

“PEOPLE OFTEN SAY BEAUTY IS IN THE EYE OF THE BEHOLDER. AND I SAY THE MOST LIBERATING THING ABOUT BEAUTY IS REALIZING YOU ARE THE BEHOLDER.”

-SALMA HAYEK



**TO EDUCATE, SUPPORT, AND REACH
OUT TO WOMEN ON OUR CAMPUS IN THE
CONTEXT OF A GLOBAL COMMUNITY.**

January / February Newsletter



The Center for Women's Studies

663 N. Wood Ave.

Florence, AL 35630

(256) 765 - 6198/4380

Hours of Operation:

Monday - Friday 8:00 a.m. - 4:00 p.m.

ekelley1@una.edu

January Calendar

Sun., Jan. 8 – 3:30 PM, Women’s Center - *Vagina Monologues* rehearsal

Wed., Jan 11 – Classes begin

Sun., Jan 15 – 3:30 PM, Women’s Center - *Vagina Monologues* rehearsal

Mon., Jan 16 – Martin Luther King Day

Sun., Jan 22 – 3:30 PM, Women’s Center - *Vagina Monologues* rehearsal

Thurs., Jan 26 – 3:30 PM, Women’s Center – I Am That Girl meeting

Sun., Jan 29 – 3:30 PM, Women’s Center – *Vagina Monologues* rehearsal



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February Calendar

Thurs., Feb 2 – Groundhog Day

Sun., Feb 5 – 3:30 PM, Women's Center – *Vagina Monologues* rehearsal

Tues., Feb. 7 – 5:00 PM, Performance Center – *Vagina Monologues* dress rehearsal

Thurs., Feb. 9 – 7:00 PM, Performance Center – *Vagina Monologues* performance.

Tues., Feb. 14 – Valentine's Day

Fri., Feb 17 – Winter Break

Mon., Feb. 27 – Thurs., March 2 – Feel Good Naked Week!



Everyone has inside of her a piece of good news. The good news is that you don't know how great you can be, how much you can love, what you can accomplish, and what your potential is.

— Anne Frank



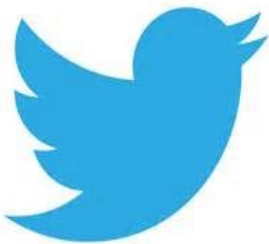
**The Center
for Women's
Studies**



Stay connected to the UNA Center for Women's Studies by following us on social media:



UNA Women's Center



@UNAWomenCenter



@unawomenscenter

Resources available at the Women's Center

Operating Hours: Monday-Friday 8:00 a.m. to 4:00 p.m.

- . Pride's Pantry of Personal Care Items**
- . Library**
- . Bottled Water**
- . Lactation Room**
- . Couches/Blankets**
- . Computers**
- . Events**
- . Study Rooms**
- . Coffee & Conversation**



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Financial Wellness Month

6 Steps to Gaining Financial Stability During College

By Courtney Tran

College is *expensive*. Unless you're a full-scholarship student, you're paying for college independently or with the help of your family. Textbooks can add up to hundreds or thousands of dollars, study abroad programs demand high fees up front, and even basic living expenses, like groceries, can become a financial drain. Though I'm fortunate to receive a lot of financial aid and scholarship support, I still find myself needing to keep close track of everything I spend in order to stay financially stable. It took me about three years to finally get the hang of it. Here's what I've learned:

1. Make a habit of checking your finances. Set email alerts, download the mobile apps associated with your accounts, or set a time each week to check your balances. It's easy to accidentally spend more in a week or a month than you intend to; regularly checking your finances can serve as a reality check each time you go over your budget.
2. If you receive any financial aid, scholarships, or loans, schedule at least one meeting each year with the financial office at your school. Not understanding your university financial package can be costly. For example, some schools reduce your financial aid package if you win scholarships. At others, low grades can disqualify you for certain types of financial aid. It's best to learn these things ahead of time than to learn them the hard way.
3. Get a job, and try to find one that doesn't add stress to your life. (Depending on your situation, you may even want to prioritize enjoying your work over a slightly higher paycheck.) It is much, much easier to work more hours, build a good relationship with your workplace, and ultimately make more money, if your work doesn't feel like a drain on your mood and your energy.

4. Learn to cook! It's cheaper and healthier than eating out, and it's a valuable life skill. Contrary to popular student opinion, cooking your own dinner doesn't have to take two hours; my roommate, for instance, taught herself how to cook in freshman year, and has since mastered the art of healthy and delicious ten-minute meals.

5. There are much better—and cheaper—cures for boredom and stress than shopping, eating out, exploring bars, and going to the movie theater. I've put effort into slowly replacing those habits with trying new recipes at home, exercising, meeting up with friends, visiting the library, or just taking long walks in new parts of town. Both my wallet and my waistline are grateful.

Be mindful of what you purchase. Remember that you'll have to eventually sell, toss, or carry everything you buy, and that owning lots of things is especially burdensome if you relocate frequently, which most college students do. Be conscious of the (probably small) size of your dorm room, or of your half of your apartment. If you don't need it or really love it, you probably shouldn't buy it.



February: Time Management Month

7 Effective Time Management Tips for College Students

By Lorraine McKinney

High school really didn't do enough to prepare you for the hectic schedule of college. Between trying to adjust to new surroundings, classes, homework, exams, jobs, family, socializing, etc., it is no wonder that so many college students experience burnout. The trick is to learn how to manage your time effectively so you can get everything done, enjoy a full life, and not feel like there aren't enough hours in the day for everything. Get the most out of your college experience by using these seven effective time management tips.

- 1. Set Up a Life Schedule** Most of us have class schedules, work schedules, etc. But, do you have a life schedule? There is a lot more going on in your life than just classes and homework. You need to have a life too. But, you need to find time for everything, and still be able to get plenty of rest. Choose the [organizing tool](#) that is best for you, and use it to plan everything you do in your daily life.
- 2. Get Lots of Exercise** Exercise is good for more than just keeping your body in shape. It is also important for a healthy mind. Exercising can help you to focus better, and it helps to clear your mind of the unimportant things. If you don't already exercise much, start out slowly and build up as you go to avoid pain that will keep you in bed instead of in class.
- 3. Create Weekly Priority Lists** At the beginning of each week, create a list of everything that you need to do that week. Write down the chapters you need to read, projects that need to get done, time you need in the library, study time, etc. This is going to go a long way in effectively managing your time, and make sure that all of the important things get done when they are supposed to be done.
- 4. Get a Watch** This may seem like an obvious thing, but a lot of people rely on their handheld devices these days, and don't always wear watches. But, what happens if you lose your device, or the battery dies? Make sure you have invested in a [high quality watch](#), so you don't end up being late for classes, appointments, etc.
- 5. Ask for Help** We can't always do everything all the time, and we all need help once in a while. Don't be afraid to ask family members, friends, etc. for help. For instance, if you have a big exam to study for, but you have other tasks to do as well, ask for help with the other tasks so you can spend more time preparing for the exam.
- 6. Say "No" Once in a While** Sometimes, you may find that you are stretched way too thin, because you just can't say no to anyone. It's time to start saying it, and you shouldn't feel bad about it. Let people know why you are refusing to do something, and find ways to compromise instead. For instance, if your friends want to go out but you have to study, tell them you'll hook up with them another time.
- 7. Be Realistic about Study Time** Don't think that you can get your studying done in record time. It takes a lot of time to study properly, so you need to be realistic when [setting study schedules](#). If you think a project is going to take four hours, set aside six hours for it. Give yourself plenty of time to be sure that you have a good grasp of what you are studying, and that you complete all projects on time.

**University of North Alabama
Center for Women's Studies Presents:
V-Day 2017 Performance of**

Eve Ensler's



**the vagina
monologues**

**February 9, 2017, 7:00 PM
Doors open at 6:45 PM
GUC Performance Center**

**Tickets at the door: \$5 for students; \$7 for all others
Pre-performance ticket sales: \$4 for students; \$6 for all others**

**All proceeds will benefit the
Center for Women's Studies.**

Feel good naked week

As Part of National Eating Disorders Awareness Week

February 27—March 3, 2017

Join us for a BODY APPRECIATION week!

Tuesday- Selfies-GUC 10 AM-1PM

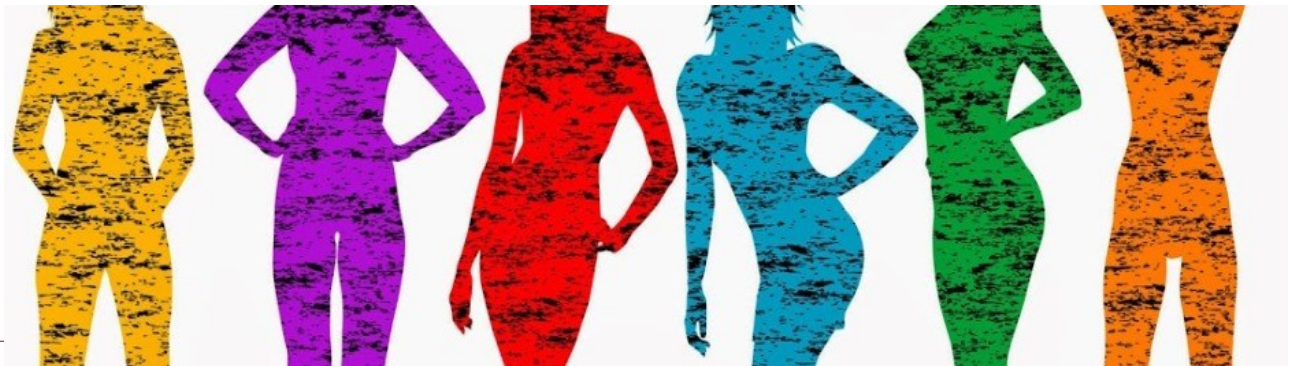
**I Am the Muse-GUC Rm 200- Self Portrait
Collages-5-8PM**

Wednesday-Henna Tattoos, Buttons-GUC 10AM-1PM

**Thursday-Speaker-Dr. Nicole Sigfrid-times and
location TBA.**

**Belly Dancing Workshop-Kilby Gym 5-
8PM**

**For more information, contact Emily Horn Kelley at 256-
765-4380 or ekelley1@una.edu or Jennifer Berry at 256-
765-5215 or jdberry1@una.edu**



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Student Counseling Services

555 Oakview Circle; UNA Box 5192
P: 256.765.5215 counselingservices@una.edu

Women in History

Aung San Suu Kyi: The Woman with Outspoken Courage

By: Davorius James



The story of Aung San Suu Kyi is a revered political activist and Nobel Peace Prize Winner, but the story started before Suu was conceived in Rangoon, Burma. In World War II Suu's father, General Aung San, was a revered soldier who fought for Burmese independence by fighting alongside the Japanese against the British (Martin, 2011). During the General's fight, like many of the soldier, he fell sick with malaria and was transported to Rangoon, Burma to the Rangoon General Hospital for treatment.

During Suu's early childhood, Burma had almost gained independence from Great Britain by the lead of Suu's father Aung San. The general had come to an agreement with the British Prime Minister Clement Attlee in January of 1947 (Martin, 2011) to which Burma would gain its independence a year later. However, the general was assassinated in a plot conceived by the opposing politicians. The General never lived to see the Burmese Independence and the legacy of Suu that followed.

Suu graduated from Oxford in 1967, but upon returning to Burma to care for her mother, saw the country in turmoil. The country had gone from being the richest country in South-east Asia to the poorest because of the political upheaval. A military dictator by the name of Ne Win rose and set in motion a one part government Burmese Socialist Program Party. The citizens revolted with a strike on August 8, 1988, known as the Four 8s, where people took to the streets (Martin, 2011). Suu, seeing the country in chaos, took action by writing a letter to the government calling for a multiparty election, which started her campaign for human rights and democracy for her home country of Burma. Suu then made a statement with her campaign by appealing to a crowd of 50,000 on the side of nonviolence and democracy. When the crowd saw Suu speak they were reminded of a strong leader and influence, Suu's father. A month later, the military regained control over the government. During this time, Suu traveled throughout the country making speeches, but the story seemed to almost end for Suu when 6 rifles were aimed at her. Fortunately, the captain called off the order, but Suu would have to endure house arrest for 15 years. In November 15, 2015, Aung San Suu Kyi led the National League for Democracy (NLD) for its first election in 25 years and exactly 5 years after Suu was released from house arrest.

**“Please use
your liberty
to promote
ours.”**



My Experience at the Women's March on Washington

1.21.17



On Saturday, January 21st 2017, I marched with hundreds of thousands of other women in Washington D.C. We marched to raise awareness about a multitude of issues that predominately impact women and marginalized groups. Some of these reasons include violence against women, reproductive healthcare, worker's rights, LGBTQ+ rights, civil rights, disability rights, immigrant rights, and environmental justice.

The feeling in the air that day was electric and rich with estrogen and love. I saw people of all ages and backgrounds there including older women on walkers, little children on the shoulders of their parents, and Syrian refugees. Many men were also there to show support and to stand up for equality.

Amazing and inspirational people spoke during the rally including Gloria Steinem, Angela Davis, Alicia Keys, Scarlett Johansson, America Ferrera, and many more. At one moment I even saw Cher walk up to join the group on stage.

After the rally, the crowd started to march outwards. There was not one general crowd; the crowd was so large and seemed to come from every direction. Everywhere you looked there was someone in a pink cat hat holding a sign. We chanted and sang songs as we walked by supportive crowds on the sidewalks.

I felt completely safe knowing I was surrounded by a crowd who felt like I did about humanity. I felt strengthened by the supportive atmosphere that was immensely diversified, but still unified by our joint causes and beliefs. The Women's March on Washington was truly a spiritual experience for me; I am now more ready than ever to go back to my community and do what I can to make my part of the world better and safer for all.

-Ashley Massey, Senior Women's Studies Student



Internally Speaking

Hello, everyone! My name is Karlee Mauk and I'll be interning at the Women's Center this semester. When Miss Emily offered me this opportunity, I wasn't entirely sure I'd be up to it. I have quite a full schedule this semester, however this program is near and dear to my heart and I love to support it in any way I can. This semester begins with one of our most anticipated events of the year, *The Vagina Monologues*! We're preparing a stunning show this year with an incredible cast and I simply cannot wait to share it with you all. *The Vagina Monologues* offers an excellent opportunity to start conversations on a variety of important and difficult topics, and the Women's Center provides an excellent platform to have these conversations. I would be more than happy to discuss them with you! And if any of you are looking for a positive environment to take on your New Year's Resolutions, I also teach Barre classes at the Student Recreation Center! Classes are free with your mane card and I provide a stress-free, control-based workout for a variety of skill levels in my classes on Mondays and Wednesdays at 3:00 PM! I hope to see many new faces around this semester, at the Women's Center and the SRC!

- *Karlee Mauk*

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Photo: Suzi Day Photography

Coordinator's Notes

Happy New Year to all! At midnight on Dec 31st I was standing on a white, sandy beach on Tybee Island oohing and ahing as I watched fireworks over the Atlantic. I hope you all had as great a break as I did! But now we're back and well into the swing of things. Rehearsals for *The Vagina Monologues* are going on in preparation for our 7:00 PM performance on Feb. 9th in the Performance Center. Presale tickets are \$4.00 for students and \$6.00 for the public, and are available in the Women's Center. Tickets at the door are \$5.00 for students and \$7.00 for the public. If you've never see this show, you owe it to yourself to come to this hilarious event. And for those of you who have seen it, we've added a new monologue and several new cast members this year so there's always something new and different.

At the end of February and beginning of March we also are looking forward to Feel Good Naked Week, a week dedicated to feeling good in your own skin while eating well. We have several fun activities planned for you this year including our annual henna party, and we're adding a Belly Dancing Workshop!

Looking ahead to March, we will once again be having the Women's Herstory Project. I would like to invite women campus-wide-students, staff, faculty, and alumni-to have their picture taken while holding a picture of their heroine. It can be someone from history or someone from the present, states-woman, rock star, and anyone in between All portraits will be displayed in Collier Library in the month of March, Women's History Month.

Don't forget to stop by the Women's Center for free coffee, free bottled water, free printing, free toiletry items, and most importantly, for support! We are here to bolster you up. Whatever may be your concerns or challenges, we're here to help.

—Emily