



# University of Idaho Women's Center

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## January - February Programs <sup>1984</sup>

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

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 changes or improvements in our format are welcome.

The Women's Center continues to update its mailing list. 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 do **not** wish to receive the newsletter, please call. If you know someone else who might enjoy the newsletter, please pass her/his name on to us.

Women's Center study table/tutoring will be held Thursday evenings from 7:00 - 10:00 p.m. Tutoring will be offered in lower division math (including calculus) and lower division biology classes. Even if you don't need tutoring, stop by the Center Thursday evenings for a quiet place to study. In addition the Center will be open Monday and Wednesday evenings from 6:30 - 10:00 p.m. for study table. The coffee pot is hot and the environment pleasant for concentrating on studies.

### Women's Center Hours

8:00 am - 5:00 p.m., Monday - Friday  
 6:30 - 10:00 p.m., Monday & Wednesday  
 7:00 - 10:00 p.m. Thursday

Tuesday, Jan. 24

**A SPEAKOUT FOR CHOICE.** January 21 is the anniversary of the Supreme Court *Roe v. Wade* decision on a woman's right to choice. A panel will discuss various aspects of the choice issue, including the legal meaning of the Court's decision, abortion from a medical point of view, and the notion of choice as one of several issues concerning reproductive rights.

Tuesday, Jan. 31

**LAUGHTER AS THERAPY.** **Tina Alexanderson**, graduate student in Political Science and punner extraordinaire, will talk about the ways that laughter provides enhancement of mental, emotional and physiological health. Laughter can serve as therapy, as a method of combatting depression, as a way to health and wholeness. This program will include actual laughter.

Tuesday, Feb. 7

**THE WOMEN'S HEALTH CONNECTION.** This slide/tape audio-visual program addresses the seven major risks to good health, how they can lead to disease and how to identify, control or reduce these factors. This program is the first in a three-part series dealing with women's health issues.

Tuesday, Feb. 14

**HAPPY VALENTINE'S DAY AND HAPPY BIRTHDAY SUSAN B. ANTHONY!** To celebrate these time-honored holidays, the Women's Center will have a party! Bring food to share, good humor, affection, birthday wishes and celebrate! The Women's Center will provide a birthday cake for Susan B.

Wednesday, Feb. 15

**THE WOMEN'S HEALTH CONNECTION, PART II.** This program will feature a film titled "**People with Herpes Speak to Ann Landers.**" The emotional as well as physiological problems of herpes are just beginning to be understood and discussed. The film will help dispel myths and answer common questions.

Tuesday, Feb. 21

**THE WOMEN'S HEALTH CONNECTION, PART III.** **Dr. Connie Brumm**, a local physician, will come for a return visit (by popular demand!) to the Women's Center to talk about health issues for women. In this program she will talk about menopause, hormone therapies and other menstrual-related issues, as well as answer questions raised by participants about their health concerns.

Tuesday, Feb. 28

**WOMEN AGING, PART I.** This first in a series of programs will examine some issues of women growing older. **Zaye Chapin**, Associate Professor of Sociology, will talk about problems of employment, economics, and other people's responses to older people, as well as how it feels and what it is like to grow older.

**Women's Cross Country Ski Weekend** The Women's Center is sponsoring a women's cross country ski weekend February 25 and 26. We will provide transportation to and housing at the UI Forestry Camp on the Clark Fork River in Montana. You will provide your own equipment, and participants will plan for and provide meals. Cost for transportation and housing will be approximately \$15 per person. If you are a novice skier, an experienced skier, even if you don't want to ski, it will be a delightful outing. For more information, or to sign up for the trip, call or stop by the Women's Center no later than February 3. We have a limited number of spaces available, so sign up early.

**Special Services**, a federally funded program to help students raise their GPA and graduate from college, is admitting 10 more students this semester. Eligible students are offered free seminars and private instruction to improve their reading speed, comprehension, vocabulary, study skills and spelling. Help in math and writing (including Writing Proficiency Exam workshops) is also available, as well as free tutoring in any university class. Special Services welcomes new or continuing students, but come soon because there isn't much more room!

**Women's History at UI - Looking Ahead** Summer Session 1984 will offer UI students a unique opportunity. **Kathy Aiken**, Director of Extended Learning at LCSC and Visiting Assistant Professor of History at UI, will be teaching a class at the UI in Women's History. History 420 will meet at 10 a.m. daily during summer school. Plan now to take advantage of this special course offering.

**Help For The Women's Commission** The Idaho Commission on Women's Programs serves a variety of functions. One of those most utilized is a publication *In Touch With Reality: Women and the Laws in Idaho*. This booklet provides legal information about laws having particular impact on women's lives. *In Touch With Reality* is in need of revision to reflect changes in Idaho law, but that cannot happen unless the Commission is funded by the Idaho Legislature. The Governor's proposed budget includes minimal funding for the Commission. If you would like further information about the Commission or its funding needs, call or stop by the Women's Center.

**Women In Religion Study Group** Beginning February 6, 1984, a study group on women and religion will be meeting at the Women's Center each Monday at 11:30. **Laurie Fox** from the Campus Christian Center will be facilitating the group. If you would like to participate, call the Women's Center, Laurie at the CCC, or just stop by on February 6 at 11:30.

**Another Study Group Opportunity** The Campus Christian Center is offering a staff and student study group at 4:00 p.m. each Wednesday. The group is reading, studying and discussing the book *Sexism and God-talk* by feminist theologian **Rosemary Reuther**. The group is open to anyone interested. For more information, contact the Campus Christian Center.

**Learning/Study Skills** The Women's Center has new neighbors! The Learning Resource Center for the UI is now located in the north end of the Old Journalism Building, next to the Women's Center. It will be open Monday - Friday, 8:30 - 5:00 and Tuesday and Wednesday evenings. Students looking for ASUI tutoring, for study skills help, for help with the Writing Proficiency exam, or for tutoring in individual subjects, stop by the new Learning Resource Center.

**Get It Off Your Chest** The Women's Center is sponsoring a Consciousness Raising/Support Group this coming semester. If you would like to participate, please stop by the Center or call by February 6. Leave your name and your class/work schedules, and we will find a time for you to meet.

**A New Publication** The Women's Center now subscribes to a new publication called *Women's Review of Books*, a bi-monthly journal published by the Wellesley Center for Research on Women. It does in-depth reviews of books by and about women. It's an exciting, well-written, extremely worthwhile publication, and we invite you to stop by and browse your way through its pages. You will leave excited about new books and frustrated at the number of titles you have added to your "must read" list!

**More News On Title IX** In the rush before congressional adjournment, the House of Representatives approved several bills relating to civil rights and sex bias in education. Included among those was a resolution expressing support for Title IX. By an overwhelming majority of 414-8, the House approved H. Res. 190 which says that **Title IX "should not be amended or altered in any manner which will lessen the comprehensive coverage" of the law.** The resolution expresses the sense of the House on the issue, but does not carry the force of law. It was fostered by civil rights advocates who charge that the Reagan administration has slowed down Title IX enforcement.

**Women's Studies Conference** The fifth Northwest Women's Studies Association conference will be held April 26-29, 1984, at Western Washington University in Bellingham, Wash. The conference theme is "Holding Our Own and Breaking New Ground." It will provide a time to examine the accomplishments of the past ten years, explore methods of maintaining those accomplishments, and plan new strategies for developing women's studies in the Northwest.

The conference will include three keynote speakers. On April 26, **Catherine Stimpson** will be featured in a series of workshops focusing on women and the curriculum. **LaDonna Harris** will speak Friday evening, April 27, about the relationship between women's studies and public policy from the perspective of a Native American feminist. **Margaret Benston**, a pioneer of feminist theory, will close the conference with a luncheon speech on Sunday, April 29.

If you would like more information about the conference or are interested in attending, contact the Women's Center.

*Thirty seven percent of all women over 16 in this country — 73 percent of all women working outside the home — must work, to support themselves and their families.*

## Resources — Free or Cheap!

✓ *A Growing Crisis: Disadvantaged Women and Their Children*, published by the U.S. Commission on Civil Rights, Clearinghouse Publication, No. 78, is a comprehensive report on increasing income disparities for women, particularly minority women, who head households. Copies are available from: U.S. Commission on Civil Rights, Western Office, 3660 Wilshire Blvd., Los Angeles, CA 90010.

✓ *A Working Woman's Guide to Her Job Rights*, Women's Bureau, U.S. Department of Labor, Leaflet No. 55, presents general information about federal legislation that affects women workers when they are seeking a job, while on the job, and when they retire. Copies are available from: Women's Bureau, U.S. Dept. of Labor, Washington, D.C. 20210.

✓ *An Annotated Guide to Materials on Sexual Harassment*, developed by the University of Wisconsin Center System, covers publications, perspectives, current research, film support groups, general approaches to the issue and legal information. Copies of the 17-page guide are available from Affirmative Action Office, University of Wisconsin Center System, 149 N. Frances, Madison, WI 53708.

✓ *Work and Women in the 1980s: A Perspective on Basic Trends Affecting Women's Jobs and Job Opportunities* is available from the Women's Research and Education Institute. The document, which analyses trends affecting women's employment prospects, including increasing international interdependence, declining rates of productivity growth, and women's increasing participation in unions, may be obtained by sending \$4 to: WREI, 204 Fourth St. S.E., Washington, D.C. 20003.

✓ *Spectrum: Alcohol Problem Prevention for Women by Women*, by the National Institute on Alcohol Abuse and Alcoholism, is a prevention project guide to stimulate activists among women to tap their talents and resources in the development of effective community programs. Single copies are free from National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852.

✓ *Who to Call in the Federal Maze: Government Specialists on Women's Employment* is a four-page list of people to contact in the federal government on issues relating to women and work. It will be useful to students, researchers, policymakers, and anybody interested in women's employment issues. Send a self-addressed, business-sized envelope with 20¢ postage to the Business and Professional Women's Foundation, 2012 Massachusetts Ave. N.W., Washington, D.C. 20036.

✓ *Dual-Career Couple Relationships: An Annotated Bibliography* covers a wide range of issues from child-rearing in dual-career families to collaboration strategies for coping. It lists resources on the definition, trends and history of dual-career couples; ingredients of a successful dual-career marriage; job-seeking experiences of dual-career couples; money management; the relationship of employment to marital happiness; role strain and conflict; sexuality and fears of outside sexual involvement; and time management. The bibliography is available for 50¢ from Humanities/Social Sciences Dept., Shields Library, University of California, Davis, CA 95616. Ask for UCD-WRRC Women's Studies

Working Paper Series No. 20.

✓ *Unemployment and Underemployment Among Blacks, Hispanics and Women* discusses employment disparities and gives data by race and sex. The 98-page volume, published by the U.S. Commission on Civil Rights, includes numerous tables on race, sex and ethnic group. Copies are available at no charge from the U.S. Commission on Civil Rights, Publications Warehouse, 621 N. Payne St., Alexandria, VA 22314.

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**Women in the Academy: The Revolving Door** While an increasing proportion of women are earning doctorates in history (28.1 percent in 1981), women are still found to be concentrated in lower faculty ranks. Despite the fact that they held 13 percent of all history doctorates granted between 1930-1973, women comprised only 7 percent of full professors, 13 percent of associate professors and 24 percent of tenure track positions in 1981. A 1980-81 survey by the Committee on Women Historians of the American Historical Association found women holding only 10 percent of all tenured posts and only 6 percent of the highest salaried positions. Women made up 38 percent of those in non-tenured positions whose contracts were not renewed. While women historians may be entering higher education in greater numbers, it appears mainly by the revolving door.

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**London for Feminists** is the theme of two one-week excursions now being planned by Women Travelling. Trips, which include orientation to relevant networks, resources and places, have flexible agendas and open returns. Cost is approximately \$300-350 for one week's lodging with breakfast, plus group airfare. For further information, contact: JoAnn Schneider, c/o Point of Departure, 1660 Shattuck Ave., Berkeley, CA 94709.

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**The Idaho Milers Club** is a self-monitoring running program organized by Intramurals and campus recreation. Faculty, staff, students and members of the community may register in Memorial Gym, Room 203. Registration fee includes a route brochure, personal running log and upon completion of mileage, a T-shirt.

The Idaho Milers will present a "Running Awareness Seminar" during the week of January 30-February 3. Among the speakers and subjects covered will be Roger Norris, head track and cross-country coach for women at UI, discussing "Nutrition;" Rick Bartlett, assistant coach for the UI women's cross country team, discussing "Goal Setting and Training;" Dr. William O. Watling, associated with the UI and LCSC athletic departments, discussing "Body Structure and The Runner" and Dick Goodman, a recordholder for all races in his age group, discussing "The Ultramarathon."

All events are free and open to the public. For further information, call (208) 885-6381.

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*Thirty-eight percent of all women over 40 currently are not married and most of them are therefore supporting themselves ... the fastest-growing poverty group in the U.S. today consists of single women over 50.*

