Role of Religion and the Civil Rights Movement," looked back on the turbulent times of 1960s America and what is commonly referred to as the largest social movement in the world. Price explained how churches were the African American community's main sources of solidarity and social gathering during the Civil Rights Movement.

Price's speech served as a concise history of the events leading up to the Birmingham Campaign and also revealed how African Americans held on to faith by relating their struggles to those found in the Bible. Much like Jesus having to go through Samaria, Martin Luther King, Jr. had to bring his bravery and ingenuity to Birmingham to further the non-violent movement taking place.

African Americans "vacillated between being in America and not being of America" according to Price, but spurred on by the victory of the Montgomery Bus Boycott in 1955, increased the scope and power of their non-violent protests and organized the Birmingham Campaign in the spring of 1963. This widely publicized campaign brought much needed attention to their cause, although not all of it was helpful. In September 1963, the 16th Street Baptist Church was bombed by the Klu Klux Klan, resulting in the deaths of four little girls. According to Price, Birmingham was nicknamed "Bombingham" because of the

frequent terrorist attacks at the time. This tragedy was the catalyst that turned Civil Rights into not just the problem of African Americans, but of the entire country; the bombing "pricked America's conscience" and served as a turning point in the 1960s Civil Rights Movement.

Price brought the lecture to a close by connecting the struggles of the past to current times. "What are we settling for today?" he asked after reminding the crowd of the uncompromising attitudes African Americans exhibited during their struggles and how that mindset must still be used today to fight injustices. The speech was met with a standing ovation from a truly receptive and appreciative audience that won't soon forget Price's first ever visit to Connecticut.

Additional African-American History Month events and lectures at CCSU included "Racial Conciliation" by Thomas DeWolf and Belvie Rooks; "The Relevance of Black Studies to Closing the Achievement Gap in Education" lecture from Benjamin Foster, Jr.; and the Black Inventions Exhibit presented by the Center for Africana Studies.

– Adam Saucier



Reverend Arthur Price, Jr. presents his impassioned speech "Role of Religion and the Civil Rights Movement" to a captivated audience.



Donna McDaniel

Author and former educator and news reporter Donna McDaniel (left) presents her lecture "19th Century African-American Female Abolitionists" during African American History Month.

Community Central and CCSU: Free Walk-in Wellness Clinics for New Britain Residents

Staying healthy isn't always easy, but Assistant Professor of Nursing **Stacy Christensen** hopes to show the New Britain community that staying ahead of their health can be simple and painless, regardless of their insurance coverage (or lack thereof).

CCSU senior nursing students, together with students from the New Britain Health Academy, have been hosting free walk-in wellness clinics at Community Central in downtown New Britain on Mondays from 10:00 a.m. to 2:00 p.m. Christensen, who coordinated the clinic with Nursing Professor **Jill Espelin** and Community Central director **Hannah Hurwitz**, knew that she wanted to engage the community and provide a vast array of healthcare services, including blood-sugar and cholesterol level checks, weight loss counseling, basic vision screening and even relaxing foot soaks. "With many people being uninsured these days, we thought a wellness clinic would be a great way for our students to interact with the people of New Britain and provide a valuable service to them, while also helping our students in the nursing program," Christensen says. Informational pamphlets and diagrams in the lobby also offer visitors a better understanding of their own health.

The clinic can benefit anyone from the community who is 18 or older, whether they feel unwell or not. During the first two weeks of the program, Christensen and the nursing students discovered high cholesterol and low iron levels in individuals who, otherwise, would not have known. In one case, they sent a patient to the emergency room. "Someone came in feeling okay but had very high blood pressure levels, and we were afraid the person was going to have a stroke, so we called 911. It's an example of someone not feeling ill but having a really bad number that could cause real damage to the brain and heart if left untreated."



(From left to right) CCSU Nursing senior Colleen Nightingale, Assistant Professor of Nursing Stacy Christensen, CCSU fitness instructor Michelle Traynor, and Community Central director Hannah Hurwitz examine one of the many informational diagrams at the wellness clinic located at CCSU's Community Central at 117 West Main Street in New Britain.

While the screenings do not diagnose conditions, they can pinpoint potential health issues. Christensen explains, "Anyone can come in for screenings and we can refer individuals at high risk of developing a condition to a primary care provider in the community for further diagnostic tests."

In addition to free health assessments, the clinic also offers health discussions led by the CCSU nursing seniors every Monday at 11 a.m. Topics range from understanding food labels to tips on using the Internet for health information. Nutritious snacks and fresh apples are provided courtesy of Roger's Orchards in Southington.

While the New Britain community benefits from the health screenings, so too do the CCSU nursing seniors and the Health Academy students, who are being mentored while also receiving valuable hands-on experience. The nursing program already partnered with the New Britain Health Academy last spring for a health fair, and Christensen hopes that the wellness clinic can continue beyond its currently scheduled ending date of April 30; which, if the community has anything to say about it, won't be very difficult. "Patients that have come in here have been thrilled," says Christensen. "They're not being forced to come; they're walking in because they want to be here."

— Adam Saucier