

University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

Director: Betsy Thomas
 Secretary: Sherry Erickson
 Counselor: Cindy Carlson
 Work Study: Heidi Davies
 Susan Folk
 Cheryl Fuller
 Priscilla (Tami) Huff
 Kristy Kinkade
 Lorie Merrill
 Joan Pike
 Judith Street
 Karen Wolfe

Typesetting/Layout: Peg Balka

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

"...a few white people boarded the bus, and they took all of the designated white seats, and there was this one white man standing... The driver looked at me and asked me if I was going to stand up. I told him no, I wasn't. He said, "If you don't stand up I'm going to have you arrested," I told him to go on and have me arrested... They took me to the city hall, where I was booked, and from there to the jail."

—Interview with Rosa Parks (b. 1913—

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

January/February Programs 1988

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.

Monday & Tuesday
 Jan. 18 & 19

MARTIN LUTHER KING, JR. HOLIDAY CELEBRATIONS: See inside story and schedule of events, times, and places.

Tuesday
 Jan. 26

GEORGIA O'KEEFE: This film captures the first time that O'Keefe talked candidly about her work and life. She recounts her involvement in the modern art movement in America alone and with her photographer husband, Alfred Steiglitz..O'Keefe's paintings figure prominently in this film.

Tuesday
 Feb. 2

KILLING US SOFTLY: ADVERTISING'S IMAGE OF WOMEN. Using hundreds of ads from magazines, newspapers, album covers and storefront windows, this film provides a concise analysis of the \$50 billion dollar advertising industry that preys on sex role stereotyping of women in America. The film demonstrates how ads that seem harmless and funny by themselves add up to a powerful form of cultural conditioning--and their message is deadly serious.

Wednesday
 Feb. 3

STALE ROLES AND TIGHT BUNS. A companion slide show to "Killing Us Softly" presents stereotyping of men in America. These are thought provoking yet entertaining films and should provide ample material for discussion following each.

Wednesday
 Feb. 10

SUSAN B. ANTHONY BIRTHDAY AND VALENTINE'S DAY POTLUCK: To continue a time-honored tradition, the Women's Center will again host a potluck in honor of this early suffragist born on February 15, 1820. We will supply the cake and the punch, you bring the food. Come and have a piece of Susan B's 168th birthday cake.

Wednesday
 Feb. 17

EMMA GOLDMAN: Another tradition in the making is the annual presentation by U.I. History Professor, Katherine Aiken during the week of Susan B. Anthony's birthday. This year Dr. Aiken will share with us the life of Emma Goldman, (1869-1920) a Russian immigrant to America who has been called an anarchist, political agitator and organizer, lecturer and author. Join us for a discussion of this fascinating woman.

Tuesday
 Feb. 23

MANDATORY ARREST FOR DOMESTIC VIOLENCE: WHAT DOES IT MEAN? Betsy Thomas, member of the Idaho Council on Domestic Violence will talk about the legislation that is being introduced in this legislative session to help protect victims of domestic violence. Learn more about the bills and what you can do to help secure their passage.

MARTIN LUTHER KING, JR. HOLIDAY SCHEDULE:

Once again the Womens Center has assisted with the planning of the University and community celebrations of Dr. King's life and dream. The theme is the same as last year **Living the Dream: Let Freedom Ring**. The officially designated date for the holiday is the third Monday in January, this year, January 18, 1988. Following is just some of the scheduled events which are open and free to everyone. Please join us in keeping the dream alive.

Monday, January 18, 1988

8:25 a.m.	Administration Lawn	Combined Colorguard Flag-Raising Ceremony by UI Army/Marine, Air Force ROTC
8:30 a.m.-4:00 p.m.	Collette Theatre	Continuous Showing: "Eyes on the Prize". "An Amazing Grace"
8:30 a.m.-4:00 p.m.	Channel 8 Television	Continuous Showing: UI 1987 Celebration
12:30- 1:30 p.m.	Collette Theatre	"Racism: What Are We Talking About?"

Panel Moderator: Gerd Steckel, Assistant Professor, Foreign Languages

Members: Julie Kane, Student, Law; Mark Covey, Assistant Professor, Psychology; Shakh Ghnzanfar, Professor, Economics; Nick Gier, Professor, Philosophy; Dene Thomas, Director of Writing, English

7:00 p.m. Administration Auditorium "Music Reflections --
Idaho's People and
Cultures"

Flag Entry and Nez Perce Nation Drum "Reflections on Greasy Grass",
Guitar Solo, Vocal Solo, Readings of Langston Hughes, Song in Spanish
and UI Vandaleers

Tuesday, January 19, 1988

7:00 p.m. Administration Auditorium "How Do We Carry the
Dream Forward?"

Panel Moderator: Mamie Oliver, Martin Luther King, Jr. Federal Holiday
Idaho Governor's Task Force

Members: Erneston Sanchez, Executive Director, Idaho Legal Aid
Services; Jeanne Givens, District 4 State Representative; Gary Scott,
Moscow City Mayor

Conclusion: "Challenge for the Future"



COME CROSS -COUNTRY SKI WITH US!!! It's time for the annual Women's Center Cross Country Ski Weekend. **February 13th and 14th.** Huckleberry Heaven in Elk River. We will leave Moscow mid-morning on the 13th and return the evening of the 14th. Approximate cost for meals and lodging is \$25.00 per person (this includes dinner on the 13th, breakfast and lunch on the 14th - meals account for about half of the total cost).

We have reserved two apartments for the trip, each equipped with a kitchen so you may choose to bring and prepare your own food, but you must also bring all pots, pans cooking utensils, flatware, etc. since these are not provided (some dishes are provided). You may want to bring snacks and beverages, mugs, bowls and the like also. Each apartment has a combination tubshower. **You must bring your own sleeping bag, pillow, towels and washcloths.** Ski equipment can be rented from Huckleberry Heaven (826-3405, call early to reserve your size) or Outdoor Rentals in the SUB (885-6170).

There will be a meeting of those wishing to attend this year's ski weekend on **Friday, February 5th at noon** at the Women's Center. Please plan to attend this meeting if you want to go to Huckleberry Heaven with us since we'll be discussing the final cost, departure time, who will drive and who will ride, and who will bring their own food and who will purchase meals. Mark the trip and the meeting on your calendar!! It is not necessary to attend

the meeting in order to go on the ski trip, you just have to live with the decisions the group makes. It is also not necessary to ski to enjoy this great week-end. There's a hot tub and there will be table games (Trivial Pursuit/Pictionary??), and of course lively conversations and a sharing time for all.

RE-ENTRY/NON-TRADITIONAL STUDENTS: If you are not 18 to 22 years old you probably are a "non-traditional student". This is a catch all (hopefull) descriptive phrase for new or returning older students who are facing a unique set of challenges as they enter the University. The Women's Center and Student Advisory Services are working to develop programs to help you meet these challenges. On the agenda for the new semester:

Get Acquainted - Monday, January 11, 4:00 -6:00 p.m. Informal get together at Sweet Avenue House. Bring your children, partner, or come unaccompanied to get acquainted with each other and opportunities designed for you.

Support Groups - For those of you wanting to develop or expand your support system. The support groups offer an opportunity to share experiences, concerns, and successes with people in similar situations. Groups offered will be support and/or growth oriented. (We want to get these started as soon as possible -so let us know if you are interested!!!!)

Referrals - Information and materials will be available at the Women's Center for community and campus services (includes: organizations, clubs and activities).

Your Needs??? - We will have a questionnaire (simple) available at the Women's Center and hopefully at Orientation/Registration which you can use to let us know what is important and useful for you.

Participation in any or all of these activities by new "non-traditional" students and those of you who have survived a few semesters already is welcome and requested - women and men are welcome. Call or stop by the Women's Center if you have questions or wish to join in. Thank you.

WORKING MOTHERS are just laboratory rats in a scientific experiment designed to prove sleep is not necessary. (From the summer H.O.M.E. newsletter.)

TEENAGE PREGNANCY: "We have 125,000 girls 15-and-under each year who are getting pregnant, and my nightmare is beginning to become real in terms of how much younger and younger they are getting. I had a call from a friend in Chicago last month who told me about a 12-year-old who'd just had a child and that's not unusual, but the grandmother was 24." Marion Wright Edelman, President of the Children's Defense Fund.

JANUARY / FEBRUARY

NETWORKING CALENDAR

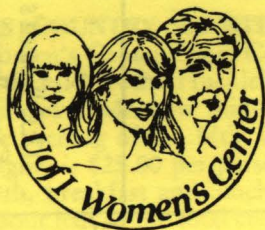
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 17	18 8:30 a.m. - 9:00 p.m. Martin Luther King, Jr. Holiday Celebration	19 7:00 p.m. Martin Luther King, Jr. Holiday Celebration	20	21	22	23
24	25	26 12:30 Women's Center Program	27 7:30 AAUW Board Meeting	28	29	30 Women's Political Priorities Conference Boise YW
31	February 1	2 12:30 Women's Center Program	3 12:30 Women's Center Program	4	5 12:00 Ski Trip Planning Meeting	6 AAUW State Board Meeting Boise
7 AAUW State Board Meeting Boise	8 AAUW Legislative Day Boise	9	10 12:00 Women's Center Susan B. Anthony Potluck 6:30 AAUW Dinner 7:30 Meeting Cavanaugh's	11	12	13 Women's Center X- Country Ski Weekend Huckleberry Heaven
14	15 Holiday	16	17 12:30 Women's Center Program	18	19	20
21	22	23 12:30 Women's Center Program	24	25	26	27

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

FOOD FOR THOUGHT: by Sherry Erickson. The Women's Center has been receiving the **TUFTS UNIVERSITY DIET & NUTRITION LETTER** since May 1987, with new issues delivered monthly. It seems appropriate at this time to introduce a few of the topics covered in these volumes. The November issue features "The off-again, on-again effect of repeated dieting". Laboratory studies seem to indicate a relationship between this kind of dieting and a lowered metabolic rate which in turn decreases the rate that calories are used by the body. "Eating right when you're eating out", a special report in the June issue, highlights what to watch out for and how to make the healthiest choices from a fast-food menu. The July issue's special report, "The fallacies of taking supplements", provides a listing of facts and fallacies of vitamin and mineral supplements. "Need for food increases during menstrual cycle", in the September issue, discusses scientific evidence which indicates that there may be a

physiological reason for food cravings during the menstrual cycle. This volume also contains a special report on "Microwave Cooking: The magic and the myths" and "Constipation vs. regularity" review Americas increased reliance on laxatives and how to remedy or prevent constipation without medication. "How much protein do athletes really need?"; "On the food-mood link" and a special report, "Feeding the toddler, guiding the teen" are featured in the October issue. "Obesity among children: it's growing bigger", in the November volume, talks about the physical and psychological risks and what can be done. The December special report, "Give the gift of sound nutrition advice", reviews several books published within the last 12 months. Included in the reviews are a few software programs that analyze diets. You are welcome and encouraged to come in and read any of these articles or browse through the rest of our library and resource materials.

University of Idaho



Non-Profit Organization
U.S. Postage
PAID
Permit No. 120
Moscow, ID 83843