

*"You won't forget a woman like her, easily anyway.
Once you cross paths with Magic it's hard to see
life the same."*

Nikki Rowe



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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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 October 2017

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October Calendar

Tues., Oct 3— 10:30 AM—1:00 PM—GUC—Purple Ribbon Day and Vision Wall

Mon., Oct 9—6:00 PM—Florence/Lauderdale Public Library—Wonder Woman—film Screening and discussion. Dr. Cynthia Burkhead & Anissa Graham

Thurs., Oct 12—MIDTERM

Thurs., Oct 12—6:00 PM—Florence/Lauderdale Public Library— “A History of Wonder,” Dr. Brenna Wardell

Fri., Oct 13—Fall Break

Mon., Oct 16—11:00 AM—Women’s Center—Speaker—Rachel Cabaniss Hackworth, Exec. Dir. of Safeplace

Tues., Oct 17 & Wed., Oct 18—10:30 AM—1:00 PM—GUC—The Clothesline Project

Thurs., Oct 19—6:00 PM— Florence/Lauderdale Public Library— “She-Demons,” Dr. Cheryl Blake Price

Mon., Oct 23 & Tues., Oct 24 —10:30 AM—1:00 PM—GUC— Breast Cancer Honor Tree

Tues., Oct 31—3:00 PM—5:00 PM—Women’s Center—Halloween Party

Breast Cancer Awareness Month

Breast cancer is the most common invasive cancer in women. It is also the second leading cause of death due to cancer in women, following lung cancer.

The treatment of breast cancer has improved with time and technology. Now, within the United States, there are 3.1 million breast cancer survivors. The chances of women dying from breast cancer is around 1 in 37 women (2.7%).

Take care of yourself by knowing the symptoms of breast cancer, how to be self-aware, and how to support others.

Symptoms of breast cancer can include:

- Swelling, redness, or enlargement of breast(s)
- Nipple discharge
- Pain in/on any part of the breast
- Lumps or nodes felt on the breasts
- Irritation/itchiness of breasts
- Change in breast color

Self-Awareness

1. Know your risk
 - Learn your family history
 - Consult a doctor about your risk of breast cancer
2. Get checked
 - Have a mammogram every year
 - Have a clinical breast exam at least three times a year
3. Pay attention
 - See a doctor if you notice any changes in your breast(s) (symptoms listed above)

Support:

- Donate
- Get Involved



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Source: www.breastcancer.org

www.cancercenter.com

Contributor: Lakin, Student Contributor

FLPL Presents

Women Heroes & Villains

Series sponsored by



Wonder Woman

*Film Screening and Discussion
with Dr. Cynthia Burkhead & Anissa Graham*

Mon, Oct 9, 6 pm

.....

A History of Wonder

*The Mythic/Literary Roots of Wonder Woman
with Dr. Brenna Wardell*

Thurs, Oct 12, 6 pm

.....

She-Demons

*Victorian Female Poisoners & the Science of Murder
with Dr. Cheryl Blake Price*

Thurs, Oct 19, 6 pm



FLORENCE-LAUDERDALE
PUBLIC LIBRARY

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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DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence does not discriminate. It can happen to anyone at any time. During this month, we try to reach out to the community so they may be aware of the warning signs for those affected and be given the chance to speak out against domestic violence.



Types of Abuse:

- Physical
- Sexual
- Emotional
- Economic
- Psychological

Warning Signs of an Abusive Relationship

- Tells someone they can never do anything right
- Shows extreme jealousy of someone's friends and/or time spent away from them
- Keeps someone or discourages someone from seeing friends/family members
 - Insults, demeans, or shames someone with put-downs
 - Controls the financial aspect in the relationship
 - Looks or acts in a way that scares someone
 - Controls where someone goes or what they do
 - Prevents someone from making their own decision

The signs above are just a few of the warning signs that can precede an abusive relationship. For more information, go to The National Domestic Violence Hotline

Source: www.thehotline.org

Contributor: Graci Berryman,

Student Contributor



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DOMESTIC VIOLENCE AWARENESS MONTH

The picture below is used by The National Domestic Violence Hotline. This “Power and Control Wheel” has been described as accurately describing what occurs during an abusive relationship.

As you may notice, the spoke of the wheel is “Power and Control,” which means that no matter how the abuse is done, it comes from the need for power and control over their partner.



The National Domestic Hotline is open to take calls from 7:00 AM—2:00 PM. They also have a website where you can chat with someone if you are uncomfortable calling, <http://www.thehotline.org>.

Source: www.thehotline.org

“A Note On Healing”

By Taylor Coston



October at UNA always brings about the same comforting, nostalgic elements we revisit and revel in each year. I usually fade into this dreamlike state of consciousness, because not only are we experiencing fall in the present, but constantly we are reminded of seasons past, of crisp mornings, bonfire smoke, marching bands practicing in the distance, boots, and sweaters. An accumulation of experiences that stay present in our minds to at least some extent, for better....or worse.

It is usually as soon as I finish my first Pumpkin Spiced Latte of the season that I remember that October is also Domestic Violence Awareness Month. For many, it's just another awareness month dedicated to something that they can't really relate to personally, or perhaps they don't find it terribly important to observe. For me, though, Domestic Violence Awareness month means to become reacquainted with my own experiences, at least to a degree. I'm reminded that this month "applies" to me, since a couple of years ago I was caught up in a toxic relationship that included multiple incidences of sexual assault. Two years ago I was brutally introduced to the reality surrounding all the statistics. The depression, the anxiety, the PTSD, they daily impact trauma has on your life...I got to know how debilitating it is sometimes. The past two years since have been a great journey for me, and I feel a responsibility to share with it with you, to let you know that there is a flip-side to the pain and the hurt. That there is hope.

Healing is a funny thing.

You'll experience the absolute heights and depths of the range of human emotion. You will know grief that brings you to your knees, but you will also know joy that makes your heart soar. Sometimes you will feel an emptiness so intense that you wonder if you'll ever feel whole again. They all have a place in healing. Hold on through the peaks and valleys of feeling, it will show you what great capacity your heart has for *love* and *light* and *hope* and *strength*.

Healing is a funny thing.

And hear this: there is no textbook. There is no timeline. There is no rule book. It cannot be regimented or planned. This means that you are allowed to heal however you need to, whenever you need to, whatever it takes. There is no right or wrong way to recover from trauma, and that's an important thing to remember. It will show you that healing is not linear, but the progress is undeniable.

Healing is a funny thing.

You may at some point feel like giving up. Recovering is one of the hardest things any person could ever do, so I understand that sometimes it can be overwhelming. I know I felt like it would never get easier, like I would always be haunted by what I had been through. But I kept going. Whether it was one day, one class, one hour, or even one minute at a time, I held on. So will you. Whenever you feel like giving up, learn to rest.

Learn to retreat into the arms of your friends, and let them help you find your footing again so that you can come back more ferocious than ever before. Whenever your mind tells you otherwise, please remember what is true:



You are worthy of love and respect, and nobody can take that away from you.

You are beautiful right here, right now, and nobody can take that away from you.

You are powerful, and nobody can take that away from you.

You are light, you are pure, and nobody can take that away from you.

There is a beautiful, thriving life after trauma... and you deserve that life.

And nobody can take that away from you.

Purple Ribbon Day

WHEN:

October 3

WHERE:

GUC

10:30 AM—

1:00 PM



**TAKE A STAND AGAINST
DOMESTIC VIOLENCE BY
WEARING A PURPLE
RIBBON**



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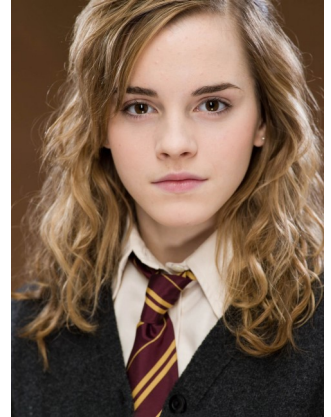
Women in History

Emma Watson

April 15, 1990 -

The majority of the world knows Emma Watson as the studious and courageous Hermione Granger from the Harry Potter movies based upon J.K. Rowling's novels.

Emma Watson was born in Paris, France. She was raised by her parents, Jacquelin Luesby and Chris Watson, both of whom are lawyers.



Emma knew early on in her life that she wanted to act and so began attending Stagecoach Theatre Arts School at Oxford.

Watson acted in several theatre shows put on by Stagecoach by the age of ten. As many individuals know, Watson auditioned for *Harry Potter and the Philosopher's Stone* in 1999 and was cast. She would be in this role for a decade making her a Hollywood celebrity.

As she got older, she wanted to continue in her studies as well as branch out from her childhood role of Hermione Granger. So, she continued her schooling in England and then enrolled at Brown University in 2009. She received an English degree from Brown in 2014 and was also appointed an UN Women's Goodwill Ambassador the same year.



Watson has also branched out within the fashion industry and as an activist for women's rights and equality.

As of now, Watson continues acting in a myriad of movies and roles while also using her platform to continue to speak for women's right.

Contributor: Tykira Green

Source: <https://www.biography.com/people/emma-watson-20660247>

Breast Cancer Honor Tree

By hanging a pink ribbon on this tree, you are honoring the people you know who have fought and are still fighting Breast Cancer. Who do you want to Honor?

WHEN:

**October 23 &
24**

WHERE:

GUC

WHAT TIME:

**10:30 AM — 1:00
PM**



Breast cancer
AWARENESS



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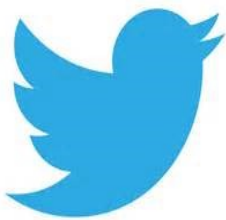
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Stay connected to the UNA Center for Women's Studies by following us on social media:



UNA Women's Center



@UNAWomenCenter



@unawomenscenter

WHEN: October 17 & 18

WHERE: GUC

10:30 AM –1:00 PM



Break the silence by writing a message against domestic violence on a t-shirt which will be displayed at the Amphitheatre



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Women's and Gender Studies Association

Halloween Costume Party

TUESDAY OCTOBER 31ST, 3:30-5:00PM

CENTER FOR WOMEN'S STUDIES

Costume contest with prizes

FREE FOOD

Henna tattoos

Astrology advisor

Photo booth

Made possible by student activity fee

Internally speaking

Fall is here! Though, if we are being honest, it does not feel that way as of yet. It is still SO humid and hot. I am looking forward to the high 60s and a need for at least a light sweater when I walk to class every day.

All the Fall favorites like Ugg boots, sweaters, scarves, and Pumpkin Spice Lattes are slowly coming out. Fall colors are being worn in browns, oranges, yellows, and purples. It is a nice time of the year to take a deep breath when you're outside and enjoy the leaves changing. It's my favorite time of the year if you hadn't noticed.

For the academic side, it is not so much fun. The studying is getting more intense, tests are coming up, and project deadlines are moving a bit quicker. This is the time to start a study schedule and make sure you know the deadlines for all your assignments because they are coming, whether you are ready or not. No matter how intense school does get, you need to take care of yourself mentally and physically. Get enough sleep, eat a balanced diet, exercise, and take a breather when you need it.



Socially, the Women's Center has a lot of events coming this month that you can partake in! They are all on the calendar at the beginning of this Newsletter. We hope to see you at them!

I am looking forward to the Halloween Costume Party the most. It will be held at the Women's Center on Halloween night! Last year, my friend and I dressed up as Ilana and Abbi from the TV show *Broad City*. I don't know what I will dress up as for this year's party, but I know I can't wait. I hope to see you all there!

Graci Berryman

Coordinator's Notes

October is a special month for me because it's Domestic Violence Awareness Month, and I am a survivor of domestic violence from my first marriage. In my case it was emotional violence which eventually escalated to physical violence. So I can identify with many of the women who walk into our Women's Center; I have walked in their shoes.



It's also a special month for me because it's the month in which I travel to the mountains of North Carolina every year for a long weekend of music and arts. The John C. Campbell Folk School helps keep alive some of the almost lost arts of Appalachia by giving classes in crafts from basketry to writing. At the Fall Festival each year innumerable crafts people, artists, and artisans come together to display and sell their wares; musicians come, by invitation, to play, one after the other, in an almost endless series on two different stages, all day long; and international foods are available all weekend. It's an atmosphere of limitless creativity and festivity, and I return restored and renewed. The mountains, the music, and the art do it for me every time. For me they are healing mountains. Their sheer size and very existence are truly awesome, in the way we used to use that word. They bind my spiritual injuries and heal my wounded soul. If you, too, occasionally suffer from an injured spirit or a wounded soul, I urge a trip to your mountains, be they literal or figurative. You *will* return renewed.

Emily