

“Where there is a woman there is magic.”

-Ntozake Shange



The Center for
WOMEN'S STUDIES

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



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

The Center for Women's Studies Newsletter

October 2016

October Calendar

10/4 – 10:00-1:00 PM – GUC– Purple Ribbon Day

10/5 - 11:00 AM – Women’s Center– Speaker. Jerri Ragland, Safe Place

10/7 – Fall Break

10/11 – 10:00—1:00 PM– GUC-Breast Cancer Honor Tree

10/12—4:00 PM—Women’s Center— Feminist Book Club Meeting

10/20—4:00 PM— Women’s Center— Meeting of *I Am That Girl*

10/24—10:00-1:00 PM— GUC– *The Clothesline Project*

10/24—4:00 PM— Women’s Center- Women’s and Gender Studies Meeting

10/26—11:00 AM—Women’s Center- Speaker, Shoals Crisis Center Exec. Director, Samantha Belville

10/27—6:00 PM—Amphitheatre—*Take Back the Night*

10/31—4:00 PM— Women’s Center— Halloween Party



Restaurant Review.....	3
Social Media Information.....	4
Purple Ribbon Day.....	5
Breast Cancer Honor Tree.....	6
The Clothesline Project.....	7
Take Back the Night.....	8
Halloween Party.....	9
Women in History.....	10
Student Poetry.....	11-13
Resources.....	14
Internally Speaking.....	15
Coordinator’s Notes.....	16



**The Center
for Women's
Studies**

Restaurant Review

"When *Nabeel's Imported Foods & Café* was opened by Ottavia and John Krontiras, it was because they believed very strongly that there should be a place in America for a neighborhood café and shop like the ones they grew up with in Europe....Ottavia was born in Trieste in Northern Italy, and John is a native of Patras in Southern Greece. John and Octavia realized that there was a need for a family-oriented place where their children and yours would be welcome."

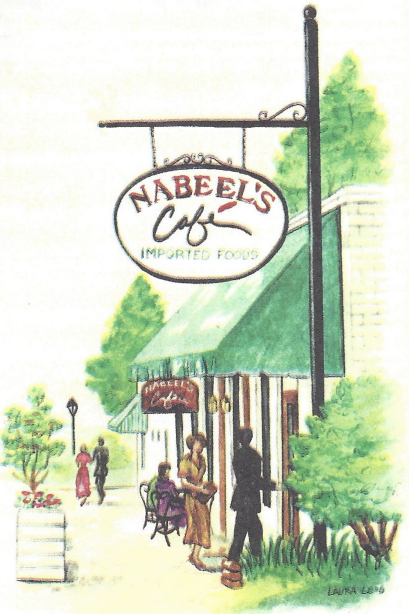
And it is family oriented, but you can also get away there for a cozy and romantic dinner for two on any evening. Originally established in 1972, *Nabeel's* has stood the test of time, lasting now forty-four years, and showing no signs of slowing down! Its three different dining rooms, separated by a few steps each, sport slightly different but compatible decors. The food market connected to one of the dining rooms is a great boon to those of us who strive to cook internationally. Here one can also purchase some of the foods produced in the restaurant.

My husband and I have been coming here for over ten years, so we've fallen into the rut of order-

ing our very favorite dish almost every time: the *Gyro plate*. To quote the menu, it's "slices of freshly cut gyro [roasted lamb] with our homemade tzatziki [sauce made of yogurt, cucumbers, garlic, salt, olive oil, dill, and lemon juice], tomatoes, onions, and Feta cheese. Comes with your choice of Greek fried potatoes or rice." We *always* choose the Greek fries! The meat is succulent with juices dripping, the tomatoes ripe, the onions sweet, the tzatziki just pungent enough for the meat, and the feta at room

temperature is exactly as cheese should be served. The Greek fries are perfectly seasoned. It's a meal with which I can find no fault.

TAKEOUT MENU



Nabeel's®

Café and Market
Homewood, Alabama

Café Hours: Monday - Wednesday 11:00am - 8:00 pm
Thursday - Saturday 11:00 am - 9:30 pm
Market Hours: Monday - Saturday 8:30 am - 6:00 pm

205-879-9292 • fax 205-879-9291
e-mail nabeels@nabeels.com

PHONE AHEAD FOR QUICK TAKEOUT

Before we fell into our rut of perfection we *did* try other items. I can personally vouch for the Spanakopita, the Pastitsio, and the Moussaka. Yes, they could up their game on the presentations to be sure, but that can easily be overlooked when the food is so good. I should also mention the Camel Rider sandwich which the "Alabama Dept. of Tourism" recommends as one of the "100 dishes to eat in Alabama before you die." *Nabeel's* also serves a full complement of appetizers, soups, salads, and desserts.

We don't usually order dessert, but the last time we went we succumbed to our collective sweet tooth and shared the chocolate gelato. "Shared" does not do this masterpiece justice! Devoured is more accurate! We would have licked the plate clean if we could have. It was a perfect sphere of chocolate gelato with a zabayone cream center, surrounded by caramelized hazelnuts and dusted with cocoa powder, sitting on a bed of dribbled chocolate sauce. I wished

we had each ordered one of our own!

Nabeel's is not to be missed; sitting quietly in the middle of Homewood, it's easy to understand why this paragon of flavor has lasted for generations. Come for lunch; come for dinner, but come. Bring your children. Buy something delectable in the market. Enjoy the total experience; you won't be disappointed!

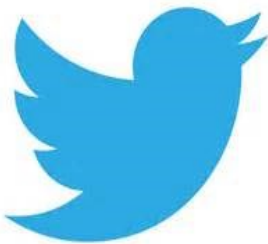
—Emily



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



UNA Women's Center



@UNAWomenCenter



@unawomenscenter



PURPLE RIBBON DAY

October 4th 10:00-1:00 PM at the GUC

TAKE A STAND AGAINST DOMESTIC VIOLENCE



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Breast Cancer Honor Tree

October 11th
10 AM-1:00 PM
GUC



Honor someone you know who has
fought or is fighting breast cancer by
placing a pink ribbon on our tree.



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THE CLOTHESLINE PROJECT

October 24

GUC

10 AM-1:00 PM



Come decorate a shirt
with a message
against domestic
violence that will be
displayed at the
Amphitheatre



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STOP THE VIOLENCE!!

We assert that all human beings have the right to be free from violence, the right to be heard, and the right to reclaim those rights if they are violated.



Take Back the Night

Thursday October 27, 6:00 PM

Amphitheatre

Speak out against abuse and see that no one is alone!



The background of the poster features three pumpkins. On the left is a large green pumpkin with dark green, radiating lines drawn on its surface. In the foreground is a small orange pumpkin with dark orange lines and dots. On the right is a white pumpkin with intricate brown line art designs. The text is overlaid on this background.

Women's and Gender Studies Association

Halloween Costume Party

MONDAY OCTOBER 31ST, 4:00-5:30

CENTER FOR WOMEN'S STUDIES

FREE FOOD

Costume contest with prizes

Bobbing for apples

Henna tattoos

Astrology advisor

Photo booth

Made possible by student activity fee

Women in History



Ntozake Shange

1948– Living

Playwright and Author

Her published work includes:

*For Colored Girls Who Have
Considered Suicide/When the
Rainbow is Enuf*

*Ridin' the Moon in Texas:
World Paintings*

Three Pieces

Nappy Edges

*Natural Disasters and Other
Festive Occasions*

There are women we know today, women such as Harper Lee and Maya Angelou, who have made our bookshelves and lives better because of their written works. There are thousands of other amazing female authors, but one that you may not be so familiar with is Ntozake Shange. Ntozake Shange was born Paulette Williams and was raised into an upper middle-class family. Shange's father was an Air Force surgeon and her mother was a psychiatric social worker. Shange changed her name because she felt that the pseudo name fit her better.

Through her writing, she tells the stories and struggles of African Americans, especially females. Along with being a playwright and author, she is also a performer and director. In the past, the Center for Women's Studies has put on Shange's play *For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf*. We highlight Ntozake Shange because she makes a difference through her words and highlights important issues women face.

-Student Contributor Drake Vaccaro



Source: "Ntozake Shange" Poetry Foundation

Student Poetry

Homeless Mother

A park's bench on a cold night

My family forsaken me

My companion taken flight

But homeless mother may I come
visit you

Since I am your future child

Seven miscarriages later

And I'm not born in the wild

Love is soon to come later

Later, later, later

Constantly escaping police from
my bed

Otherwise known as the city park
bench

In and out of homes

Trying to escape a lonely world;
mindless trench

A thousand years cried with
beauty greater than the Mississippi
River

Seasons pass, months later

Later, later, later

Murky waters start to look clearer

A small temple enduring rushing
storms

Find's calm, in love's eye

Companion's home

She sees anxiety die

Worried life produces beautiful
life

Few words can accurately account
for this creation

Nature's knife

-Davorius Cantrell

Student Poetry

Do Not Tell Me What To Do

The pink is pushed on my new
body

On my birthday

And ribbons restrict my curls

For the first time

I am generalized

Maybe that is why I cry at you

Do not tell me what to do

I am five

I'm given plastic forms of my sex

To play and poke at

I'm banned from dump trucks or
plastic tools

Do not tell me what to do

When I turn ten

I see the boys I'm supposed to like

But they are rough and chase me

They have been taught too

Do not tell me what to do

Thirteen and I'm ashamed

My body is different from my peers

And the shiny magazines tell me

How to lose weight and how to get
a date

My body isn't mine, it's theirs to
use

Do not tell me what to do

Sixteen and I'm in pain

All my peers want to look the same

I nurse a broken heart

And drink and smoke in cars

To set myself apart

But we are all mirrored, it's
nothing new

Do not tell me what to do

Student Poetry

Nineteen and it's the real world
Full of frustration and wanting to be
heard

So I leap into love

What else is a girl to do

It's all I'm good for right?

Do not tell me what to do

Armed with my words, I'm unbro-
ken, ready for change

I'm my voice, I'm my body, I'm my
spirit, I'm my freedom

I'm as frail as steel and weak as iron

Do not tell me what to do

-Ashley Massey

Twenty -four and it's a new world

Love is in the past, I want success

But I'm met with catcalls and laughs

Am I just a piece of ass?

Politicians and religions dictate me

But it's my body, my mind, can't you
see?

Do you have a women-centered poem you would like to
contribute to the Center for Women's Studies Newsletter? Email
it to ekelley1@una.edu

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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Internally Speaking

Fall is my favorite time of year. I love walking to class and watching the leaves fall from the sky like golden confetti. It feels like there is magic in the air as the squirrels scamper about and the leaves change colors before your eyes. This month The Center for Women's Studies has a range of events planned including Purple Ribbon Day, the Breast Cancer Honor Tree, The Clothesline Project, and Take Back the Night. Through these programs, we hope to incite our own kind of change. We aim to raise awareness about important issues such as domestic violence, sexual assault, and other issues that predominately affect women. If we all come together to change the cycle of violence and end the shaming of survivors, the world will be a safer place for everyone. I hope to see you at some Women's Center events this month and I wish you all a magical October.

Fall Goals:

- Visit a pumpkin patch
- Have a scary movie marathon
- Limit my consumption of pumpkin spice lattes to one a week
- Go to a haunted house
- Resist the urge to purchase another Fall themed candle
- Carve a pumpkin

—Ashley

Email: amassey@una.edu



Coordinator's Notes

October is here again and with it comes my annual trek to the mountains of North Carolina where I spent last weekend. What a glorious time. Nights in the 40's and days not above the 70's. We rented a house on the banks of the Hiwassee River, and the sound of the water lulled us to sleep at night. We spent our days at the John Campbell Folk School's Fall Festival where hundreds of artists display their pieces besides paths in and out of the woods on the campus. Every year the Festival grows, and each year I think it's gotten as large as it can be, but the next year it's even bigger! Every year I return home with renewed energy, ready to fight the good fight!

This month the Women's Center is putting on lots of important events. Check the calendar page for the exact dates and times of these. We've got Purple Ribbon Day because October is Domestic Violence Awareness Month. We are also having the Breast Cancer Honor Tree because October is also Breast Cancer Awareness Month. Jerri Ragland, Prevention Education Coordinator from SafePlace, is speaking at the Women's Center as is Sam Belville, Executive Director of the Shoals Crisis Center. This month is also *The Clothesline Project* when we invite everyone to decorate a t-shirt with anti-domestic violence messages which will be hung around the Amphitheatre for *Take Back the Night*. At *Take Back the Night* we'll have a singer/guitarist, a spoken word poet, and one of our professors will present a non-denominational devotion and lead us in a candlelight moment of silence in honor of the victims of domestic violence.

I urge you to come to at least some of these events. If you come to college and only go to your classes, you are missing out on a huge part of the college experience. College is a time to expand your thinking, stretch your mind, broaden your perspectives, and move beyond your comfort zones. College provides you with exhibits, lectures, films, plays, events, and so many more ways in which to accomplish this. If you don't take advantage of at least some of these things, you're missing out on so much of what college and university has to offer! And going to some of these will renew you as well, and you, too, will be ready to fight the good fight!

—Emily