

LOCAL 300  
NY - NJ - CT

# ***SISTER 2 SISTER***

LOCAL 300 WOMEN'S CAUCUS



## ***Content***

19TH AMENDMENT

.....  
THINK PINK  
CROSSWORD

.....  
BREAST CANCER 2020  
.....  
MEN & BREAST CANCER

.....  
COVID-19 SAFETY

## ***19th Amendment***

What led to voting rights and why the struggle continues...

The passage of the 19th Amendment has long been heralded as the turning point for women's voting rights in America. But in reality, the 19th Amendment did not affirmatively grant the vote to all women — or even to any women in particular. All the text says is: "the right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex." In other words, after its ratification, states were no longer allowed to keep people from the polls just because they were women. But officials who wanted to stop people from voting had plenty of other tools with which to do so. States could use poll taxes and other voter suppression tactics — already used across the country to deny voting rights to black men — to keep black women from voting. They could, and did, use those same tactics against Latina women.

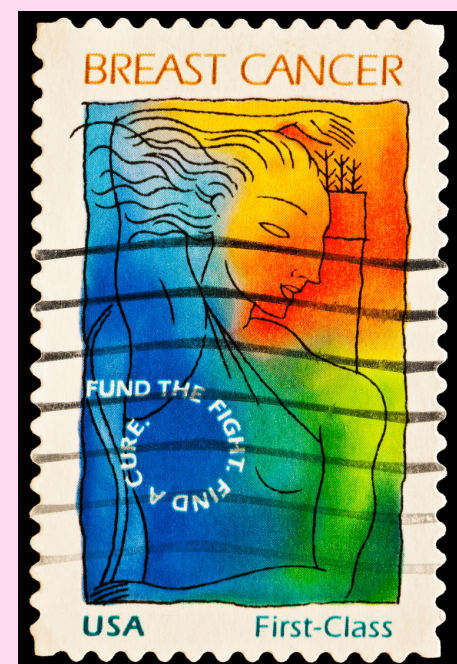
In the 1930s, black women like educator and suffragist Mary McLeod Bethune took roles in federal agencies created as part of the New Deal, like the National Youth Administration, and used them to direct resources and support to black communities. At the same time, black activists were also working directly to challenge Jim Crow laws and their effect on voting rights. That activism included on-the-ground action like the Selma campaign, during which hundreds of marchers famously crossed the Edmund Pettus Bridge in Selma, Alabama, and were beaten by state troopers on the other side. That work ultimately led Congress to pass – and President Lyndon Johnson to sign – the Voting Rights Act in 1965. That legislation gives teeth to the ideas that animated the 15th and 19th amendments, including federal oversight of states with a history of voter suppression, and pathways to legal redress for people deprived of their right to vote.

The Voting Rights Act was momentous, extending suffrage to many Black, Latinos, and Indigenous Americans who had previously been subject to voter suppression. In addition to states in the South, the legislation included states like Arizona and South Dakota, where suppression of Indigenous voting had been widespread, on the list of areas subject to special federal scrutiny. In recent years, though, the country has taken steps backward in terms of voting rights. In 2013, the Supreme Court in *Shelby County v. Holder* effectively gutted the Voting Rights Act, striking down its formula for determining which areas were subject to federal scrutiny and allowing those jurisdictions to pass laws restricting voting rights without seeking approval from the federal government. Many state and local governments have done so, often in the form of voter ID laws that disproportionately impact voters of color. Since 2010, at least 25 states have passed new voting restrictions, with many passed after 2013.

As America reckons with its racist foundation, historians say it is equally important not to erase the women of color who have been fighting for voting rights and exercising political power since before Seneca Falls, and who continue to do so. We live in a multicultural democracy today, and it didn't just suddenly happen. Women were right there, involved in the struggle.

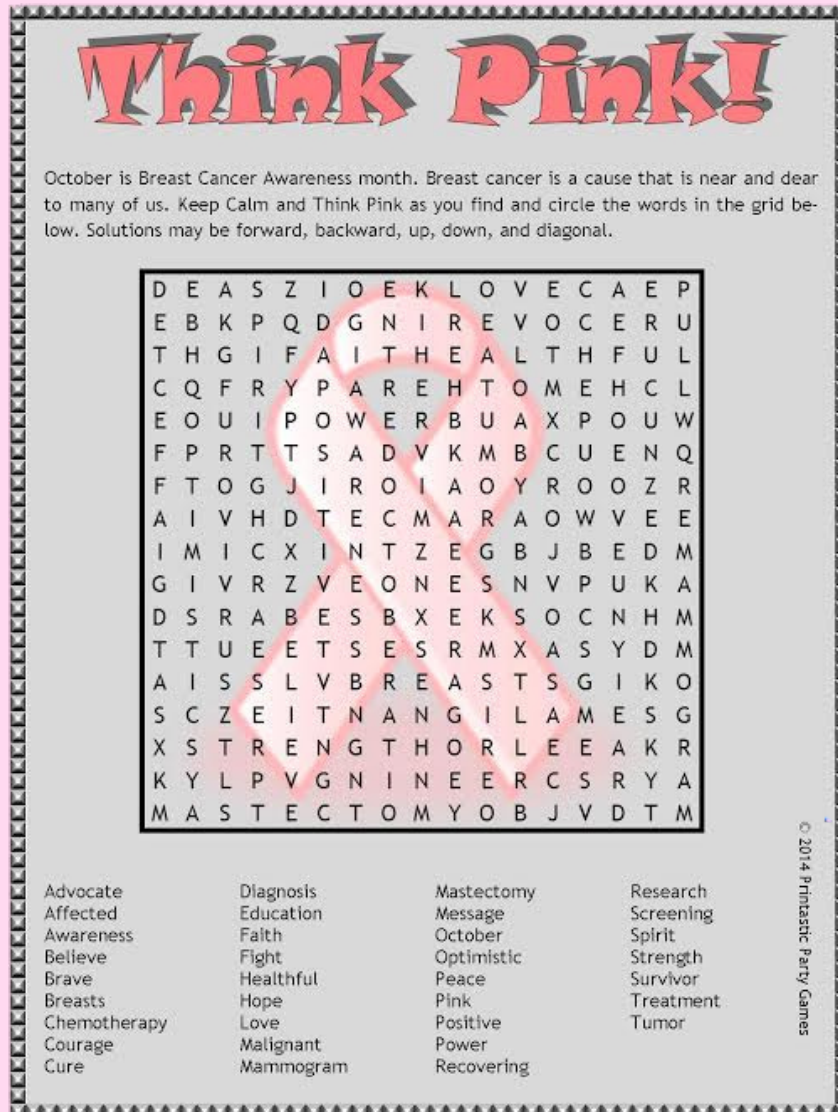
By Lucy Lombardo

*"Women were right there, involved in the struggle."*



# Think Pink Crossword Puzzle

By Sediqua Perry



## Breast Cancer 2020

By Tomiko Utley

Breast cancer is a disease in which cells in the breast grow out of control. Breast cancer develops depending on which cells in the breast turn into cancer. There are four types of breast cancer which are ductal carcinoma (CIS non-invasive and is the earliest form of breast cancer), invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer.

Metastatic breast cancer is also classified as Stage 4 breast cancer. This is when cancer has spread to other parts of the body. The first symptoms of breast cancer usually appear as an area of thickened tissue in the breast or a lump in the breast or an armpit. Other symptoms include pain in the armpits or breast that does not change with the monthly cycle, pitting or redness of the skin of the breast, similar to

the surface of an orange rash around or on one of the nipples, discharge from a nipple, possibly containing blood. Breast cancer is a serious disease that a lot of women die from if not detected in a timely manner. This being said, SISTERS PLEASE GET CHECKED OUT REGULARLY, especially if breast cancer runs in your family. Please inform your doctor of any symptoms you are feeling.



Age does not dictate when you should get checked out. Remember, the best protection is early detection.



## Men & Breast Cancer

By Shirley Ramos  
Editor in Chief

Although breast cancer is much more common in women, men can get it too. It happens most often to men between the ages of 60 and 70. Breast lumps usually aren't cancer. However, most men with breast cancer have lumps.

Other breast symptoms can include:

- Dimpled or puckered skin
- A red, scaly nipple or skin
- Fluid, discharge

*"...men can get it too."*

Risk factors for male breast cancer include exposure to radiation, a family history of breast cancer, and having high estrogen levels, which can happen with diseases like Cirrhosis or Klinefelter's syndrome. Treatment of male breast cancer is usually a mastectomy, which is surgery to remove the breast. Other treatments include radiation, chemotherapy and/or hormone therapy. If you have a family history of breast cancer or fall into a high-risk category, you should perform self-breast exams. Self-breast exams are for women and men.

*"Age should not dictate when you should get checked out."*

Local 300 Women's Caucus Members



B to F: Lucy Lombardo, Shirley Ramos, Tomiko Utley, Atika Muhammad, Sediqa Perry, Michelle Kimber

## COVID-19 Safety Tips

- Wash Hands with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Social Distancing- at least 6 feet distance between you and others.
- Cover your mouth and nose with a MASK around others.
- Clean and disinfect frequently touched objects and surfaces daily.
- WEAR YOUR MASK IN PUBLIC when around people outside of your household.
- Mask may help prevent people from spreading the virus to others.