

**“Every leaf speaks bliss to me, Fluttering
from the Autumn tree...”**

-Emily Brontë



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

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/December 2017

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November Calendar

Wed., Nov. 1 – 10:30 AM – 1:00 PM – GUC – Depression Education Table.

10:30 AM—1:00 PM - GUC - Voter Registration Drive.

Thurs., Nov. 2 – 10:30 AM – 1:00 PM – GUC – Depression Education Table.

Tues., Nov. 7 – 3:00 – 5:00 PM – Women’s Center – “Erase Gender Roles and Embrace YOUR Role” with guest speaker Dr. Andrea Hunt.

Sat., Nov. 11 – Preview Day – Banquet Halls.

Wed., Nov 22 – UNA closes for Thanksgiving Holiday.

Mon., Nov. 27 – 8:00 AM - Women’s Center — Fair Trade Market opens.

Market will be open daily from 8AM – 4PM, M – F, through Dec. 14.

December Calendar

Wed., Dec 6 – Last day of classes.

Thurs., Dec 7 – Study Day.

Fri., Dec. 8 – Exams begin.

Thurs., Dec 14 – Last day of Fair Trade Market.



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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Sojourns Fair Trade Market

November 27—December 14

Hours: Monday-Friday,
8:00 A.M.—4:00 P.M.



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



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Erase Gender Roles and Embrace YOUR Role

When: Tuesday, November 7

Where: Women's Center

Time: 3:30-5:00 PM

**Join us for a talk about gender
roles with snacks and fun activi-
ties with guest speaker**

Dr. Andrea Hunt!

Women in History

Agatha Christie (1890-1976)

Agatha was born on September, 15, 1890 in Torquay, Devon, South West England.

She was born into a wealthy middle class family. Christie taught herself to read at the age of five due to the boredom of being the only child at home (She had two much older siblings who did not stay at home.), Following this, her father started home-schooling her. As she got older, she started writing short stories and poems.

Agatha started writing detective novels during the First World War, mostly because her sister bet her that she couldn't write a good one. Her first novel, The Mysterious Affair at Styles, was well received.

After the war, Agatha continued to write, including The Secret Adversary and The Man in the Brown Suit.

During her life, Agatha would be married twice. First to a man named Archie, who was a bit of a social butterfly, and then to her second husband, Max Mallowan. Max was an archeologist and an outdoorsman.

Agatha would continue to write, sometimes under a pen name of Mary Westmacott. One of her best loved characters is the Belgian detective Poirot. By the end of her life in 1976, Agatha had written 66 detective novels, 14 short stories, and the world's longest running play, The Mousetrap.

“What can I say at seventy-five? Thank God for my good life, and for all the love that has been given to me.” - Agatha Christie, An Autobiography



Source: <http://www.agathachristie.com/about-christie>

Student contributor: Drake Vaccaro

Holidays are Stressful

The holidays are coming up, including Thanksgiving and Christmas , and although the majority of people look forward to the holidays because family, food, or presents, they can be stressful.



of

Holidays bring on stress, anxiety, and angst for the common individuals. To combat these feelings, people tend to resort to bad habits such as drinking, caffeine, and/or unhealthy foods.

Emotions are also at their high points during this time of the year . Feelings of loneliness, irritation, and sadness are noticeable and will affect people.

To help you combat all of this, here are 7 tips to relieve stress

1. Take calm-down breaks
2. Learn to say no
3. Get moving
4. Take polite portions of “comfort” foods and drinks
5. Stick to a budget
6. Be generous
7. Seek help if you need it

Have happy holidays!!



Sources: <https://www.psychologytoday.com/blog/smart-habits-highly-successful-people/200912/7-tips-relieve-holiday-stress>

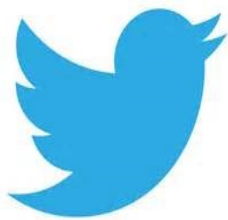
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>



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



UNA Women's Center



@UNAWomenCenter



@unawomenscenter

Overview of Depression

Depression is a mood disorder that causes persistent feeling of sadness and loss of interest. It can affect how you feel, think, and behave as well as leading to emotional and physical problems.

Sign & Symptoms

* If you have been experiencing these signs/symptoms for the majority of the day, almost every day for at least two weeks, you could be suffering from depression:

- Persistent, sad, anxious, or empty mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies or activities
- Decreased energy or fatigue

For more symptoms, go to <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Causes:

The causes of depression are not fully understood so they might not be narrowed down to just one thing or they could be because of multiple factors. Some factors include:

- Genetics
- Biological
- Environmental
- Sociological
- Social
- Life events
- Personality

For more probable causes, go to <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Overview of Depression Continued

Treatment:

Depression IS a treatable mental illness.

Three components make up the management of this mental illness:

- Support
This can include family, friends, and health professionals.
- Psychotherapy
- Drug treatment



The Women's Center and Student Counseling Services is holding a table event for Depression Education on November 1 and November 2 in the GUC from 10:30 A.M. — 1:00 P.M. Feel free to stop by!

Student Contributor: Traci Adams

Source: <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

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Internally Speaking

Wow. I cannot believe that the semester is almost over already. It seems like it was just beginning yesterday and I was nervous about being the intern for the Center for Women's Studies. I knew the last three interns and they had all done such an amazing job, as well as having such awesome projects that it was nerve-wracking following those footsteps. So far, it has gone pretty well, but my projects are still to come so keep an eye out for them!

The semester itself has been a bit of a blur, especially with the classes I am currently taking. Maybe you feel the same way. As always, it is coming to a close. I know this is about the time everything you have left to do just piles on, but hopefully it isn't too bad.



If you feel stressed or need somewhere to relax or study, then feel free to come to the Women's Center. We have couches, water, and chocolate for the weary student.

Now, I would like to thank Mrs. Emily and Dr. Rieff for giving me this opportunity. It has been so much fun and such an honor to be a part of such a great place filled with so many kind and hardworking people.

We still have a little ways to go before finals, but this will be my last newsletter to give my thoughts. So, good luck to all of you and your endeavors in school and life. I hope you all do well on your finals and that you have a nice, relaxing break for Christmas.

See you all next semester!

-Graci Berryman

Coordinator's Notes

Well, I'm back from the mountains, refreshed, renewed, and ready to tackle the rest of the semester!

We're kicking off the month with Depression Education Tables in the GUC in an effort to raise awareness about this potentially debilitating condition. There are many different forms of depression, but the main thing to remember is that, in all cases, it is an illness, not a weakness. I know this from personal experience because I have struggled with depression my entire adult life. If you are feeling depressed or low for more than just a few days and especially if you can't link it to any specific cause (e.g. a low test grade, an argument with your best friend, etc.), get help. Don't wait until you are completely overwhelmed. Depression can be paralyzing. We have a wonderful Student



Counseling Service right here on campus that is FREE to students. Have a friend go with you if you don't want to go alone, but go! Get the help you need.

This month we also open the doors to our annual Fair Trade Market on Monday, November 27. The store is housed in the Women's Center and will be open from then through December 14, M – F, 8 AM

– 4 PM. For those of you who have not experienced Fair Trade before, it is defined as “a movement whose goal is to help producers in developing countries to get a fair price for their products so as to reduce poverty, provide for the ethical treatment of workers and farmers, promote environmentally sustainable practices,” and guarantee that no child labor has been used. All the products in our market will be Fair Trade. Prices are always reasonable, and we will accept cash, checks, credit, and debit cards. You can shop for the holidays knowing that you are also doing some good in the world.

This is our last Newsletter for this semester, so although this feels a bit premature, I wish you a joyful holiday season!

Emily