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 "When the whole world is silent, even one voice becomes powerful." is overlaid in white text at the top.

“When the whole world is silent, even
one voice becomes powerful.”

- Malala Yousafzai

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 2018

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October Calendar

October 9 & 10 - Purple Ribbon Day: 10:30 - 1 in the GUC

October 19 - Fall Break

October 15 & 16 - The Clothesline Project: 10:30 - 1 in the GUC

October 22 & 23 - Breast Cancer Honor Tree: 10:30 - 1 in the GUC

October 31 - Halloween



**The Center
for Women's
Studies**



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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Women in History

Dame Maggie Smith

Dame Maggie Smith was born on December 28, 1934. She is an English actress, well known for her roles as Professor McGonagall in the Harry Potter series, and Violet Crawley in *Downton Abbey*. She has been in many TV shows and films over the past 60 years, including the role of Desdemona in the 1965 film adaptation of

Othello, for which she received her first Oscar nomination. Smith has received two Academy Awards, “the first (for best actress) in 1969, for her portrayal of an idealistic, unorthodox schoolteacher in *The Prime of Miss Jean Brodie*. She won the second (for best supporting actress) in 1978, in honor of her performance in Neil Simon’s *California Suite*” (Biography.com). Maggie Smith has also won three Emmy awards for her role in *Downton Abbey*. In 1990, Smith was appointed a Dame Commander of the Order of the British Empire by Queen Elizabeth II.



Dame Maggie Smith was diagnosed with breast cancer in 2008 while working on *Harry Potter and the Half-Blood Prince*. She went through chemotherapy while filming, which took a toll on her physical health, but she continued to work hard despite it all. She lost her hair due to the chemo, but she didn’t let that stop her from portraying everyone’s favorite Transfiguration professor. Smith said “I was hairless. I had no problem getting the wig on. I was like a boiled egg” (Helliker). Maggie Smith jokes about it now, but she admits that she did struggle during the filming of the movie. She was physically weak, and she at times considered

retiring from acting. But like the strong, powerful woman she is, she pushed through the pain because her love of acting is stronger than the cancer. After fighting the breast cancer for 3 years, Dame Maggie Smith beat the cancer, and she is still cancer free! Smith fought so hard through the cancer and the chemo and the crying, but she made it. She is a survivor. Smith thought she would have to retire, but she hasn’t stopped yet. Her most recent role was the voice of Lady Bluebury in the 2018 animated film *Sherlock Gnomes* (IMDb). Maggie Smith is a fighter, and a wonderful actress. She will continue to entertain us and leave an impression on our hearts.

Sources:

<https://www.biography.com/people/maggie-smith-9487030>

<https://www.express.co.uk/celebrity-news/194683/Maggie-Smith-beats-breast-cancer>

<https://www.imdb.com/title/tt2296777/fullcredits>



Recipes from a Food Truck

There are 1.8 million refugees in Lebanon which is where you find the oldest refugee camp in the world (68 years), Bourji al Barajneh. Refugees cannot become citizens, and work permits are very difficult to obtain. They cannot leave the country legally without proper documentation which is also hard to get. Most lack the resources to move out of the camp so they stay, and three generations have been born and raised in this place. They know no other life.

From this camp comes Mariam Shaar, born and raised in Bourji al Barajneh, with a drive to improve the lives of its residents. “Mariam’s vision has always been to create opportunities for the refugee community and improve lives through education and production.” After consulting with them, she learned from most of the women that they wanted to do something food related. From this was created *Soufra* (which means “a table of delicious plenty” in Arabic) a catering company. “The idea was to revive traditional Palestinian dishes and offer them to the Beirut market.”

When not enough catering orders came in, the women came up with the idea of a food truck. After a great struggle, which included Mariam’s learning to drive, they got their truck, the first refugee food truck in the world. They have produced a cookbook (available at <https://www.amazon.com/Soufra-Recipes-Refugee-Food-Truck/dp/0999259326>), the proceeds from which go to support “the ongoing development of the camp’s Children Center School.” A very moving and uplifting documentary film, *Soufra*, has been made about the story of Mariam and these amazing women, all of whom reside in the refugee camp. You can watch the trailer at www.docnyc.net/film/soufra. *Soufra* has become a symbol of hope and proof that women can do anything!



Source:

Soufra: Recipes From A Food Truck



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New Books in our Library

Come check out the latest additions to our library!

“Born to Run” - Bruce Springsteen

“Heartland” - Sarah Smarsh

“Song in a Weary Throat: Memoir of an American
Pilgrimage” - Pauli Murray

“Women Vietnam Veterans: Our Untold Stories”
- Donna A. Lowery



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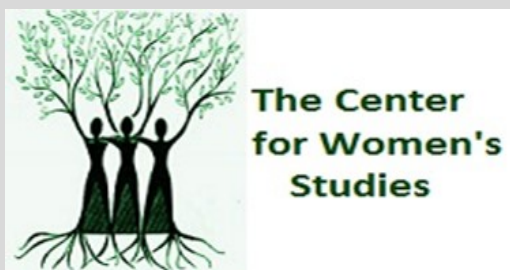
**TAKE A STAND AGAINST
DOMESTIC VIOLENCE**


Purple Ribbon Day

October is Domestic Violence Awareness Month


**Wear a purple ribbon and take a
pledge against Domestic Violence**

**October 9 - 10
10:30 A.M. - 1 P.M.
At the GUC**





The Clothesline Project



Decorate a shirt with a
message against domestic
violence that will be
displayed at the
Amphitheatre

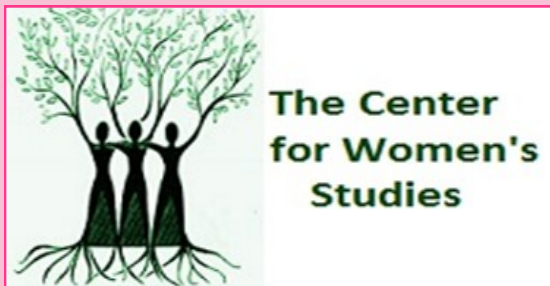
October 15 - 16
10:30 AM - 1 PM
In the GUC



**The Center
for Women's
Studies**

Breast Cancer Honor Tree

Honor someone you know who has fought or is fighting breast cancer by placing a pink ribbon on our tree.



October 22 - 23
10:30 A.M. - 1 P.M.
In the GUC

October is Breast Cancer Awareness Month, as well as Domestic Violence Awareness Month. Our service learner, Bonnie, wrote this wonderful piece on Domestic Violence, including what it is, how to help, and resources for anyone in a violent relationship.

A Blind Eye to a Black Eye: Domestic Violence

Bonnie Smith

“If you don’t get away from me, I’ll call the cops this time, I swear.” This is the final straw that sets him off. Everyone in the neighborhood can hear her say it, but her husband knows she is bluffing and he takes a step forward- he is on a warpath. Oftentimes, we want to believe that noises like these have only erupted from houses late at night but it is two in the afternoon. Earlier, from outside, the neighbors faintly heard an argument. Now she’s screaming, but to the delight of those trying to enjoy their daytime television, her cries will soon be silenced. But the sun is out, bathing every house on the block in warm, generous light. Children are outside riding bikes down the street, carefully avoiding mailboxes and speed bumps. For a moment everything stops. Inside, a crack of glass is heard. Then, she is quiet and life continues around the block. Little did the neighbors know, this is the third time this week he’s hit her, and for the third time this week, no one has called the police. For many women and men, this is only a taste of the unfortunate reality they experience every time they return home.

October is National Domestic Violence Awareness Month. The University of North Alabama and America as a whole acknowledges this as an important and educational month because domestic violence is largely stigmatized as an issue not to be discussed. In so many words, society spends eleven out of twelve months purposefully or otherwise ignoring victims of domestic violence because it makes their lives simpler. Unfortunately, the issue is more pressing now than it has ever been and is especially relevant to the student body.

The National Coalition Against Domestic Violence states that 1 in 3 women and 1 in 4 men have reported being victims of some form of domestic violence (physical, emotional, or sexual violence committed against one party in a relationship against another.) Not only is this data shocking, but it is lacking because these are only cases that have been reported. To further the perspective: on average, twenty people per minute are actively being physically abused by a partner in the United States. This amounts to roughly ten million men and women per year. The likelihood of any one person going throughout their day and not encountering a victim of domestic violence is almost nonexistent. Furthermore, this issue is most present in the age group of college students: men and women ages 18-24. However, 85% of victims are women, and 29% of male victims are heterosexual, skewing violence among males toward bisexual and homosexual men.

Still, even with the myriad of resources available, an abuser can be difficult to identify, primarily because no one wants to believe they are being abused, no matter how severe the harm they are enduring. Abusers tend to appear to be well meaning people with no ill will toward the general population. However, with as many victims as there are, it is equally unlikely for any one person to go about their day and not encounter someone who may be a perpetrator of domestic violence. The transition from loving partner to nightmare can be slow and oftentimes not linear. Some more obvious signs are having a legal history of violence, being abusive in the past, untreated anger issues, and general codependency. But, not every case is so cut and dry. Initially, one's partner would start small: gaining passcodes on phones or social media, setting curfews or limits based on control (sometimes rooted in issues like what one partner might like wearing or with whom they enjoy spending time), isolating a partner, and eventually gaslighting (lying to a partner purposefully to make them believe their mind is unreliable or their truth is not valid.)

Not all violence is physical. Emotional abuse, though not as visible as the bruises left by physical violence, is equally valid. For example, if a partner routinely exhibits controlling behavior and regularly has outbursts of name calling, abusive language, and neglect: that is emotional abuse. Additionally, even if a relationship has been established over a long period of time or even if a couple is married, if one partner exhibits a disregard for the other partner's consent and pressures them into performing sexual acts, that is sexual abuse.


If you are experiencing domestic violence in any capacity, the ultimate goal is to exit the relationship with your abuser. This process is tricky because victims are conditioned to believe (usually by gas lighting) that their pain is irrelevant, insignificant, or just not real. There is also a present fear that if a victim leaves their abuser, that their abuser may lash out into further violence. However, there are resources available both locally (Safe Place, the Women's Center, One Place, Title IX reporters, and certainly any police officer) and otherwise (Domestic Violence Hotline: 1-800-799-SAFE (7233) or thehotline.org where anyone can chat with a licensed specialist immediately and discreetly.) You are not alone and people want to help you.

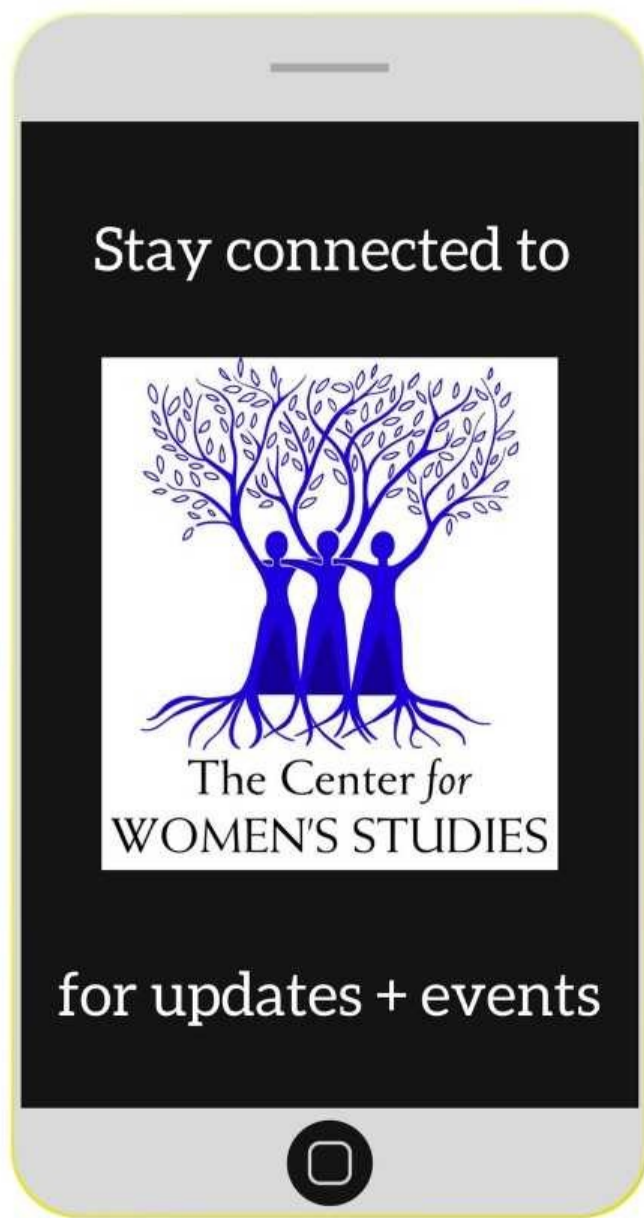
If you suspect someone is a victim, do not stand by and do nothing. Minimally, you can speak with them and try to evaluate whether legal help is needed in that situation. If a victim will not report what is going on, you can make a report yourself. While it may not feel as though that is your place, it is more important to stop someone from being harmed than it is to stop yourself from being embarrassed. As the old adage goes: it is better to be safe than sorry.

<https://ncadv.org/statistics>

<https://www.domesticshelters.org/domestic-violence-statistics/demographics-and-domestic-violence>



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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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Internally Speaking

Happy Fall, Y'all! I am so glad fall is finally here! This is my favorite season, and I'm sure I'm not alone. Everything about fall is beautiful. The leaves are changing, and hopefully the weather will cool down so we can wear our favorite jackets. You can catch me at the home games on Saturdays cheering on both our football team and our band. Roar Lions! From the trees on campus, to pumpkin flavored *everything*, to Halloween, I love every part about fall. Another thing I love about this time is the practice of letting go. Nature shows us the importance of letting go of things that no longer serve us. If we can declutter our homes for spring cleaning, we can clean our lives in the fall. This fall, I am working on letting go of my fear. I always get so afraid of things that won't matter in the future. I get so worried about *potential* consequences, that I sometimes forget to live life. This year, I'm going to let go of fear, worry, embarrassment, nervousness, and all other things that stop me from living my best life. I'm going to shed my leaves to make room for new things to grow in my life. (Of course I mean this in the most positive way. I will let go of the limitations I have placed on myself; I will not let go of limitations set by the law.) I hope this fall you find something in your life that is no longer benefiting you, and you remove it from your life. Have a great October, everyone! Have fun and be safe on Halloween!

- Rosie



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Coordinator's Notes

Thank you to the many people who participated in our African Drum Circle on September 27th when we drummed for unity and peace. We had a great turnout, and it was a big hit! Many thanks to Vicki Goldston and *Garden Spices Magazine* for leading and co-sponsoring the drum circle. Everyone had a wonderful time beating out all the rhythms and trying the different instruments.



This month we have lots of events planned as October is a very busy month for us. It is Domestic Violence Awareness Month, so we start off with Purple Ribbon Days on Oct. 9th & 10th when we'll be in the GUC giving out purple ribbons as symbols of taking a stand against domestic violence. We follow that with the Clothesline Project on Oct. 15th & 16th. On those two days we invite you to come to the GUC and design a t-shirt with an anti-domestic violence message. These shirts will be saved and hung up around the Amphitheater next April when we observe Take Back the Night. Finally, October is also Breast Cancer Awareness Month so on Oct. 22nd & 23rd we will set up the Breast Cancer Honor Tree in the GUC. We invite anyone who knows, or has known, or has lost someone with breast cancer to come hang a ribbon on our tree. It can be a very moving and cathartic experience.

The Women's Center continues to be very busy, filled with students each day. Many come to take advantage of the free printing we offer, and others come for the friendships they make there. We are here to support you in any way possible, so please avail yourself of our many services.

Until next month,

Emily



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