

**University of
North
Alabama**

Women's Center

**October
2010**

Domestic Violence Awareness

According to the Domestic Violence Awareness Project website, domestic violence is best understood as a pattern of abusive behaviors -- including physical, sexual, and psychological attacks as well as economic coercion -- used by one intimate partner against another (adult or adolescent) to gain, maintain, or regain power and control in the relationship. Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. To help bring awareness to this issue, the Women's Center will be collecting items for SafePlace, the local shelter for women and children who are victims of domestic violence. If you would like to contribute, please bring any of the items from the list below to the Women's Center during the month of October. For information on other ways to support this cause, please visit the Domestic Violence Awareness Project website at <http://dvam.vawnet.org/>.

(All information obtained from www.dvam.vawnet.org)

Free Flu Kits

Flu season is here and the Women's Center is giving out free flu kits, while supplies last! These kits include items like cough drops, anti-bacterial wipes, face masks, and more. (Thanks to Bennett Infirmary for supplying some of these items).

Attached to the flu kit is a card detailing how to reduce your risk of sexual assault and what to do in the event you are sexually assaulted. There are tips for both men and women. Come by the Women's Center any day, Monday - Friday, during the hours of 9 AM - 3 PM, pick up your free flu kit, and get carded! You'll be glad you did!

Quotes

“The purpose of a woman's life is just the same as the purpose of a man's life: that she may make the best possible contribution to her generation.”

-Louise McKinney

“Think wrongly, if you please, but in all cases think for yourself.”

— *Doris Lessing*

Upcoming Events

Thursday, October 7 - 4-8 PM - Cancer Caps - Women's Center.

Friday, October 8— 11:00 AM - Women's Center - "Woman and Super Woman"- Camille Bennett.

Friday, October 15 - 2-4 PM - Women's Center - Writers' Workshop - for UNA employees.

Tuesday, October 19 - 2-4 PM - Women's Center - Cancer Caps.

Wednesday, October 20 - 11:00AM - Women's Center - Speaker from Rape Response.

Thursday, October 28 - 11:00 AM - Women's Center - Film "One in Four" will be shown.

Friday, October 29 - 2-4 PM - Women's Center: Writers' Workshop for UNA employees.

Friday, October 29 - 2-4 PM - Women's Center - Trick-or-Treat for the Children & Grand children of UNA students and employees.

Women In History

- **Oct 31, 1860** - Juliette Gordon Low is born. She would go on to found the Girl Scouts of America in 1912.
- **Oct 16, 1916** - Margaret Sanger opens the first United States public health clinic.
- **Oct 26, 1947** - Hillary Rodham Clinton, U. S. Secretary of State, is born.
- **Oct 13, 1967** - President Lyndon B. Johnson issues Executive Order #11246 prohibiting sex discrimination.

Book Review

My Life in France by Julia Child and Alex Prud'Homme

“Reading the memoir of this feisty “rather loud and unserious” six-foot-two Californian is a huge pleasure, and the photographs of France and the French, mostly taken by her husband, are exceptional. It’s so easy to assume that success comes to famous people easily, but this impression is quickly corrected when reading the extraordinary efforts she went through for nine years, before *Mastering the Art of French Cooking* was eventually published in 1961, when she was about 49 years old.” (bookbrowse.com)

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 benefit domestic violence victims. Please donate your old cell phones in support of this wonderful cause!



Halloween is
October 31. Have a safe
and
happy
Halloween!



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” to stay for women and children who have been victims of domestic violence. They are constantly in need of supplies to help their clients who often arrive with nothing. They also help to make them 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 who need them.

- | | | |
|----------------------|---|----------------------------|
| *Diapers size 2-6 | *Paper Towels | *Body Lotion |
| *Pull Ups size 2T-5T | *Deodorant | *Baby Powder |
| *Cell Phones | *Full size (unopened) bottles
of shampoo and conditioner | *Laundry Detergent |
| *Baby Wipes | *Toothpaste & Toothbrushes | *Clothing (all sizes) |
| *Baby Shampoo | *Body Wash/Soap (unopened) | *Feminine Products |
| *Brushes or Combs | *Razors and Shaving Cream | *Non-perishable food items |
| *Mouth Wash | *Shower Sponges | *Bed Linens |
| *Baby Lotion | | *Office/School Supplies |

Notes from the Coordinator

Last weekend we made our annual fall trip to the mountains of North Carolina, those healing mountains. That idea refers to a painting by the incredible water color artist I recently met, Jane Voorhees. I know what she means; I grew up in New York’s Hudson Valley, surrounded by the always visible Catskill Mountains. When it was especially cold and visibility was outstanding, I could see the Adirondacks upstate. It was thrilling. It was truly awesome, long before that word became popular. Above all, to a wounded spirit, the Adirondacks were always healing.

This month the programs at the Women’s Center are largely devoted to healing. October is both Sexual Violence Awareness Month and Breast Cancer Awareness Month. The Cancer Caps Sewing Group continues its wonderful work that brings comfort, style, and, we hope, spiritual healing to women fighting this awful disease. Please volunteer your time, and if you can’t give your time, we will greatly appreciate any donation toward purchasing fabric!

The Women’s Center also needs your help with the Hopeline Project. Bring in your old, or even your broken cell phones or cell phone pieces. They can be turned into working phones for people who have no telephones at all.

I especially want to invite all UNA students and employees to bring their children and grandchildren trick or treating at the Women’s Center on Friday afternoon, October 29, from 2:00 to 4:00. Come show off their great costumes! After all, laughter is one of the greatest healers of all time.

When I need healing, I can travel in my mind to those mountains I grew up surrounded and protected by. And each fall we travel again to those healing mountains just a few hours away. May you, too, have such a place to which you travel—near or far away, real or imagined—that brings you the same healing and peace.

Happy Halloween!

Emily


Women's Center

663 North Wood Avenue
 Florence, AL 35632

OPEN:
 Monday - Friday; 8 a.m. – 4 p.m.
 Phone: 256-765-6198
 256-765-4380
 E-mail: ekelley1@una.edu

**UNIVERSITY OF
NORTH ALABAMA**

Where is the Women's Center?

The Women's Center is a small tan house located at 663 N. Wood Ave., just before the large purple UNA sign and across the street from the BCM.

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

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. Nearly everyone has been impacted by this disease in some way. Through the promotion of breast cancer awareness, we can try to limit the harmful impact of this terrible disease.

This month the National Breast Cancer Awareness Month (NBCAM) organization is working together with national public service organizations, professional medical associations, and government agencies working together to

promote breast cancer awareness, share information on the disease, and provide greater access to screening services.

To get more information on what you can do to prevent the disease in your life, please visit the NBCAM website at NBCAM.org. The website also provides information about events going on around the world in support of National Breast Cancer Awareness Month.

—Jessica Clem Murray

