

“I learned a long time ago the wisest thing
I can do is be on my own side, be an
advocate for myself and others like me.”
-Maya Angelou



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

September 2016

Sushi Snapshot

On Monday, August 22 a swarm of voracious sushi eaters descended upon the Women's Center, appetites ablazing, as the UNA's Center for Women's Studies hosted its second annual Sushi Social. The purpose of the event was to welcome everyone back to school, and to acquaint new students with the Center and all it has to offer them. It was easy to see that it people loved the sushi as they returned for seconds and thirds, plates piled high with shrimp tempura rolls, snow crab rolls, teriyaki chicken rolls, cucumber rolls, and California rolls. It was a terrific assortment, and the conversation flowed along with the food! All available seats were occupied as was all the floor space, and just getting in the front door of the Center proved an enormous challenge.

Unlike last year, this year there was plenty of sushi to last throughout the entire party. Once again, all the sushi came from *Ichiban* in Sheffield. Center Coordinator, Emily Horn Kelley, said, "We buy the best sushi in the Shoals, and that comes from *Ichiban's!*" She went on to say, "I'm delighted that so many new students came out for the social! We accomplished our goal, and it looks as if everybody had a great time!"



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What's Happening this Month?

September Calendar

9/8 – 4:00 PM – Women's Center –
Meeting of I Am That Girl.

9/14 - 5:00 PM – Women's Center-
Meeting of Feminist Book Club.

9/19 & 9/20 – 10:00 AM– 1:30 PM
– GUC Atrium – White Ribbon
Days.

9/21 – 11:00 AM – Women's
Center- Speaker, Shoals Crisis
Center Exec. Director, Samantha
Belville.

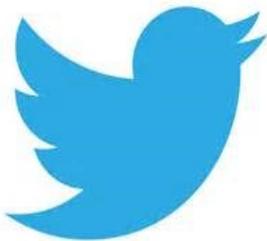
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Stay connected to the UNA Center for Women's Studies by following us on social media:



UNA Women's Center



@UNAWomenCenter



@unawomenscenter



**When: September 19 & 20
10:00 a.m.—1:30 p.m.
Where: GUC**

Wearing a white ribbon is a personal pledge never to commit, condone, or remain silent about violence toward women.

Self Awareness Month

“When I discover who I am, I’ll be free.”

-Ralph Ellison

Self awareness is about putting oneself as the center of attention and becoming aware of one’s feelings and behaviors. Self awareness can be broken down into two types: public self awareness and private self awareness. Public self awareness is being aware of how others perceive you. This type of awareness often causes people to conform to social norms. Private self awareness is when you see yourself in a mirror, or the feeling you get in your stomach when you forget to study for an exam. When a person is overly self-aware, they are described as being self-conscious. Being self-conscious can be good and bad; self-conscious people tend to be more aware of their feelings and values, but they also may have increased stress levels. People who are publicly self-aware tend to care more about how others perceive them. They often think people may be judging them on their looks or behaviors. Having a healthy balance of public and private self awareness is essential in becoming the best and healthiest version of your true self.

Source:

[verywell.com/what-is-self-awareness-2795023](https://www.verywell.com/what-is-self-awareness-2795023)



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To All the Girls Who Don't Feel Pretty

Alexandria Feldman

I wake up in the morning (not necessarily feeling like P Diddy) because my simplistic makeup is still on from the night before because I never really found the time or need for makeup remover, there's not much on anyways. My hair is in its usual ponytail and since I have no motivation to blow dry my hair after my shower it seems I'll leave it to the Gods to make my hair look decent once it's dried. I feel confident walking out of the door, I didn't even feel like wearing makeup today, and I feel good.

Then you see girls. Real girls. Their eyelashes go on for miles, their cheeks are a perfect pink, plumped lips, and their legs look so smooth! I may be a girl that wears a dress once a year for a nice dinner and tries once a week to actually look pretty, but that does not mean I don't want to look effortlessly decent every day. For years I



have convinced myself that it's something that they just have and I don't. Their hair is less coarse, their eyes are just prettier, their bod-

ies are better fitted for dresses, blah blah blah. But to my unwanted surprise, everything I am jealous of in these girls is possible for me to obtain, but there's one more road block, how?! I buy these blushes, mascaras, three different

foundations, skin cream, even a contour kit! As I look at all these products with a very empty wallet my question now is, what do I do with all this?!

It takes me two hours, two hours! I exfoliated my legs and arms, I made my face look like I painted tribal paint on it until I smeared it all together to make it look like my cheek bones were higher



than they really are. I plucked my eyebrows, put three different mascaras on, I tried on five dresses and took fifteen minutes just to see what color eyeshadow I should use. This was hard work.

The final moment came where I could see the outcome in a well lit full length mirror. Maybe I'll see Emma Watson looking back at me, maybe an Emma Stone, heck maybe even a Kardashian with all the shit I had on my face and body. I hesitantly opened my eyes and I saw... me.

Disappointment overwhelmed me. All this work and I still look like myself? I thought the point was to completely alter my look so that guys could drool all over how great my eyes looked and how my cheek bones were pink and high up and how my legs were so smooth they went on for miles under this summer dress. So that's it? I'm just going to be this plain girl unless I want to work two hours a day, every day, just to look decently above average? Then it hit me. Yes, that

is what I have to do.

Walking down the streets and noticing all these girls with such great outfits, hair, makeup, accessories and all I can do is stare and hate because why can't I be like that? Why can't it be so effortless for me to be pretty? It's because it's not effortless for anybody. We are all beautiful but with the invention of all these girly products it's now so commonly used it's a norm and a competition. Just because all these girls put two hours of effort in every day to look like these barbie dolls does not mean I have right to hate and look over the fact that they did work for their perfect appearance. Instead, I must praise them for doing what it takes to look so beautiful, and to just work it.



So, for all you girls that feel like me, pretty but yet not enough to compete with many other girls around you, you are far from alone. For all the girls who have hundreds of dollars worth of makeup with not one clue on how to actually use it correctly, or those girls who have tons of clothes and yet don't know how to make more than three decent outfits, it's okay. Instead of judging, caring too much, staring down girls, and straight up giving up, just remember that you do not need to be that barbie doll to be perfect and if you want to, it does take work and I'm sure if you ask a barbie herself to help you out, she'll love to. No matter what skin you're in, just work it, that's the prettiest makeup you could put on.



Blog Source:

thoughtcatalog.com/alexandria-feldman/

“In a society that profits from your self doubt, liking yourself is a rebellious act.”

-Caroline Caldwell

Women in History



Gwendolyn Brooks

1917– 2000

Poet and Teacher

Her published work includes:

Children Coming Home

Blacks

Martha Maud

To Disembark

In the Mecca

A Street in Bronzeville

Annie Allen

The Bean Eaters

Gwendolyn Elizabeth Brooks was born in Topeka, Kansas on June 7, 1917. Throughout her early life, Brooks saw and was affected by racial prejudice, which would influence her writing later on in life. Brooks graduated from Wilson Junior College. Her writing career started at a young age when she was published in a children's magazine at age thirteen. By the time she was sixteen, she published seventy-five poems. Brooks wrote more than twenty books of poetry. In 1985, Brooks was appointed as consultant in poetry to the Library of Congress, now known as Poet Laureate. She was the first African American woman to obtain this. She was also Poet Laureate for the state of Illinois in 1968. Brooks received many awards including a National Endowment for the Arts Award, The Shelley Memorial Award, the Frost Medal, American Academy of Arts and Letters Award, and fellowships from the Academy of American Poets and the Guggenheim Foundation. Brooks was also the first African American to win the Pulitzer Prize for her book *Annie Allen*, published in 1949. Brooks later taught creative writing at universities including Columbia University and the University of Wisconsin.

-Graci Berryman, Student Contributor

Source: biography.com





MUSIC PLAYLIST

Get your head phones on and
start your day with some of
these empowering jams:

*Flawless – Beyoncé
*Q.U.E.E.N. – Janelle Monáe
*Just a Girl - No Doubt
Goddess – Banks
**No Scrubs – TLC
Rebel Girl – Bikini Kill
Dress – PJ Harvey
Sheezus - Lily Allen
L.E.S. Artistes - Santigold
Wonder Woman - Lion Babe
I Am Woman - Jordin Sparks
Sit Still, Look Pretty - Daya
Rise Up - Andra Day

Dog Days Are Over - Florence + the
Machine
Independent Women Part 1 -
Destiny's Child
**Run the World (Girls) - Beyoncé
Respect - Aretha Franklin
#1 Must Have - Sleater Kinney
Thank U - Alanis Morissette

* Contributed by Elayna L.

** Contributed by Anna L.

All others contributed by Ashley M.

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

Hello fellow students! I hope your semester is off to an amazing start. My name is Ashley Massey and I am the intern for the Women's Studies Department this Fall semester. I am a senior and this is my second year at UNA; I transferred from a community college near Nashville, TN. I am majoring in English Literature and double minoring in Women's Studies and Professional Writing. I am from Lawrenceburg, TN and live on a farm. I love animals of all kinds and have bottle-fed calves and taken care of other farm creatures all my life. When I transferred to UNA, I knew I wanted to be involved with the Women's Studies department, but I never dreamed I would get to be an intern! I am very excited to see what this semester holds for me and I look forward to making a positive impact with



my position. The Center for Women's Studies is like a second home to me and I encourage all of you to come by to check out all the resources offered, or maybe just to escape from the stress of starting a new semester. I wish you all a magical semester and I hope to see you at some Women's Center events!

—*Ashley*

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Coordinator's Notes

I love the peace and quiet of the summer sessions here on the UNA campus, although the campus somehow seems to be asleep. As a few students wander in in early August, it feels as if it begins to stretch and yawn. But when the dorms officially open and the vast majority of students, faculty, and staff return, the campus fully awakens! It's as if it begins to breathe and takes on a life of its own, with a pulse, a mind, and a purpose: to educate and broaden all these eager minds.

The Center for Women's Studies understands its role in this purpose and gladly takes on its share of the responsibility. We have several events this month: *Car Talk* on 9/14 will address basic car maintenance and buying a car, and the Feminist Book Club will meet later that day; *white ribbon days* will be on 9/19 and 9/20; and Sam Belville from Shoals Crisis Center (formerly Rape Response) will be speaking on 9/21. Wearing a white ribbon signifies a personal pledge never to commit, condone, nor remain silent about violence against women. The specifics and more details about these events can be found on the Calendar page of this Newsletter.

October follows right on the heels of September with Domestic Violence Awareness Week, and we have several more great events. So save up some energy and plan to come!

–Emily



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