

“There is no limit to what we, as
women, can accomplish.”

-Michelle Obama



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.

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 April-May 2018

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April-May Calendar

April 4 - 1:00 – 4:00 PM – Tunnel of Oppression, Banquet Halls,
GUC.

April 5 – 5:00 – 8:00 PM – Tunnel of Oppression, Banquet Halls,
GUC.

April 10- 10:30 AM – 1:00 PM – Equal Pay Day, GUC.

April 10- 10:30 AM – 1:00 PM – League of Women Voters, GUC.

April 12- 6:00 – 7:00 PM – Take Back the Night, Amphitheatre.

April 17 & April 18- 10:30 AM – 1:00 PM – These Hands Don't
Hurt, GUC.

April 26 – 3:00 – 4:00 PM – International Brew, The Women's
Center.

May 2- Last Day of classes.

May 3 – Study Day.

May 4- Exams begin.

May 12- Commencement.

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

Sexual assault is an issue that unfortunately affects many people in the U.S. If we stay aware and learn preventative measures, it is possible that we could reduce the likelihood of its occurrence.

◇ What is sexual violence?

Sexual violence is any form of unwanted sexual contact which can include catcalling, molestation, and rape.

In the U.S. alone, sexual violence affects nearly 1 in 5 women and 1 in 67 men during their lifetimes.

The offender is often a known individual to the victim. They could be family members, friends, romantic partners, etc.

◇ Ways to Prevent:

Establish anti-harassment policies and offer ways for people to make complaints if sexual harassment occurs.

Provide detailed information of sexual assault in advertisements, social media, etc. in order to sustain awareness of the issue.



Student contributors: Kristin Whirley

Marianna Light

Sources: www.nsvrc.org

Hrlibrary.umn.edu

THESE HANDS DON'T HURT

Sexual Assault and Domestic
Violence Awareness

**Pledge your
hands against
violence!**

April 17 & 18 from 10:30AM-
1:00PM in the GUC

TAKE BACK THE NIGHT

SHATTER THE SILENCE!
STOP THE VIOLENCE!

Located at the Amphitheatre
Thursday, April 12—6:00-
7:00PM



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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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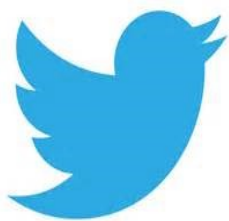
**Open Monday-Friday
8:00 A.M. to 4:00 P.M.**



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



UNA Women's Center



@UNAWomenCenter



@unawomenscenter

INTERNATIONAL BREW

Join us at the Women's Center for
international coffees, teas, and
desserts!

Thursday, April 26—3:00-4:00PM



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RESTAURANT REVIEW

by Emily Kelley

BIG BAD BREAKFAST

You already know you're in for something special when you walk in and Black Sabbath is playing very loudly throughout the place!

Though we'd heard horror stories of horrendously long waits, we walked in and were seated immediately. Guess going in at 7:45 AM on a Friday was a good idea. I suggest early weekday mornings if you really want to get in with a minimum of fuss.

Our waitress, Andrea with a sweet smile, arrived right away with an offer of coffee to which we assented. She was quickly back with the goods. Now we knew it was Royal Cup coffee which we weren't too excited about, but the menu said that this was the BBB's own special blend so we tried it with no expectations and were pleasantly surprised. It was good. Smooth and strong and better than my usual experience with Royal Cup. It should be, for \$2.95. Please note, the half and half came in a tiny pitcher instead of those ubiquitous little plastic cups that are frequently spoiled. Nice touch.

Tim grudgingly ordered the Huevos Rancheros Grit Bowl, because though he wanted Huevos Rancheros, he wasn't crazy about all the following ingredients piled (Andrea said "layered") in a bowl: cheese grits, chicken sausage, saucy black beans, crispy tortillas, cilantro, pico, two poached eggs, avocado, and lime (\$13.50). Andrea returned immediately to tell us they were out of chicken sausage, so he chose andouille. I happily ordered the Veggie Omelet filled with mushrooms, tomatoes, onions, spinach, and goat cheese, and served with greens and fruit, which I chose instead of fries (\$10.00).

My omelet was delicious: soft just like I had ordered it, with no color on it, as it should be, and the fillings were perfectly cooked. I have decided that goat cheese is the consummate omelet cheese, soft and savory. The spring greens were lightly dressed with a French vinaigrette the likes of which I haven't tasted since I was a sous-chef at L'Auberge Bretonne in the 1970's. What wonderful memories every



bite brought back! The fruit was all fresh but should have been better and more creative as it was primarily tangerine sections with a couple of ripe pineapple pieces, some browning apple chunks, a sliver of a strawberry (can you spare it?) and one lonely grape. Shameful.

Tim said he enjoyed his breakfast although the portion wasn't quite enough and the whole thing was a bit too runny for his taste. His final comment was



that it was "somehow unsatisfying." It's important to note that neither of our dishes came with any bread, toast or biscuit items. You may, of course, order a biscuit for an additional fee (\$1.50), but I still have yet to locate toast anywhere on the menu.

A few other assorted observations: our food arrived very quickly; all the servers smile and

are very polite; it's diner décor, and the booth seats are not built for comfort but rather to turn the tables quickly; the music is very loud, possibly an attempt to cover up the noisy kitchen and the loud staff, and another effort to turn the tables as fast as possible. We could have used it to have been a little quieter.

As we left to the sounds of Cream, we saw the waiting line already forming and were glad we had arrived early.

WOMEN IN HISTORY

Emily Dickinson

Emily Dickinson is well known for her brilliant poetry. She began writing in her teenage years and published nearly 1,800 poems in her lifetime. Her wit and imagination flourished throughout her work. She wrote about nature, self identity, death, and love. Her poetry has an incredible way of simplifying the complex by explaining abstract concepts with concrete images. Emily was considered to be very open-minded and observant. She definitely engaged in a lot of critical thinking which is evident within her writings.



If I can stop one heart
from breaking,
I shall not live in vain;

If I can ease one life the aching,
Or cool one pain,

Or help one fainting robin
Unto his nest again,

I shall not live in vain.

—EMILY DICKINSON



Intern Contribution: Elaina Murray

www.emilydickinsonmuseum.org

emilydickinson123.weebly.com

Monday April 2nd - April 6th

just D.E.W. it!

Diversity Education week



WIN \$200

**Mane card required
for entry**

**MON.
APRIL 2** Supporting Military and
Veteran Students, GUC
200, 12-1pm

Don't Hate the Playa, Hate the
Game, GUC 200, 6pm
(interactive)

**TUES.
APRIL 3** Intercultural
Communication, GUC 200,
12-1pm (interactive)

MIX IT UP Game Night,
Stonelodge, 6pm Free Food!

**WED.
APRIL 4** Tunnel of Oppression, Banquet Halls 1-4pm
Free t-shirts!

**THURS.
APRIL 5** Interfaith Communities,
GUC 200, 12-1pm

Tunnel of Oppression, Banquet
halls, 5-8pm
Free t-shirts!!

**FRI.
APRIL 6** Supporting UNA LGBTQ Family, GUC
200, 12-1pm



WIN \$200

Take the pledge
& Find out more!

Attend events for a chance to win one of two \$100 Visa Gift Cards.

Internally Speaking

April is here and the end of the semester is approaching rapidly. I am sure everyone is excited to wrap up their hard work and begin basking in the sun! I have thoroughly enjoyed interning here at the Women's Center. This has been a fantastic opportunity that I will miss greatly next semester! April has many exciting events in store for us including the Tunnel of Oppression, Take Back the Night, These Hands Don't Hurt, and the International Brew. I hope that the rest of this semester treats you well and you will continue to work diligently towards your goals here at UNA.



Elaina

Coordinator's Notes

It's always with a little sadness that I write the final Coordinator's Notes of the academic year because I know in a few short weeks the campus will be emptying out, and it will seem like a ghost town here for the next three months. Our campus, though always beautiful, just isn't the same sans students.

But, for the time being, we are all still here and about to embark on one of our busiest Aprils ever! We start by participating in the Tunnel of Oppression (4/4/ & 4/5). The Women's Center is doing the room on sexism, and there are rooms on racism and disability as well. On April 10th we'll be observing Equal Pay Day – the day in 2018 that a woman must work until in order to catch up to what a man earned in 2017. In Alabama a woman only makes 74% of what a man is paid. And it's even worse for Latinas, Hispanics, and African Americans.

Take Back the Night will be on April 12th in the Amphitheatre. Our speaker will be Camille Bennet of Project Say Something, Dr. Brenna Wardell will be reading some of her fabulous poetry, and Dr. Carl Gebhardt will be leading us in a final meditation and candle lighting.

These Hands Don't Hurt takes place on April 17th & 18th in the GUC. In cases of domestic violence, the weapon most frequently named is hands. So we ask everyone to pledge their hands against violence by making a handprint on a huge banner. Please join us and with us pledge *your* hands against violence.

Finally, our last event of the year is the International Brew from 3:00 – 4:00 PM on April 26 when we partner with International Affairs to make a great party. We have all sorts of coffees: French press, Italian espresso, Turkish coffee, Vietnamese coffee, and more; numerous teas: Green tea, Irish tea, English tea, Chinese tea, and more. We also have international desserts such as baklava, Turkish delight, and halvah. The international students bring food and teas from their home countries, and we have free Henna tattoos. It's all at the Women's Center. Don't miss it!

One final note: If you find yourself in a large city, look for a place to eat called First Watch. They serve only breakfast and lunch, closing at 2:30 PM, and their food is wonderful! We've eaten with them in Cincinnati, Montgomery, and very recently in Nashville, and all three experiences were excellent. I had the Morning Market Veggie Omelet (no kale, please), stuffed with roasted vegetables and goat cheese, served soft, just as I ordered it, with whole grain toast and jam. Perfect! My husband had the Chiles Chorizo, but made with egg whites and no sour cream. His also came with the same toast and jam. Delicious! I had to add a little salt, but who doesn't when it comes to eggs? I highly recommend First Watch.

Emily