



The Center for *Women's Studies*

TO EDUCATE, SUPPORT, AND REACH OUT TO WOMEN ON
OUR CAMPUS IN THE CONTEXT OF A GLOBAL COMMUNITY.

***"I alone cannot change the world,
but I can cast a stone across the
waters to create many ripples." —
Mother Teresa***

February

2016

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What's Happening In February?

Mon., Feb. 1: Women's Center— Pre-show ticket sales open for *The Vagina Monologues* \$4.00 students, \$6.00 all others. (At the door-\$5.00 students, \$7.00 all others).

Tues., Feb. 2: 7:00 pm—Women's Center—Zeta Phi Beta Sorority Interviews.

Wed., Feb 3: 5:00-6:30pm—GUC Banquet Hall B—Belly Dancing Workshop (\$3.00 Donation).

Tues., Feb. 8-Wed., Feb. 10: 5:30pm—GUC Performance Center.—*The Vagina Monologues* Dress Rehearsal.

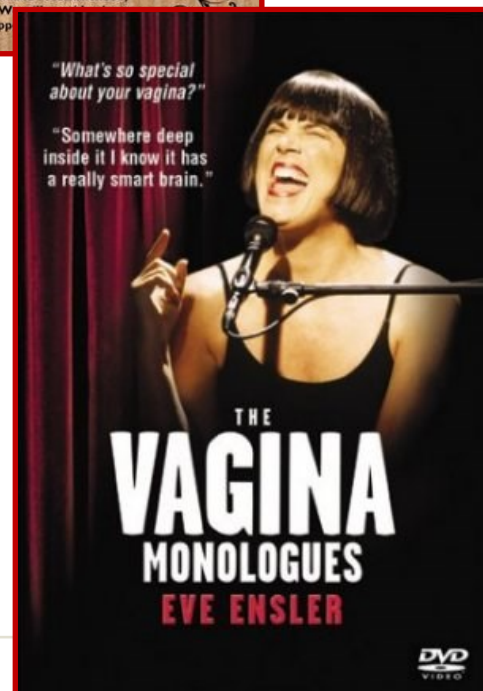
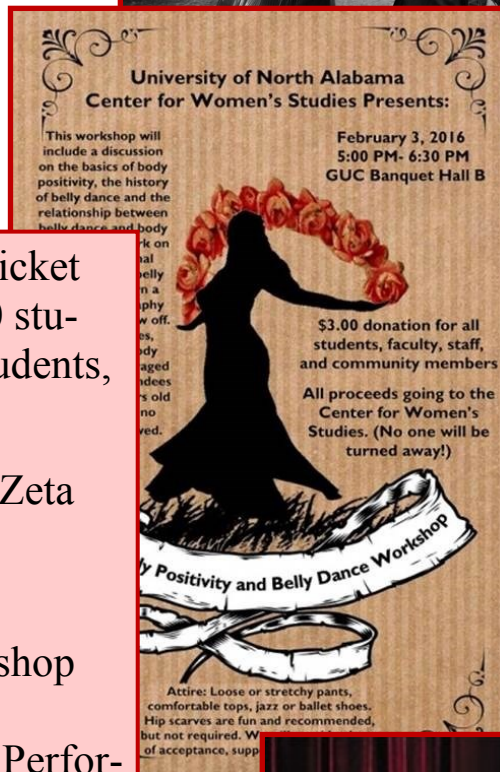
Thurs., Feb. 11: 7:30pm—GUC Performance Center—*The Vagina Monologues*.

Sun., Feb. 14: Happy Valentine's Day!!

Thurs., Feb. 18: 10:00-1:00pm—GUC Atrium, Jeans for Justice.

Fri., Feb 19: Winter Break

Mon.-Fri., Feb 22-26,-*Feel Good Naked Week*-see page 8 for all details.



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

Healthy Weight Awareness Month



Healthy Suggestions:

- ◇ Eat a big breakfast
- ◇ Have a fruit or vegetable snack
- ◇ Eat a light, filling lunch
- ◇ Perform high-intensity exercise for at least 30 minutes
- ◇ Eat a light, protein-filled dinner
- ◇ Drink 64 ounces of water throughout the day
- ◇ Use the stairs instead of the elevator or escalator
- ◇ Get at least eight hours of sleep

Simple Substitutions:

- ◇ Applesauce instead of oil, butter or sugar in recipes
- ◇ Nonfat Greek Yogurt instead of Mayo or Sour Cream
- ◇ Mashed cauliflower instead of mashed potatoes
- ◇ Pita instead of bread
- ◇ Pureed fruit instead of syrup

Popular Health Apps:

- ◇ eaTipster
- ◇ Eat Slower
- ◇ My Fitness Pal
- ◇ Fooducate
- ◇ iCookbook Diabetic

How often do we reach for the potato chips instead of an apple when we need an afternoon snack? Shouldn't we go for a jog instead of watching Netflix when we're bored? It is important to our health that we maintain a healthy lifestyle. Keeping a healthy weight reduces the risk of cardiovascular disease, diabetes, stroke, and high blood pressure. Small actions everyday can really make a difference. Exercise, drink plenty of water and try to balance the calories you consume with the calories you actually use. The dieting industry is booming with promises of quick solutions, but these methods often restrict the intake of actual nutrients. Don't let anyone fool you! The key to maintaining a healthy weight is living a healthy life.

Source: www.hsph.harvard.edu/nutritionsource/healthy-weight/



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Time Management



One of the most stressful parts of being a college student is managing your time effectively. With tests, quizzes, essays, and homework that never ends, it's important to try to find time management practices that work for you. Here are a few easy tips.

- ⇒ **Get a calendar.** I cannot stress this enough. Having a visual representation of your schedule makes it so much easier to plan. Make sure you keep ONE calendar. Having more than one creates more work in your already hectic schedule.
- ⇒ **Make a to-do list.** This helps keep your schedule in order and makes it easier to prioritize activities.
- ⇒ **Limit distractions when studying.** Turn your phone off or leave it in another room. Don't leave the television on.
- ⇒ **Give yourself time to relax.** It's important that you have time to breathe. The more relaxed you are, the easier it is for you to keep up with the other aspects of your life.



⇒ **Be flexible.** Things won't always go as planned. Make sure you can reschedule if necessary.

⇒ **Schedule breaks.** Give yourself a break to hang with friends or have a nice dinner. With all the studying, your brain needs a little relaxation time too.

⇒ **Don't take on too much.** It's okay to explain that you cannot give the proper commitment to an activity. Trying to do too much causes stress, and lowers your ability to focus on other tasks.

Good time management can directly affect your success in all aspects of your life. It helps with responsibility, teaches you to learn more efficiently, and prepares you for the job industry. These skills help you remain focused and on track for a successful future.

Source: <http://collegelife.about.com/od/academiclife/a/timemanagement.htm>

<http://totallyuniqueuniversity.com/5-important-benefits-of-time-management-important.html>



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**University of North Alabama
Center for Women's Studies Presents:
V-Day 2016 Performance of**

Eve Ensler's



**the vagina
monologues**

February 11, 2016, 7:00 PM

Doors open at 6:45 PM

GUC Performance Center

Tickets at the door: \$5 for students; \$7 for all others

Pre-performance ticket sales: \$4 for students; \$6 for all others

**All proceeds will benefit the
Center for Women's Studies.**

The Vagina Monologues

By: Robin King

The Vagina Monologues is an episodic play written by Eve Ensler in 1996 that chronicles the female experience in a male dominated world. Some of the topics discussed include; sex, love, rape, masturbation, orgasm, and female genital mutilation. One of Ensler's most prominent topics thorough out the play is the use of the vagina as an empowering tool that can help women reveal their individuality. A few examples include: *My Short Skirt*, *My Angry Vagina*, *The Flood*, *Over It*, *My Vagina Was My Village*, and *I Was There in the Room*. Every year Ensler adds a new monologue to the collection that discusses a current topic touching women around the world.

In 1998, Eve Ensler started a movement entitled V-Day, a global activist movement that moves to stop violence against women and girls. Each year from February 1 through April 30, worldwide performances of The Vaginal Monologues are held and donations are given to local Crisis Centers and shelters to help support victims of sexual assault.



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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**
 - **Special Events**
 - **Study Rooms**
- **Coffee & Conversation**



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FEEL GOOD NAKED WEEK

AS PART OF NATIONAL EATING DISORDERS AWARENESS WEEK

February 22-26, 2016

Join us for a BODY APPRECIATION week!

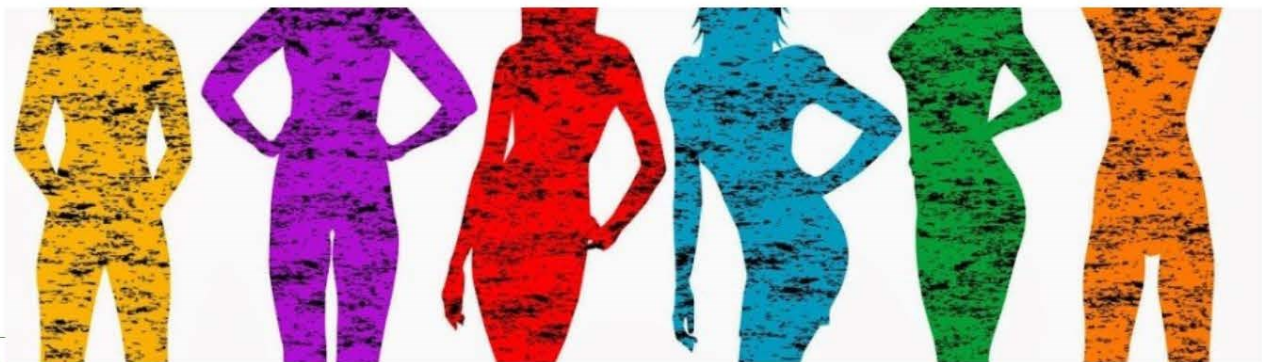
Monday— Buttons and Henna Party [FREE GIVEAWAYS](#)
GUC Atrium - 10 AM-1 PM

Tuesday - Tip Talks [FREE FOOD](#)
Stone Lodge Upper Level- 12-1PM

Wednesday- Tip Talks [FREE FOOD](#)
Stone Lodge-Upper Lev.- 12-1PM

Thursday - Scale Smashing [FREE GIVEAWAYS](#)
Amphitheater- 11 AM-1 PM

For more information, contact Emily Horn Kelley at 256-765-4380 or ekelley1@una.edu or Jennifer Berry at 256-765-5215 or jdberry1@una.edu



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Student Counseling Services

555 Oakview Circle; UNA Box 5192
P: 256.765.5215 counselingservices@una.edu

Internally Speaking

Hi everyone! I hope our new semester is treating you well. My name is Maggie Hiser and I'm interning at the Women's Center this semester. A few things to know about me: I'm 19, I'm a freshman, and this is my second semester at UNA. I am currently a Communications major, and I plan to be a speech pathologist. I love Mexican food, *American Horror Story*, and anything related to *Harry Potter*. I am so excited to work at the Women's Center because it has already connected me to some amazing people, and I really believe in the work they're doing on campus. If you haven't checked out the Center, I highly recommend you do so. We have some awesome events planned and February is a very exciting month at the Women's Center. I look forward to this experience and I hope everyone has a wonderful year!

Instagram: @maggie_alana

Twitter: @maggie_ahiser

@unawomenscenter

—*Maggie*

Coordinator's Notes

February is a very full month for us at the Women's Center. We begin the month with a belly dancing workshop on Wed., Feb. 3rd, taught by none other than our own Dr. Yaschica Williams, Chair of Sociology, and Melissa Parker, one of our own UNA students.

A week later, on Thursday, Feb 11, the Center is producing Eve Ensler's world-famous play, *The Vagina Monologues*. We have a whole new cast of students this year and a few faculty and staff members in encore performances. Tickets purchased at the door are \$5 for students and \$7 for all others, but if you purchase them ahead at the Women's Center, they are \$4 for students and \$6 for all others. The cast has been working diligently, and I think this will be the best performance of the *Vagina Monologues* in a long time.

From there we go right into *Jeans for Justice* on Feb. 18th on which day we'll be set up in the GUC (10AM – 1PM) collecting \$1 or more from everyone to be donated to the Shoals Crisis Center (formerly Rape Response), and we will wear jeans in honor of the woman in Italy who ultimately lost her rape case simply because she was wearing jeans.

Finally, the last week in February is devoted to *Feel Good Naked Week*, coinciding with National Eating Disorders Week. These will be several days of activities and talks aimed at helping all of us feel comfortable in our own skins, whatever our size may be, all the while paying attention to healthy eating and exercise guidelines. On Monday we'll give out *Feel Good Naked* buttons and do free henna tattoos in the GUC (10 AM – 1PM). Tues. & Wed. are what we are dubbing Tip Talks in the Stone Lodge, upper level (12PM – 1PM – bring your lunch)- very brief bytes of information on eating, exercise, portions, nutrition etc. Tuesday's talks will be repeated on Wednesday. Thursday will be the week's culmination as we smash scales in the Amphitheater! (11AM – 1PM) If you remember last year, bad weather forced us to reschedule this event until the late spring, but hopefully we'll get to do it at the right time this year.

That's about everything for the month; I'll be looking to see your smiling faces at some of these events!

Emily



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