A photograph of the exterior of a building with a brown shingled roof and light-colored stucco walls. A sign above the entrance reads "The Center for WOMEN'S STUDIES" with a small logo to the left. A white door with a glass panel is visible. A green bush is on the left side of the building.

“Do one thing every day that scares you.”

Eleanor Roosevelt

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

September 2018

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September Calendar

Sept. 3 – Labor Day

Sept. 17 & 18 – White Ribbon Days – GUC, 10:30 AM – 1:00 PM. Pick up a white ribbon and pledge yourself against violence.

Sept. 26 – Convocation – Norton Auditorium – 11:00 AM

Sept. 27 – African Drum Circle – Amphitheater – 6:30 PM – Bring drums and noisemakers of all kinds (tambourines, shakers, etc.).



**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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The Year at a Glance – 2018 - 2019

8/20 – Sushi Social
 8/27 – Women’s Equality Day
 9/17 & 18 – White Ribbon Days
 9/27 – African Drum Circle
 10/3 – Speaker at the Women’s Center –
 Angie Hamilton, ADA
 10/9 & 10/10 – Purple Ribbon Days
 10/10 – Speaker at the Women’s Center - from SafePlace
 10/15 & 10/16 – the Clothesline Project
 10/22 & 10/23 – Breast Cancer Honor Tree
 11/6 & 11/7 – Depression Education Awareness
 11/27 – Fair Trade Market opens
 11/27 – 12/12 – Fair Trade Market
 1/2019 – LUNAFEST – date TBD
 1/2019 – 2/2019 – Rehearsals for The Vagina Monologues
 2/21 – Performance – The Vagina Monologues
 2/2019 – Photos for The Herstory Project
 3/2019 – The Herstory Project – dates TBD
 3/8 – International Women’s Day Celebration
 4/2019 – Equal Pay Day
 4/11 – Take Back the Night
 4/16 & 4/17 – These Hands Don’t Hurt
 4/25 – International Brew



This list is for your planning purposes. The times, locations, and other details for these events will be announced in the UNA Digest as will any additional events we may schedule. We sincerely hope that you will join us for some, if not all, of these events.



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Lee Maracle

A native member of the Stó:lō Nation, Lee Maracle, author and critic, born July 2, 1950 in Vancouver, BC is one of Canada's greatest creative and influential Indigenous writers. Her writing is an innovative fusion of poetry, fiction, non-fiction, myth, and memoir that revives traditional Indigenous stories to frame her modern tales (Bonikowsky, 2016). Maracle is also a co-founder of the En'owkin International School of Writing, a learning institute in Penticton, BC, with an Indigenous Fine Arts Program and an Okanagan Language Program.



She has published novels, poetry, short story collections, and collaborative anthologies such as *Bobbi Lee: Indian Rebel* (1975, 1990). This autobiographical novel is about an Indigenous woman growing up as minority during the 1960s and 1970s, and her struggle toward political consciousness. Maracle writes with a “feministic perspective about what it means being an Indigenous woman living in two cultures, and how indigeneity connects cultural identity, political awareness, and advocacy within what we understand about the Indigenous experience, knowledge, and sexual power” (Bonikowsky, 2016). Other published works by Maracle are *Telling It: Women and Language Across Cultures* (1990), *Sojourner's Truth* (1990), *Sundogs: A Novel* (1992), *Bent Box* (2000), *My Home as I Remember* (ed., 2000), *Daughters are Forever* (2002), *Will's Garden* (2002, 2008), and *First Wives Club: Coast Salish Style* (2010).

She currently is a professor and Mentor for Aboriginal Students at the University of Toronto. She is also a part-time cultural instructor at the Traditional Cultural Director for the Indigenous Theater School.

Written by Avanell V Stark



New books in our library

The Awakening + Selected Short Stories by Kate Chopin

Murther and Walking Spirits by Robertson Davies

Flight Behavior by Barbara Kingsolver

The Lacuna by Barbara Kingsolver

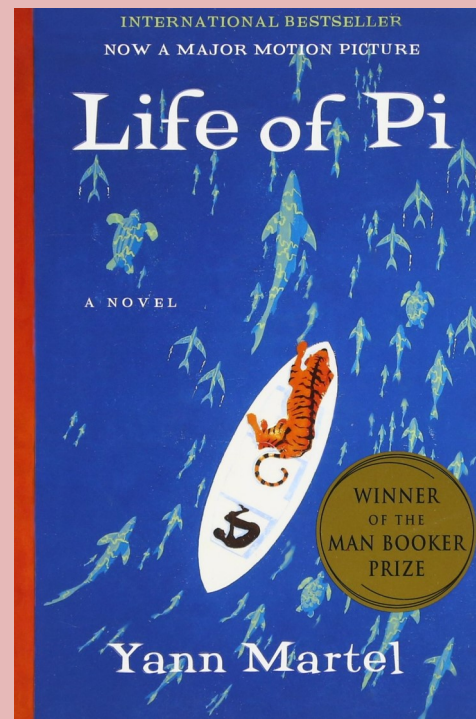
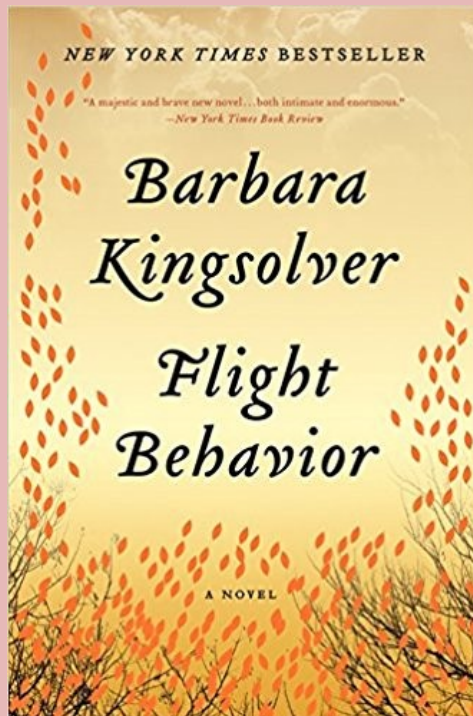
The Jewels of Paradise by Donna Leon

Life of Pi by Yann Martel

The English Patient by Michael Ondaatje

Once Upon a Time on the Banks by Cathie Pelletier

The Bookseller of Kabul by Asne Seierstad



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AFRICAN DRUMMING CIRCLE

By The Center for
Women's Studies
Lead by Vicki
Goldston



The Center
for Women's
Studies

September 27th, 2018

6:30 P.M.

At the Amphitheater

Rain Location: GUC Atrium

**Garden
Spices**
Embracing The Gift
Of Diversity

Bring your drums, shakers,
tambourines, and noise
makers.

DRUM CIRCLES

By Vicki Goldston

On September 27 at 6:30 PM in the Amphitheater, the Women's Center and Garden Spices Magazine are sponsoring an African drum circle lead by Ms. Vicki Goldston, publisher of Garden Spices. Our theme will be "Circle of Hope: Drumming for Unity." A drum circle is any group of people playing hand drums or any noisemaker (like a tambourine, a shaker, etc.) in a circle, the term originating in the late 1960's and early 70's. In a drum circle the music is improvised and is created by the leader and the participants together. It is an end in itself and not a rehearsal in preparation for a performance.

Why are we having a drum circle and why should you participate in it? Evidence has shown that African drum circles have many positive effects on one's mind, body, and soul. Besides being a lot of fun, the benefits to the individual and community as a whole are extraordinary and go far deeper than what meets the eye. According to Dr. Barry Bittman, a neurologist who works for the Yamaha Music and Wellness Institute, drumming was proven to increase cancer-killing cells which help the body combat cancer and other viruses.

In addition to this remarkable result, group drumming has been proven to have many other positive effects including:

- The release of feel good chemicals (endorphins) that make us happy
- Boosting memory
- Improving concentration
- Strengthening the immune system
- Alleviating the symptoms of anxiety and depression
- Reducing stress
- Helping to control chronic pain
- Stimulating left and right brain coordination
- Teaching teamwork and cooperation
- Increasing self esteem
- Developing confidence
- Increasing creativity and self-expression



There are also huge benefits to a community when it comes together through a drum circle or a group drumming experience. African drum circles can:

- Help break down barriers and connect people from different races, religions, ages, abilities, and socio-economic backgrounds
- Increase satisfaction with one's community
- Promote and celebrate cultural diversity
- Foster community spirit
- Unite people through a shared experience
- Help people to feel safe and valued
- Encourage people to be active

The positive effects of participating in a drum circle exceed one's expectations. Please join us on September 27 for what promises to be a unique experience.

TO ALL THE GIRLS WHO DON'T FEEL PRETTY

by Alexandria Feldman

September is Self Awareness month. Sometimes we need to remind ourselves that our efforts are good enough. You are good enough no matter what. Alexandria Feldman reminds us of our worth and our beauty in her blog below. Enjoy, and remember that you are beautiful.

"I wake up in the morning (not necessarily feeling like P Diddy) because my simplistic makeup is still on from the night before because I never really found the time or need for makeup remover, there's not much on anyway. My hair is in it's usual ponytail and since I have no motivation to blow dry my hair after my shower it seems I'll leave it to the Gods to make my hair look decent once it's dried. I feel confident walking out of the door, I didn't even feel like wearing makeup today, and I feel good.

Then you see girls. Real girls. Their eyelashes go on for miles, their cheeks are a perfect pink, plumped lips, and their legs look so smooth! I may be a girl that wears a dress once a year for a nice dinner and tries once a week to actually look pretty, but that does not mean I don't want to look effortlessly decent every day. For years I have convinced myself that it's something that they just have and I don't. Their hair is less coarse, their eyes are just prettier, their bodies are better fitted for dresses, blah blah blah. But to my unwanted surprise, everything I am jealous of in these girls is possible for me to obtain, but there's one more road block, how?! I buy these blushes, mascaras, three different foundations, skin cream, even a contour kit! As I look at all these products with a very empty wallet my question now is, what do I do with all this?!

It takes me two hours, two hours! I exfoliated my legs and arms, I made my face look like I painted tribal paint on it until I smeared it all together to make it look like my cheek bones were higher than they really are. I plucked my eyebrows, put three different mascaras on, I tried on five dresses and took fifteen minutes just to see what color eyeshadow I should use. This was hard work.

The final moment came where I could see the outcome in a well lit full length mirror. Maybe I'll see Emma Watson looking back at me, maybe an Emma Stone, heck maybe even a Kardashian with all the sh*t I had on my face and body. I hesitantly opened my eyes and I saw...me.

Disappointment overwhelmed me. All this work and I still look like myself? I thought the point was to completely alter my look so that guys could drool all over how great my eyes looked and how my cheek bones were pink and high up and how my legs were so smooth they went on for miles under this summer dress. So that's it? I'm just going to be this plain girl unless I want to work two hours a day, everyday, just to look decently above average? Then it hit me. Yes, that is what I have to do.

Walking down the streets and noticing all these girls with such great outfits, hair, makeup, accessories and all I can do is stare and hate because why can't I be like that?

Why can't it be so effortless for me to be pretty? It's because it's not effortless for anybody. We are all beautiful but with the invention of all these girly products it's now so commonly used it's a norm and a competition. Just because all these girls put two hours of effort in every day to look like these barbie dolls does not mean I have right to hate and look over the fact that they did work for their perfect appearance. Instead, I must praise them for doing what it takes to look so beautiful, and to just work it.

So, for all you girls that feel like me, pretty but yet not enough to compete with many other girls around you, you are far from alone. For all the girls who have hundreds of dollars worth of makeup with not one clue on how to actually use it correctly, or those girls who have tons of clothes and yet don't know how to make more than three decent outfits, it's okay. Instead of judging, caring too much, staring down girls, and straight up giving up, just remember that you do not need to be that barbie doll to be perfect and if you want to, it does take work and I'm sure if you ask a barbie herself to help you out, she'll love to. No matter what skin you're in, just work it, that's the prettiest makeup you could put on."



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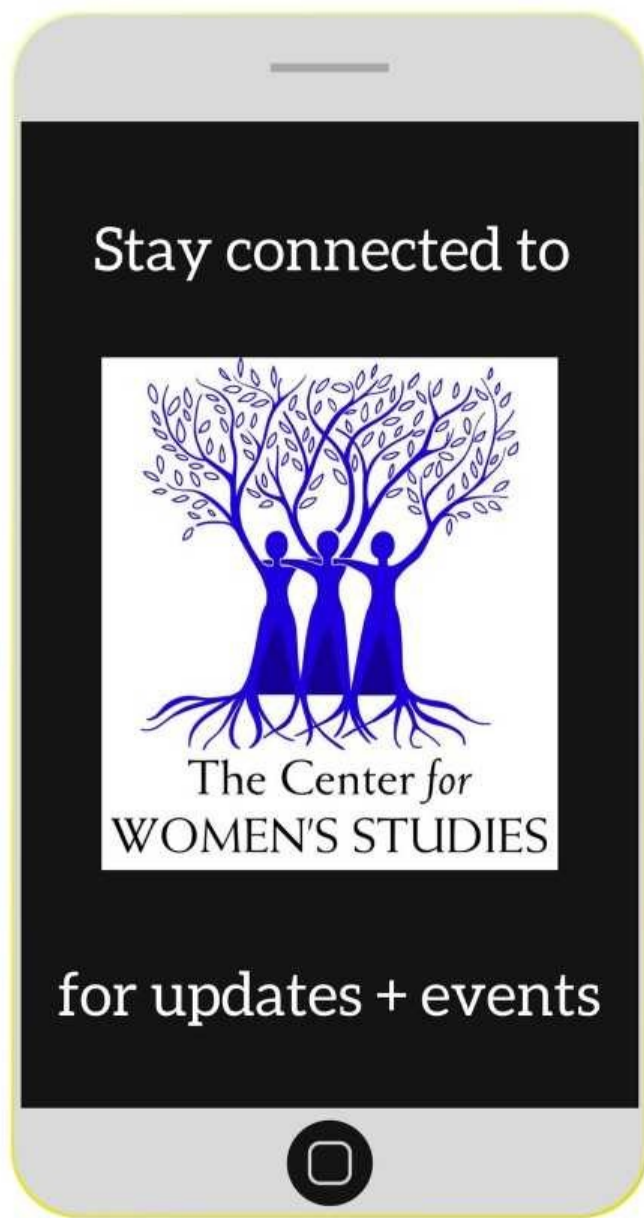
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@unawomenscenter



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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

Hello everyone! I hope your fall semester is off to a great start. My name is Rosie McClendon and I am interning at the Center for Women's Studies this semester. I am an Entertainment Industry major, and this is my 5th and final year at UNA! I have conflicting feelings about being at UNA for one more year than I had planned. On the one hand, I'm annoyed that I couldn't fit my education into 4 years like everyone else. And I'm not looking forward to explaining to all of my distant relatives why I'm not graduating in the time society decided is normal. But on the other hand, I get to spend one more year at the university that has shaped me into the person I am. I get to spend another year with my college friends (that haven't graduated either), seeing Leo and Una, and being a part of the coolest music town in our state. If I have to be in school for one more year, I'm glad I get to be here. I subscribe to the idea that everything happens for a reason. I might not see it yet, but there is a reason I am at UNA for one more year. There is a reason Ms. Emily asked me to intern at the Women's Center. I can't see into the future, but I know that being here is going to be so beneficial to me. The Women's Center has done so much for me, and I am excited to be able to return the favor. This semester is going to be filled with lots of lessons and blessings for everyone. As a 5th year senior, I want to tell everyone to enjoy your time here as much as possible. College is supposed to be the greatest time of your life. Make sure you're doing as much as you can to get the best experience possible. Have a great semester!



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Coordinator's Notes

The Women's Center fig tree is in full fruit, and I'm picking it almost every day right now. I hear the buzz of the edgers and mowers as the maintenance workers groom the grounds. I'm restocking the kitchen cabinets and bringing in extra cases of water. I know that soon it's time for our students to be back on campus.

Welcome to our first Newsletter issue of the 2018 - 19 academic year. We have a big year planned for you in events and programs. We'll be revisiting some of our perennial favorites such as the Sushi Social (which we've already enjoyed), The Clothesline Project, Take Back the Night, and Theses Hands Don't Hurt, and introducing a couple of new events that we hope to add to our calendar year permanently. This year, on September 27, we're delighted to have Ms. Vicki Goldston lead us in a Drum Circle, for the first time on our campus, and we will host our premier LUNAFEST. LUNAFEST is a one day showing of short films made exclusively by women and will take place in January at the Florence-Lauderdale Public Library. Our Drum Circle will be a healing circle aimed at bringing some peace and calm to all of us in this troubled world and political climate. There is a list of all this year's events and activities on page 3 of this Newsletter for your planning purposes. Of course, we reserve the right to add to this list as the year progresses.

While you are in college I urge you to do more than just go to classes and labs. Go to events, hear speakers, and watch films. Broaden your perspectives; acquaint yourself with the arts. College is all about learning, but not just in the classroom. Absorb as much as you can – you may never have this opportunity again.

We look forward to seeing you at our upcoming events!

Emily



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