

THE BROTHERHOOD

HEALTHYfellows Campaign

2/15/2018

[Edition 1, Volume 1]

“We are challenging unhealthy images of college men by showcasing men who exemplify exceptional standards of leadership, conduct, and character.”

Who am I as a man?

By Ryan Szalaty

We have been taught that being a man in Western society has certain implications, and if you do not meet the criteria, then you cannot be considered a man. Studies have demonstrated that men of all ages are affected by these criteria, starting from the moment they enter schools. As a result, boys and men believe that they need to be strong—both

Define who you are and what you value as a man.

physically and emotionally—and that any display of weakness, even if that display is known only to you, is a betrayal of manliness.

We want to *feel* powerful, and unfortunately, we’ve only been taught one acceptable way to do it. And I’m here to tell you that you are already powerful simply because you’re still reading. Because you have the physical ability to read this and consider the implications, you have the power to decide what to do with them. Chances are that you decided to read this because you wanted to do something about that instinctual, sharp poking you’re doing with the idea of being a man.

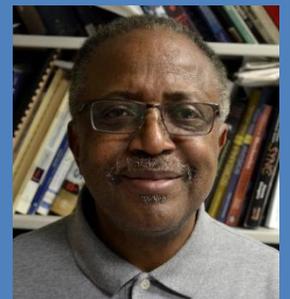
And you just started a few seconds ago. That’s all it takes.

Right now, as a man, you are reading these words to be a better man, and I couldn’t be

happier for you. Working to make the healthy changes you want is *your* power. Thus, my challenge for you is this: Define who you are and what you value *as a man*. Be honest with yourself—you have that power because you are, in fact, a man. Use that power well.



SPOTLIGHT



In his own words:

“On the advice for students, especially male college students I encourage them to “work toward excellence and the highest ethical/moral levels in everything they do – in their academics, social life and their personal growth, and to see and use past, present and future failures as stepping stones toward a significant and successful life”

– Dr. Peter LeMaire, Physics & Engineering

2017 Ebenezer D. Bassett Student Achievement Award Scholars

“A Man Among Giants: Finding the Courage To Be the Man You Were Destined to Be”

April 21, 2017

Honoree

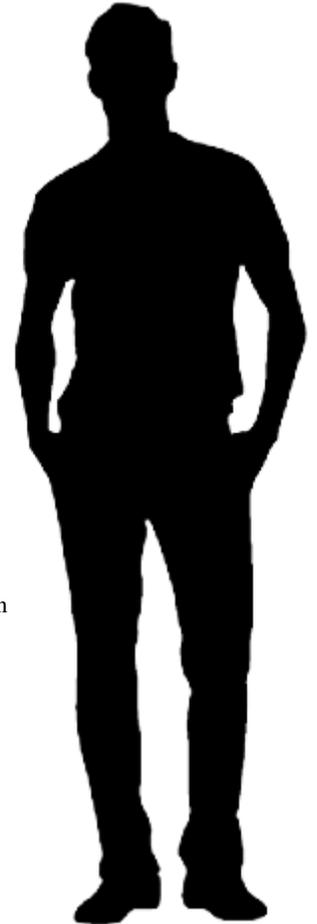
Mr. Evan Acevedo
 Mr. Khaled Alsaquri
 Mr. James Angelopoulos
 Mr. Josh Bouchard
 Mr. John Coleman
 Mr. Leonard Cannon
 Mr. Mr. Mariano Cardoso
 Mr. Dominick Daniels
 Mr. Cameron Evans
 Mr. Josh Fritho
 Mr. Chris Hazelton
 Mr. Christopher Holloway
 Mr. Johnathan Huaqui
 Mr. Trey Jones
 Mr. Dylan Marinelli
 Mr. Matthew Matarese
 Mr. Eric Ott
 Mr. Pedro Reinoso
 Mr. Albino Schifino
 Mr. Quinton Swan
 Mr. Ryan Szalty
 Mr. Kelly Turner
 Mr. Brian Valdin
 Mr. Jett Watkins
 Mr. Timmothy Zakrzewski

Virtue

Victory & Triumph
 Compatriot
 Humanitarian
 Humanitarian
 Leadership
 Leadership
 Victor & Triumph
 Leadership
 Leadership
 Victor & Triumph
 Leadership
 Scholar
 Scholar
 Victor & Triumph
 Leadership
 Leadership
 Compatriot
 Leadership
 Scholar
 Leadership
 Scholar
 Humanitarian
 Humanitarian
 Scholar
 Humanitarian

Nominator

Dr. Wangari Gichiru
 Ms. Andrea Gianchino
 Dr. Gloria Emeagwali
 Dr. Ivan Small
 Mr. Joe Kierwaiak
 Ms. Andrea Gianchino
 Mr. Carlos Soler
 Dr. Karen Rizenhoff
 Ms. Leah Skinner
 Ms. Andrea Gianchino
 Ms. Lauren Foligno
 Mr. Andrew St. Amand
 Mr. Albino Schifino
 Dr. Evelyn Phillips
 Ms. Tiffancy Moffo-Simpson
 Andrea Gianchino
 Ms. Ashely Bennett
 Ms. Ashely Bennett
 Dr. Chee Hoi Leong
 Dr. Paul Rossitto
 Mr. Nathaniel Pendergrass
 Mr. William Fothergill
 Dr. Candace Barrington
 Mr. Nathaniel Pendergrass
 Pastor Bruce Miller



Even Male Students Have a Right to Equitable Treatment by the Recorder

By William Fothergill

On March 28, 2017, sixteen Central Connecticut State University male student leaders gathered at the request of the HEALTHYfellows Man Enough Support Initiative for the initiative's 9th Annual Men's Health & Wellness Forum. The forum was titled, SUPPORTING OUR BROTHERS:

Discovering the Keys to Success. Man Enough broke with its traditional campus wide forum and organized a roundtable discussion about college men's health and retention. Students from several campus organizations and clubs participated in the event (e.g., Central Activities Network (CAN), Psychology club, Student Government Association, Nature Helpers, Taekwondo-Krav Club, Residence Life, etc.).

The gathering of college men examined several issues related to the state of CCSU male students. The group explored how social and gender constructs serve as barriers to the health and success of men. The group proposed several steps the institution can take to improve male student success outcomes (e.g., promoting healthier and more constructive images of male students). Several of the attendee spoke candidly about feeling more accepted by the campus as leaders and reported feeling less appreciated as a "men".

The organizers received positive feedback about the event and felt optimistic about their proactive plans to work collectively to improve outcomes for college men. Optimism was later replaced with disappointment when participants found out about the Recorder's decision not to publish the story about the gathering of college men. Mr. Alonso Velasquez, Staff Writer for the Recorder, had spoken earlier with Mr. Lorenzo Burgio, Editor-in-Chief, and requested coverage of the event.



According to Mr. Velasquez, he consulted with his editor and was approved to cover the event. Upon submitting the article, Mr. Burgio decided not to publish the story. Correspondence between Mr. Velasquez and Mr. Burgio reveal several bias comments about the gathering of college men. Mr. Burgio claimed the article about the forum was "controversial" and divisive. In a text message to Mr. Velasquez, Mr. Burgio deemed the article and the gathering as "very sexist and would have made a lot of people angry". He went on to state, "we do not anger an entire demographic that makes up more than half of our student population".

In a written response to Mr. Burgio's decision, Mr. Andrew St. Amand, President of the Man Enough Support Initiative pointed out discrepancies in the editor's critique calling the Man Enough event controversial. He pointed out the inconsistencies in the newspaper's coverage of certain events. "Just a few weeks prior to the Man Enough event, the Recorder had approved the publication of an article titled, SGA Women Walk Out".

The article referenced the following quote by one of the female student participants of the walk out, "***The message was to let every male at CCSU know that without women, you cannot function***". Apparently the Recorder didn't see the controversial tone of this article and didn't care whether it offended the other



half of the demographic Mr. Burgio referenced in his email message to Mr. Velasquez.

What is becoming of the free press when the news is suppressed in response to one person's (i.e., Recorder's Editor-in-Chief) opinion about the perceived controversy of an article? The Recorder publishes articles all the time that challenge the diversity of thought of its readers. It has the freedom to publish article with opposing viewpoints from its editorial staff. The Recorder's own disclaimer contradicts Mr. Burgio's decision not to publish Mr. Velasquez's story based on his perceptions about the article.

"The Recorder is a student-produced publication of Central Connecticut State University and does not necessarily represent, in whole or in part, the views of CCSU's administration, faculty or students".

Several members of Man Enough met with Mr. Burgio to discuss their concerns about the editor's decision not to publish Mr. Velasquez's article and reviewed what they perceived as inconsistencies, biases, and censorship. After meeting with several members of Man Enough, Mr. Burgio later recanted his statement and claimed his reason for not publishing the article was based on Mr. Velasquez not following the newspaper's ethics policy that prohibits staff writers from writing about clubs in which they are participants. Members of Man Enough shared Mr. Velasquez's article and solicited

feedback from several students, CCSU faculty, and individuals working in journalism. The feedback received favored the publication of the story and found no evidence supporting Mr. Burgio's claim about the article or the event as controversial.

After advocating for the publication of his story, Mr. Velasquez was advised by the Recorder's editor and advisor to take the remainder of the semester off from the newspaper. Mr. Velasquez stated that he was lead to believe that he was fired and unable to return as a staff writer for the remainder of the semester. Many are left perplexed about how confronting Mr. Burgio's biases led to Mr. Velasquez suspension from the newspaper. Several members of Man Enough wrote a letter to Dr. Vivian Martin, Recorder Faculty Advisor, and documented their concerns and about what they perceived as biases and differential treatment by the Recorders Editor-in-Chief.

According to Andrew St. Amand, Dr. Martin never formally addressed their concerns about perceived gender bias by the newspaper's editor or the contradictions found in Mr. Burgio's text messages and emails about why he decided not to publish the article. Mr. Velasquez was suspended from the newspapers for what Dr. Martin claimed as ethical violations. Man Enough continues to question whether Dr. Martin actually investigated Mr. Burgio's statements and (or) whether she reviewed Man Enough letter citing Mr. Burgio's biased text messages prior to upholding Mr. Velasquez's suspension from the newspaper. From the correspondence reviewed, between Mr. Burgio and Mr. Velasquez, we were unable to find any documentation or claims of violating ethics until Mr. Velasquez questioned his editor about perceived biases and censorship of his article.

Mr. Velasquez denies having earlier conversation, about alleged ethical violation, with anyone at the paper until he confronted Mr. Burgio about the handling of his article and only after Man Enough became involved in the matter. In an email from Dr. Martin, Mr. Velasquez was instructed not to address

the issues of his unpublished article or his suspension with “someone outside the paper”. The leadership of Man Enough said they only intervened because it was the “right thing to do” and they believed it was unfair treatment by the Recorder and an attempt to intimidate and silence Mr. Velasquez.

The advisor nor others associated with the Recorder appeared interested in the text messages from the paper’s Editor-in-Chief that clearly articulated his bias toward college men gathering. The Executive Council of Man Enough continues to express their concern about the Recorder’s decision not to publish a noncontroversial story about college men proactively meeting to address health and retention issues. Dr. Martin denied Man Enough Support Initiative’s request to meet with her to address their concerns about perceived editorial bias by the Recorder’s Editor-in-Chief, Lorenzo Burgio.

The HEALTHYfellows Man Enough Support Initiative is actively trying to change perceptions about college men and a little help from the Recorder will go a long way toward helping us highlighting constructive events that showcase men in a positive and healthy light. ***Even male students have a right to equitable treatment by the Recorder.***

We would like to hear from you. Please share your thoughts about Mr. Velasquez’s article and whether you believe it was controversial.

manenoughccsu@gmail.com

The Recorder Newspaper refused to print the following article. The Editor-in-Chief deemed the article “controversial”. Since we disagree with the editor, we decided to publish the complete article in this quarter’s edition of the Brotherhood Newsletter.



CCSU Male Leaders Discuss Action for Success

By Alonso Velasquez



Man Enough Support Initiative, also known as MESI, is a student led initiative which advocates for the support, resources and mentoring of male students. It was started by school counselor William Fothergill in 2008. The group is committed to bringing attention to college men’s issues that are often ignored, such as how college aged men are at far higher risk of disease, injury and death than their female counterparts. Via the CCSU Office of Institutionalized Research and Assessment, only 39% of the male class of 2011 graduated in 5 years or less. According the Connecticut Department of Public Health, suicide was the second leading cause of death for Connecticut males aged 15-19 in 2012. “Our men are dying,” said Fothergill, “Why are we tolerating this?”

On Tuesday, March 28th, HEALTHYfellows/Man Enough Support Initiative’s (MESI) hosted their 9th Annual Men’s Health & Wellness Forum Roundtable Discussion SUPPORTING OUR BROTHERS: Discovering the Keys to Success. The event involved invited 16 male students, 6 of which were MESI members, as well 10 invited student leaders from organizations such as the Africana Center, SGA, and RAs.

The forum, held in the Blue and White Room in the Student Center from 3 to 6pm, was centered on raising awareness for the health and wellness of male students on campus, especially on how it retains to their retention MESI President, Andrew St. Amand, started the meeting

by asking what barriers prevent male students from being successful. Student Kitson Brown mentioned how he thinks that the poor nutritional quality of food around campus as one of the reasons why people leave, such as the absence of brown rice as an option. William Fothergill who also serves as MESI's Advisor and Lead Facilitator, pointed out how men face less time engaged in academic tasks and less likely to be engaged with faculty.

Victor Constanza, the current president of Taekwondo



Club, said how “we need to interact with the students so they know what’s going on in the campus.” He suggested that club members should try to be more interactive with discussing events instead of just relying on posters. SGA Senator John Coleman said that he doesn’t “fit what a male is supposed to be”, as “it’s destructive.” However, John also said that there were “different facets of masculinity”. Akai mentioned how smiling seems only ok “when ...it become(s) hypermasculinity”.

Kitson mentioned how males are often stigmatized into bottling up their emotions, not being able to show their emotions. “People look at me strangely when I give them a hug” said Kitson, alluding to the stigma of masculinity. References were made as how a hug between two men has to be regarded as a “bro-hug”, or how a male nurse is referred to as a “man-nurse”.

It was pointed out how men are even stigmatized from events focused on men. While a recent CCSU event was “Feminizing the Masculine Man”, the event was focused on bring down barriers among the LGBT community, many in the group expressed how they didn’t go due to stigmas of masculinity. MESI vice president Nate

Pendergrass said that “if you're stuck with your high school friends, you only have one perspective of masculinity”. Another topic discussed was how men in general need to be more open about experiencing ‘weakness’, such as not going to the health center as to not look ‘delicate’.

Africana Center worker Chetano Lesile said that “People need to step outside their comfort zone more.” Kitson suggested an event “to promote the arts”, as way to counter the common notions of violence and aggression found in male culture. Fothergill said that, “Difficulties I feel in social work (are) similar to how women are seen in STEM,” referring to how males find challenges in women-dominated fields such as nursing, education and social work.

HAPPENINGS

Dr. Sikorski Remains Committed to Ending Male Violence On College Campuses

By Andrew St. Amand

On October 26, 2017, Dr. Jason Sikorski (Psychological Sciences) organized the initial planning meeting for the “I Got Your Back” group. The group aims to “work toward improving the health and wellness of men by reducing rates of interpersonal violence in society”. The Man Enough Support Initiative and several other CCSU organizations (e.g., Hypermasculinity Research and Advocacy Team, Phi Delta Theta Fraternity, etc.) participated in the planning session. Both college men and women were in attendance. The main topic of concerned was interpersonal violence. All those in attendance were interested in working collaboratively on future projects.



MEET MESI PREZ

By Alonzo Velasquez

Andrew St. Amand, in his second year as President of Man Enough Support Initiative, gave his thoughts of his time as leader of the ten-year organization. Andrew first became aware of the organization at the 2016 Ebenezer D. Bassett Student Achievements Awards, presented to students who exemplify the attributes of Mr. Bassett, the US's first black diplomat. In spring 2016, the award was presented statewide to bring together collaborative partners around Connecticut. Andrew received the leadership award from Man Enough as a student studying in Asnuntuck Community College in Enfield, Connecticut. This award was presented at an ideal time for Andrew, who was transferring to Central the following fall. "I knew the group was something I wanted to be a part of."

In terms of his largest challenges as president, Andrew says "As with any organization, the president has a great deal of organizational responsibilities and accountability for all business." When working with male groups specifically, I think an issue that often arises is that men tend to be very individualistic. We often take on heavy loads whether or not we can truly do it alone. A large challenge I have faced is pulling men together and promoting the strength of combined effort and effective communication.

In terms of his largest achievement, Andrew says, "Something I am truly proud of is the Men's Success Panel that Man Enough held last spring." Man Enough brought together 20 male leaders to discuss issues affecting them and their peers. "Each participant was already a leader in their own organizations and we

held this forum to unite groups, across campus, toward the common goal of male success."

While Andrew said that "Man Enough has been doing great work on our campus for 10 years," he noted, "Despite these tremendous accomplishments, we have struggled to raise awareness for our efforts." In terms of how he hopes that the organization grows, Andrew said "I hope... to walk across campus, see a person I may not have met before, ask them if they have heard about Man Enough, and have them tell me a story about how they attended an event or meeting and were moved by the experience that left them in a better place than when they walked in. I want every male student to know we can help them achieve success."



MEN'S GATHERINGS



The men's gatherings exist as a central component of the Man Enough Support Initiative. Brotherhood is the life blood of the initiative because it serves as a vehicle of comradery, support, encouragement, accountability, and belonging. You are never alone when you have a brotherhood. Most of our gatherings involve food. Mr. Larry Hall, Director of Recruitment and Admission calls the activity, "breaking bread together". Other gathering outings have included hiking, bowling, basketball, and organizing Ropes Course activities in Newington. Gatherings are open to members as well as none members of Man Enough. If you would like more information, please contact Alonzo at jvelasquez@my.ccsu.edu

CELEBRATING INTERNATIONAL MEN'S DAY & CCSU MEN'S WEEK

THE MENTAL HEALTH OF COLLEGE MEN



International Men's Day & CCSU Men's Week
 "Celebrating the Male Spirit"
NOVEMBER 15-21, 2017

Wednesday, November 15th
 Men's Sidewalk Talk with Chalk: Exploring the Needs of College Men
 Student Center Circle
 3:00 pm

Thursday, November 16th
 Men of Color and Incarceration: School to Prison Pipeline Documentary & Discussion
 Africana Center, Marcus White Hall
 Cosponsor Center for Africana Studies

Friday, November 17th
 No Horsing Around: Men Anti-Violence Educational Resource Information Campaign (M.A.V.E.R.I.C.) Memorial
 Hall Entrance
 12:00 pm

Saturday, November 18th
 Information contact: Andrew St. Amand at st.amand@my.ccsu.edu

Sunday, November 19th
International Men's Day

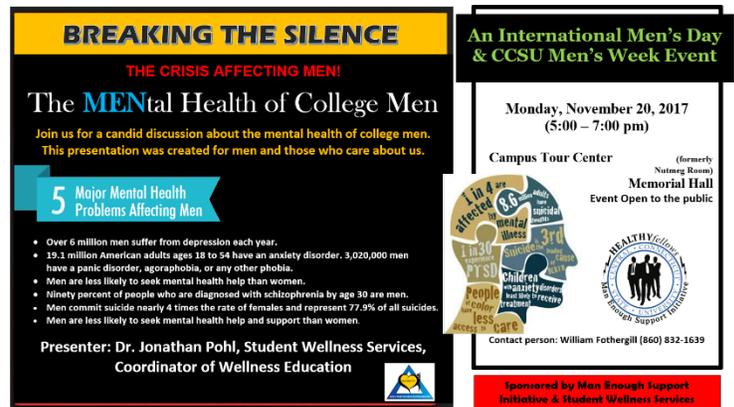
Monday, November 20th
 Men's Health Awareness Presentation
 Campus Tour Center (Formerly Nutmeg Room), Memorial Hall
 5:00 pm

Tuesday, November 21st
 What college men need to know? Tabling Event
 Student Center
 1:00 - 4:00 pm

HEALTHYfellows Campaign & Man Enough Support Initiative



Dr. Jonathan Pohl, Coordinator of Wellness Education, presented at one of the CCSU Men's Week's activities. The event was titled, The MENTAL Health of College Men. Dr. Pohl covered many important topics related to the health of college men.



BREAKING THE SILENCE
 THE CRISIS AFFECTING MEN!
The MENTAL Health of College Men
 Join us for a candid discussion about the mental health of college men. This presentation was created for men and those who care about us.

5 Major Mental Health Problems Affecting Men

- Over 6 million men suffer from depression each year.
- 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.
- Men are less likely to seek mental health help than women.
- Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.
- Men commit suicide nearly 4 times the rate of females and represent 77.9% of all suicides.
- Men are less likely to seek mental health help and support than women.

Presenter: Dr. Jonathan Pohl, Student Wellness Services, Coordinator of Wellness Education

An International Men's Day & CCSU Men's Week Event
 Monday, November 20, 2017 (5:00 - 7:00 pm)
 Campus Tour Center (formerly Nutmeg Room) Memorial Hall
 Event Open to the public
 Contact person: William Fothergill (860) 832-1639

Sponsored by Man Enough Support Initiative & Student Wellness Services

The Man Enough Support Initiative organized its first CCSU Men's Week, which included International Men's Day. "International Men's Day was created in 1999 in Trinidad and Tobago. The main purpose of the day is to focus on the health of males. Other aspects of the day include improving gender relations, showing that men can be positive role models, and promoting gender equality."

5 Major Mental Health Problems Affecting Men

1. Over 6 million men suffer from depression each year.
2. 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.
3. Men are less likely to seek mental health help than women.
4. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.
5. Men commit suicide nearly 4 times the rate of females and represent 77.9% of all suicides.



FACULTY to GO² HEALTHYfellow Wellness Navigators

A Navigator (GO2) serves as a personal and educational mentor to CCSU male students. Those serving as Navigators provide college men with a network of support, guidance, information, resources, and advocacy that will help lead a student to degree completion. We are always looking to expand our network of support. Please consider joining our network of Navigators.

Wellness Navigators (2017-2018)
Ms. Toyin Ayeni
Dr. Carol Austad
Dr. Mihai Bailesteanu
Dr. Michael Bartone
Dr. Candace Barrington
Ms. Inez Bonilla
Dr. Barbara Clark
Ms. Gladys Colon-Lawson
Sergeant Jerry Erin
Dr. Pat Foster
Mr. William Fothergill
Dr. James French
Dr. Antonio Garcia-Lozada
Dr. Wangari Gichiru
Ms. Mayra Garcia-Bowen
Mr. Larry Hall
Ms. Erin Kenney
Dr. Peter LeMaire
Mr. Jack Paolino
Dr. Warren Perry
Dr. Evelyn Newman Phillips
Dr. Jason Sikorski
Dr. Ivan Small
Chief Gregory Sneed
Dr. Jacob Werblow
Ms. Eva Vrdoljak
Dr. Samuel Zadi

SPOTLIGHT



In his own words:

“I would give the advice to learn what your values are and to stick by them as best as possible.” – Akai Long, Student

ARE YOU MAN ENOUGH?

TO ASK FOR HELP EVEN WHEN I THINK I DON'T NEED TOO

TO TAKE CARE OF MYSELF PHYSICALLY & EMOTIONALLY

TO ADOPT HEALTHY LIFESTYLE PRACTICES

TO ESTABLISH HEALTHY RELATIONSHIPS

TO STAND UP AGAINST VIOLENCE

TO OPPOSE SOCIAL INJUSTICES

TO BE MY AUTHENTIC SELF

TO BE A TRUE GENTLEMAN

TO BE SCHOLARLY

TO GRADUATE

TO BE A HEALTHY EXAMPLE TO OTHER MEN

**I AM
MAN
ENOUGH**

sponsored by
CCSU Student
Wellness Services



BASSETT SCHOLARS ACCEPTING NOMINATIONS

EBENEZER D. BASSETT
Student Achievement Award

HEALTHYfellows/Man Enough Support Initiative, are now accepting nominations for the 2018 Ebenezer D. Bassett Student Achievement Awards. The Student Achievement Award is bestowed annually upon CCSU male students who are committed to personal excellence. Over the past eight years, we have given out nearly two hundred recognition awards. The award was created as a vehicle to recognize and inspire the achievements of CCSU male students.

“We are challenging unhealthy images of college men by showcasing men who exemplify exceptional standards of leadership, conduct, and character.”

We strongly encourage you to participate in our retention effort by nominating a male student(s) for this recognition award. We have many men who are excelling academically, personally, and/or professionally. Consider partnering with us as we attempt to highlight the success of college men, while using the awards ceremony as a vehicle to inspire the success of all male students. This award exists as a response to closing the gender achievement gap taking place in educational systems around the country.

You can nominate a student individually or collectively with other faculty, administrators, and/or students. All nomination materials must be received, electronically, by **Friday, March 2, 2018.**

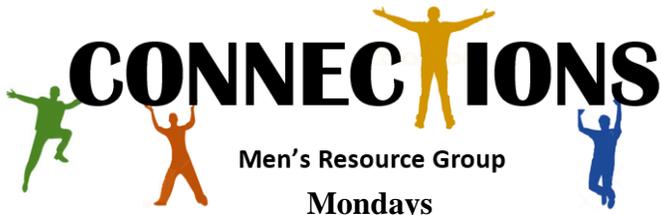


<http://www.ccsu.edu/bassett/studentAchievementAward.html>



EBENEZER D. BASSETT SCHOLARSHIP HONOREES				
Anthony J. Vinci	Daniel G. Herbert	Dominick Daniels	Josh Bouchard	Evan Acevedo
2016 \$500.00	2016 \$500.00	2017 \$500.00	2017 \$500.00	2017*

MEETINGS-4-MEN



Campus Tour Center (Nutmeg Room)
Memorial Hall

5:00 PM



Man Enough Support Initiative

Wednesdays

Campus Tour Center (Nutmeg Room)
Memorial Hall

3:00 PM



William Fothergill, Publication Coordinator
Caleb Gardner-Bostic, Photographer
Alonso Velasquez, Writer
Andrew St. Amand, Writer

CONTRIBUTE TO THE BROTHERHOOD

- *Would you like to highlight a program or event?*
- *Would you like to recognize a student, faculty member, and/or someone making a positive contribution to the health and retention of male students?*
- *Share a copy of your work (e.g., poem, research, spoken word, and/or photograph).*
- *Do you have a fresh perspective on an important topic about college men?*

Please take this opportunity to contribute something to the BROTHERHOOD Newsletter! If you have an article, photo, spoken word selection, nominate for our SPOTLIGHT section, and/or would like to join our staff, please email us at manenoughccsu@gmail.com Once reviewed and if selected, we will save and publish your article in the next edition of the newsletter.

The Brotherhood Newsletter is a HEALTHYfellows publication. The E-newsletter is a free quarterly created for male students and those who are committed to their success. The newsletter was created to inform, highlight, celebrate, and showcase college men. The newsletter serves as a platform for men's issues.

Please contact Alonso Velasquez if you have any questions about the HEALTHYfellows Campaign and/or the Man Enough Support Initiative:

jvelasquez@my.ccsu.edu