

The Center for *Women's Studies*

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

***"Nothing can dim the light that
shines from within." -Maya Angelou***

Welcome Back!



**The Center
for Women's
Studies**

663 N. Wood Ave.
Florence, AL 35630
(256) 765-6198/4380
ekelley1@una.edu
Open Monday-Friday
8:00 a.m. to 4:00 p.m.

International Self Awareness Month

**"KNOW WHO YOU ARE
AND KNOW IT'S ENOUGH."**

ACHIEVING SELF-AWARENESS

"Knowing others is wisdom. Knowing yourself is Enlightenment." - Tao Tzu

Historically, it was thought that only humans, chimps and possibly dolphins were able to recognize themselves. However, after watching three elephants at the Bronx Zoo in New York handle themselves in front of an elephant-sized mirror, researchers discovered that the animals were actually primping and preening in front of their image, thereby displaying self-awareness traits.

Yet, self-awareness isn't only about how we look. Self-awareness is created when we think about who we are: our strengths and weaknesses, our motivations and personalities, our habits and values. This type of self-reflection doesn't come easily. Even when feedback is presented to us, we're not always receptive to it because our personal views of ourselves often override the views that other people have of us.

No one is more critical of us than the self-deprecating voice in our own heads. If anyone else talked to us the way we do ourselves, many of us would fight back, or walk away. Honest self-examination can improve our judgment and help identify opportunities for professional development and personal growth. All self-help, personal growth and development should be intended to create greater happiness in our lives. Unfortunately, for many, self-reflection is viewed as a way to look at what we are doing wrong and this is only one part of developing self-awareness.

Have you ever stubbed your toe, smashed your thumb with a hammer or hit your funny bone? Chances are that when this occurred you were highly aware of your toe or thumb and, for that moment, focused on little else. Pain and discomfort shouldn't be the only things that capture our attention.

Apply this same focus to creating self-awareness about what brings you joy, contentment and satisfaction.

When we want good, solid information, we turn to the experts. So, who are you going to turn to for information about yourself? Who's the expert? You! You live in your skin and mind 24 hours a day, 7 days a week, 52 weeks a year. Day in and day out. No one's closer to you than you! Self-awareness is invaluable. You cannot buy it, nor can anyone cultivate it for you. As you increase self awareness, you had better understand why you feel what you feel and behave as you behave. That gives you the opportunity and freedom to change those things you'd like to change about yourself and create the life you want. Fully knowing who you are will allow self acceptance and change to become possible.

Source: <http://dma.wi.gov/dma/shr/>



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What's Your Personality Type?

"If you want to know where your heart is, look to where your mind wanders."-
Anonymous

To become more self aware, understanding your personality is a great way to start. Myers-Briggs Type Indicator breaks down each personality type and explains the different traits that each brings to the table. For more information visit: <http://www.16personalities.com/free-personality-test>

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.



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RESOURCES

- Pride's Pantry of Personal Care Items
 - Library
 - Bottled Water
 - Lactation Room
 - Couches/Blankets
 - Computers
 - Events
 - Study Rooms
- Coffee & Conversation



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White Ribbon Days & Get Carded

When: September 21 & 22

10 a.m. - 1:30 p.m.

Where: GUC



**Show your support against
violence towards women
and learn the facts!**

September Events

Mon., Sept. 7	Labor Day-School Closed
Mon., Sept. 14	3:30 p.m. Women's Center-Meeting of The Women's & Gender Studies Association Guest speaker-Dr. Jacquie Osborne speaking on <i>Equality Now</i>
Mon. & Tues., Sept. 21 & 22	10 a.m. -1:30 p.m. GUC Atrium- White Ribbon Days
Tues., Sept. 29	7 p.m. <i>Pizza Rolls, Not Gender Roles</i> with Dr. Hunt & Dr. Paulk
Wed., Sept 30	11 a.m.- Bibb Graves Room 306-Ms. Stephanie Montgomery speaking on <i>Body Language and Gender Communication</i>

"Never bend your head. Hold it high. Look the world straight in the eye." -Helen Keller

Restaurant Review

by Emily Horn Kelley

The other day it hit me. Although I've reviewed several eating establishments in the Shoals, I've never written one about my very favorite place: *ICHIBAN*.



Ichiban has been in Sheffield for over five years, yet, unfortunately, it is still one of the Shoals best kept secrets. Those of you who are afraid of crossing the river need to strap on your adventure boots and trust the bridges. They *really are* safe! Once you've braved the rapids, don't be put off by *Ichiban's* low-key exterior. It doesn't look like a lot from the outside, but inside it's bright and cheery with a beautiful Sushi Bar hand- built by the owners. The décor is not elegant by any means, but it's nice, especially if you sit in the first dining room, the one you enter into. And whether your food comes from the Sushi Bar

or the hot kitchen, you can be assured that the flavor combinations will have your taste buds dancing on your tongue!

My husband and I dined rather late last Saturday night so the place wasn't too crowded, though we've been there when *Ichiban* has been absolutely packed. I started with the miso soup (\$1.95) which was a delicate dashi (broth mixed with miso paste) with generous amounts of tofu and wakame floating in it. It was delicious and consistent with the taste and presentation it has every time I order it here. Tim began with the hot and sour soup (\$2.50), his favorite. It was piping hot and loaded with tofu, mushrooms, bamboo shoots, and scallions as well as red pepper and fresh ginger. Tim orders it every time we go, and he is never disappointed. He followed his soup with a typical ginger salad (\$1.95) comprised of crisp lettuce and ginger dressing, tangy but not overpoweringly sharp.

On to the main courses. pens. Although we always we frequently choose our no exception. Tim ordered serving of chicken, scal- peas, carrots, and zucchini with your choice of have been a little spicier you can always tell the place your order. One



Now this is where the magic really happens as if we should try something new, favorite items, and Saturday night was the Thai Curry (\$14.95) which is a huge hlop, and shrimp mixed with fresh snow ni, all in a spicy curry sauce, served steamed or fried rice. He said it could but that otherwise it was perfect. And waiter how hot you want it when you thing to note is that the staff is always

happy to bring you extra rice for this or any hot dish. All you have to do is ask. I ordered what I consider to be their best special sushi roll ever, the *Diamond Roll*. The *Diamond Roll* (\$12.95), exquisitely presented as you can see in the next picture, is comprised of avocado, shrimp tempura, asparagus, and snow crab, all- wrapped in a soy bean sheet and served with sweet sauce. I have tried almost all of *Ichiban's* special rolls,



and this is absolutely one of its very best. This roll titillates taste buds you didn't even know you had! At so many restaurants, you can order the same item at one visit and get served food that doesn't even resemble, in looks or taste, what you've been served at a previous visit. At *Ichiban* you can count on the consistency of every dish, every time you come. It always looks the same, and it always tastes the same. No one ever expected Picasso to paint the same picture twice! Yet we expect it of chefs on a daily basis, and at *Ichiban*, they truly deliver!

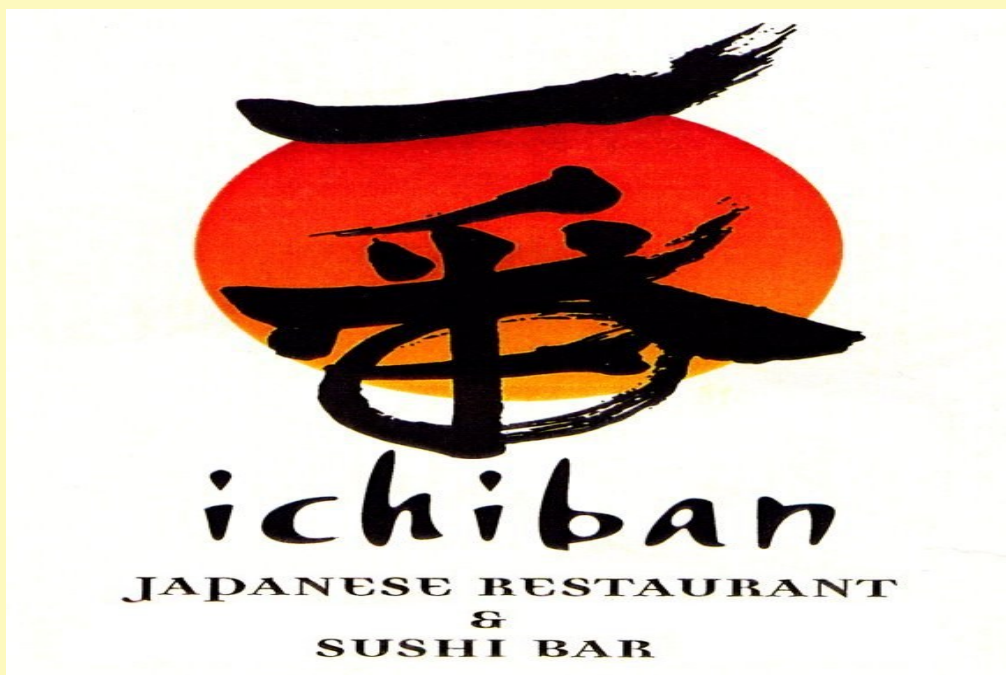
Of course there are numerous other special rolls at *Ichiban*, thirty-one of them to be exact. And there are additionally Hand Rolls, Deep Fried Rolls, and Spicy Rolls. There's Nigiri Sushi, and *Ichiban's* pieces are larger and fresher than any I've tried in the Shoals. And there is Sashimi. In fact, all of the sushi that we served at the Women's

Center's Sushi Social in August came from *Ichiban*! Don't be dismayed if you don't like sushi, if raw fish isn't what you crave, because *Ichiban* has much more to offer than raw foods. It serves numerous cooked items including several teriyaki entrees, katsu choices, tempura, and hibachi dinners, as well as Chinese and Thai dishes. It even has traditional Japanese Bento boxes. And I nearly forgot, they serve a delicate green tea that's bottomless ((\$1.95) as well as two ice cream treats and deep fried cheesecake that will send you to the moon. And, if it's your birthday, you get that for free! The only concern I've ever had is that the sushi items sometimes arrive at your table before the hot food does, and if that happens you find yourself with half the table served while the other half is waiting. Awkward! I wish they would hold the cold food and wait to bring it until the hot food is ready. But if that's the only negative comment I can find about the food in a restaurant, I know, from lots of experiences there, you're in for an exceptional treat!

Ichiban

Healthy Asian Cuisine and Sushi Bar
1207 S. Jackson Highway
Sheffield, AL 35660
(256) 389-9888
FAX: 256-389-9666

www.iloveichiban.com





Internally Speaking

Hey everybody! My name is Kelsey Graham and I'm the intern this fall at the Women's Center. This is my third year at UNA and I'm a junior. My major is Interdisciplinary Studies with a focus in Social and Behavioral Sciences. Usually when I tell people what my major is they just nod their head in a way that says, "that's cool in a way but really sounds weird and unnecessary...." It's actually just a fancy way of me saying I want to go into counseling. But anyway, some things to know about me are I love Zaxbys, Florence and the Machine, social media, and being by the river. McFarland Park is my favorite place to go in Flotown. I'm excited for this experience at the Women's Center because we have some great events planned for this semester and I also get to meet new people all of the time who stop by and see us. Actually, last time I went to Rice Box, my fortune cookie read, "Human Rights: Know them. Demand them. Defend them." This couldn't have been more appropriate for this time with the Women's Center because I believe that is our purpose here. I hope everyone has a great year!

Kelsey

Coordinators Notes

Well, I presume you've heard "Welcome back!" from just about everyone by now, but let me be no exception and wish you the same. The campus feels alive again with students everywhere, and the Women's Center is extremely busy, full of people every day.

We have several events for you this month. The Women's and Gender Association will meet on the second Monday, 9/14, at 3:30 PM instead of its usual first Monday meeting, since the first Monday is Labor Day. Our guest speaker will be Dr. Jacquie Osborne who will introduce us to Equality Now, an organization with which we plan to work for our community outreach project.

Unfortunately, due to circumstances beyond our control, we have had to cancel our annual Practical Skills Series class, *Car Talk*, with Bobby Nabors, which was to have been on Sept 18th. We hope to be able to reschedule it later in the year.

Monday and Tuesday, Sept. 21 and 22 are White Ribbon Days. We'll be in the GUC Atrium, 10 AM – 1:30 PM, giving people white ribbons as a sign of their pledges against violence toward women. We'll also be handing out Get Carded cards which are the size of a business card and small enough to slip into your wallet. On it are suggestions for reducing the risk of sexual assault, a list of what to do if you are sexually assaulted, and tips for men in case they know someone who has been sexually assaulted.

Finally, on Sept 30, at 11 AM in Bibb-Graves, Rm 306, Ms. Stephanie Montgomery will be speaking on Body Language and Gender Communication.

We have a lot of events already on the calendar for this semester, so I hope you will make plans to be part of several of them. Remember, the Women's Center is open and welcoming to women, men and LGBTQ. Come and enjoy our facility and all that we have to offer.

Emily



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