

**“THE QUESTION ISN’T WHO’S GOING TO LET ME;
IT’S WHO’S GOING TO STOP ME.”**

-AYN RAND



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

March Newsletter



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

March Calendar

Mon., Feb. 27 – Thurs., March 2 – Feel Good Naked Week!

Fri., March 3 – Midterm

Mon., March 6 – 4:00 PM, Women’s Center - Women’s & Gender Studies Association Meeting

Wed., March 8 – 3:00 PM, GUC Loft, Reflections on the Women’s March Panel Discussion

Mon., March 13 – 10:00 AM – 1:00 PM, GUC—Premiere of Cat Eye, The Women’s Center sponsored Zine

Thurs., March 23— 10:00 AM-1:00 PM, GUC— Jeans for Justice

Sat., April 1—10:00 AM-1:00 PM, Downtown Florence — Bike Ride



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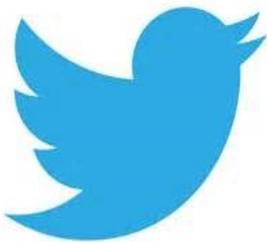
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UNA Women's Center



@UNAWomenCenter



@unawomenscenter

Listening Awareness Month ⁴

13 Ways to Become a Better Listener

By: Alyssa Gregory

Did you know that March is International Listening Awareness Month? And did you know that we are collectively very poor listeners? In fact, according to the International Listening Association, we only retain about half of what we hear immediately after we hear it, and only about 20% beyond that. Pretty bad, isn't it?

Despite the disappointing stats, though, listening is one of the most important parts of successful communication. Many times, I think we get caught up in the sound of our own voices and we forget to be quiet and hear what others are saying.

Imagine if we were all able to boost our ability to listen so we retained 75% of what we heard immediately after hearing it and 50% long term? The implications of this more effective listening would be phenomenal:

- We would spend less time trying to recall what we can't remember and become more productive.
- The quality of our work would improve because we would make fewer mistakes.
- We would likely get into fewer arguments.
- Our relationships would be stronger.
- We would have more empathy and compassion for others.

So in honor of International Listening Awareness Month, I've compiled a list of ways to become a more effective listener.

1. Stop talking.
2. Put yourself in the speaker's shoes so you get a deeper understanding of where they're coming from and what is driving them to say what they're saying.
3. Focus on using inviting body language, such as making eye contact, uncrossing your arms, and turning your shoulders so you're facing the person speaking.
4. Avoid thinking about what you're going to say next.
5. Create memory triggers to assist your recall.
6. Be open minded and avoid passing judgment on the speaker.
7. Stop doing other things — all other things — while someone is speaking to you.
8. Reschedule the conversation when possible if you can't remove the distractions.
9. Participate in active listening by encouraging the speaker with nods and affirmative words.
10. Take what is being said at face value and avoid focusing on the "hidden" meaning.
11. Don't interrupt.
12. Summarize and repeat what you heard when it's your turn to talk.
13. Ask for clarification to get a better understanding of what was said.

When it gets down to it, and when you take the busyness of life into consideration, listening is hard. But we all have the same struggles and the same opportunity for improvement.

I'm ready to tackle some of these tips in March, and will hopefully be able to form better habits when it comes to my ongoing ability to listen effectively.

What will you do to improve your own listening skills?



The 2017 Performance of the Vagina Monologues



After months of preparation, the 2017 performance of Eve Ensler's *The Vagina Monologues* was held on a cold Thursday night in the GUC Performance Center. The crowd was one of the biggest in recent years and audience members walked away with full hearts and sore cheeks from laughter. The monologues are based on interviews of women from various age demographics and cultural backgrounds.



The themes of the play range from surviving violence, moving past heartbreak and shame, and reclaiming feminine power. The performance featured UNA students as well faculty and staff members. Proceeds of the play were donated to the Center for Women's Studies.

This performance varied from past renditions since it featured the addition of a monologue about the Japanese Comfort Women of World War II. Cast members also utilized props this year to highlight key details in their pieces. At the beginning of the play, dancers Karlee Mauk and Rachel Williams went on pointe to form the illustration that is featured on the flyers and programs for the play. The song, "*The Future is Female*," by Madame Gandhi played in the background as the young women effortlessly moved on the stage.



The play was directed by Center for Women's Studies Coordinator Emily Horn Kelley and Women's Studies students Ashley Massey and Karlee Mauk.



Students Graci Berryman and Karlee Mauk were awarded the "Vagina Warrior Award" for their outstanding commitment to the show and to the Center for Women's Studies.

Thank you to everyone who came to see this year's performance and helped to make it happen. Your support for the celebration of women is deeply appreciated.



-Ashley Massey, Co-director of the Vagina Monologues and Senior Women's Studies student

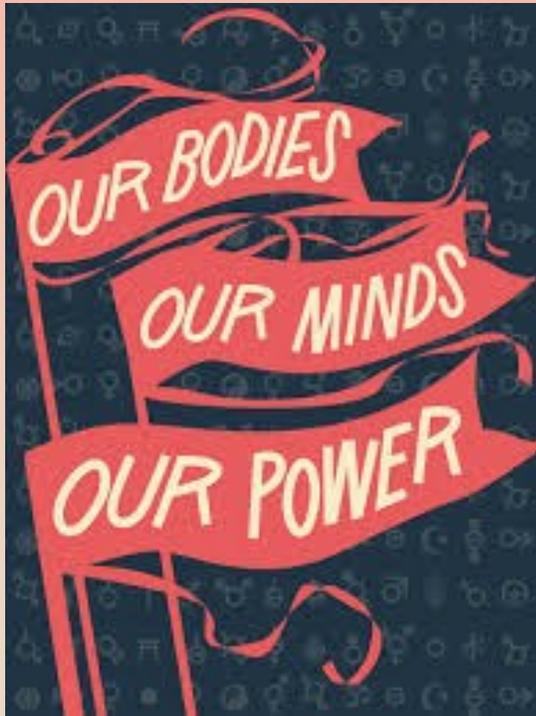
Photography by Chloe Allen

Reflections



on The Women's March

Join us on International Women's Day at 3:00 PM in the GUC Loft for a panel discussion on the Women's March on Washington.



Regina Colston – moderator

Panelists:

Jan Kradovil – went on Washington March

Ashley Massey – UNA student, Washington March

Annisha Borah – High school student, went on Birmingham Women's March



Baha'i Faith of the Shoals



The Center for Women's Studies

JEANS FOR JUSTICE

March 20-24, 2017

Wear Jeans.
Support Victims.
Fight for What's Right.

The Story

Jeans for Justice originated in 1999 when an Italian appeals court **judge overturned a rape conviction because the victim was wearing jeans** at the time of the rape. The judge said it was impossible to remove someone's jeans without that person's consent. Global protests erupted, and since then, **Jeans for Justice has spread across the world.**

How To Participate

Your employer or school can **choose to participate for one day (any day during March 20-24) or for the entire work week**, by filling out and mailing the enclosed form, by calling us at 256-765-0025, or by emailing director@shoalscrisiscenter.org. **Employees or students can give a \$2 donation to wear jeans one day or a \$5 donation to wear jeans the whole week.** Every participating employer or school will receive Jeans for Justice stickers, so you can show your support for victims of sexual assault. In fact, victims have told our agency that seeing people wearing Jeans for Justice stickers makes them feel supported by their community.

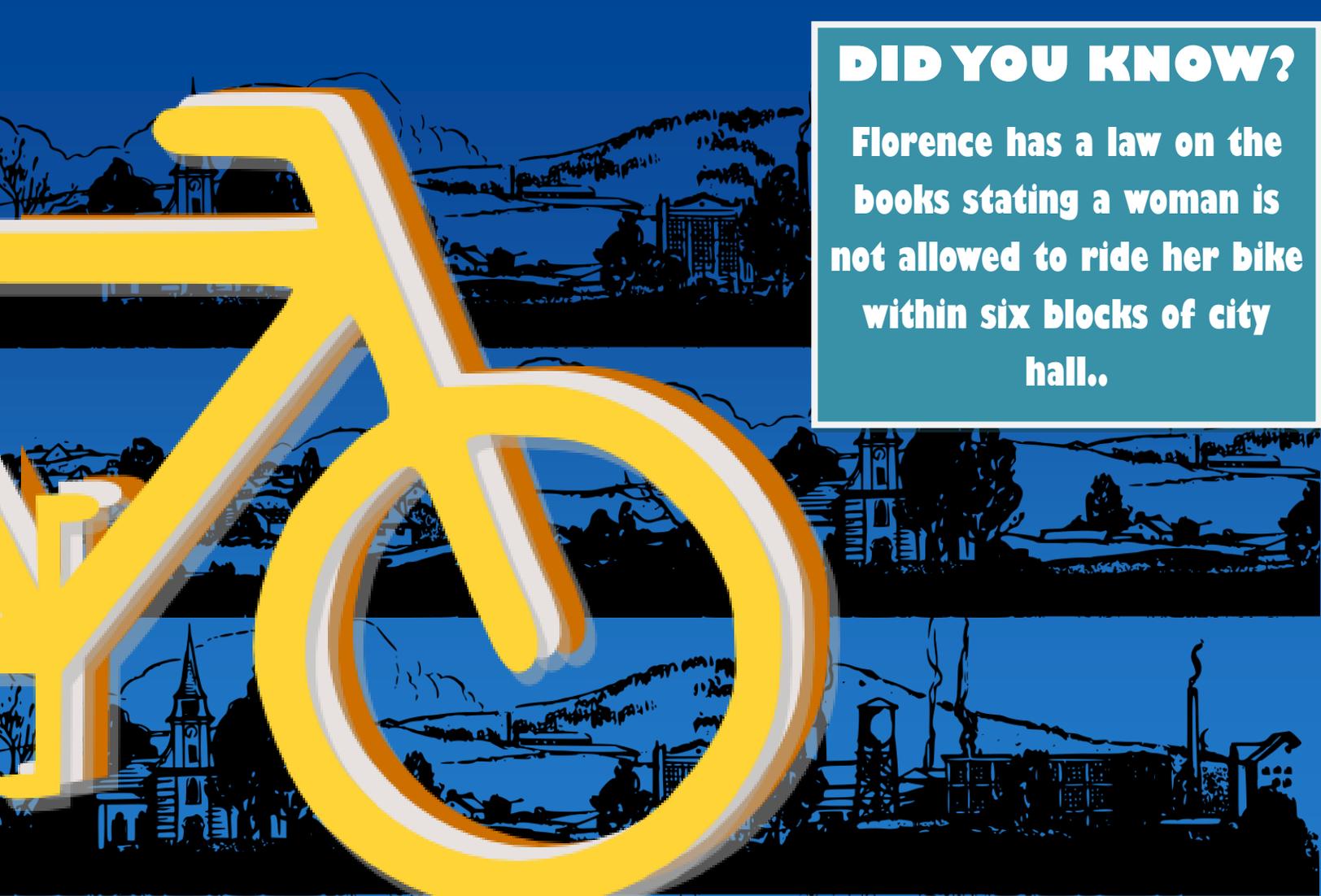
Where Does Your Donation Go?

Shoals Crisis Center has a 24-hour crisis phone line for sexual assault victims and offers free counseling with licensed professionals, as well as court accompaniment. Additionally, we provide safe and professional exams by a Sexual Assault Nurse Examiners in a private setting. Shoals Crisis Center also sponsors sexual assault prevention programs for students of all ages, as well as the general public.



256-765-0025

www.shoalscrisiscenter.org



DID YOU KNOW?

Florence has a law on the books stating a woman is not allowed to ride her bike within six blocks of city hall..

Join the UNA Center for Women's Studies on a Bike Ride through historic downtown Florence, ending at City Hall and immediately following the ride ___ will host two speakers on women's liberation through bicycles and the ethics of our legal system.

Bike Ride

**Saturday,
April 1**

Bikes can be rented on campus at the Outdoor Adventure Center for free with your Mane Card!

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**



663 N. Wood Ave.
Florence, AL 35630 Open Monday-Friday
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ekelley1@una.edu



Sapphire, born Ramona Lofton, is an African American author and poet born in 1950. She spent most of her childhood moving between army bases with her abusive father (Funk). She briefly attended college before dropping out to become more involved with a countercultural movement promoting more rights for individuals. During that time, she changed her name from Ramona Lofton to Sapphire. The name Sapphire represented a mix between the beautiful stone and the stereotype that was given to her as an African American. She began to develop her skills in writing and poetry which she would be using in the very near future (Pallardy 1).

Sapphire released three collections of poetry before she released her first novel, *Push*. In this novel, Sapphire addressed common issues that occurred in black communities. She used her novel to depict an illiterate African American woman rising from her circumstances to learn how to read and take advantage of the less fortunate situation she had been given. Despite being raped by her father, contracting an STD, and consequently giving birth to two sons, she managed to take hold of her life and live it to the best of her ability (Kokkola 392).

Sapphire was highly criticized for her blatant use of real life situations in these novels (Pallardy 1). Many instead saw her novel as a courageous description of the realities that are present in sexually abusive homes. Despite those claims, Sapphire invites readers of her works to celebrate how an individual can take the stereotypes and harsh conditions that they are given, and they can rise out of them and move on to greater things. She now lives in New York City where she is openly bisexual, and she stands firm to her beliefs (Funk).

Pallardy, Richard. "Sapphire." Encyclopedia Britannica (2014): Research Starters. Web . 28 Sep. 2016.

Kokkola, Lydia. "Learning to Read Politically: Narratives of Hope and Narratives of Despair in *Push* by Sapphire." *Cambridge Journal of Education* 43.3 (2013): 391-405. *Professional Development Collection*. Web. 28 Sep. 2016.

Funk, P. "How author created film character Precious through her own sexual abuse." *Evening Standard*, 13 Jan. 2010. Web. 5 Oct. 2016.

Internally Speaking

What a beautiful beginning to the year! I hope the new semester is treating you all well. My first month as an intern at the Women's Center has been nothing short of incredible. We were able to put on a fantastic show of the Vagina Monologues with the help of a phenomenal cast and crew. Looking forward, we have an incredibly exciting month of March this year! Not only will we be hosting the highly anticipated Feel Good Naked Week, but we will also be celebrating International Women's Day with a panel discussion on the Women's March on Washington as well as premiering our new publication, Cat Eye. The Cat Eye Zine will be the first of its kind on campus, and will be used to promote our work in outreach for women with an underground and edgy attitude. These events and projects give several opportunities to uplift the women in our own UNA community. I hope to see several of you in attendance at our events this month!

- Karlee Mauk

kmauk@una.edu

Coordinator's Notes

Well, we had a rousing *Feel Good Naked Week* with hundreds of participants! Thank you to everyone who joined in the numerous activities all week. Now it's on to March and April and all the programming we have planned. This month we have a panel on the Women's March on March 8, in honor of International Women's Day, at 3:00 PM in the GUC Loft. The discussion will center on where we go from here. On March 13th we're celebrating the publication of the premier issue of our new Zine, *Cat Eye*, in which we plan to bring you commentary on issues such as feminism in college, self-care, women's health, and more. We'll have a publication party in the GUC from 10:30 - 1:00, with refreshments. This year Jeans for Justice will be for an entire week, March 20 - 24. We will be collecting money all week, but will be in the GUC for one day only, March 23, from 10 - 1. This year we are asking people to donate \$2 ,if possible, but, of course, we will accept any donation you are able to give. All proceeds go to the Shoals Crisis Center (formerly Rape Response of the Shoals). Finally, the last week of the month is the highly anticipated Spring Break.

On Saturday, April 1st, the Women's Center is sponsoring a bike ride (horseback ride, walk, stroller push, etc.) to the Florence City Hall to focus on outdated laws still on the books. In particular, we are spotlighting Sec. 254 of the Florence 1901 City Code that says:

"Lewd women riding horseback or on bicycles through streets- Any woman of a notoriously lewd character who rides through the streets of the city within three blocks of the City Hall shall be guilty of a misdemeanor and upon conviction shall be fined not less than five nor more than fifty dollars."

We will all meet at City Hall at 10 AM for a speaker and words from a city councilwoman. Hope you all will join us! Happy spring!

Emily