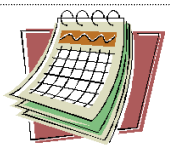
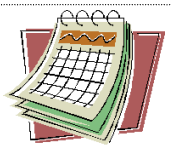
University of North Alabama

Women's Center

January/February 2010



Mark Your Calendar!



January– Cervical Cancer Awareness Month

We hope you enjoyed some of the events we had in January.

On January 26, Jeans for Justice. Supporters donated $1 and received a sticker to show their support. The money that is raised will be donated to Rape Response in order to help victims of sexual assault.

On January 27, Jenny Dawson, CRNP, from University Health Services, spoke in the Women's Center on the subject of cervical cancer. This type of cancer effects 11,150 women in the United States and results in about 3,640 deaths per year. She also discussed the vaccines and other protections against this cancer that are available.

February– Heart Health Awareness Month

February 5 is National Wear Red Day. On this day women around the country wear red to help raise awareness about heart disease. This disease is the number one killer of women in America.

February 9-11:00 A.M., The first event of the P.S. Series. Lelia Wissert, Regional Extension Agent of Northwest Alabama in Consumer Science and Personal Financial Management, will lead the workshop/seminar, Financial Fitness. In the workshop you will learn how to make a budget and how to follow it. Bring paper and writing implements. Call or email to reserve a space. Seating is limited. Location– The Women's Center. 765-6198 or 765-4380, ekelley1@una.edu.

February 11- 12:00 Noon, Kathy Connolly, director of Rape Response, will speak on Sexual Violence Against People with Disabilities. Location– The Women's Center.

February 12– 11:00A.M.-1:30P.M., V-Day celebration and white ribbon campaign. The ribbons are symbols of actively supporting the end of all violence against all women everywhere. Location– The Women's Center.

February 17, Jenny Dawson, CRNP, from University Health Services, will speak all about heart health. She was such a hit last month that she's back for a return engagement. Location– The Women's Center.

Quotes

- "The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work to become yourself."

  -Anna Quindlen

- "No one can make you feel inferior without your consent."

  -Eleanor Roosevelt

- "Although the world is full of suffering, it is full of the overcoming of it."

  - Helen Keller

Upcoming Events

January 13– Classes Resume

January 18– MLK Jr's Birthday

January 26- Jeans for Justice

January 27– Jenny Dawson speaks on cervical cancer.

January 28– 1 in 4 Program

January 28– Speaker from Rape Response

February 5– Wear Red for Heart Health

February 9– Financial Fitness with Lelia Wissert

February 11– Rape Response director Kathy Connolly speaks on violence against people with disabilities.

February 12– V-Day Celebration and White Ribbon Campaign

February 14– Valentine's Day

February 17– Jenny Dawson speaks on Heart Health.

February 18– Presidents' Day

February 23-25– Auditions for "A Memory, A Monologue, A Rant, and A Prayer," by Eve Ensler. Time and place to be announced.

February 25– 1 in 4 Program

Women In History

January

January 3, 1793– Lucretia Mott is born. Mott was a Quaker minister who, with the help of Elizabeth Cady Stanton, organized the first women's rights convention in Seneca Falls, New York in 1848.

January 25, 1851– Abolitionist and reformer Sojourner Truth addressed the first Black Women's Rights Convention in Akron, Ohio.

January 14, 1893– Queen Liliuokalani, the last reigning monarch of Hawaii, nullified the U.S. legislature and proclaimed a pro-Hawaiian constitution. This lead to her house arrest and dethronement.

January 12, 1932– Hattie Caray became the first woman elected to the U.S. Senate.

January 22, 1973– The U.S. Supreme Court legalized abortion in the Roe v. Wade decision.

February

February 28, 1797– Mary Lyon is born. Lyon was the founder of Mt. Holyoke Female Seminary which was the first female college.

February 3, 1821– Elizabeth Blackwell is born. Blackwell was the first certified woman doctor.

February 4, 1913– Rosa Parks is born. Parks is best known for her refusal to give up her seat on the bus just because she was black. This sparked the 1960s Civil Rights movement.

February 4, 1921– Betty Friedan is born. Friedan's book *The Feminine Mystique,* sparked trigger the third wave of feminism.

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.

January is Cervical Cancer Awareness Month

January is cervical cancer awareness month. Cervical cancer used to be the leading cause of death in women in the United States. Numbers have decreased due to early detection through a PAP test. This type of cancer is very rare in children and adolescents. There are many possible risk factors when it comes to cervical cancer. Some include: having the first episode of sexual intercourse at a young age, having sexual intercourse with multiple partners, and smoking. There are also many signs and symptoms but the biggest is any abnormal vaginal bleeding. The National Cancer Institute recommends that a woman begin her screening for this disease within 3 years of becoming sexually active. There is now a vaccine, Gardasil, that can help protect women from the HPV virus which is the cause of cervical cancer. For more information you can visit http://www.gardasil.com, http://www.google.com/health, and http://www.cancer.gov.

February is Heart Health Awareness Month

February is national heart health awareness month. It is a common misconception that heart disease is a man's disease. The truth is that heart disease is the number one killer of women. In fact, one woman dies every minute from a cardiovascular event. Many women do not even know that they are at risk for this disease. Some risk factors for this disease include: having a family history of coronary artery disease, having a previous heart attack or stroke, having high blood pressure, having diabetes, and smoking just to name a few. Statistics show that women can lower their risk 82% by living a healthy life style. The "Guidelines for Preventing Cardiovascular Disease in Women," recommends that women complete 60-90 minutes of moderate exercise most days of the week. There are some symptoms of heart problems that women can look for: pain in the shoulders, shortness of breath, fatigue, back pain, and burning in the chest area. If a you or anyone you know experience any of these symptoms see your doctor immediately. For more information about this disease you can visit http://www.healthcentral.com/heart-disease/women-heart-disease.html.

Women's Center

663 North Wood Ave.
Florence, AL 35632

Hours of Operation:
Monday - Friday; 8 a.m. – 4 p.m.
Phone: (256) 765—6198

UNIVERSITY OF NORTH ALABAMA

Where is the Women's Center?

If you do not know where the Women's Center is located, now is your chance to learn. The Women's Center is a small, tan house located on Wood Avenue. The Center is situated between the Willingham faculty parking lot and the big, purple University of North Alabama sign. It is located in front of Wesleyan Hall. It is also across the street from the BCM. The street address for the Women's Center is 663 North Wood Avenue.

If you still cannot locate the Center, please call (256) 765-6198 or (256) 765-4380 and someone here will gladly guide you to the Center.

Notes from the Coordinator

At the end of last semester we said good-bye and good luck to our graduating intern Jessica Clem Murray. As this semester began we happily welcomed our new intern Allison Heard. Allison is a Social Work major and Women's Studies' minor and is from Tennessee. Allison's family moved frequently while she was growing up giving her the opportunity to also live in Alabama, Alaska, Kansas, Germany, Texas, and Georgia. Allison is very active, loves soccer and cheerleading, and describes herself as "a huge football fan!" Allison is bringing some new projects to the Women's Center (e.g. Cancer Caps) and continuing with some already in place (e.g. The Hopeline Program Cell Phone Drive and The Safe Place Wish List). I know Allison will be a great asset to the Women's Center.

This month the Women's Center begins its new PS (Practical Skills) Series of talks, seminars, workshops, etc. The intent is to teach many of the so-called nonacademic skills students often feel they've missed learning but that they all recognize they need as soon as they're on their own. The first in this series is on February 9 titled Financial Fitness and is about making and following a personal budget. The speaker is Lelia Wissert, Regional Extension Agent of Northwest Alabama in Consumer Science and Personal Financial Management. Be sure to check Portal Announcements for further details and please let me know if there are any topics you'd especially like to be addressed in this series (765-4380; ekelley1@una.edu).

Please take good care of yourselves and try to get enough sleep. College students, especially women, often create poor sleep patterns in school that stay with them throughout their lives. Don't let this happen to you! And by the way; Happy Valentine's Day!