A photograph of a single-story building with a light-colored stucco exterior and a brown shingled roof. A sign above the entrance reads "The Center for WOMEN'S STUDIES" with a small logo to the left. A green bush is on the left side of the building. The quote "If you don't like the road you're walking, start paving another one." is overlaid in white text at the top.

"If you don't like the road you're walking,
start paving another one."

- Dolly Parton

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

November and December 2018

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November and December Calendar

11/6 - Election Day

11/6 & 11/7 - Depression Education Awareness table (in the GUC, 10:30 - 1:00)

11/11 - Sexual Assault Support Group - 2:00 PM at the Shoals Diversity Center
(220 W. Tennessee Street, Suite 205)

11/21 - 11/25 Thanksgiving Break

11/27 - Fair Trade Market opens

11/28 - Sexual Assault Support Group - 6:15 PM at the Shoals Diversity Center

11/27 - 12/12 – Fair Trade Market (Monday through Friday, 8:00 - 4:00 P.M.)

12/6 - Study Day

12/7 - 12/12 - Final Exams

12/14 & 12/15 - Graduation ceremonies



The Center for Women’s Studies

663 N. Wood Ave.

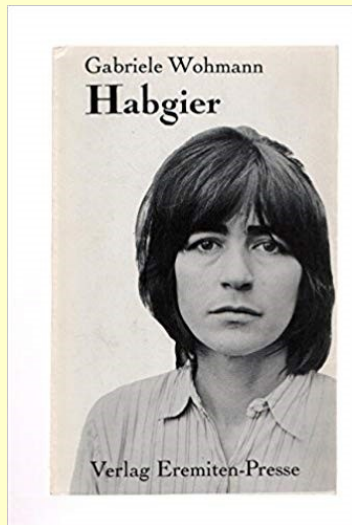
Florence, AL 35630

(256) 765 - 6198/4380

Hours of Operation:

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

ekelley1@una.edu



Women in History

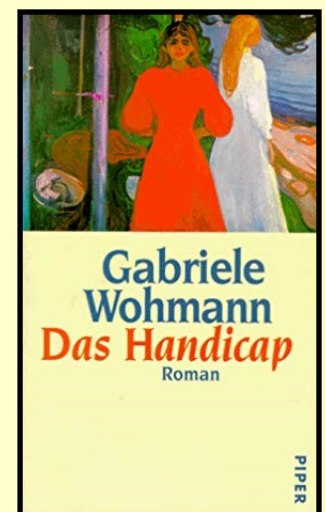
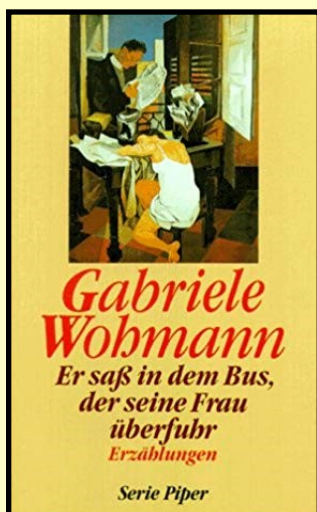
Gabriele Wohmann



Gabriele Wohmann, born May 21, 1932, was a German novelist, and short story writer. Wohmann was born in Darmstadt. She attended the Nordseepadagogim, a boarding school on the island Langeoog. She studied at Frankfurt am Main from 1951 to 1953. She then worked as a teacher at her former school to Langeoog. She also taught at a community college and a business school. In 1953, she married Reiner Wohmann. She lived as a freelance writer in Darmstadt beginning in 1956.

Wohmann authored short stories, novels, poems, radio plays, television plays, and essays. She attended meetings of the Group 47. She was a member of the Berlin Academy of Arts since 1975, and the German Academy for Language and Literature in Darmstadt since 1980. She was a member of the PEN Centre of the Federal Republic of Germany from 1960 to 1988.

Wohmann died on June 23, 2015 after struggling for an extensive period of time with serious illness. She died in her hometown, Darmstadt.



November is Mental Health Awareness Month. Bonnie Smith, one of the service learners for the Women's Center, wrote this piece describing her experience with mental health. She also mentions how to seek help for yourself and for others.

"A little under a year ago..."

By Bonnie Smith

A little under a year ago, I was attending at the University of Mississippi and I felt an incredible bout of pressure to not only be okay, but to have the best time of my life. I was on a full ride and I wanted so badly to feel grateful. Most of my moments were spent working tirelessly on projects I was fiercely passionate about, surrounded by new friends, or experiencing the wonders of the beautiful, expansive campus surrounding me.

I felt stranded. Still, I told myself that my best interest was to push forward.

To me, depression is a companion of eight years. I've spent the majority of the life I can remember not feeling like everyone else and feel familiarity with most common symptoms. When I lost my appetite, I called it a sinus infection. When I couldn't get out of bed, I called it fatigue. I felt the storm coming, but even after almost a decade of dealing with depression, I was terrified by the idea of it having an even greater impact on my life. Simply put, denial is easier than sickness. I dug myself in a hole so deep that if I hadn't have come home I probably would've died in Oxford, Mississippi.

The harsh reality is one in four college students is struggling with a mental health disorder –most frequently Generalized Anxiety Disorder or depression– and the conversations we have about mental health remain largely unchanged. Those who suffer from mental illness are oftentimes expected to remain silent about how their condition affects their life, whereas those who suffer from other disorders such as diabetes or epilepsy can freely speak about taking daily medication, having flare ups, or life threatening experiences. Those who face mental illness experience these same realities.

However, when those who live with mental illness do choose to speak out, there is almost always a hesitance based on being perceived as weak, illegitimate, or crazy. This isn't without the help of our media, with horror movies popularly taking place in asylums, smash cutting to therapist's office, and blaming it all on one sick brain; but instead of calling it an extreme case of violent psychopathy, screen writers use a word that's less of a mouthful, like 'schizophrenia'. When massacres occur in our country, news outlets shift the conversation to 'dealing with the mentally ill' rather than security or weapons. Shows like *Thirteen Reasons Why* equate suicide only to a moody teenage reaction to bullying and sexual assault for profit, cheapening the death that 800,000 people in our country this year will experience. The answer to this cloud of misinformation is, as always, education.

The month of November is Mental Health Awareness month and it should be honored by evaluating oneself as well as examining views on mental health and how they could be more advanced.

By and large, university students should be the most closely observed and well educated about their own mental well being. In fact, ages 18-24 is when most issues with mental health begin. In reality, most young adults treat their hardships via self medication in the form of substance abuse, isolation, or fear. Instead, if one is experiencing symptoms of a mental health disorder for a prolonged period of time, it is in their best interest to seek help via medical office or even the University's in house counselors. If you are experiencing symptoms of depression/anxiety (fatigue, apathy, change in appetite, panic attacks, thoughts of hurting yourself or others) reach out to anyone: a friend, a parent, your advisor, a counselor. But most importantly, reach out to a doctor whether it be on or off campus. If you are experiencing an emergency or crisis (self harm, suicidal thoughts, or actions) call 911 or the Suicide Help Hotline: 1-800-273-8255.

Depression Education Awareness Table

November 6th and 7th

10:30 AM — 1 P.M.

In the GUC

Free Suicide Prevention buttons and information on depression.



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

Sojourns Fair Trade Market

Purchase with a Purpose

Sojourns is a fair trade import business that works with artisans in a variety of countries to provide opportunity for them and a unique selection of items for you.

Join us at the Center for Women's Studies and support fair trade by shopping at our holiday market.

November 27th - December 13th, 2018

8:00 A.M. - 4:00 P.M.

[Special hours available on request]

We accept cash, checks, and credit cards.



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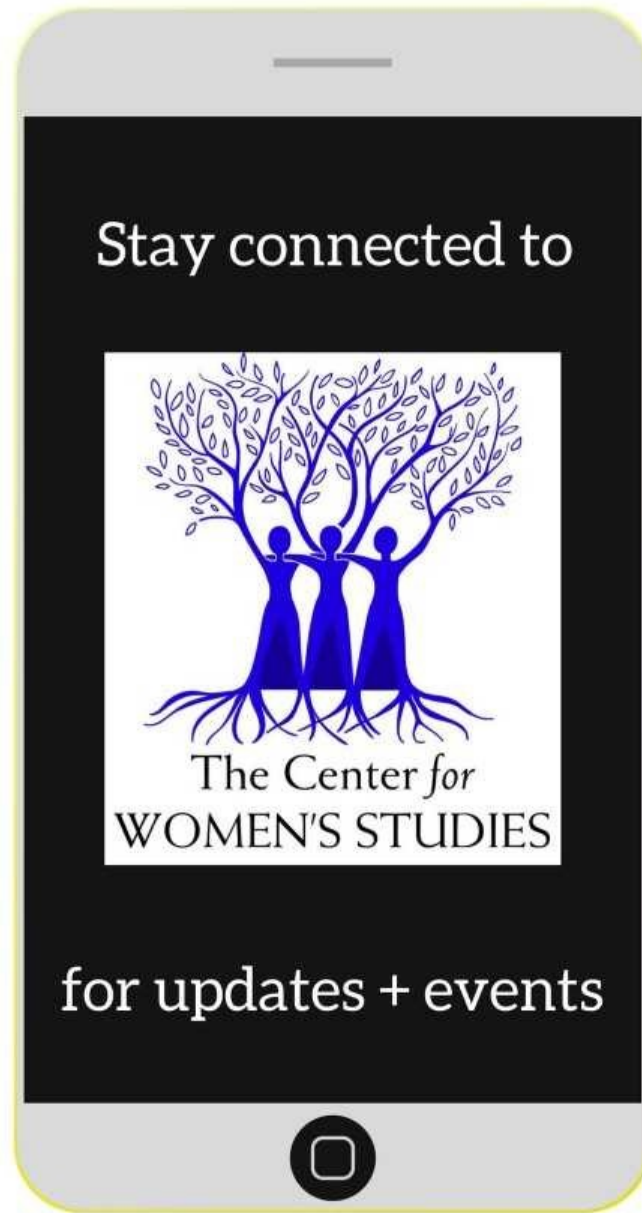
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@unawomenscenter



@unawomenscenter



@unawomencenter

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 November, friends! I don't want to jinx anything, but I think it's actually starting to feel good outside! Sweater Season is upon us. Thanksgiving is around the corner, which means some of us will be going home for the holiday. If your family is anything like mine, this can be a very stressful time. Some students might not be visiting their families for Thanksgiving. Traveling home the day before a holiday can be difficult for people whose homes are far away from Florence. Some students don't have a family to go home to. Some students may have been excommunicated from their homes. Some students don't have a way to get home for the break. This is supposed to be a happy time of year, but it's stressful for many of us in many different ways. I know times can get tough, and seasonal depression is real, but remember to take care of yourself. My mom always tells me to make a gratitude list when I'm feeling unhappy, so I'm suggesting the same to you. Don't ignore the happiness you already have in your life. "Don't forget the happy thoughts." Times can get hard, but don't forget why you're here. Don't get so caught up in family drama that you forget why you're at school, following your dreams. Remember your purpose. The holidays can be very difficult, but I challenge you to take the initiative and give yourself the best holiday break ever. You deserve this break. You deserve to surround yourself with people who love and support you. You deserve to take time for yourself after you work so hard on your exams. You can beat Finals Week! You've got this! Congratulations to our graduates! Roar Lions! I hope you all have a wonderful Thanksgiving, or Friendsgiving, and Happy Holidays this winter!

- Rosie

Coordinator's Notes

This is the last issue of our Newsletter for the calendar year 2018. We'll be back in January. It feels strange to realize that, as I write this on Halloween, I must use this edition to wish you Happy Thanksgiving, Merry Christmas, and Happy Hanukkah, Kwanza, and New Year!

October was a very busy month with Purple Ribbon Days, the Clothesline Project, The Breast Cancer Honor Tree and finally the Teach In. We are also sponsoring the new Sexual Assault Support Group which met for the first time on October 24. The group will continue to meet every second Sunday at 2:00 PM and every fourth Wednesday at 6:15 PM at the Shoals Diversity Center at 220 W. Tennessee St, Florence, Suite 205. Desiree Stone, a counselor with ten years' experience, is facilitating the group.

November 6th is Election Day, and I urge everyone to vote. It is your civic responsibility! On November 6th and 7th we will have a table in the GUC where we will be giving out anti-suicide buttons and partnering with Student Counseling Services to give out information on depression and mental health. Our Fair Trade Market opens Tuesday, November 27th and runs through December 12th. You'll have the opportunity to buy fair trade items from around the world and give holiday gifts knowing you are helping to support artists and farmers from underdeveloped nations.

Finally, we are living in a very politically charged climate in which our nation is greatly divided on certain issues. Let us all take the holiday season (and all year) to metaphorically "reach across the aisle" and form collaborations that ensure we will remain a nation of freedom and peace for all.

Happy Holidays,

Emily