

“You never know how strong you are until being strong is the only choice you have.”

-Cayla Mills



The Center for Women's Studies
Newsletter
October 2019

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October 2019 Newsletter

Oct. 11 - Fall Break.

Oct. 15 & 16 - 10:30 am - 12:30 PM, GUC - The Clothesline Project.

Oct. 18 - 8:30 AM - 1:00 PM, Loft - “Women’s Leadership in the Workplace & the World.”

Oct. 23 - 1:00 PM - 4:00 PM, GUC Banquet Halls - Tunnel of Oppression.

Oct. 24 - 5:00 PM - 8:00 PM, GUC Banquet Halls - Tunnel of Oppression.

Oct. 29 & 30 - 10:30 AM - 12:30 PM, Collier Library - Breast Cancer Honor Tree.

Oct. 30 - 5:00 PM - 7:00 PM, Women’s Center - Halloween Party.



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

Sefi Atta

Sefi Atta, a Nigerian prize-winning author was born in January 1964 in Lagos, Nigeria. She writes short stories and playwrights for radio broadcast and stage plays. Her award winning prizes for her literature works include the 2006 Wole Soyinka Prize for literature in Africa and the 2009 Noma Award for her short story collection, *Lawless*. She was raised by both parents until her father's death in 1972. Abdul-Aziz, her father was the head of the civil service and secretary to the federal government. She is a graduate of the creative writing program at Antioch University in Los Angeles, California and is both educated in the United States and England. She holds a Masters of Fine Arts in Creative Writing. Atta is also a former certified Chartered Public Accountant (CPA) and a chartered accountant in the United States and England. She currently lives in Mississippi with her husband Gboyega Ransome-Kuti and their daughter Temi but divides her time between the United States, Nigeria and England.



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Breast Cancer Awareness

By: Tia Sherer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body. Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

Breast Cancer Facts:

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- Over 3.3 million breast cancer survivors are alive in the United States today.



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What is the difference between a diagnostic mammogram and a screening mammogram?

A mammogram is an x-ray of the breast. While screening mammograms are routinely administered to detect breast cancer in women who have no apparent symptoms, diagnostic mammograms are used after suspicious results on a screening mammogram or after some signs of breast cancer alert the physician to check the tissue.

Such signs may include:

- A lump
- Breast pain
- Nipple discharge
- Thickening of skin on the breast
- Changes in the size or shape of the breast

A diagnostic mammogram can help determine if these symptoms are indicative of the presence of cancer. As compared to screening mammograms, diagnostic mammograms provide a more detailed x-ray of the breast using specialized techniques. They are also used in special circumstances, such as for patients with breast implants.

What happens at breast cancer follow-up appointments?

-Your doctor will check for return of the breast cancer. Also, check-ups help detect health problems that can result from cancer treatment. Check-ups usually include an exam of the neck, underarm, chest, and breast areas. Since a new breast cancer may develop, you should continue to have regular mammograms. You probably won't need a mammogram of a reconstructed breast or if you had a mastectomy without reconstruction. Your doctor may order other imaging procedures or lab tests.



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THE CLOTHESLINE PROJECT

OCTOBER 15TH & 16TH
FROM 10:30-12:30
IN THE GUC.

THE CLOTHESLINE PROJECT IS TO EDUCATE STUDENTS

Domestic Violence Awareness

By

Bonnie Smith

Every October on campus, the Center for Women's Studies takes time to acknowledge those around us who are survivors of domestic violence, some of whom are students. Not all violence is physical. Emotional abuse and sexual 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 routinely 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 best step to safety is escape. This process is tricky because survivors are conditioned to believe that their pain is fabricated. There is also a present fear that if a victim leaves their abuser, their abuser may lash out into further violence. However, there are resources available both locally (Safe Place, One Place, the Women's Center, 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.

DON'T BE SILENCED
SAY NO TO
DOMESTIC VIOLENCE



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Women's Leadership in the Workplace and the World!



FRIDAY, OCTOBER 18, 2019
8:30 A.M. - 1 P.M. • GUC LOFT

Register today!

Limited spaces available,
registration is required
and available using the
QR code. *Registration
includes lunch.*



Questions?

Contact Women's
Center Coordinator
Emily Kelley at
ekelley1@una.edu
256.765.4380

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

It's me again! It took me a while to decide on what to write about, then it hit me.. What makes you happy? This kind of fits into my self care topic; what truly makes you happy? As a college student, I feel like one of the hardest things to decide is what really makes you happy. It could be a job for example. If you don't like a job, do you stay there for the money because you're BROKE?? I ask that question because I'm debating on staying or leaving my second job for multiple reasons. I love working retail but what I do not love is working for someone who thinks of you as less than a person. Being in college and trying to learn to be independent is hard enough! You have to sacrifice so many different college experiences just because you basically need money to survive. You only have on average 4 years in college to figure out who you truly are, what makes you happy, and to grow into the wonderful person you desire to be. Don't miss out on developing and having great experiences for a job that doesn't truly make you happy.. Especially if it doesn't pay enough! That goes for anything in life! If your significant other doesn't make you happy, it's okay to walk away because you know you deserve better. Even if the clothes you wear don't make you feel like a dime, change them! I know something so simple as clothes doesn't sound like a big deal but some people are afraid of change and being themselves. Do what makes you happy, even if it means stepping out on faith!

Tia Marie



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BREAST CANCER HONOR TREE!

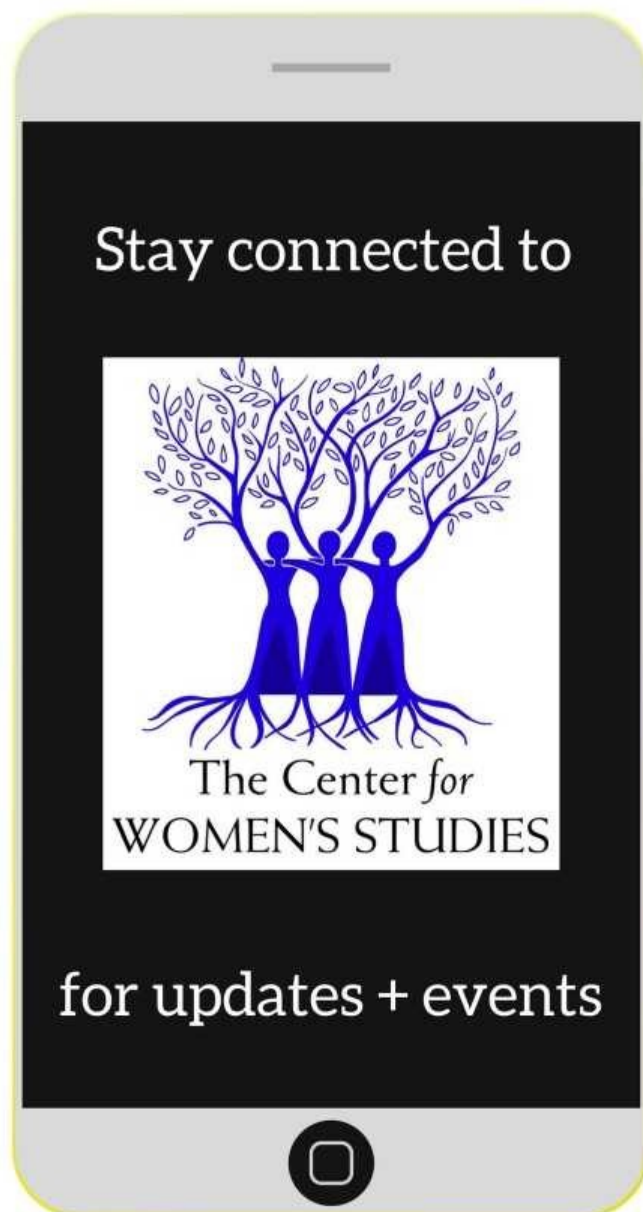
Coordinator's Notes

Here comes my favorite weekend of the year, the weekend we go up into the mountains of North Carolina, to a tiny town called Brasstown. For three days we revel in what I hope will be cooler temperatures and what I know will be breathtaking scenery. We go to the John C. Campbell Folk School's Fall Festival, the first weekend in October every year. There's music nonstop for two days and hundreds of artists and crafts people in booths tucked neatly into the woods. There are leather workers, wood workers, painters, sculptors, potters, silver smiths, bead makers, fabric artists, jewelers, and other artists of all kinds. If you can imagine the craft, there are people there doing it. Usually I return home refreshed and renewed, and I see no reason why this year should be any different.

When I return next week we go full speed ahead into one of our busiest months of the year: October. Since October is Domestic Violence Awareness Month, most of our activities center on that theme. On Monday, Oct. 7, and 11:00 AM Leah Heathcoat from Safeplace will be speaking about domestic violence at the Women's Center. On Tuesday & Wednesday, Oct. 15 & 16, we will be having the Clothesline Project in the GUC from 10:30 AM – 12:30 PM. Please stop by our table and make a tee shirt. On Wednesday & Thursday, Oct. 23 & 24, we are participating in The Tunnel of Oppression and will be doing the room on sexism. The Tunnel will be in the GUC banquet halls. Since October is also Breast Cancer Awareness Month, on Tuesday & Wednesday, Oct. 29 & 30 we will have the Breast Cancer Honor Tree in Collier Library from 10:30 AM – 12:30 PM. Come hang a pink ribbon in honor of someone who has breast cancer, someone who has beat breast cancer, or for one of its victims. And finally, we will have a Halloween Party on Wednesday, Oct. 30 from 5:00 PM – 7:00 PM. Participate in a few or all of our events, and have a great October!

Emily





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