Sexual Assault Awareness Month
(excerpted from womenshealth.gov)

Sexual assault is defined as any type of sexual activity that you do not agree to. The assault can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention. Rape is the most common form of sexual assault and in many situations is committed on a date by a friend or acquaintance. If you or someone you know has been sexually assaulted there are some steps you can take right away after the assault. If you plan to report the assault you should not wash, comb, or clean any part of your body and if possible do not change clothes. You should go to the nearest hospital if possible. If you are afraid of going alone call a friend or family member you trust or you can also call a crisis center or hotline.

There are some steps you can take to lower your risk of assault. Some of these steps include:

- Be aware of your surroundings.
- Be assertive and don’t let anyone violate your space.
- Avoid walking or jogging alone especially at night.
- Walk with confidence, it makes you appear stronger.
- Lock doors and windows even if you are leaving for just for a few minutes.

If you or someone you know has been assaulted and you want to speak to someone Rape Response offers crisis counseling as well as many other services. To receive counseling you do not have to be a new victim and it can even be an anonymous session over the phone. Rape Response serves Lauderdale, Colbert, Lawrence, Franklin, and Marion counties. They offer services such as: crisis counseling, free HIV testing, hospital accompaniment, court accompaniment, survivor support group, and a S.A.N.E. center. To get in contact with someone from Rape Response you can call 256-767-1100 twenty-four hours a day.
**Upcoming Events**

April 4— Easter
April 8— Sexual Assault Victims in Recovery— talk by Selina Rachelle, Rape response.
April 15&16— “A Memory, A Monologue, A Rant, and a Prayer” Wesleyan Auditorium, 7:30 P.M., students $5.00 others $7.00.
April 20— Cancer Cap Sewing Group meets at 6:30 P.M.
April 22— Equal Pay Day— All day at the GUC— Wear Red to Support Women.
          One in Four— Women’s Center 12:30 P.M.
April 28— Autumn Brown, American Red Cross, to speak at the Women’s center about HIV. Time to be announced.
          Practical Skills Series— Basic Car Maintenance by Bobby Nabors. Details to be announced.

**Quotes**

- Never give up, for that is just the place and time that the tide will turn.
  - Harriet Beecher Stowe
- “Our lives begin to end the day we become silent about things that matter.”
  - Martin Luther King, Jr.
- “Our attitude toward life determines life’s attitude toward us.”
  - Earl Nightingale

**Women In History**

April 29, 1915— Founding of the Women’s International League of Peace and Freedom (WILPF)

April 6, 1917— Montana’s Jeanette Rankin, the first woman elected to US Congress, joined 55 colleagues to vote against declaration of war on Germany.

April 27, 1927— Birth of activist Coretta Scott King.

April 4, 1928— Birth of Maya Angelou, author, poet, actor, singer.

April 9, 1939— Marian Anderson sang at the Lincoln Memorial after the Daughters of the American Revolution refused her permission to sing at Constitutional Hall because of her race.

April 25, 1982— Women in Canberra, Australia laid a wreath for all women raped in wars.
Safeplace Wishlist

According to statistics, one in every four women experiences domestic violence at some point in her lifetime. Safeplace, the local shelter for women and children who have been made the victims of domestic violence, needs certain items depending on the season. The wishlist printed below is Safeplace’s spring list of needs. If you would like to show your support for ending domestic violence please donate any of the items on the list. Please bring them to the Women’s Center at 663 N. Wood Avenue, Florence. We will be collecting donations for the remainder of the semester and regularly giving them to Safeplace. Thank you so much for your continued support.

*Laundry Detergent  *Paper towels  Clorox
*Toilet tissue  Paper plates  Phone cards
Light Bulbs  Feminine Products  Bath towels
(40 & 60 watt)  Dish cloths  Dish towels
*Garbage bags  Diapers (4,5,6)  Pull– ups (boys and girls)
(tall kitchen & large)  Umbrellas  Can openers
Plastic drinking glasses

*items used alot

A Woman Who Changed the World

Gabrielle Chanel (1883-1971) opened her first boutique in 1913, when women still had not shaken the external vestiges of nineteenth-century restriction: the corsets, petticoats, and impossibly ruffly getups of the day’s fashion. Chanel, who had been making her own clothes for several years, virtually invented the concept of sportswear and developed a vision of uncomplicated female dress, the impact of which was unequaled by any designer of the twentieth century. She built a fashion empire on providing women with comfortable clothes, as well as her No. 5 perfume, still the best seller on the planet.

Cell Phone Drive

This semester the Women’s Center will continue to take old and unused cell phones. These phones will be donated to the Hopeline Program. This program will take the old cell phones and accessories and will refurbish or recycle them and then sell them. The proceeds from these phones will go to benefit domestic violence victims. Please donate your old cell phones in support of this wonderful cause.
Women, indigenous people, and all of humankind lost a great friend with the death of Wilma Mankiller last week. She succumbed to pancreatic cancer on April 6, 2010. As women, we feel a special bond for the causes she fought and won and for the heights she reached, among them being the first woman to be elected chief of the Cherokee Nation. As residents of the Shoals we have yet another connection, for this area was a stop on the Trail of Tears that drove the Cherokee people from their homelands to the Oklahoma reservations where Mankiller was living when she died.

I think the words that best express the emotions surrounding this terrible loss are the official words from the Cherokee Nation:

“Our person and national hearts are heavy with sorrow and sadness with the passing this morning of Wilma Mankiller,” said Chad Smith, principal chief of the Cherokee Nation. “We feel overwhelmed and lost when we realize she has left us but we should reflect on what legacy she leaves us. We are better people and a stronger tribal nation because of her example of Cherokee leadership, statesmanship, humility, grace, determination, and decisiveness. When we become disheartened, we will be inspired by remembering how Wilma proceeded undaunted through so many trials....Years ago, she and her husband Charlie Soap showed the world what Cherokee people can do...when they organized the self-help water line.... She said Cherokee... learned that it was their choice, their lives, their community, their future. Her gift to us is the lesson that our lives and future are for us to decide. We carry on that...legacy by teaching our children that lesson.”

~Emily~