

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.

You say the baby wants to climb up stairs. Of course, she does....You must teach her how to go up and down safely, how to take hold of the banisters....she will be delighted with her achievement. Most people try to fence off stairs and make children afraid of going up and down; then they are sure to fall. We must inspire them with confidence in themselves and show them how to do what they desire.

—Elizabeth Cady Stanton, 1849—

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

September/October Programs 1987

Women's Center programs educate, enrich and entertain. Bring your lunch and join us! Unless otherwise specified, programs begin at 12:30 in the Women's Center lounge and are free and open to the public. If you have any suggestions for future programs, please call or stop by.

Wednesday
Sept. 23

ROBERT BORK: ADVISE AND CONSENT. Linda Pall, Idaho State President of the American Civil Liberties Union (ACLU) and President of the Moscow committee of the ACLU and local attorney, will discuss Bork's record as a judge and as an attorney with the Justice Department and his statements about his judicial philosophy. She will make some predictions about likely future rulings of the Court and their effects on citizens in the event he is confirmed by the Senate. She will discuss the "advise and consent" role of the U.S. Senate.

Wednesday
Sept. 30

WE ONLY GET ONE BODY IN A LIFETIME, SO LET'S TAKE CARE OF IT. Dr. Connie Brumm, local physician, will open our series on HEALTH. She will discuss general women's health issues, breast examinations, regular check-ups, what's essential at what ages, and how to tell and ask your doctor what you want.

Tuesday
Oct. 6

THE EMOTIONS AND HEALTH. Beth Waddel, counselor at the UI Counseling Center, will discuss the inseparable connection between mind and body. She will focus on prevention, successful management of stress, learning and keeping coping skills throughout life, self-esteem and self-talk. No, it's not crazy to talk to yourself.

Tuesday
Oct. 13

LET'S EAT RIGHT AND KEEP FIT: Laurel Branen, Registered Dietitian, will present the nuts and bolts of a healthy, but not boring, lifetime eating program and why it's part of the total wellness picture. She is also well known for her expertise in the area of eating disorders and will touch on this subject in relation to prevention and "fad" dieting.

Wednesday
Oct. 14

INSURANCE: IT'S A GAMBLE YOU CAN'T AFFORD NOT TO MAKE. Sherry Erickson, former medical benefits analyst in the insurance industry, believes that insurance should be viewed as any other contract into which we enter, not the mystery or headache we usually view it as. Using the UI student policy as an example, she will explain how to interpret the foreign language that policies are written in by asking certain questions and insisting that they be answered clearly.

Tuesday
Oct. 20

GUIDED IMAGERY. Ted Murray, counseling psychologist at the UI Counseling Center, will explain how guided imagery is used as a method of centering ourselves for relaxation, stress reduction and health maintenance. He will also lead us in a guided imagery exercise. So come ready to participate in a great experience.

Tuesday
Oct. 27

EXERCISE, THE BODY MECHANICS. Dennis Dolny, assistant professor and director of the UI exercise physiology lab and the Wellness Program, will discuss the exercise part of the health package. He will discuss the dos and don'ts of starting an exercise program and explain why this is a must in the stressful, highly technical society in which we live.

FAYE WATTLETON IN PULLMAN. This is another "do not miss event." The WSU Association for Women Students is bringing Wattleton to Pullman. She will speak on September 24th at 8:00 p.m. in CUB Auditorium. Wattleton is the Executive Director of Planned Parenthood. She is one of the most articulate speakers in the nation on reproductive rights and issues. Her presentation is entitled "The Bork Nomination: Its Impact on Women."

ESSAY CONTEST: The NOW (National Organization for Women) Foundation is sponsoring a National Essay Contest to focus attention on why women have not been included in the U.S. Constitution. The topic is "Do We Need an Equal Rights for Women Amendment to the U.S. Constitution?" The contest is open to students enrolled in senior high school, college, or continuing education. Winners will be awarded scholarships starting at \$1000. (Our understanding is that amount is the bottom figure, but we are not sure.) Entries should consist of no more than 1250 words, including footnotes, and should be typed on 8 1/2 by 11" paper, double spaced. Each entry must be accompanied by a completed and signed entry form. Complete rules and entry forms are available at the Women's Center. The deadline is soon: September 30, 1987.

ALTERNATIVES TO VIOLENCE OF THE PALOUSE: Training for advocates for ATVP in assisting victims and survivors of domestic violence and sexual assault will begin Saturday, October 3rd from 8:00 a.m. to 4:00 p.m.. This session will be held in the Psychology Bldg., UI. No pre-registration required. Child care and lunch for all will be provided, however for child care, you must let the Director, Patti Gora, know ahead of time how many children you are bringing. Call her at 882-3720. Training will continue for the next five Tuesday and Thursday evenings 6:30 - 9:30 p.m.. These will be held on the Washington side of the state line, probably WSU CUB. The location will be announced at the Saturday session. The evenings involved are October 6, 8, 13, 15 and 20. For further information call Patti or the new assistant to the director, Kathleen Reid. Welcome to the team, Kathleen, we're glad to have you on board.

DOMESTIC VIOLENCE LEGISLATION FORUM: Earlier this year during the 1987 legislative session the Idaho Senate Judiciary and Rules Committee failed to print a bill proposed to them by the Council on Domestic Violence and the Department of Law Enforcement. They plan to reintroduce this bill in January and the public needs to know about the contents and purpose. Sections of this bill would provide a means by which battered women could obtain protection orders simply because they are in danger. Current laws mandate that a court action, either criminal or civil, must be filed with the court in order for a woman to get a restraining order. When one is granted by the court it is difficult for law enforcement personnel to enforce. Another section of the new bill would require an officer to arrest a batterer at the scene when there is probable cause to believe that an assault and battery has been committed. Alternatives to Violence of the Palouse, The Women's Center, The Moscow Branch of the American Association of University Women and The Moscow Chapter of the National Organization for Women are co-sponsoring a forum to explore this legislation. It will be held in UI SUB BORAH THEATRE OCTOBER 5th, 7:30 p.m.

Wednesday
Oct. 28

SEXUALLY TRANSMITTED INFECTIONS. Mona Koehler, the nurse practitioner at the UI Student Health Center, will discuss the various types of sexually transmitted infections, how to avoid them, but what to do if you're unlucky enough to get one. She will also touch on the subjects of urinary tract infections and AIDS.

SHIRLEY CHISHOLM IN PULLMAN OCTOBER: Mark your calendars now for this dynamic speaker. Chisholm was the first black woman elected to the United States House of Representatives. She was the only woman and the only black to serve on the House Rules Committee, and was secretary of the House Democratic Caucus. Chisholm believes that the inclusion of domestic workers under minimum wage laws was her greatest legislative achievement. Chisholm was the first black woman to campaign for president on a major political party ticket. Her autobiography is entitled, **Unbought and Unbossed**. WSU President Sam Smith has arranged for Chisholm to be the distinguished speaker at the President's Convocation at 3:00 p.m. on Friday, October 29th in the WSU Coliseum. Free.

AN OVERVIEW OF SEXUAL EXPLOITATION. As difficult as it may be to comprehend, this country, perhaps like no other country in the world, has a major problem with sexual exploitation of children and adults. The sexual abuse of children has become a national concern in recent years and in some areas reporting of sexual exploitation cases has increased by 300%. National rape statistics suggest that approximately every seven minutes a female is the victim of a violent rape. Child pornography, and pornography with violent and aggressive themes, have become a lucrative business. Social service agencies, child protection agencies, treatment centers and medical facilities are overwhelmed with the number of cases resulting from sexual exploitation. Depression, suicide, drug and alcohol abuse, and domestic violence are residual effects of sexual exploitation. Although many experts agree and disagree on etiology, no one seems to refute that this country has a great need to be concerned about sexual victims.

A STATISTICAL OUTLOOK ON SEXUAL EXPLOITATION. Statistics can be helpful in understanding the extent and scope of the sexual exploitation problem. Statistics vary, however, and can often be deceiving. The following is an example of some of the best contributions to the statistical outlook on sexual exploitation.

STATISTICS

- "There are perhaps 34 million of us in America — adult women who were victims of sexual abuse as children." (Life Magazine, December, 1984).

- By a conservative estimate, there are 4 million child molesters — roughly 5% are women — within the U.S. population today. (Life Magazine, December, 1984).

- A random sample of 930 women 18 years old and older interviewed in San Francisco in 1978, revealed 41% reported at least one experience that was the legal definition of rape or attempted rape. (Russel, D., 1983).

- About 1/5 of all rape victims are between 12 and 15 years old. (Newsweek Magazine, May 20, 1985).

- Alfred Kinsey in his famous study of human sexuality (Sexual Behavior in the Human Female, 1953) found that 24% of women respondents had been "approached while they were pre-adolescent by males who appeared to be making sexual advances or had made sexual contact."

- A study conducted by national researcher David Finkelhor, found that 8.7% of the college students he surveyed report having been sexually victimized as children. (Finkelhor, 1979).

- Reporting of sexual abuse cases to social service agencies concerned with the protection of children has risen between 100% and 300% in the last 5 years. (Approximately a 1200% increase — State of Idaho Health and

September/October Networking Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23 Women's Center Program 12:30 7:30 AAUW Board Meeting	24 Faye Wattleton 8:00 CUB Aud.	25	26
27	28	29	30 Women's Center Program 12:30	1	2	3 8 - 4 ATVP Training
4	5 7:30 Domestic Violence Forum Borah Theatre	6 Women's Center Program 12:30 6:30 - 9:30 ATVP Training	7	8 5:00 Women's Network Mtg. Alex's Restaurant 6:30 - 9:30 ATVP Training	9 3:00 Shirley Chisholm WSU Coliseum	10
11	12	13 Women's Center Program 12:30 6:30 - 9:30 ATVP Training	14 Women's Center Program 12:30 AAUW Branch Mtg. 6:30 - 7:30 Cavanaugh's	15 6:30 - 9:30 ATVP Training	16	17
18	19	20 Women's Center Program 12:30 6:30 - 9:30 ATVP Training	21	22	23	24
25	26	27 Women's Center Program 12:30	28 Women's Center Program 12:00	29	30	31

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

Welfare, 1979-1984).

-For one case that is reported to law enforcement officials it is suggested that 25 cases of sexual exploitation go unreported. ("The Sex Offender," Bart Devlin).

-Children who grow up in a family where there is domestic violence have 8 times the chance of being sexually molested within that family.

-Experts in the field of juvenile delinquency have shown that in the United States there are a minimum of 300,000 active male prostitutes under the age of 16. (Robin Lloyd, "Boy Prostitution in America — For Money or Love," Vanguard, 1976).

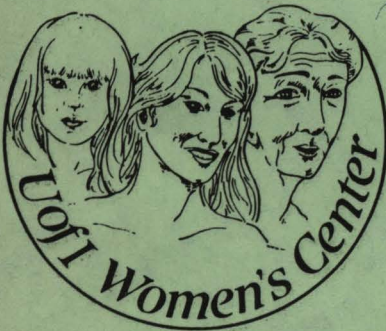
-There are at least 264 different magazines produced in America each month that depict sexual acts among children and adults. (MacPherson, "Children: The Limits of Porn," Washington Post, January 30, 1977).

SUPPORT GROUPS: We have had many of you stop in or call requesting support groups this year. If you are still interested and will commit to meeting for one afternoon or night a week for six to eight weeks, call and leave your name, available times, and telephone number at the Women's Center 885-6616. If we get a group of six to ten women who will make the commitment, then we will find someone who will facilitate the group.

NUTRITION: Karen Wolfe, the staff member who did our nutrition programs last year, is back with us this year. She will be doing programs on some Wednesdays beginning in November. She is a Nutrition and Health Educator with a background in nursing and dietary nutrition. She is available to discuss nutrition/health related questions. In addition, Sherry Erickson will be writing a nutrition column for this newsletter beginning with this issue.

FOOD FOR THOUGHT: (summary of the article "Chocolate cake and a diet soda, please", in Tufts University Diet & Nutrition Letter Vol. 5, No. 5, July 1987) Are sugar substitutes really effective in efforts to maintain or lose weight? Answers to this question are being sought through evaluations of current usage and the physiological impact of artificial sweeteners on the body. Increasing evidence indicates that a dependency on non-caloric sweeteners does not help maintain weight. Study results fail to support assumptions that sugar substitutes enhance weight loss. Actual findings showed that women who used substitutes tended to gain weight while their counterparts maintained weight. Attitude may play a major role in this outcome. "Saving calories" by drinking diet soda, only to indulge in chocolate cake, does not take off pounds! Before becoming too self-critical, however, consider the results found from animal studies that indicate sweeteners may stimulate hunger. Two theories have been offered to account for these results. The sweet flavor of sugar substitutes may stimulate processes involved in preparing the body for a high caloric intake. The effect of this 'over' preparation for undelivered calories may be increased hunger. Secondly, sweeteners may trigger a biochemical mechanism which confuses the brain. Loss of control over appetite may be the end result of this process. This does not imply that artificial sweeteners cannot be of some benefit in weight control. The bottom line, however, is they do not appear to be a panacea for weight control either. In the long run it may be found that a glass of water is actually more effective in enhancing weight control efforts.

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