



University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

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The Women's Center Newsletter is published six times during the academic year. It includes announcements and information about the many services and programs offered by the Center to the University and Moscow communities, as well as items of general interest about women's issues. If you have announcements or information you would like included in subsequent issues, please let us know. Suggestions for changes, improvements, or additional items are welcome.

Women's Center Hours
8 a.m.-5 p.m. Monday-Friday

Women have been driven mad, "gaslighted," for centuries by the refutation of our experiences and our instincts in a culture which validates only male experience. The truth of our bodies and our minds has been mystified to us. We therefore have a primary obligation to each other: not to undermine each other's sense of reality for the sake of expediency; not to gaslight each other.

Women have often felt insane when cleaving to the truth of our experience. Our future depends on the sanity of each of us, and we have a profound stake, beyond the personal, in the project of describing our reality as candidly and fully as we can to each other.

-Adrienne Rich-
Women and Honor'

Women's Center Hours
8 a.m.-5 p.m. Monday-Friday

NOVEMBER/DECEMBER 1987 PROGRAMS

Tuesday
Nov 3

WOMEN OF SUMMER: Bryn Mawr College admitted working women from the factories and mills to their summer school during the years of 1921-1928. This documentary video shows not only the working conditions of the time and the school program but also shows interviews with many of the women at a reunion who talk about the impact this education had on their lives for the next 50-60 years. An outstanding film.

Wednesday
Nov 4

MAMMOGRAPHY: WHO ME? Back by popular demand, Nan Miquel, a certified radiology technician at Gritman Hospital, will explain the what and why of a base line mammography, who needs them, how often, and what happens. Breast cancer rates remain high and this is an opportunity to gather early detection information. Miquel will bring breast x-rays, show a tape on breast self-examination, and of course explain the procedure involved in getting the mammography.

Tuesday
Nov 10

PANDORA'S BOTTLE: WOMEN'S HIDDEN ALCOHOLISM: A film and discussion about alcoholism, a disease affecting more than 7 million American women. Alcoholism is an incurable, progressive, genetic disease. Not drinking is the only proven solution. Learn more about the little-known symptoms and dangers. Jane Pritchett, whose mother died of alcoholism at 39 when Jane was 11, will lead the discussion.

Tuesday
Nov 17

THE TRADITIONAL THANKSGIVING POTLUCK: Once again we will host the time-honored tradition of the Thanksgiving Potluck. The Women's Center will provide a BIG turkey and you bring the trimmings. And everybody will share the good times, good food, and good season. We will begin eating about noon.

Wednesday
Nov 18

MEDICATION, FOOD, AND YOUR BODY: Karen Wolfe, nutrition and health educator, will discuss the interactions between the medication you are taking and the food you are eating. These interactions include: dangerous or unpleasant drug side effects, reduction of drug efficiency, and drug-induced nutrient deficiencies. Karen will share this and more of what she has discovered in her recent search of the literature.

Tuesday
Dec 1

MUSIC AND HOLIDAY: Michelle Ward, UI classical guitar major, will present both classical and holiday selections at this special program. This is one of the last opportunities for fun and relaxation before the realities of finals. Michelle gave this program last year and it was a great hit.

Tuesday
Dec 8

NOW'S 20TH ANNIVERSARY SHOW: This two hour video features over 100 celebrities who appeared on stage last October in Los Angeles to celebrate the founding of NOW. This video chronicles the women's movement, the victories and the losses, and features six musical numbers that are worth the watching.

Wednesday
Dec 9

NOW'S 20TH ANNIVERSARY CONTINUED: This really will be a fun and enlightening two day program to just sit and enjoy before finals next week.

WOMEN'S WAYS OF KNOWING: THE DEVELOPMENT OF SELF, VOICE, AND MIND, a book written by four women, Belenky, Clinchy, Goldberger, and Tarule. The authors find that women blossom as learners when they leave the combative, impersonal educational setting, where you are expected to remain objective (hide your feelings) and try to win the debate (demolish others ideas).

Instead, women learn best in a "connected" learning setting:

--The learners are "connected" to each other in an open and trusting atmosphere.

--Ideas are "connected" to experiences and feelings.

--The teacher is "connected" to the learners as a partner in learning and discovery, no as an expert who must never be questioned or as a judge who is to be feared.

Excerpted from WOMEN LEARNING, Continuing Education, Vol. 2, No. 1, Fall 1987.

WOMEN OF IDEAS: A QUIZ

1. Believed that girls and women deserved to be educated. She argued against the popular opinion expressed by Rousseau that the education of girls should consist of being trained to be pleasing and helpful to men.
2. Called the first convention on women's rights and helped write The Declaration of Sentiments which states: "We hold these truths to be self-evident, that all men and women are created equal."
3. Believed that families should live in homes without kitchens, eating instead in community kitchens serving the entire neighborhood. Women, then, would be freed from cooking for more fulfilling work.
4. In the days before WWII wrote a book which equated sexism and the derogation of women with fascism and male values.
5. Wrote a novel about black women that inspired all women to stand up for themselves and to become their true selves.
6. Has conducted research which suggests that men and women have very different cultures, with men tending to value achievement most highly and women, relationships.

Answers: 1. Mary Wollstonecraft, 2. Elizabeth Cady Stanton, 3. Charlotte Perkins Gilman, 4. Virginia Woolf, 5. Alice Walker, 6. Carol Gilligan.

Excerpted from WOMEN LEARNING, continuing education, Vol. 2, No. 1, Fall 1987.

TOO MANY WOMEN? OR NOT ENOUGH? Two U.S. universities are currently struggling with the issue of women's enrollment levels. Is there an "optimum" number of women students on a campus? According to an article in the *Chronicle of Higher Education* (January 28, 1987), some trustees at the UNIVERSITY OF NORTH CAROLINA think so and believe their school is overpopulated with women students. Given current enrollment trends (since 1983 almost 60 percent of the students have been women) the trustees say they fear a decline in alumni contributions as well as a decline in the university's political influence. One trustee speculated that because men often make higher salaries than women, women graduates would not be able to contribute as much money to the university. He was also concerned that women have less influence in government. Another trustee told the *Chronicle*, "So many of the girls from Chapel Hill marry men from other schools, and statistically the big money tends to go to the school with the husband."

Current admission policy to the highly selective institution is based more on students' academic and leadership records in high school (where the average female applicant is stronger) than on their Scholastic Aptitude Test scores (where the average male applicant is stronger). The board is considering the possibility of basing admissions more on those scores. University administrators have not endorsed the trustees' ideas, not all the trustees are concerned about the numbers of women at Chapel Hill, and not all want to consider changes in admissions. They feel an emphasis on testing would ignore all other areas where a student might excel. (Editor's note: If the "problem" is truly a potential decline in alumni contribution, a more equitable solution would be to admit only students (regardless of sex) who plan to major in fields that lead to occupations in high-paying and influential jobs, and to reject students planning careers as teachers, social workers, ministers, and government employees.)

Excerpted from ON CAMPUS WITH WOMEN, Vol. 17, No. 1, Summer 1987.

RECYCLING: As you all know, we always have some expenses at the Women's Center that we are not able to cover from our budget. So we have started one more way for you to help us. When you take your recyclables to the Moscow Recycling Center, tell them it is for the UI Women's Center and they will credit our account and send us a much needed check at the end of each month. The Recycling Center buys newspaper, aluminum cans, sorted glass bottles, and refillable beer and soda bottles. Every little bit helps us and we are, as always grateful for your support.

SUPPORT GROUP: We now have about six people who have expressed an interest in a support group. If you have been thinking about joining in or want more information please call the Women's Center 885-6616. A tentative starting date would be the first week of November.

DR. MARTIN LUTHER KING, JR. CELEBRATION COMMITTEE: The committee is meeting now to plan this years, January 18, 1988, celebration. The committee is always looking for more volunteers. If you want to help, either as a member of the committee or as a volunteer during the days of celebration, call Betsy at 885-6616 or Tia at 885-6757 and let them know.

MISSING MS. MAGAZINE: Last year we asked you to help us complete our Ms. Magazine files and indeed you did. However a recent survey has shown that we are now missing the December, 1985 issue. Does anyone have that one and, if so are you willing to donate it to us? We would be very grateful.

HOW ARE WE DOING: The Women's Center welcomes comments about how we're doing and what you would like to see for programs. We also welcome suggestions and articles for the newsletter. Do you like or dislike the information that we currently put in it, or do you read it? Let us know. Stop in or call 885-6616.

QUOTABLES: Pat Schroeder, in response to the question last month. Are you going to run as a women? (for President) - "I didn't realize I had a choice."

STATISTICS: In the United States, women are 7 percent of the presidents of colleges and universities, and 51 percent of the students.

NOVEMBER/DECEMBER NETWORKING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3 Remember to vote 12:30 Women's Center Program	4 12:30 Women's Center Program	5	6	7 AAUW Book sale 8:00 - 3:00 Fairgrounds	
8 6:00 p.m. "Who We Are" Koinonia House	9	10 12:30 Women's Center Program	11 6:30 - 7:30 AAUW Branch Mtg - Cavanaugh's	12 5:30 Women's NETWORK Alex's Pullman	13	14	
15 6:00 p.m. "Who We Are" Koinonia House	16	17 12:00 Thanksgiving Potluck - Women's Center 7:30 AAUW Board Mtg.	18 12:30 Women's Center Program	19	20	21	
22	23	24	THANKSGIVING VACATION —ENJOY—				28
29	30	1 12:30 Women's Center Program	2	3	4	5	
6 6:00 p.m. "Who We Are" Koinonia House	7	8 12:30 Women's Center Program 6:30 - 7:30 AAUW Branch Mtg Cavanaugh's	9 12:30 Women's Center Program	10	11	12	

For more information about these events, see this newsletter or call the Women's Center, 885-6616

FOOD FOR THOUGHT: In an age when there is an "expert" on just about every topic, it is easy to become doubtful about one's competence. In the field of nutrition this seems to be an even more potent issue. The four food groups; Recommended Daily Allowances; processed foods are bad; don't eat sugar; cut down on salt....we have all heard these expert opinions about what we should be eating and not eating. Gregory Brodsky makes some critical observations along these lines that I would like to share with you.

Brodsky begins from a position that food is one of our best medicines. A position also taken by healers since Hippocrates. To this stance, he adds that we are all individuals with similar and dissimilar needs. The old adage, "one man's (woman's) meat, is another man's (woman's) poison", is brought to mind. Borrowing from current psychology trends, it is also important not to neglect any one aspect of our capacities for another. Knowledge gained from intellectual, emotional and behavioral components can be used to compliment one another.

Current knowledge about nutrition is incomplete and limited. Scientific findings do now need to be ignored but used as guidelines. Brodsky suggests that we develop a new approach to gathering information about what is good or bad for us. This approach centers on an exploration of becoming conscious of what different foods do to us. By creating an internal atmosphere that maximizes our capacity to gain nourishment from any situation, any meal and by being kind to ourselves we can enjoy the process of exploring.

"We must take nutritional information as guidance, not gospel, and we have a right to be flexible enough to find out for ourselves and to enjoy the process. By permitting ourselves to constantly update our learnings, we allow our spiritual 'stomach' to grow strong enough to digest whatever works for us individually, and to take full responsibility for the results."

Personal guidelines are offered by Brodsky based on his experience, experience with patients, and based on literature. These guidelines bring out the essence of this approach: asking questions and acknowledging that we do not know all the answers but are willing to find out. Some questions you might want to consider: "What happens when I ingest this food?" "How do I feel about it before, during and after?" "What sort of stool is produced the next day?" "How do I sleep that night?" "How is my breathe, body odor, sense of taste, general feeling?" "What is the source of this food? Am I willing to ingest and assimilate something from this source?" "On what values do I base this decision?" "Are these the values which support my growth at this time in my life?" "What is it specifically about a certain food which is desirable or offensive to me?" "What is the source of that information?"

(Brodsky, George. 1978. "Holistic Nutrition". in The Holistic Health Handbook: A Tool for Attaining Wholeness of Body, Mind, and Spirit. Compiled by Berkeley Holistic Health Center. 1984. The Stephen Greene Press. Brattleboro, Vermont.)

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