



Women process trauma from attacks at Krav Maga class

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A Fayetteville women's self-defense class is helping participants recover from the trauma of past assaults by teaching techniques to prevent future attacks.

Kate Knox, 33, started coming to women's Krav Maga classes at Fayetteville Krav Maga Self Defense two years ago with her mother, Cindy Amram, 64, as a way to pull herself out of a dark place after an attack, she said.

"I needed to exercise, and I have a lot of pent-up anger from being attacked years ago, and this just helped me release it," Knox said. "It's kind of helped me work through problems that I never knew I had."

Doing self defense on the ground was initially triggering for Knox, but starting with a class of women she respected and felt comfortable with helped her become more at ease and eventually gain confidence back, she said.

Cole Saugey, instructor and owner of Fayetteville Krav Maga Self Defense, has been teaching self-defense courses for more than 10 years and began offering a self-defense class for women to help women who had experienced trauma feel more comfortable. When one student said she felt uncomfortable being taught by a man, Saugey



Taffy Kavanaugh Staff Photographer
Victoria Day (left), instructor Tammy Roeder (right) and Arielle Williams (back) practice self-defense moves Nov. 4 during a training session at Krav Maga.

hired Tammy Roeder to instruct the women's class.

"I realized more and more women were coming in and were uncomfortable working in an environment with men," Saugey said. "We had women coming in with bloody knuckles, that's how recent their situations were."

Roeder teaches the women techniques to strengthen their muscle memory so they can react quickly in an attack rather than freeze up.

"We do the techniques over and over again so that eventually they don't even have to think about it. It's just an immediate reaction," Roeder said.

Some of the exercises the women practice involve getting out of bear hugs, wrist grabs, chokes and hair pulls as well as anti-rape techniques like getting off their back or stomach and

up into a position to run away, Saugey said.

Knowing the techniques she has learned over the past year of coming to the women's Krav Maga classes, Hannah Bowen, a junior, said she feels more equipped to handle an attack.

"I am already pretty aware of my surroundings," Bowen said, "but, knowing all of the techniques, now I feel pretty confident that I could handle most situations now without freaking out."

Bowen discovered Fayetteville Krav Maga Self Defense after driving past it one day and decided to take classes in preparation for a two-month internship in Africa.

"You unfortunately can't forget what happened in the past, and sometimes you go back and you think 'What could I have done differently?'," Bowen said, "but

this class has taught me to set boundaries. All your life you hear about knowing your boundaries, but until you've had them pushed, you don't understand. So here, they teach you that if someone pushes you here are the things you can do to push back."

In response to the UofA's four reported rapes this school year, Saugey said he hopes to host self-defense seminars to give people basic training and concepts in a crash-course. The team hosts these every six months or so, but Saugey said he recommends people come in and try a free class to see if signing up and getting more proficient training is something they are interested in.

"You have a choice to not be a victim," Saugey said. "It's just a matter of you investing time in yourself."

Students concerned library changes for worse

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27,558 in fall 2017 and 27,778 in fall 2018.

Lovewell said the library website's virtual browsing tool, which allows students to view the annex's collection by subject, presents an advantage to in-person browsing, she said. The tool can eliminate the need to visit the library and save students time, Lovewell said.

Sam Harper, a senior majoring in political science, has been visiting Mullins since he was a freshman. However, Harper thinks the quality of service he receives from library staff has changed since 2018, so now he only visits Mullins for a few minutes at a time, he said.

"When I was a freshman and when I was a sophomore, these were some of the nicest, happiest, most willing-to-help people out there," Harper said, "and I haven't seen the people who worked there my first two years since all these changes started happening."

With the exception of one former librarian, Jozef Laincz, Lovewell said she does not know any Mullins employees who have left University Libraries because they were unhappy with the changes.

Laincz, 40, was a geoscience and maps librarian in Mullins from 2014 to 2018. In spring of 2018 Laincz emailed an online petition to thousands of faculty and students whose information he found in the university directory after he learned his faculty contract had not been renewed for the 2018-2019 school year, he said. Although the reason given for Laincz's termination was underperformance, he said he suspects his opposition to offsite storage contributed to his firing.

Laincz's petition, "Save the University of Arkansas Mullins Library!" called for the university to halt the removal of books and find alternatives to offsite storage. The petition, which

is still up on change.org, has garnered 5,092 signatures and dozens of comments such as, "The ability to stumble upon research happens in the stacks. Not through a Google search."

Any book that has been checked out twice or more in the last 10 years is still in Mullins, and library employees deliver requested books from the annex four times every weekday.

Binns said he thinks offsite book storage discourages students from browsing for books.

"It seems like the whole system is built around this idea of discouragement," Binns said. "It's discouraging people to even use the service, it's discouraging the student workers to retrieve the books."

While Lovewell said the library administration has

received complaints about lack of seating and power outlets in Mullins, problems which the renovations should remedy, Binns is still concerned the library has lost something irreplaceable.

"If you remove the books from the library, then can you even call it a library?" Binns said. "I feel like libraries are about so much more than just having a computer and a space to study."

CHECKOUT & VISIT NUMBERS

INITIAL CHECKOUTS FELL NEARLY 20%

between 2018 and 2019

(27,754 to 22,231)

of visits to Mullins

2017 FALL SEMESTER

548,163

2018 FALL SEMESTER

504,633

2,000 VOLUMES REMAIN IN MULLINS.

SOURCE: LIBRARY USER SERVICES

JULIA NALL | THE ARKANSAS TRAVELER



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