

University of
North Alabama

Women's Center

November 2007

November Calendar

Event/Holiday	Date
All Saints Day	1
All Souls' Day (Day of the Dead)	2
Election Day	6
Diwali (Hindu Festival of Lights)	9
Veterans Day	11
International Day of Tolerance	16
Thanksgiving	22

Quotes:

- "Social progress can be measured by the social position of the female sex." ~ Karl Marx
- "The emotional, sexual, and psychological stereotyping of females begins when the doctor says: It's a girl." ~ Shirley Chisholm
- "Education is what survives when what has been learned has been forgotten." ~ B. F. Skinner
- "Remember, Ginger Rogers did everything Fred Astaire did, but she did it backwards and in high heels." ~ Faith Whittlesey
- "If we have no peace, it is because we have forgotten that we belong to each other." ~ Mother Teresa
- "Remember no one can make you feel inferior without your consent." ~ Eleanor Roosevelt

A Happy November Means Being Aware

November brings Thanksgiving, which to us college students also means a break from school at the end of the month. Half a week out of school sounds so nice right now! But November is also National Diabetes Awareness Month, National Epilepsy Awareness Month, and National Adoption Awareness Month. In an effort to honor all of these, I have decided to give a brief discussion on all three.

Approximately 3 million people in the U.S. have been diagnosed with epilepsy. Epilepsy is often described as recurrent and unprovoked seizures in an individual. Failure to treat epilepsy increases the risk for a high number of seizures, brain injury, and death from injuries during a seizure. This disease primarily affects children, and older adults. Most commonly, this disease is treated with a daily drug issued by a health professional. Getting the correct dose is adequate in assuring less recurrence of seizures.

In the last 5 years, there has been an increase of epilepsy in older adults. This is greatly affected by the fact that our society is aging, as the "baby-boomers" age. The theme for this year's National Epilepsy Awareness Month is "Not another moment lost to seizures". The Epilepsy Foundation has teamed up with school based health educational programs to inform children, parents, and older adults of this condition and how it adversely affects individuals and those around them. By visiting the Epilepsy Foundation website online, you too can learn more about epilepsy.

Nate Huss, a promising contemporary Christian artist, is not ashamed to speak about his adoption story. He is speaking out publicly as a voice for November's National Adoption Awareness Month. He was adopted by an Arizona family who had also adopted seven kids, from seven different nationalities around the globe. Singers Faith Hill & Debbie Harry were both adopted and speak on adoption. Famous faces like Angelina Jolie, and Barbara Walters, have both adopted children. The National Adoption Awareness Month's theme this year is "Adopting children from foster homes". This theme was chosen mainly because, children over the age of 5 are less likely to be adopted than newborns and toddlers. For more information on adoptions and how you can get involved, visit any adoption organization online.

Now that you have been informed of all the great things happening in November, be sure to stop by the Women's Center anytime for help, information, or just a bright smile to warm your day. Come by our table for Preview Day in the GUC on November 10. But above all, whether you believe in Thanksgiving or not, take the time to reflect on all the great things you have, and the people you have in your life. Peace, Love, & Prosperity

-Tammy R.

Book Drive Results

The Women's Center held a book drive in September. It was a huge success. We collected around 500 books for people in need of reading materials. The books that we collected will be distributed among three organiza-

tions. We collected for the local Child Advocacy Center, Book Aid International, and Women's Prison Book Project.

The Center would like to thank everyone that came out and got involved. Your books

will be enjoyed by individuals that otherwise would not have had the opportunity to read such fine books. Again thank you for your generous donations to these organizations.

- K. McCord

Diabetes Awareness Month

Diabetes is a disease where the body does not produce, or properly use insulin. Insulin is a simple hormone in the body that is needed to convert sugar to energy that is needed to use daily. Although 7% of the population in the U.S. has diabetes, which makes up roughly around 20.8 million, the cause of the disease is still unknown. Medical professionals have concluded that environmental factors as well as genetics plays a big part in adult diabetes, and especially childhood diabetes. As of right now, there is no cure for diabetes.

There are two types, Type 1 & Type 2. Type 1 diabetes, which is commonly called childhood or juvenile diabetes. This means that the individual is insulin-shot dependent. Most likely he or she will have to take insulin shots to use glucose from meals. Type 2 diabetes is commonly found in women, but also in men. These individuals must take pills such as glucophage to balance their insulin. Gestational diabetes is one of the most common forms of diabetes among women. This simply means that women who are pregnant may become diabetic during their pregnancy. Often after

delivering the child, they stop being diabetic. Gestational diabetes occurs annually to 135, 000 women, which makes up around 4% of pregnant women in the U.S. Stars like Halle Berry and Oprah Winfrey have spoken publicly as supporters of the ADA about their diagnoses with diabetes. The American Diabetes Association is the best place to visit online and learn more about diabetes and how they are raising awareness across the globe.

- Tammy Rhodes



Monday Matinee at Women's Center

Good news: Women's Center hosted two successful events: Bake Sale and Bollywood Movie Screening. Our aim was to share knowledge of domestic violence internationally.

'Water' is set in 1938 when India was still under the British rule. It tells the story of seven year old Chuiya (Sarala) who is widowed and taken to a widow-house. There she befriends Shakuntala (Seema Biswas) and Kalyani (Lisa Ray), who teach her the ways of the ashram. All widows have shaved heads with Kalyani the only exception who is forced to work as a prostitute to earn money for the ashram. Kalyani meets Narayan through Chuiya and they fall in love. Narayan is ready to accept her as his wife in spite of the conservative society back then. Kalyani requites his love but kills herself as she has slept with Narayan's father. Seven year old Chuiya is made the next prostitute but is rescued by Shakuntala. She takes her to Narayan who leaves the city as he no

longer wishes to stay with his father.

The movie raises an important issue of seeing life through widow's eyes. More than anything else it tells us what not to do, and treat all women equally. The movie although depressing, was liked by most. It showed the history of India. We are glad India has improved since then and orthodox customs like Sati have been abolished. It takes one Shakuntala to break the norm that widows can't be remarried, and one Narayan to accept a widow as his wife.

The ladies at Women's Center wore dupattas (Indian sashes) and it was a wonderful cultural exchange. We also had Indian Biryani, Chatpati and Pakoras. It was fun! I thank everyone for coming and sharing their views. Please spread the view of non-violence and equality in the world.

~ Pratik Mamtora

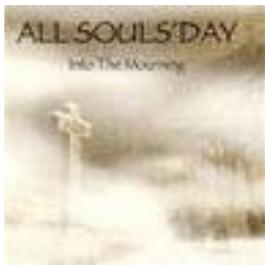
Feminist Cookbook and Bake Sale

The Women's Center held a very successful bake sale October 24. We made \$136.64. The theme of the bake sale was "Don't Assume We Don't Cook." Women's Center volunteers and workers baked items such as brownies, cookies, Indian flat-bread, "suffragist candy" peanut brittle, vagina chocolate lollipops, and the popular "don't assume my husband doesn't cook for me" fudge made by Dr. Lott's husband. The bake sale was held to raise money to create a Women's Center feminist cookbook. Once the cookbooks are complete, we will sell them and give all the proceeds to V-Day, a global organization dedicated to ending violence against all women. For more information about V-Day, go to www.vday.org.

our cookbook. We are taking any kind of recipe from anyone, men and women. We also hope to include international recipes. To submit a recipe, e-mail it to feministcookbook@gmail.com or stop by the Women's Center to pick up a form. Along with your recipe, we ask you to write 2 or 3 sentences on why you are a feminist, what feminism means to you, or what you are doing to make the world a better place for women. For more information contact the Women's Center at 765-4380 or e-mail feministcookbook@gmail.com.

-Compiled by Katie Smith

We are still taking recipe submissions for



Child Safety and Protection Month

November is Child Safety and Protection Month. This is a result of the Adam Walsh Child Safety and Protection Act of 2006. The basis of the act reads "To protect children from sexual exploitation and violent crime, to prevent child abuse and child pornography, to promote Internet safety, and to

honor the memory of Adam Walsh and other child crime victims."

This act requires sex offenders to register their homes and to notify if they change residence. As a stipulation of this act, sex offender information is available on the internet. The

Child Safety and Protection Act was a huge step in trying to secure the future of our children. Children in today's world have a little less to worry about with the passage of this act.

- Compiled by K. McCord



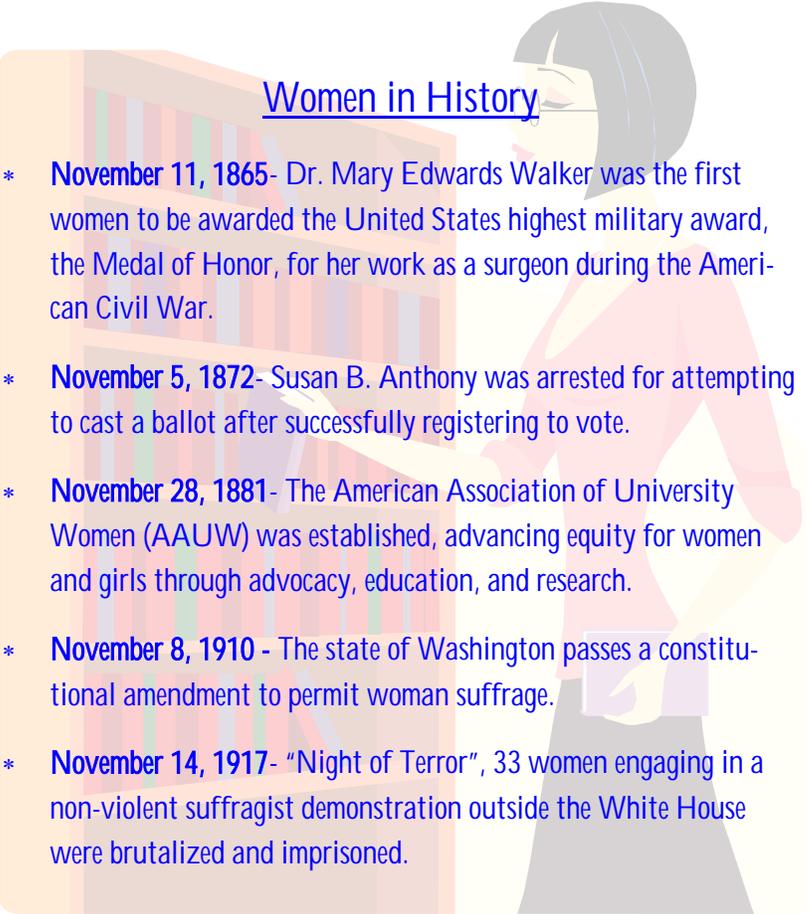
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Women in History

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- * **November 11, 1865**- Dr. Mary Edwards Walker was the first woman to be awarded the United States highest military award, the Medal of Honor, for her work as a surgeon during the American Civil War.
 - * **November 5, 1872**- Susan B. Anthony was arrested for attempting to cast a ballot after successfully registering to vote.
 - * **November 28, 1881**- The American Association of University Women (AAUW) was established, advancing equity for women and girls through advocacy, education, and research.
 - * **November 8, 1910** - The state of Washington passes a constitutional amendment to permit woman suffrage.
 - * **November 14, 1917**- "Night of Terror", 33 women engaging in a non-violent suffragist demonstration outside the White House were brutalized and imprisoned.

Personal Experience with Diabetes

In the fall of 2002 I was very sick. I was in and out of the doctor's office about every two week for several months. I had skin infections, I was losing my hair, I had lost forty-five pounds, and I had terrible muscle cramps. In December of 2002, two days before final exams, I was diagnosed with diabetes.

I remember not really knowing what diabetes was and being really scared. Luckily, I had some great educators who taught me what I needed to know about diabetes. It can be caused by many things: obesity, heredity, or viral infection are the most common. The symptoms include: drastic weight loss, severe thirst, frequent urination, hair loss, infections, and a few others. If you are demonstrating these symptoms, see your doctor immediately.

I get this a lot. One misconception is that diabetics cannot eat sweets. Diabetics can eat anything other people can eat, but the quote to live by is "everything in moderation". So, instead of a whole piece of cake, a diabetic will probably eat half or just a bite. Unless you see a diabetic friend eating an entire truck of bon-bons, leave him/her alone about it. He/she knows what he/she is doing and knows the risk they are taking.

Last I heard, 20 million people in the United States suffered from diabetes. Also, Alabama was the second leading state in diabetes, just behind Mississippi.

Having diabetes has changed my life, but in a good way. I have learned personal responsibility. I have a better understanding of how the body works. AND, I made A's on three of my exams when I got back to school!

- Scotty Rainwater