

Failure will never overtake me if  
my determination to succeed is  
strong enough.

-Og Mandino



# **The Center for Women's Studies Newsletter**

## **November-December 2019**

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## November-December 2019 Calendar

**Nov. 5 & 6-** GUC Atrium, 10:30 AM-12:30 PM. Depression Education Awareness tables.

**Nov. 27-29-** Thanksgiving holiday.

**Dec. 2-17-** Women’s Center, 8:0 AM-4:00 PM, M-F. International Fair and sale.

**Dec. 4-** Last day of classes.

**Dec. 5-** Study Day.

**Dec. 6-12-** Finals week.

**Dec. 13 & 14-** Commencement.



**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.

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**A VISION BOARD IS A TOOL USED TO HELP CLARIFY,  
CONCENTRATE AND MAINTAIN FOCUS ON A  
SPECIFIC LIFE GOAL.**

# **"WHAT DO YOU ENVISION FOR YOUR FUTURE?"**

**SEE IT TO BELIEVE IT BY CREATING A  
VISION BOARD.**

**PRESENTED BY THE CENTER FOR WOMEN'S STUDIES.**

**DATE: NOVEMBER 18TH  
TIME: 6PM-7PM  
LOCATION: LLC, BOTTOM OF  
RIVERS HALL.**



# Women in History

## Glenda Adams

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Glenda Adams was an Australian novelist born December 30, 1939. She studied at Fort Street Primary School and Sydney Girls High School when she was young. She graduated from the University of Sydney with an honors degree in Indonesian in 1962. She won a scholarship to study at Columbia University Graduate School of Journalism so she moved to New York and graduated there in 1965. In 1967, she married a political scientist named Gordon Adams. Their marriage was very short. They divorced shortly after their daughter Caitlin was born. She taught at Columbia University and Sarah Lawrence College. She later returned to Australia and taught at the University of Technology in Sydney. She taught creative writing and writing skills. She helped the university create a Master of Arts Writing Program. She continued to teach in both New York and Sydney until she died of ovarian cancer and brain tumors July 11, 2007.

Glenda started writing at a young age. At first she used a male name to hide her identity to keep people from knowing that she was writing. She had her work published in various magazines. Her short story "*Lies and Stories*," was published in 1976, and "*The Hottest Night of the Century*," was published in 1979. After she returned to Australia, she became writer-in-residence for three different universities. She had her first novel, "*Games of the Strong*," published in 1982. She received the Miles Franklin Award and the New South Wales Premier's Literary Award for her second novel "*Dancing on Coral*".



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A black and white photograph of a person sitting on the floor against a wall, holding a book. The person is wearing jeans and is barefoot. The wall is made of concrete blocks. The text is overlaid on the image.

# “ DEPRESSION EDUCATION AWARENESS MONTH

**NOVEMBER 5TH & 6TH  
FROM 10:30-12:30  
IN THE GUC.**

**PRESENTED BY THE CENTER FOR WOMEN'S STUDIES.**

Depression Education teaches us about  
the signs, symptoms, and treatment  
options for depression.



## HIV-AIDS Awareness

By

**Bonnie Smith**

HIV stands for Human Immunodeficiency Virus. HIV is spread from person to person, usually via unintentional blood exposure during unprotected sex, but, in other cases can be associated with accidentally transfusing infected blood, or inserting unsterilized needles intravenously. Once the virus enters an individual, it inserts a strand of RNA into healthy T-cells in the immune system. When T-cells reproduce, those who possess this RNA will replicate new HIV + cells. This makes it more difficult for the body to fight off infections and skyrockets the risk of certain cancers. AIDS is the final stage of HIV, at which more T-cells are infected than uninfected. Symptoms of HIV include: extreme weight loss, hair loss, paleness, fatigue, vomiting, and unexplained bruising.

In comparison to other ‘awareness’ dedicated months of the year, HIV/AIDS Awareness may fly under the radar of students, faculty, and staff. This is not only because across America, and especially in our region, being HIV positive is an extreme social taboo. Unfortunately, conversation about AIDS is not one welcome in every classroom, let alone at every dinner table. As a result, many of those who are exposed to a higher risk, do not participate in testing. Furthermore, some of those who have been diagnosed HIV positive do not disclose their status to others because of the implied social stigma. According to the U.S Department of Health and Human Services, as of 2016, 1 in every 7 people who are living with HIV, are unaware. Moreover and much closer to home, according to the researchers at Emory University, also in 2016, there are over 12,000 people in Alabama living with HIV/AIDS. While that may not sound particularly groundbreaking in terms of population, almost half of the lethal cases of AIDS are in the South (49% - U.S. Department of Health and Human Services).

While these statistics present some dreadful conclusions, there are bright sides: the mortality rate of AIDS/HIV has steadily declined since 2015. Moreover, and, again, closer to home, there are local centers across America distributing medication that protects T-cells to those who are at higher risk for contracting HIV.

We have one of these centers in the Shoals area. Thrive Alabama is located on Pine Street in Florence. It is a non profit organization that provides testing, preventative medications, and condoms.

To learn more about Thrive Alabama, visit the Center for Women’s Studies or call their number at (256)-764-0492.





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# *International Fair & Sale*

*Where:*

**The Women's Center**

*When:*

- **December 2nd -17th**
- **Monday-Friday,**
- **8AM-4PM**

**\*Additional Hours Upon  
Request (Call the Women's  
Center).\***

*Presented by The Center  
for Women's Studies.*

- **All sales benefit the artists & the  
Women's Center.**
- **All items are Fair Trade.**



## Internally Speaking

By: Tia Sherer

Hey everyone, it's me once again! Sadly, this is my last internally speaking piece. As the semester comes to an end, I hope that my past readings have encouraged and helped at least one person. My passion has always been helping people in any way that I can. I feel that if I am kind enough to pass on a message that I am passionate about, then I am doing my purpose in life. Self care is something that is extremely important to me because as a college kid, I too have struggled with trying to stay sane and maintain my grades and college life. It's a struggle but there's beauty in the struggle; when things get rough, you have to think about the positives that will come out of it. I have greatly enjoyed writing for you guys and I lastly would like to leave you all with some self care tips for finals week.

1. **Go outside.** It is easy to stay inside (especially in the winter), but going outside is a great mood booster. Spending even five minutes outside can greatly improve your mood.

2. **Set aside time to relax.** Think of something that makes you feel calm and relaxed. Is it reading a good book? Yoga? Sports? Video Games? Crocheting? Set aside a short window of time to do those things regularly.

3. **Check out what your campus offers for student support.** Many colleges offer mental health services and other support for free or for reduced prices. If you're feeling overwhelmed, check and see if your school has a counseling center.

4. **Journal.** Journaling is a great way to write out your thoughts and feelings. You can also create a gratitude list in your journal to write out the things you are thankful for. This will help to shift your mind to think positive even during stressful moments in college.

5. **Set realistic goals for yourself.** Set short-term and long-term goals for yourself. You can write out your goals and place them in an area where you can see it daily to stay motivated. Remember the S.M.A.R.T. goals formula: Specific, Measurable, Attainable, Timely and Realistic when creating your goals. Don't forget to reward yourself when accomplishing your goals.



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# 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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## Coordinator's Notes

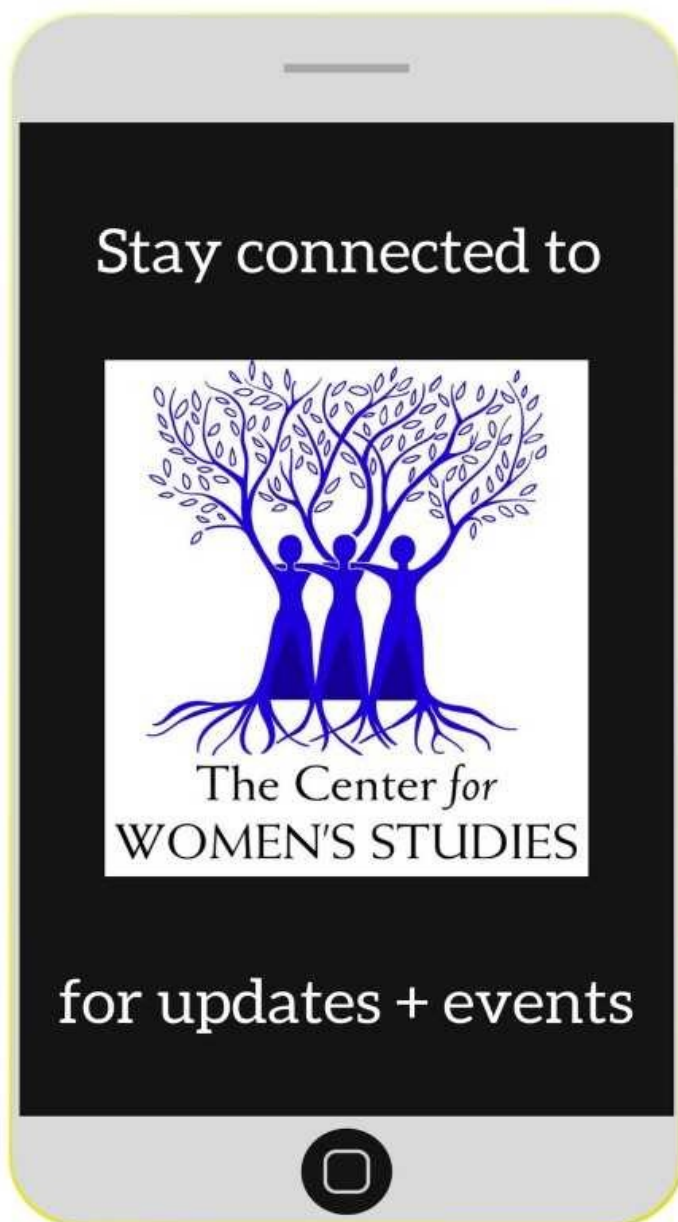
Having survived the very busy month of October and Halloween, I am excited to tell you about our upcoming events, especially of our International Fair and Sale. We will transform our multipurpose room into a store. We will have goods from around the world for sale, many items from developing countries. In numerous cases, these items are made by women who are trying to lift themselves and their families out of poverty, or made by women who would otherwise have to be working as sex workers. These items are unique and unusual and not the sort of thing you would see in most stores. You can do your holiday shopping in the relaxed atmosphere of the Women's Center and know that your purchases are assisting people throughout the world. The sale will run from December 2nd - December 17th, Monday through Friday, from 8:00 AM until 4:00 PM. Evening and weekend hours are available upon request.

This will be the last Coordinator's Notes that I'll be writing because I am retiring as of January 1, 2020. The years I have been here seem to have gone by in the blink of an eye, and I have loved every minute of them. But the best part for me, dear reader, has been the interaction with students. I have gotten to know many students and am always captivated by their energy and creativity. We have so many students with active and inventive minds, and I feel very fortunate to have had the privilege to work with them. I do not know who will be my successor, but I am confident that a wise choice will be made so that the Women's Center will remain a haven for all people on this campus.

Thank you for everything.

**Emily**





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