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

“Where there is a woman there is magic.”
-Ntozake Shange
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

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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 ordering 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.

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

TAKE A STAND AGAINST DOMESTIC VIOLENCE
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.

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
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.

The Center for Women’s Studies
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Florence, AL 35630
(256) 765 - 6198/4380
ekelley1@una.edu

Hours of Operation:
Monday - Friday 8:00 a.m. - 4:00 p.m.
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!
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
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
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
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
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 unbroken, 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

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**

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.

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**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

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*Email: amassey@una.edu*
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