

“With the new day comes new
strengths and new thoughts”

Eleanor Roosevelt



The Center for
WOMEN'S STUDIES

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



**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

The Center for Women's Studies Newsletter

February 2018

Table of Contents

Social Media.....	3
Feel Good Naked Week.....	4
Time Management Month.....	5
Valentine's Day.....	6
Women in History.....	7
Women's Center Resources.....	8
Internally Speaking.....	9
Coordinator's Notes.....	10

February Calendar

Friday, February 2—Groundhog Day

Wednesday, February 14—Valentine's Day

Thursday, February 15— 7:00PM—Aquila Theatre presents
Shakespeare's "Hamlet" in Norton
Auditorium

Friday, February 16—Winter Break

Friday, February 23—8:30AM-4:00PM—Power up Women—
Rise and Roar! - Women's workshop held
at The Loft

Tues., Wed., & Thurs., Feb. 27, 28, & March 1— Feel Good
Naked Week!

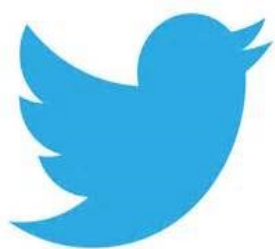
- Feb. 27—10:30AM—1:00PM—GUC—Free henna tattoos
and buttons
- Feb. 28—10:30AM—1:00PM—GUC—Selfies!
- March 1—10:30AM-1:00PM—GUC—Screenings and
Information Day



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



UNA Women's Center



@UNAWomenCenter



@unawomenscenter

FEEL GOOD NAKED WEEK

AS PART OF National Eating Disorders Awareness Week

February 26—March 2, 2018

Join us for a **BODY APPRECIATION** week!

Tuesday, Feb. 27- GUC 10:30 AM-1PM—
Free Henna tattoos and buttons

Wednesday, Feb. 28— Let's Get Real—Selfies!

Thursday, March 1— GUC—10:30AM-1:00PM—
Screenings and Information Day

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



The Women's Center

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

Student Counseling Services

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

Time Management Month

"Dost thou love life? Then do not squander time, for that is the stuff life is made of."

-Benjamin Franklin



Ways to Manage Time

1. *Begin with the most important tasks*

Start each day by identifying 2-3 of your most important tasks and complete those first.

2. *Avoid Procrastination*

Getting an early start will reduce your stress and allow for enough time to properly complete the task.

3. *Get Enough Rest*

You need 7-8 hours of sleep per night in order for your mind to function properly!

Time management is defined as the process of efficiently planning and organizing your time, so that all tasks may be completed within a specific time frame. Managing your time successfully not only enhances productivity, but will help to ease your worried mind.



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

Intern contribution: Elaina Murray

Sources: www.Creativitypost.com

Happy Valentine's Day!

February 14, 2018



*"Doubt thou the stars are fire,
Doubt that the sun doth move
Doubt truth to be a liar,
But never doubt I love"
-William Shakespeare*

Women In History

Junko Tabei

Junko Tabei is a Japanese mountain climber who is documented as the first female to reach the summit of Mount Everest on May 16, 1975. Tabei has been interested in mountain climbing practically her entire life. She trained for her climb at Mount Everest for several years by accomplishing other mountains in the Swiss Alps. She



was selected as one of the fifteen women in the climbing team for Mount

Everest, though hundreds applied. The climb was unbelievably challenging, but

Tabei completed it and her victory remains as the motivation for many others.

Student Contributor:

Leslie Fuller



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 Room**
 - . Coffee & Conversation**



663 N. Wood Ave.

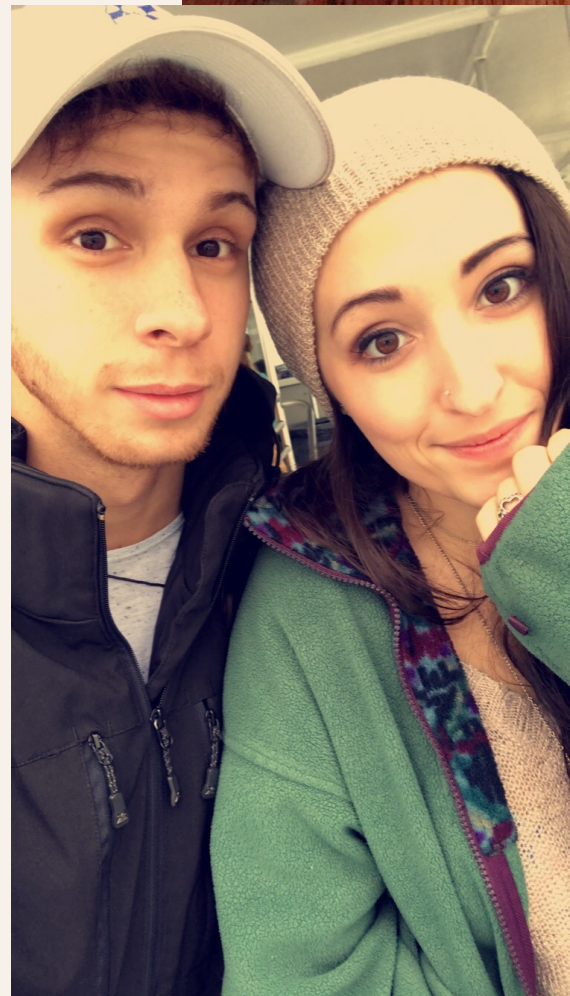
Florence, AL 35630 Open Monday-Friday
(256) 765-6198/4380 8:00 a.m. to 4:00 p.m.
ekelley1@una.edu

Internally Speaking

Hello, everyone! I'm Elaina Murray and I am so excited to announce that I have been chosen to intern this spring semester at one of my favorite places on campus. The Women's Center has become a great place for me to get engaged, print an assignment, or just hang out until it's time for my next class. After taking Introduction to Women's Studies last fall, I decided to make Women's Studies my minor alongside my major in Psychology, which is what initially sparked my interest for this wonderful opportunity.

I am 21 years old and this is my second semester as a junior at UNA. I am involved in the Psychology club here at UNA and I am hoping to soon begin research within the field with the guidance of my amazing professors. Outside of school, I work as a server a few days a week. I am in a nearly two-year relationship with the best guy out there. I am also a fully-functional cat lady and my baby boy Presley is pictured above for your enjoyment.

As you can see, this semester is pretty busy for me and I am sure I am not the only one with a full schedule. I am looking forward to the upcoming projects here that I have the opportunity to partake in! Stay tuned for more insightful words and fantastic events at the Women's Center! I wish you all a very happy spring semester here at UNA!



Coordinator's Notes

From time to time I think perhaps I over stress the need for a woman to protect herself legally, but then an event occurs that reminds me I'm not wrong. Take, for instance, the case of a friend of mine who passed away suddenly last week. We'll call her Susan, which was not her name, and her partner we'll call Frank, which also was not his name. In reading her obituary I discovered that although they had been together for thirty years, and although she used his last name, they had never married. Apparently, they also never took the steps necessary to protect Susan legally when it came to their house. Evidently Frank's grown children didn't like Susan, and what I learned this week is that at Frank's death a few years ago, his children told Susan to get out of the house, her house, her and Frank's house, to which she apparently had no legal claim. So she moved out, and that was that.

When you purchase a home with your husband or partner, make sure that both your names are on the deed. You have to make sure because often they only put the man's name on it. It's totally sexist, but that's the way it's often done. As with many things in today's world, one has to be vigilant to be sure things happen the way you want them to. It was too late to help Susan, but it's not too late for you!

As far as this month goes, we have several events planned, the key one being Power Up Women: Rise and Roar! A one-day women's workshop on campus in the Loft from 8:30 AM -4:00 PM on Friday, Feb 23. It's all about self-exploration, and will include topics such as assertive behavior and salary negotiations. Don't miss this one!

Finally, Happy Valentine's Day! May your life always envelope all the ones you love.

Emily