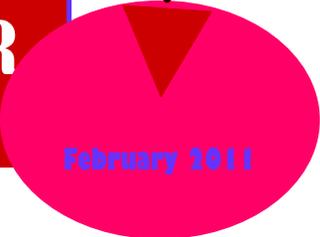




**University of
North
Alabama**



WOMEN'S CENTER NEWSLETTER



February 2011

February is Heart Health Awareness Month

According to the CDC, About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit CDC's Division for Heart Disease and Stroke Prevention hyperlink at www.cdc.gov/Features/HeartMonth/. (www.cdc.gov/Features/HeartMonth/)

BECAUSE IT COULD HAPPEN TO YOU !

The Women's Center will be showing Hollywood movies every Tuesday evening in February at 5:00 p.m. to help raise awareness of domestic violence. Admission to the movie is free. Students are asked to fill out a questionnaire anonymously after the film for research. Showing Feb 8 and 15 is "Dangerous Intentions" starring Corbin Bernsen and Donna Mills. After years of being terrorized, Beth Williamson (Donna Mills) finally finds the courage to leave her abusive husband. But where can she go that's safe? Her parents' home, her sister's home - wherever Beth tries to hide, her husband finds her and beats her, each attack more savage than the last. Only when she meets Kaye, another battered wife on the run, does the nightmare look like it's coming to an end. (www.aardvarc.org/dv/dvfilms.shtml)

Social Work

The Department of Health and Human Services (HHS) is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. HHS works closely with state and local governments, and many HHS-funded services are provided at the local level by state or county agencies, or through private sector grantees. The department includes more than 300 programs, covering a wide spectrum of activities. In addition to the services, they deliver the HHS programs provide for equitable treatment of beneficiaries nationwide, and they enable the collection of national health and other data. (www.hhs.gov/about)



Quotes

- “The test for whether or not you can hold a job should not be the arrangement of your chromosomes”
-Bella Abzug
- “Old fashioned ways which no longer apply to changed conditions are a snare in which the feet of women have always become readily entangled”
- Jane Addams
- “I would like to be known as a person who is concerned about freedom and equality and prosperity for ALL people”
-Rosa Parks

Upcoming Events

- February 1– Cancer Caps 6:00P.M.– 8:00 P.M.
Domestic Violence Film Series 5:00 P.M.
- February 2– Play Auditions-A Memory, a Monologue, a Rant, and a Prayer
- February 3– Play Auditions-A Memory, a Monologue, a Rant, and a Prayer
- February 8– Speaker– 3:30 P.M.– Kathy Connolly, Exec. Dir,
Rape Response
O.A.S.I.S. - 6:00 P.M.
Cancer Caps 6:00 P.M.-8:00 P.M.
Domestic Violence Film Series 5:00 P.M.
- February 10– Cancer Caps 6:00 P.M.-8:00 P.M.
- February 15– Speaker-Autumn Brown, American Red Cross-3:30 P.M.
Cancer Caps 6:00 P.M.– 8:00 P.M.
Domestic Violence Film Series 5:00 P.M.
- February 16– Cancer Caps 6:00 P.M.-8:00P.M.
- February 18– Winter Break– No School
- February 22– Speaker– 3:30 P. M. Rape Response
O.A.S.I.S. - 6:00 P.M.
Domestic Violence Film Series 5:00 P.M.
- February 24– Speaker– 3:30 P.M. Cindy Bretcher-Director, Lauderdale Co.
DHR
- February 26- Performance– 7:30 P.M.– Wesleyan Auditorium, Masankho Banda

Women In History

- **February 4, 1913– Rosa Parks was born. Mrs. Parks was an African American who became a civil rights activist when she refused to surrender her bus seat to a white patron in Montgomery, AL. She was arrested on December 1, 1955 for violating Alabama’s segregation laws. Her arrest provoked the Montgomery Bus Boycott that lasted 381 days and catapulted the civil rights movement to the front of the nation’s awareness. (womenshistory.about.com/od/parksrosa/p/rosa_parks.htm)**
- **February 6, 1952– Elizabeth II succeeded her father, King George VI, and became Queen upon his death. The elder daughter of King George, she was born in 1926, and has reigned through more than five decades of enormous social change and development. The Queen is married to Prince Philip, Duke of Edinburgh and has four children and eight grandchildren.**
(www.royal.gov.uk/HMTheQueen/HMTheQueen.aspx)
- **February 9, 1944- African American author Alice Walker was born. She is well-known for her book “The Color Purple” which won the Pulitzer Prize in 1983. “The color Purple” became a movie coproduced with Steven Spielberg in 1985. Her novels are well known for their graphic depiction of the lives of African American women. Ms. Walker continues to be active in the feminist and civil rights movements. (womenshistory.about.com/od/alicewalker/a/alice_walker.htm)**



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.

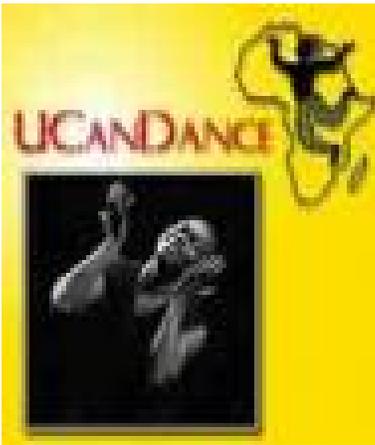
Red Cross

The American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. It will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. The American Red Cross supports the community with education and emergency training; it also keeps U.S. Armed Forces in touch with their families while in crisis when the service member is away on active duty.

SafePlace Wishlist

SafePlace is a local organization that provides many services to victims of domestic violence and sexual abuse. It provides 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. The staff 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 (nwalsafeplace.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 to the Women's Center. We always make sure that your donations get to the people who need them.

- ~Umbrellas/Raingear
- ~Gloves/Mittens Disinfectant Spray
- ~Hand Sanitizer
- ~Paper Towel/Toilet Paper
- ~Laundry Detergent
- ~Cold/Sinus Medicine (Child & Adult)
- ~Wipes-travel packs
- ~Chapstick
- ~Batteries (all kinds)
- ~Hair Brushes
- ~Disposable Gloves
- ~Bathroom Cleaner
- ~Gift cards (gas, food, groceries)
- ~Multi-Colored Copy Paper (light blue)
- ~Garbage Bags (13 gallon and 55 gallon outside)
- ~Diapers (**Sizes 4, 5, & 6; Pull-Ups for Toddlers size 3T & 4T)
- ~Personal Care Items-Tampons, Deodorant
- ~Children's Rewards (McDonald's ArchCards, movie passes, hand-held activities/games)



The Center for Women's Studies Proudly Presents

Masankho Banda

Using the Arts to Change The World

7:30 P.M. Performance at UNA Wesleyan Auditorium

co-sponsored by Living Spirit Church and The Center for Women's Studies



Creating Cultures of Peace-Stories from the African Diaspora

A Celebration with Stories, Dance, & Interplay

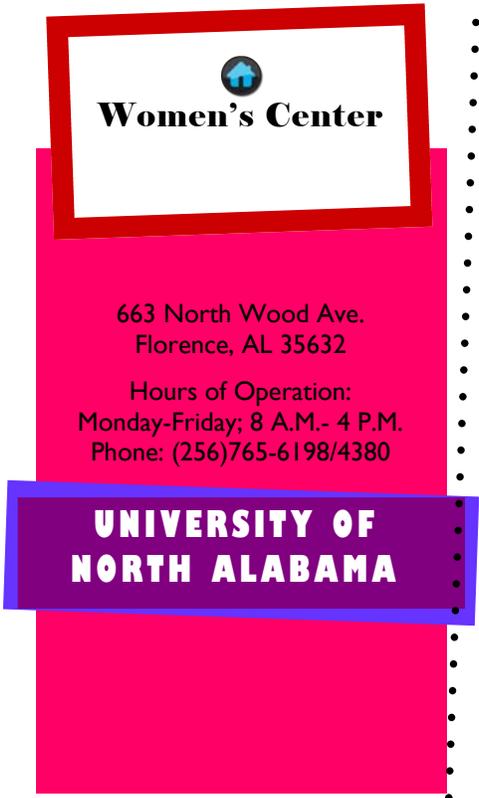
Celebrating our rich heritage and building diverse communities in our world is the most important thing we can do. Masankho will share stories and insights from his global peacebuilding work from an African perspective and how the arts of Interplay, storytelling, dance, and music can motivate and inspire people of all ages to work together to embrace people of all colors and cultures. **\$10 adults \$5 students 12 and under Free** suggested love offering supports his bringing the work to this region.

***Masankho Banda**, originally from Malawi, Central Africa is an International PeaceBuilder, Educator, InterPlay Leader and Healer/Masseur who resides in Oakland, California.

The Mission of UCanDanc' is to build peace, inspire diversity and inclusion and foster healing using InterPlay, dance, music, drums and stories.

In 2001 Masankho was awarded the Unsung Hero of Compassion award by his Holiness The Dalai Lama.





Women's Center

663 North Wood Ave.
Florence, AL 35632

Hours of Operation:
Monday-Friday; 8 A.M.- 4 P.M.
Phone: (256)765-6198/4380

**UNIVERSITY OF
NORTH ALABAMA**

Where is the Women's Center?

The Women's Center is a small, tan, stucco house located at 663 North Wood Ave., next to the large purple UNA sign and across the street from the BCM.

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

Notes from the Coordinator

It's my custom to use my column in this issue to say good-bye to last semester's Women's Center's Interns and to welcome this semester's. Not wishing to break with tradition, I want to thank the two terrific women who were Interns last semester, Kelli Gray and Ellen Hinds. They will both be graduating soon, and although they have very different plans for their immediate futures, I know they will each do exceptionally well in their chosen directions. I want to thank them so much for all their hard work and dedication to the Women's Center. We already miss you! In this issue I also like to introduce our new Interns for this semester, Shemeka McDaniel and Kala Nelson. They have big shoes to fill but are already off to a great start!

This month we are focusing on heart health, social work, and the Red Cross, and we have lots in store for you: a film series spotlighting domestic violence as seen through Hollywood's eyes; Cancer Caps Sewing Groups meetings; Autumn Brown from the National Red Cross speaking (2/15); speakers from Rape Response; Cindy Bretcher of Lauderdale Co. DHR speaking; O.A.S.I.S. (Organization of Adult Students in Support) meetings 2/8 and 2/22; and Masankho Banda, 2/26. Please keep checking Portal and your email for additional announcements of events.

Finally, I am very proud to announce that the Center for Women's Studies is sporting a large sign outside proclaiming our name. I think it is safe to say that we are no longer the best kept secret on campus! Come see our sign and visit the Center!

Emily