

“Success isn’t about how much money you make,
it’s about the difference you make in people’s
lives.

-Michelle Obama



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

The Center for Women's Studies

Newsletter

January and February 2019

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January and February 2019 Calendar

Thursday, January 31– LUNAFEST– a festival of short films for women, by women, about women. (6:00pm at Florence-Lauderdale Public Library)

Thursday, February 14– Valentine's Day

Friday, February 15– Winter Break! UNA Closed.

Thursday, February 21– *The Vagina Monologues* (7:00pm in the GUC Performance Center)

Monday, February 25 – Friday, March 1– Feel Good Naked Week

Monday-10:30am-1:00pm in the GUC

Tuesday– 10:30am– 1:00pm in the GUC

Wednesday-10:30am– 1:00pm in the GUC

Thursday– Screenings



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663 N. Wood Ave.

Florence, AL 35630

(256) 765 - 6198/4380

Hours of Operation:

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Women in History

Lynn Coady



Lynn Coady is known for her work as an outstanding award-winning author, journalist, TV series writer, and editor. Lynn has worked as a story editor on the TV series *Orphan Black* and a writer for season two of the HBO Canada series *Sensitive Skin*. She has published six books of fiction and her work has appeared in the UK, Germany, Holland and France. She's formerly from Port Hawkesbury, Cape Breton Island, NS, where she was adopted by a large family and, later, gave a child of her own up for adoption to pursue a higher education. She currently lives in Toronto.

“Her work explores class conflict and the uneasy exchange between local and global perspectives and allegiances. In her words, which are often set in Maritime Provinces, Coady critiques the unthinking deployment of regional stereotype and evaluates the contemporary cultural transformation of the region. At the same time, her writing celebrates regional distinctiveness and belonging (Marshall, 2010).”





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January was Get Organized month. Bonnie Smith, the Women's Center's work-study student, wrote this piece with helpful tips and tricks on how to do it your own way.

Organizational Tips

By Bonnie Smith

With the New Year and the new semester just having come, the desire to improve oneself is at its peak. But, as the beginning of February approaches, the urge to take an unexcused absence, neglect reading goals, or cancel that gym membership begins to arise. Never fear, there are simple tips and tricks to help anyone get through the more difficult parts of habit forming- keeping it up.

1. Anything worth doing is worth doing poorly. This is something that I am constantly reminding myself as I continue to venture out into becoming a happier and healthier adult. Even the happiest and healthiest have unfortunate days for their mental and physical health. However, doing a bad job at taking care of yourself is better than not doing it at all. For example, if your goal is to do thirty minutes of yoga every-day, but you feel incredibly bogged down or your body is achy, doing ten minutes of yoga is better than doing zero minutes and you will feel better having kept that promise to yourself. However, if you feel routinely overwhelmed by your goals, it is most likely time to reassess what you can handle.

2. Keep a planner, but do it in your own way. Agendas are lifesavers for those in a university setting. First, find a planner you like that fits your standards. I love planners with tabbed months, the full calendar month being before each week with the numbers already written in. I also prefer for my planners to have a folder in the front for small documents and stickers to mark important dates (and just a little pizzazz.) It's crucial that your agenda doesn't feel cumbersome to carry or is easily breakable, because it is a year long investment that you should keep on your person in order to keep track of all of your appointments. Generally, I split the days of each week down the middle, on the right side listing my goals. The following day, I'll list what I actually accomplished and maybe some fun things I enjoyed about the day prior. If I complete a goal, I do the usual check mark. However, if I don't accomplish a goal, I use a separate color to draw an arrow to drag the goal down. This process can also be highly indicative of your mental health. If you're seeing more arrows than check marks, then maybe you're feeling overworked and need to take a step back.

3. Make sure your goals, short term and long term, have definition. If there is something you want to achieve, deciding on the end product is only a small step of the process. It's important to not only set an end date for the goal you desire, but to be able to split it into three to five smaller steps. A goal is easier to accomplish with a plan ahead and instead of being overwhelmed with what will come next, the steps you've planned will make the resources needed to carry out this goal infinitely clearer. Plus, it is important to reward yourself for maintaining progress or completing a step. For example, if your goal is to read a book every week for a year, then it's much more conducive to reward yourself in some way for reading each night or completing all of your books that month, rather than waiting until the end of the year. Overall, the most important part of setting goals is to make sure not to overbook oneself and that these goals are attainable.

February is Heart Healthy month. Evins Wall, intern of the Women's Center, wrote this piece explaining why keeping your heart healthy is so important and how to do so.

Is your heart healthy?

By Evins Wall

Many people do not realize that heart disease doesn't just happen to adults. In fact, it can happen to anyone at any age. It is one of the leading causes of death, with around 1 in every 4 deaths related to heart issues/heart disease. But, not to worry, lots of this can be prevented by making healthy choices and staying active. According to Mayo Clinic, there are lots of simple everyday tasks a person can do to keep their heart healthy. For starters, do not smoke. Over time, smoking damages the lining of blood vessels which causes fatty deposits to form and close off arteries. Exercise is also a good preventative. If you take just 30 minutes, 3 times a week, to exercise this can decrease your chances of heart disease immensely. The SRC on campus offers daily classes, such as yoga, cycling, and barre, that make for a great workout and they're free with your mane card. Eating a healthy diet is another preventative. I know this can be hard as college students because we're always on the go, and who can resist the sweet smell of chick fil a nuggets wafting from the Commons, but it's not as hard as you think. It's all about balance so, believe it or not, it is okay to have a chick fil a sandwich every now and then. Just don't forget to eat fruits, vegetables, and whole grains too. There are healthier alternatives to everything such as fat-free dairy products and lean meats. Your heart will thank you! It is also important to manage stress and I'll be the first to admit, this isn't easy. Just remember to take time for yourself. Set aside an hour a week to do something for yourself, whether it's listening to music or taking a warm bubble bath. And last, but not least, don't forget to get regular health screening and see a doctor when you are sick. The UNA infirmary is a great resource located on 501 Circular Rd. Florence, AL. 35632. They accept walk ins Monday through Friday from 8am-11:30am and take appointments in the afternoons. Overall, just remember to take care of yourself! Nothing feels better than a healthy heart.



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UNA CTR FOR WOMEN'S STUDIES & FLORENCE/LAUDERDALE PUBLIC LIBRARY
PRESENT



JANUARY 31, 2019

6:00 PM SCREENING

FLORENCE/LAUDERDALE PUBLIC LIBRARY

350 N. WOOD AVE, FLORENCE, ALABAMA

TICKETS: Free General Admission

For more information, visit us at lunafest.org

LUNA FEST

BROUGHT TO YOU BY:



BENEFITING:



Resources Available at The Women's Center:

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



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Internally Speaking

Happy New Year everyone and welcome back! I hope the holidays treated everyone well. I don't know about you guys, but I am stoked about 2019. There's so many great things happening at the Women's Center this semester and I can't wait to share them all. But first, my name is Evins Wall and I have been given the opportunity to be the intern for the Women's Center this semester and let me just say, I am beside myself with excitement. Until last semester, when I took my first Women Studies Class, I did not realize we had a Women's Center, which I am embarrassed to admit. I had always seen the little house on the edge of campus but never realized what it was. I guess that shows how absolutely oblivious I can be. Anyways, when I finally did discover the women's center, I didn't want to ever leave. To be honest, I always felt like I didn't have a place on campus. Don't get me wrong, I love UNA but there just seemed to be something missing. I attended high school in Florence so I didn't really make an effort to go out and make new friends when I started college because a lot of my high school friends stayed at UNA too. (I'm a major introvert.) This was great but I began to realize they were all finding new friends and things to get involved with and, well, I wasn't. I was binge watching Shameless at home and feeling sorry for myself. Needless to say, when I finally discovered the Women's Center, that feeling of missing something went away, not because I made 1,000 new friends all at once, but because I could finally be myself. For those of you who are reading this and haven't visited the Women's Center, come by and give it a shot. You never know when you might find exactly what you were looking for. Plus, we have FREE printing. And for those of you who are already involved at the women's center, I look forward to getting to know each and every one of you.

Here's to a great semester,

Evins Wall

Coordinator's Notes

By the time you read this it will be well past the holidays, but since it's our first newsletter of the new semester I can't resist wishing everyone a happy and healthy New Year.

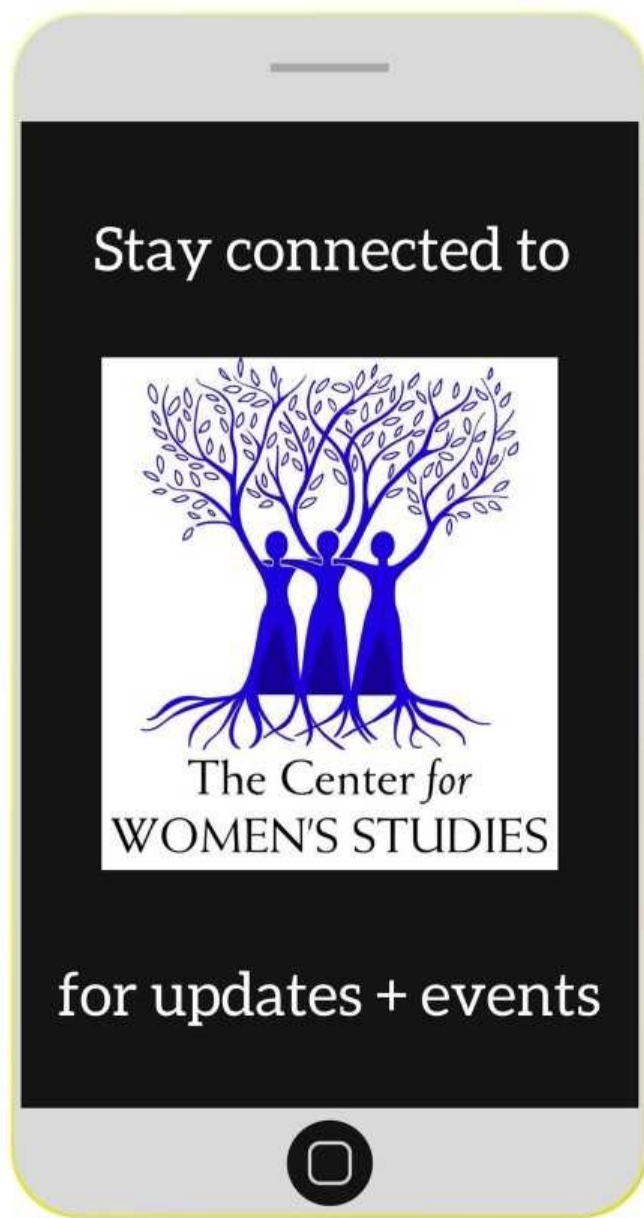
We have quite a bit of programming planned for this semester beginning with LUNAFEST on Jan. 31st at the Florence/Lauderdale Public Library at 6:00 PM. LUNAFEST is a traveling film festival which tours the country at different venues from January through September each year. This year LUNAFEST is comprised of eight short films; they are always made by women, about women, and for women. Dr. Brenna Wardell, English Department, will moderate a discussion of the films following the screenings. Admission is free, and we'll be giving out free LUNA bars!

In February we'll have a production of *The Vagina Monologues*, on Thursday, Feb 21st at 7:00 PM in the GUC Performance Center. You owe it to yourself to see this hilarious play by Eve Ensler, and this year a portion of the proceeds goes to help incarcerated women. The following week is Feel Good Naked Week. We have activities planned for the entire week, mostly in the GUC, including buttons, a pledge board, challenges for each day of the week, yoga classes, and eating disorder screenings.

One final thing: I'm from the northeast where we have diners everywhere, places with hundreds of items on the menu that are available all day and night, cakes that stand a foot high, and giant cookies. I had just about given up hope of finding one anywhere near here when we happened to eat at the City Café Diner on Drake Ave. in Huntsville. For those of you who are diner deprived, this is the real thing, right down to the cakes and pies! We've eaten breakfast and lunch there over a three week period and loved both meals. The service is efficient and the food is the genuine article. Lots of Greek food (typical of a northern diner), and they even have their share of characters among their wait staff. If you've been missing the real northern diner experience, I suggest you try the City Café Diner.

See you next month,

Emily



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