

**University of
North
Alabama**

Women's Center

**September
2010**

September is Self Awareness Month

**"Be a first rate version of yourself, not a second rate version of someone else"
-Judy Garland**

Self awareness is becoming more and more important for women as their roles change in society. Sixty years ago a woman may only have had one role in life as a mother, wife, etc. In 2010 women are able to be more things. They are able to simultaneously be a mother, student, wife, and have a career. As our opportunities increase it is crucial that we as women come to know and understand our bodies and minds. If we do not know and respect ourselves intimately how can we expect others to respect or want to know us? This month, as you strive to fill all your roles take some time to get to really know yourself.

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 to. 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 that need them.

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|----------------------|---|----------------------------|
| *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 |

- In other living creatures the ignorance of themselves is nature, but in [humans] it is vice.
-Boethius
(thinkexist.com)
- The most important thing is to be whatever you are without shame.
-Rod Steiger
(abundance-and-happiness.com)

Upcoming Events

September 10 & 24, 2:00PM-4:00PM—Writing Workshop (for faculty and staff) at the Women's Center

September 14 & 16, 9:00AM-3:00PM—Megan Williams will be at the Women's Center signing up volunteers for Rape Response

September 21, 4:00 PM—Cancer Caps organizational meeting at the Women's Center

October 8, 11:00AM— Speaker at the Women's Center: Women and Superwoman, How much can any woman do?

TBA—Speaker at the Women's Center: Our Bodies, Our Selves-Body Awareness and Self Exams

TBA—Speaker at the Women's Center: Mother or Career? One Woman's Journey

Women In History

Sep. 6, 1860-Jane Addams was born. She was the first American woman to win the Nobel Peace Prize (in 1931)

Sep. 6, 1870-Louisa Ann Swain was the first woman to cast a ballot in a U.S. national election

Sep. 18, 1889-Hull House was opened by Jane Addams and Ellen Gates Starr in Chicago.....

Sep. 30, 1983-Sally Ride became the first American woman in space.

BOOK OF THE MONTH:

Eat, Pray, Love

By Elizabeth Gilbert

A celebrated writer's irresistible, candid, and eloquent account of her pursuit of worldly pleasure, spiritual devotion, and what she really wanted out of life. (bookbrowse.com)



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?

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.

Notes from the Coordinator

The Center for Women's Studies, also known as the Women's Center, is bustling with activity as we welcome back returning Women's Studies minors and other UNA students, and, for the first time, welcome freshmen and transfer students. With the aid of volunteers we are planning many monthly themes with speakers and activities designed to help us explore these topics. We will also continue with the Practical Skills series learning, for example, how to change the locks in your home. This skill is often needed by women when ending a relationship with someone, but it is a skill that few women possess.

This semester the Center is lucky enough to have two interns, Ellen Hinds and Kelli Gray. Both are English majors and Women's Studies minors and bring different and welcome perspectives to the Center. Check Portal for dates and times of all upcoming events and please plan to join us here for them. We are looking forward to a great year!

Emily

Cancer Caps Sewing Group

Cancer Caps is a group that meets in the Women's Center to sew caps for women who have lost their hair during chemotherapy. This project was a huge success last semester and we plan to expand it this fall. We plan to meet twice a month for sewing sessions but help at any time is always appreciated! People will be needed for fundraising, community outreach/public awareness, pattern cutting, and sewing. If you would like to be involved but cannot make it to the meetings please e-mail Kelli at kagray@una.edu. In other words- even if you can't sew we can use you!