

**University of
North
Alabama**

Women's Center

**November &
December 2010**

HIV/AIDS AWARENESS

AIDS obliges people to think of sex as having, possibly, the direst consequences: suicide. Or murder. ~Susan Sontag

In the United States, over 600,000 reported cases of AIDS have been recorded since 1981 and it is believed that 900,000 Americans may be infected with HIV. Although development time varies from individual to individual, since 1992 scientists have estimated that roughly half of the people living with HIV will develop AIDS within 10 years of becoming infected. AIDS is growing most rapidly among minority populations, as well as women and injection drug users. According to the U.S. Centers for Disease Control and Prevention, the prevalence of AIDS is six times higher in African-Americans and three times higher among Hispanics than among whites.

Scientists believe that when the virus enters the body, HIV begins to disable the body's immune system by using the body's aggressive immune responses to the virus to infect, replicate, and kill immune system cells. Gradual deterioration of immune function and eventual destruction of lymphoid and immunologic organs is central to triggering the immunosuppression that leads to AIDS. AIDS is the final stage of HIV infection.

HIV infection most commonly occurs through sexual contact. However, the virus can also be spread through blood-to-blood contact. Studies have shown that HIV is not transmitted through casual contact such as touching or sharing towels, bedding, utensils, telephones, swimming pools, or toilet seats. Scientists have also found no evidence of transmission through kissing, sweat, tears [etc]. It does appear that persons already infected with a sexually transmitted disease are more susceptible to acquiring HIV during sex with an infected partner.

Practicing safe sex and avoiding high-risk behaviors are the keys to protecting yourself from HIV. This begins with understanding that there is a risk of transmission any time infected blood, semen, vaginal secretions, or breast milk are exchanged.

Safe sex always involves using a latex condom.

(All information obtained from HIV.com)

Quotes

- It's bad enough that people are dying of AIDS, but no one should die of ignorance.

-Elizabeth Taylor

- If you think you are too small to be effective, you have never been in bed with a mosquito.

-Betty Reese

- If you judge people, you have no time to love them.

-Mother Teresa

UPCOMING EVENTS

Tuesday, Nov. 2 4-8pm—Cancer Caps Meeting at the Women's Center

Wednesday, Nov. 3, 11:00 am—Ginger McNeil Stone and author of *as the sycamore grows* Jennie Miller Helderman will be speaking at the Center for Women's Studies

Wednesday, Nov. 10 11:00 am—Speaker from Rape Response will be at the Women's Center talking about PTSD

Tuesday, Nov. 16 10 am-4 pm—Bead for Life Party at the Women's Center

Wednesday, Nov. 17 1-7pm—Bead for Life Party at the Women's Center

Wednesday, Nov. 17 11:00 am—Rape Response will be showing the film *One in Four* at the Women's Center

Thursday, Nov. 18 4-8 pm—Cancer Caps Meeting at the Women's Center from

WOMEN IN HISTORY

November 11, 1744— Birth of Abigail Adams

November 7, 1893— Colorado became the third state after Wyoming to grant lasting woman suffrage.

November 12, 1815— Elizabeth Cady Stanton was born. She was a co-organizer of the first women's rights convention.

November 16, 1916— Margaret Sanger was arrested in New York for operating the first birth control clinic in the U.S.

November 14, 1917— "Night of Terror," when suffragists were imprisoned and brutalized after picketing the White House, demanding the right to vote.

December 1, 1955— Rosa Parks arrested in Montgomery, Alabama for refusing to give up her seat on a bus to a white man, sparking a successful bus boycott and the Civil Rights movement.

December 6— National Day of Remembrance and Action on Violence Against Women (Canada), in memory of the 1989 Montreal murder of 14 women in an anti-woman hate crime.

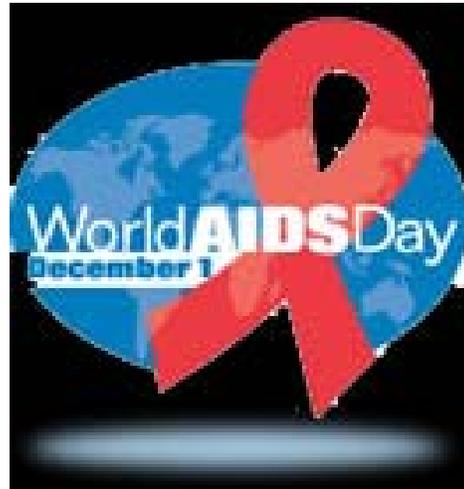
December 30, 1995— Two women were killed in Brookline, MA, in a series of anti-choice attacks on reproductive health clinics.

(sbvoices.com)

Dec. 1st is World AIDS Day

The World Health Organization established World AIDS Day in 1988. World AIDS Campaign is the leading international organization which plans and implements the observance.

(www.aids.gov)



SAFEPLACE WISHLIST

SafePlace is a local organization that provides many services to victims of domestic violence and sexual abuse. They provide hospital and legal advocacy, educational programs, and possibly most important a “safe place” for women and children who have been victims of domestic violence to stay. They are constantly in need of supplies to help their clients feel more at home. The list of needed supplies is continuously updated on their webpage (SafePlace.org). The following is a list of items they desperately need. If you are able, please pick up one or two of these items on your next grocery run and bring them by the Women’s Center. We always make sure that your donations get to the people that need them.

Umbrellas/Raingear

Gloves/Mittens

Disinfectant Spray

Hand Sanitizer

Paper Towels, Toilet Paper

Laundry Detergent

Cold/Sinus Medication

Wipes-Travel Packs

Multi-Colored Copy Paper (light blue)

Children’s Rewards (McDonald’s ArchCards, movie passes, hand-held games)

Diapers (Sizes 4, 5, & 6; Pull-Ups for Toddlers size 3T & 4T)**

Garbage Bags (13 gallon and 55 gallon)

Hair Brushes

Disposable Gloves

Bathroom Cleaner

Personal Care Items-Tampons, Deodorant

Batteries (AA, AA Lithium, AAA, 9V)

Chapstick

Gift Cards (gas, phone, groceries)



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
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Got Books?

The Women's Center is currently taking children's book donations for Handy Head Start and Safeplace. These organizations will see that all books donated will benefit local children. Any new or gently used children's books would be greatly appreciated. You can drop the books by the Women's Center anytime, Monday-Friday 8AM-3PM. For more information, please call Ellen Hinds at (256) 577-2574 or email her at emhinds@una.edu. Please support this wonderful cause!

NOTES FROM THE COORDINATOR

Although the daily temperatures may argue the point a bit, it seems as if Fall has finally arrived. Leaves fall, days grow shorter, and I smell wood smoke outdoors more often. Thanksgiving is but a whisper away, and as it approaches I usually like to reflect on the things for which and the people for whom I am grateful. In short, whatever I am thankful for that's in my life.

But this year is different. Last week Ginger McNeil Stone, the subject of Jennie Miller Helderman's book *as the sycamore grows* and the survivor of a horribly abusive marriage, spoke at the Women's Center. Because of her, I find I am thankful for all the things I have not had in my life.

Although my first marriage was very bad, I am grateful my first husband didn't keep a gun pointed at me all day, grateful I wasn't black and blue from his punches, grateful he never poured a pot of hot coffee over my head, and thankful, so thankful, that when I left I never had to go back to him.

When you reflect on the things for which you are thankful this year, maybe think about what you are thankful for not experiencing. It will really change your perspective. And where ever you are, whatever your tradition, I hope you have a happy, healthy, and safe Thanksgiving.
Emily

Bead for Life

BeadforLife eradicates extreme poverty by creating bridges of understanding between impoverished Africans and concerned world citizens. Ugandan women turn colorful recycled paper into beautiful beads. Women in Northern Uganda gather shea nuts and press into shea butter for cosmetics and soaps. And people who care open their hearts, homes and communities to buy and sell both products.

The beads and shea butter become income, food, medicine, school fees and hope. It is a small miracle that enriches us all.

The Women's Center will be hosting two Bead for Life parties in November. We will be selling jewelry as well as giving more information about this organization. All of the money from sales will be sent back to the women in Uganda who make the jewelry. These items make great holiday presents. Please come by and support this wonderful cause!



Cell Phone Drive

In addition to our book drive, we are also collecting cell phones and accessories for the HopeLine program. HopeLine® from Verizon collects no-longer-used wireless phones, batteries and accessories in any condition from any wireless service provider. The phones are then refurbished or recycled in an environmentally sound way. Refurbished phones, complete with 3,000 minutes of wireless service, are provided to local domestic violence organizations or local government and law enforcement agencies for use with their domestic violence clients. Since the launch of the cell phone recycling program, HopeLine® from Verizon has:

- Collected more than 7 million phones
- Awarded more than \$7.9 million in cash grants to domestic violence agencies and organizations throughout the country
- Distributed more than 90,000 phones with the equivalent of more than 300 million minutes of free wireless service to be used by victims of domestic violence

If you would have any cell phones or accessories that you would like to donate, please bring them to the women's center anytime, Monday-Friday 8AM-3PM. For more information, call Ellen Hinds at (256) 577-2574 or email her at emhinds@una.edu.

(*some information gathered from <http://aboutus.vzw.com/communityservice/hopeLine.html>)