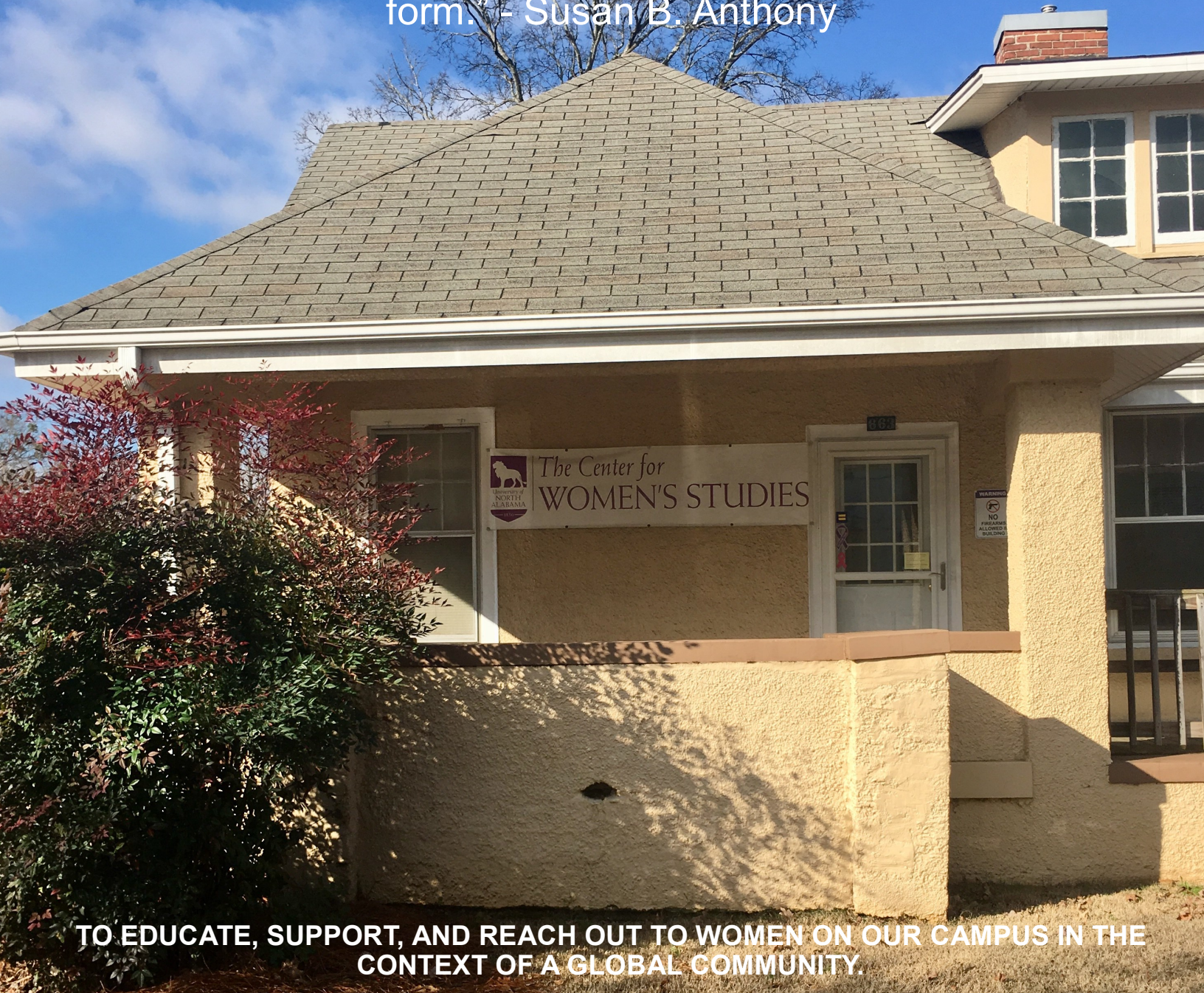


“Cautious, careful people, always casting about to preserve their reputations can never effect a reform.” - Susan B. Anthony



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

The Center for Women's Studies
January and February 2020

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January and February 2019 Calendar

Monday, January 20– MLK day. UNA closed.

Thursday, January 30– LUNAFEST– a festival of short films for women, by women, about women. (6:00 pm at Florence-Lauderdale Public Library)

Friday, February 12– Pay What You Can Fundraiser

Friday, February 13– *Women Aren’t Funny*, a sketch comedy about women’s issues. (7:00 pm at the GUC performance center)

Friday, February 14– Valentine’s Day

Friday, February 21– Winter Break! UNA closed.



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.

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Women in History

Veronica Tushnova



Veronica Tushnova was a Soviet poet and member of the Soviet Union of Writers. Tushnova graduated from high school where she had pursued advanced studies of foreign languages. After graduating, at the insistence of her strict father, who wanted her to be a doctor, she enrolled in the Leningrad Medical Institute where she studied for four years. She received her degree in medicine in 1936, but found little satisfaction in this profession. Around that time, she married a psychiatrist by the name of George Rozinsky, and together they had their first and her only child Natalia. She moved to Moscow and was admitted to Gorky Literary Institute in 1941, but neglected finishing due to the beginning of the war. She served in World War II as a medical assistant in military hospitals. Her first works of literature were printed in 1944, and she published several collections of poetry including *First Book* (1958) and *Hundred Hours of Happiness* (1965) where she writes about higher love and calls for true human relations among people. One of her most popular poems, *They Don't Renounce Loving*, was performed as a song by Alla Pugacheva. She also worked as a literary translator. In her final years she divorced and remarried, but was caught in an affair with poet Alexander Yashin, whom she truly loved but he refused to leave his family. Tushnova died in Moscow on July 7th, 1965.



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January was Get Organized month. Bonnie Smith, one of the Service Learners for the Women's Center, wrote this piece with helpful tips and tricks on how to do it your own way.

Organizational Tips

By Bonnie Smith

With the New Year and the new semester just having come, the desire to improve oneself is at its peak. But, as the beginning of February approaches, the urge to take an unexcused absence, neglect reading goals, or cancel that gym membership begins to arise. Never fear, there are simple tips and tricks to help anyone get through the more difficult parts of habit forming- keeping it up.

1. Anything worth doing is worth doing poorly. This is something that I am constantly reminding myself as I continue to venture out into becoming a happier and healthier adult. Even the happiest and healthiest have unfortunate days for their mental and physical health. However, doing a bad job at taking care of yourself is better than not doing it at all. For example, if your goal is to do thirty minutes of yoga every-day, but you feel incredibly bogged down or your body is achy, doing ten minutes of yoga is better than doing zero minutes and you will feel better having kept that promise to yourself. However, if you feel routinely overwhelmed by your goals, it is most likely time to reassess what you can handle.

2. Keep a planner, but do it in your own way. Agendas are lifesavers for those in a university setting. First, find a planner you like that fits your standards. I love planners with tabbed months, the full calendar month being before each week with the numbers already written in. I also prefer for my planners to have a folder in the front for small documents and stickers to mark important dates (and just a little pizzazz.) It's crucial that your agenda doesn't feel cumbersome to carry or is easily breakable, because it is a year long investment that you should keep on your person in order to keep track of all of your appointments. Generally, I split the days of each week down the middle, on the right side listing my goals. The following day, I'll list what I actually accomplished and maybe some fun things I enjoyed about the day prior. If I complete a goal, I do the usually don't accomplish a goal, I use a separate color to draw an arrow to drag the goal down. This process can also be highly indicative of your mental health. If you're seeing more arrows than check marks, then maybe you're feeling overworked and need to take a step back.

3. Make sure your goals. short term and long term, have definition. If there is something you want to achieve, deciding on the end product is only a small step of the process. It's important to not only set an end date for the goal you desire, but to be able to split it into three to five smaller steps. A goal is easier to accomplish with a plan ahead and instead of being overwhelmed with what will come next, the steps you've planned will make the resources needed to carry out this goal infinitely clearer. Plus, it is important to reward yourself for maintaining progress or completing a step. For example, if your goal is to read a book every week for a year, then it's much more conducive to reward yourself in some way for reading each night or completing all of your books that month, rather than waiting until the end of the year. Overall, the most important part of setting goals is to make sure not to overbook oneself and that these goals are attainable.

Slavery and Human Trafficking Awareness Month

by

Kristin Cooper

January is National Slavery and Human Trafficking Prevention month, and across the nation law enforcement and organizations are striving to research and eliminate these issues. While the national day was designated as January 11th in 2007, former president Barack Obama increased awareness in 2010 by declaring the month of January to be dedicated to observance of human trafficking and slavery. Instances of human trafficking have become more and more frequent, especially recently and hitting close to home, but despite the numbers and statistics, we can work together to prevent it and as bystanders take action against any suspicious activity.

- **Knowledge:** learn how human trafficking is happening and what it looks like by visiting www.dhs.gov/blue-campaign.
- **Get involved:** if you suspect anything suspicious, report it. You can also get involved with organizations that rehabilitate victims, volunteer with prevention services, or donate to the efforts to eliminate human trafficking by reaching out to your local and state service organizations.
- **Reach out:** if you or anyone you know have experienced these forms of violence, you can call 1-888-373-7888, as well as visit the Women's Center for resources and support.



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LUNA FEST



**January 30th at 6pm at the
Florence Lauderdale Public Library
Free of Charge**



Resources Available at The Women's Center:

- . Pride's Pantry of Personal Care Items**
- . Library**
- . Bottled Water**
- . Lactation Room**
- . Couches & Blankets**
- . Computers**
- . Free Printing**
- . Events**
- . Study Room**
- . Coffee & Conversation**



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Internally Speaking

By

Kristin Cooper

Welcome back to campus! I hope that everyone had a safe and at least somewhat restful break. This time of year is always an adjustment with making our resolutions, setting goals, and getting back into a groove with classes and our busy schedules. However, I hope everyone is having a great start to 2020 and I send all of the good vibes, mojo, and what have you for the upcoming semester! First, I would like to introduce myself! My name is Kristin Cooper, and I am a senior Sociology and Family Studies student here at UNA. Some random facts about me include my love for dogs, music, and cooking/baking, so if you are ever in just ask me about my dog and you are sure to have a wholesome conversation! This is also my final semester (May is SO close!) Towards the end of fall semester, I was given the opportunity to intern here at the Women's Center in the spring after taking Intro to Women's Studies (a wonderful class!) and I am so grateful, as I was actively searching for an internship. I am excited to see both new and familiar faces, and gain new experiences while putting in my time here. My freshman year I, thankfully, had some upperclassmen as friends that let me know from the start about the Women's Center and would invite me to events. Most people that do know about the Women's Center are aware that we offer free printing, but did you also know that we have free bottled water, coffee, snacks, our own library, a lactation room, study rooms, and also house Pride's Pantry if you are in need of personal care items? Some of my favorite events sponsored by the Women's Center include the sushi social in the fall and Take Back the Night in the spring. Here we will be highlighting all of our events this spring both on and off campus, as well as other news. We have an open-door policy, so whether you need a snack, to vent, study, or just some quiet time, our door is always open!

I hope to see you and wish you all a successful semester!

- Kristin Cooper

"Women Aren't Funny"

By

Bonnie Smith

For its Theatre Feature, the Center for Women's Studies is diverting from its usual choice of *The Vagina Monologues* by Eve Ensler and doing an original one act play written by a student.

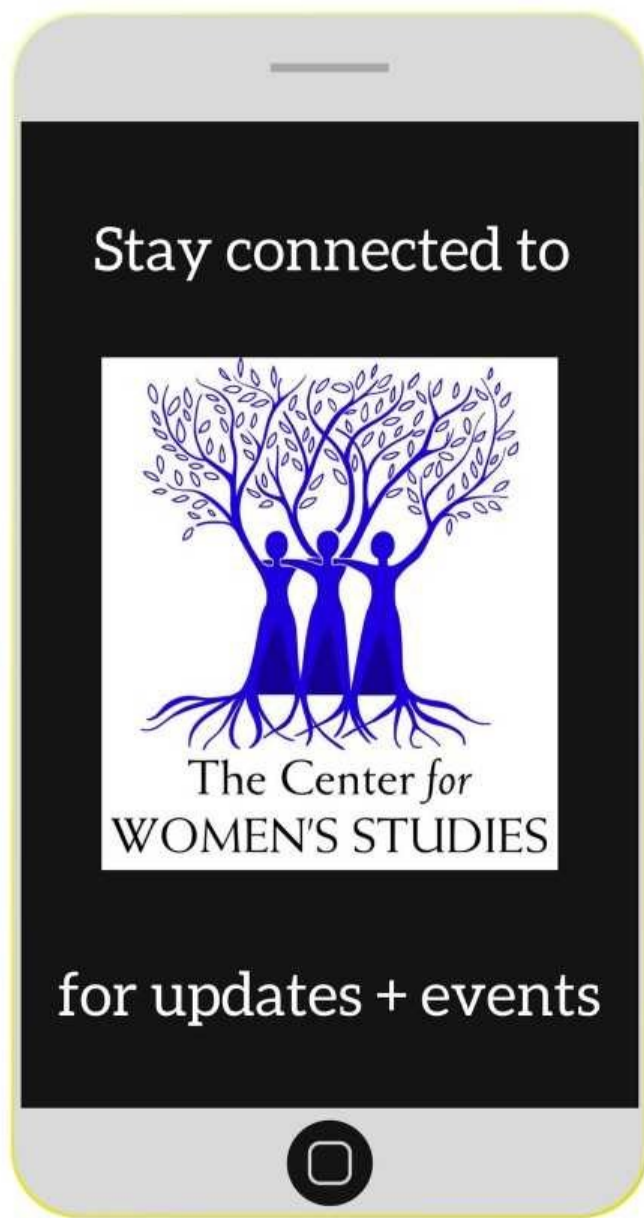
Women Aren't Funny is a series of sketches in the style of *Saturday Night Live* or *Second City* about several women's and men's issues under the patriarchy, including but not limited to sexual harassment in the work place, toxic masculinity limiting male expressionism, and the threat of rape on college campuses.

However, students who have read the show say these subjects are not only broached well but with great comedic taste, with titles such as: 'Skeevy Steve', 'Fairy Vibrator Mother', and 'Feminist Superheroes'.

Maizie Snider, a Women's Studies student on campus says "I feel the play does a good job actually addressing the issues at hand, but also made me laugh really hard."

There will be two performances in the GUC Performance Center: February 12th (Pay What You Can for fundraising purposes) and February 13th with a \$5 general admission charge. If one cannot attend these performances, there is a gofundme available on the Center for Women's Studies Facebook page, wherein one can donate to fund the production. Those who donate more than \$5 also receive free tickets to either performance evening.

Ninety percent of proceeds will go to the Center for Women's Studies, while ten percent will go to a local women's shelter. The Theatre Feature is the largest fundraiser for the Center for Women's Studies, so we are hoping for an enthusiastic turnout. We are excited to see you there!



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