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The Arkansas Traveler Newspaper

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# Women process trauma from attacks at Krav Maga class

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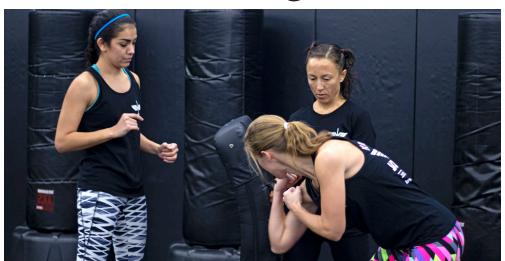
Fayetteville women's class is self-defense helping participants recover from the trauma of past assaults by teaching techniques to prevent future attacks.

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.

Knowing the techniques she

coming to the women's Krav Maga

classes, Hannah Bowen, a junior,

said she feels more equipped to

said, "but, knowing all of the

"I am already pretty aware

hired Tammy Roeder to instruct up into a position to run away, the women's class.

"I realized more and more women were coming in and were has learned over the past year of uncomfortable working in an environment with men," Saugey said. "We had women coming in with bloody knuckles, that's how handle an attack. recent their situations were."

Roeder teaches the women of my surroundings," Bowen techniques to strengthen their muscle memory so they can react techniques, now I feel pretty freeze up.

"We do the techniques over freaking out." 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 think 'What could I have done off their back or stomach and differently?", Bowen said, "but

quickly in an attack rather than confident that I could handle most situations now without Bowen discovered Fayetteville Krav Maga Self Defense after

Saugey said.

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

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 selfdefense 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

is still up on change.org, has garnered 5,092 signatures and book storage discourages lack of seating and power dozens of comments such as, "The ability to stumble upon research happens in the search."

Any book that has been "Binns said. "It's discouraging checked out twice or more people to even use the from the library, then can you employees deliver requested the books." books from the annex four times every weekday.

Binns said he thinks offsite received complaints about students from browsing for books.

stacks. Not through a Google system is built around this concerned the library has idea of discouragement, lost something irreplaceable.

outlets in Mullins, problems the renovations which "It seems like the whole should remedy, Binns is still "If you remove the books



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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-tohelp 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

in the last 10 years is still service, it's discouraging the even call it a library?" Binns in Mullins, and library student workers to retrieve said. "I feel like libraries are

library administration has space to study."

about so much more than While Lovewell said the just having a computer and a

## **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 email mhdir@uark.edu

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