



# University of Idaho

## Women's Center

corner of Idaho and Line streets

885-6616

### October Programs 1982

*Women's Center programs educate, enrich, and entertain. Bring you lunch and join us! All programs begin at 12:30 at the Women's Center and are free and open to the public.*

**Director:** Alayne Hannaford  
**Secretary:** Sue Dinauer

**Work-Study:** Dawn Kahm  
 Peggy Ward  
 Bob Leamer  
 Rebecca Lawson

**Volunteers:** Robyn Job

The Women's Center newsletter includes announcements and information about the many services and programs offered by the Center to the University and Moscow communities. It is published and distributed at the beginning of each month during the academic year. If you have announcements or information you would like included in subsequent issues, please let us know. Suggestions for change or improvement in our format are welcome!

The Women's Center is updating its mailing list for the 1982-83 academic year. If your address has changed or if you would like to have your name added to the mailing list, please call or stop by the Women's Center to let us know. If you know someone else who would like to receive the newsletter, please pass her/his name and address on to us.

#### HOURS:

8:00-5:00, Monday-Friday  
 Monday night, 6:30-10:00  
 Wednesday night, 5:00-9:00

Tuesday, Oct. 12th

**TIME IN YOUR LIFE, PART I Jim McCabe**, Assistant Auditor at the U. of I., will talk about time management. This first session will cover misconceptions about time, individual time wasters, a "time test," and setting personal time goals. This one's a must if you find yourself too busy and always behind!

Wednesday, Oct. 13th

**THE GENDER GAP IN POLITICS: DO WOMEN MAKE A DIFFERENCE? Pinky Wassenberg**, Ph.D. candidate in political science at W.S.U., will take a look at differences in the political behavior of men and women over the past twenty years. Political pollsters and commentators believe that women currently constitute a voting block with notably different priorities than men and could influence the outcome of the coming elections. Ms. Wasenberg will examine this phenomenon and put it in historical perspective.

Thursday, Oct. 14th

**INTEGRATING WOMEN INTO THE CURRICULUM or WOMEN HOLD UP HALF THE SKY Betty Schmitz**, Director of the Montana State University project on women in the curriculum, will talk about the research on women generated the past ten years and discuss ideas for curricular innovation, new syllabi, and ways to incorporate new materials on women into existing courses.

Tuesday, Oct. 19th

**TIME IN YOUR LIFE, PART II Jim McCabe** returns with a film "Time of Your Life." Specific time management skills will be discussed including setting and implementing time priorities in your life.

Wednesday, Oct. 20th

**CANDIDATE FORUM Norma Dobler, Don Rankin, Betty Thomas, Jim Lucas, and Tom Boyd** have been invited to share their political stands and views for election to the Idaho legislature. Come to hear their ideas and share yours with them.

Thursday, Oct. 21st

**HERS/WEST Jan Anderson**, Idaho Coordinator for HERS/WEST, will meet with faculty and staff women employed at the U. of I. to share what her program can do for women. HERS/WEST is a consortium of western universities whose purpose is to promote the professional development of women employed in higher education and to work with equity issues at local institutions. This program will be held in the Cataldo Room in the SUB and WILL BEGIN AT NOON.

Tuesday, Oct. 26th

**STRESS MANAGEMENT, PART I Jim Morris**, Counseling Psychologist for the U. of I. Student Counseling Center, will talk about the physical and psychological effects of stress on people's lives and will lead the audience in assessment of personal stress levels. This is a good chance to start early and avoid burn-out by December! Watch for Part II of stress management in November

Wednesday, Oct. 27th

**CANDIDATE FORUM Larry Craig and Larry LaRocco** (or representatives from their offices) have been invited to the Women's Center to share their views as they campaign for the U.S. House of Representatives. This is your chance to hear them and share your concerns on national issues crucial to our futures.

Please Post

**LEARN MORE ABOUT ASSERTIVENESS.** The Women's Center is sponsoring a series of classes in assertiveness training. The classes will meet three Thursdays in a row - Oct. 14th, Oct. 21st, and October 28th, from 7:00 to 9:00 PM at the Women's Center. The classes are free and open to the public; call the Women's Center to sign up, because enrollment is limited.

#### **A BILL OF ASSERTIVE RIGHTS**

You have the right to judge your own behavior, thoughts, and emotions, and to take the responsibility for their initiation and consequences upon yourself. You have:

1. The right to be treated with respect.
2. The right to have and express your own feelings and opinions.
3. The right to be listened to and taken seriously.
4. The right to set your own priorities.
5. The right to say no without feeling guilty.
6. The right to change your mind.
7. The right to say, "I don't know."
8. The right to say, "I don't understand," and ask for information.
9. The right to make mistakes.
10. The right to choose not to assert yourself.

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**SELF DEFENSE FOR WOMEN** The Women's Center is sponsoring a series of classes in October covering self-defense techniques for women. The classes will be held Tuesday and Thursday evenings, from 8:00 to 9:00 PM, for three weeks - a total of six sessions. They will be held in the mat room of the memorial gym and will begin on TUESDAY, OCT. 12th. *Teresa Hampton* and *Robin Phillips* will be teaching the classes; both women have been trained in self-defense at West Point. The classes emphasize learning and practicing release techniques to get out of holds and to stop an assailant long enough to get away. A woman who participated in a similar series last spring commented, "I learned self-confidence in my ability to protect myself in a variety of situations, as well as improving body awareness. The classes were worth every minute." There will be a \$7.00 charge for the series. For more information and to sign up, contact the Women's Center.

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**CERVICAL CAPS** There will be cervical cap fitting/informational sessions in Moscow all day Sunday, October 10th. These are sponsored by the Yakima Feminist Women's Health Center, one of the few clinics licensed by the FDA to distribute cervical caps in our area. Health workers from the clinic will be here to fit caps in self-help, small group sessions. If you are interested in investigating this form of birth control, call Bennie Hart at 882-3627. Messages can also be left at 883-0834.

**PARENTING WORKSHOPS** Improving parent-child relationships will be the focus of a series of discussion sessions beginning October 6, 1982, 7:00 PM, at the University of Idaho Campus Child Care Center, corner of Taylor and Deakin streets. Sponsored by the Center, the discussions will be based on SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP), the most widely used parenting education program in the country. STEP encourages mutual respect between parent and child, increased cooperation, more effective communication, and a more responsible, self-reliant attitude among children.

Moscow's interest in parenting education is part of a nationwide trend. A recent survey conducted by the American Guidance Service showed that parenting education is a growing phenomenon, sponsored by hundreds of diverse groups and organizations and conducted by thousands of individuals throughout the country.

Parents who have participated in STEP groups report they found the program beneficial for many reasons. High on the list was the opportunity to share experiences and learn from others. Some STEP leaders indicate that networks of parents have grown locally around the program. Others say that STEP enabled parents to learn new ways to handle persistent problems, to get in touch with their feelings and their child's, and to develop confidence and self-esteem. Benefits for children include the opportunity for children to take more responsibility for their own behavior, a calmer, more relaxing environment in which to develop emotionally, and less corporal punishment. For more information about Moscow's program, contact *Maxine Markson*, 882-3311.

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**FIRST ANNUAL MOSCOW N.O.W. FUN RUN /WALK**, October 16, 1982 - a 5.2 mile run and 2 mile walk. The run and walk will begin at 10:00 AM at the northeast corner of East City Park. The run is a 5.2 mile loop over flat to gently rolling terrain. Walkers and runners will start together. An entry fee of \$3.00 will be charged and ribbons will be awarded to the first 100 finishers. For further information and/or entry forms, contact the Women's Center or Sunset Sports.

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**IT'S HERE AT LAST!** A revised and updated edition of the *Women's Survival Catalogue* will be available beginning October 1st at the Women's Center. The Catalogue lists resources and services of special interest to women in the Moscow and Pullman communities and has been published biennially by the Women's Center for the past six years. It is a valuable tool for people needing basic services in our area. Stop by for your free copy.

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#### **The Women's Center is:**

- Sack Lunch Programs
- Library
- Resource Files
- Information and Referral
- Drop-in Lounge
- Peer Counseling
- Volunteer Opportunities
- Outreach

**RESERVE SOME TV TIME FOR YOURSELF** "The Willmar 8," a documentary directed by Lee Grant about the heroic three-year struggle of eight Minnesota women fight for pay equity at the Citizen's National Bank, will be aired on KUID TV on October 8th at 8:00 PM. The airing includes an epilogue updating the women's story. This is an excellent documentary – put it on your calendar.

### **INTEGRATING WOMEN INTO THE CURRICULUM**

Task Force meetings for this project, funded by a grant from Montana State University, will be held as follows: Friday, Oct. 1st: Social Science Task Force, 1:30, Psychology Conference Room. Monday, Oct. 4th: Science and Technology Task Force, 11:30, SUB Sawtooth Room. Tuesday, Oct. 5th: Professional Schools Task Force, 9:30, Home Economics Lounge. Friday, Oct. 15th: Advising Task Force, 9:30, Women's Center; Humanities Task Force, 2:00, Faculty Lounge. Task Force meetings are open to all interested faculty and students. Your participation is needed. For more information, contact Mary Emery, 885-7997.

Student Advisory Services is sponsoring **STUDY SKILLS SEMINARS** this semester. There will be three workshops, each running two weeks, on developing good study habits, preparing for exams, notetaking, etc. Dates

and times of the workshops are: 1) Oct. 5, 7, 12 and 14 (Tuesdays and Thursdays), 2-3:30 p.m. in UCC 223. 2) Oct. 26, 28, Nov. 2 and 4 (Tuesdays and Thursdays), 8-9:30 a.m. in UCC 223. 3) Nov. 8, 10, 15 and 17 (Mondays and Wednesdays), 3-4:30 p.m., in UCC 223.

Group enrollment will be limited to 15 students per workshop. Interested students should register for one of the workshops at Student Advisory Services. Last day to register is Friday before a workshop begins.

The Women's Center will be open every Monday night from 6:30 until 10:00 and every Wednesday night from 5:00 until 9:00 for **STUDY TABLE**. If you need a place to study, come by the Center for peace, quiet, coffee, and a pleasant study environment. On Monday nights Gary Wilsey, an engineering major, will be available for **TUTORING** in the following subjects: Math – most 100 level courses and Match 200; Chemistry 100 and 111; Physics 210; Engineering Science 211; and Engineering 131. In addition to his hours at the Women's Center, he will be available for tutoring in FOC West, B-17, on Monday from 3:00 to 4:30, Tuesday from 10:00 to 12:00 and 2:00 to 3:30, Wednesday, from 3:00 to 5:00, and Thursday from 10:00 to 11:30 and 2:00 to 5:00.

## Women's Center Resources

The Women's Center has an extensive collection of vertical files containing information about women's issues – from A to Z. The files include newspaper clippings, magazine articles, pamphlets, papers, and publications from government agencies such as the Women's Bureau in the Department of Labor. The following are just a few file headings: affirmative action, aging, art, discrimination – employment, higher education, housework, sexual harassment, Title IX. There are many others – over 150 categories. Like the Women's Center library, the resource files are used widely by students and other researchers who need information for papers, research studies, essays, and speeches. The library and resource files go hand in hand to provide the University community with unique source materials relating to women's issue and women's scholarship. If you need such information, please stop by. Staff and work study employees will be happy to assist you.

### GOOD READING: Books at the Women's Center

**The Cinderella Complex: Women's Hidden Fear of Independence**, *Collette Dowling*: This book explores women's deeply rooted psychological wish to be taken care of by someone else, to be relieved of the ultimate responsibility for themselves, to be saved. "The fear is that if we really stand on our own two feet," says Dowling, "we'll end up stranded – unwomanly, unlovely, and unloved." To come to grips with that fear is what it takes to achieve true independence.

**The Charlotte Perkins Gilman Reader**, edited by *Ann J. Lane*: A collection of fine short stories by this late nineteenth century writer. In her stories, Ms. Gilman suggests what kind of world we could have if we worked at it, what kinds of choices we could make if we insisted on them, what kinds of relationships we could achieve if we

demanded them.

**From Housewife to Heretic**, *Sonia Johnson*: This book documents the growth and change of this now well-known feminist from Mormon homemaker to ERA activist. It is a book about loss and rebirth, despair and fulfillment, and, above all, change.

**The Maimie Papers**, edited by *Ruth Rosen* and *Sue Davidson*: In 1910 a remarkable correspondence began between a distinguished Bostonian, Fanny Quincy Howe, and Maimie Pinzer, a prostitute in Philadelphia, just then recovering from a morphine addiction. Maimie's letters, donated to the Schlesinger Library of Radcliff College, offer an unprecedented autobiographical account of the life of a poor, working woman in the first quarter of this century. Fascinating reading!

## SPECIAL SERVICES

1. If you want to improve your reading speed, comprehension or vocabulary, come to the TEXTBOOK READING SEMINAR. This is open only to Special Services students. (See *Special Services* below.) At the first meeting, each participant will be tested to determine their weakest skill, i.e., speed, comprehension or vocabulary. The seminar will run Oct. 19 to November 18, 3:30 p.m., TTh, in FOCW-305. Phone 885-6746 or come up to Special Services FOCW 301 for more information.

2. The SPELLING SEMINAR HAS JUST BEGUN but more persons are still welcome. This is open only to Special Services students. (See *Special Services* below.) It will help students to improve their spelling ability. It meets every TTh morning at 7:30 a.m. in UCC-333 until October 28 (doesn't meet during the week of mid-terms).

3. If you want help with writing basics of grammar, punctuation and sentence structure, Susan Hodgins is available to Special Services students by appointment.

(See *Special Services* below.)

4. PRIVATE TUTORS are still available in any University course. If you may be eligible for Special Services, contact 885-6746, FOCW-301 for more information about free, individual tutoring. If you are not eligible for Special Services, contact Dr. Jeanette Ross, Tutoring Service, College of Letters and Sciences, AD-112, 885-6307 on Tuesday mornings or Thursdays all day.

MORE PHYSICS & CHEMISTRY TUTORS ARE STILL NEEDED. CONTACT Dr. Ross, AD-112, 885-6307, Tuesday morning or all day Thursday for more information.

Special Services for Disadvantaged Students is a federal project to increase student's GPA and retention. To be eligible you must be: 1. Physically handicapped, 2. Low income, OR 3. First generation college student (neither parent has graduated from college) Contact 885-6746 or FOC West, Room 301 for more information.

