

University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

OCTOBER 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 open to the public. If you have any suggestions for future programs, please call or stop by.

Director: Betsy Thomas
Secretary: Sherry Erickson
Counselor: Kathy Ruby

Work Study: Heidi Davis
Anne Kornkven
Marigay Larson
Joan Pike
Betty Soliz

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

"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."

Margaret Mead
(1901 - 1978)

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

Wed. - Oct. 5

WHEN RELATIONSHIPS END: The end of a relationship can be an extremely stressful and painful time. *Beth Waddel*, UI counselor at the Counseling Center with expertise in relationship issues, will discuss ways to take care of yourself and speed the healing process.

Mon. - Oct. 10

TO BUY OR NOT TO BUY: *Susan Zenier*, a real estate agent with Harden Realty and licensed broker, will discuss non-standard information about the advantages and disadvantages of buying a home. She will share tips on how to budget now to decide if and what you can afford, including not only the mortgage payment but also the planning, care, and maintenance of a house.

Tue. - Oct. 11

THE FEARS OF PREGNANCY AND CHILD BIRTH: *Lauren Fins*, professor of Forest Genetics, will discuss her personal experience and the fears she felt during her pregnancy. These included the fears of several impending deaths- physical, social, and professional. Although this is her particular situation, these fears may be more common than has been acknowledged by both the literature and individual conversations.

Tue. - Oct. 18

DEMYSTIFYING TAROT: We all possess the abilities necessary to tap into the energy surrounding us. Refining and practicing this skill is the basis for interpreting Tarot cards. *Bridgette Murphy*, who studied for two years at U of W Experimental College and reads Tarot professionally, will talk about the advantage of using Tarot in day to day life. Among the topics covered will be a brief history of Tarot, an overview of a Tarot deck, and some concrete ways Tarot can be used as a diagnostic and processing tool. Please bring questions to be used as examples as well as questions about Tarot in general.

Wed. - Oct. 19

OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH: *Kitty Tobin*, the Executive Director of Alternatives to Violence of the Palouse, will lead a discussion about this increasing crime following the showing of a film. Tobin recently moved to the Palouse from Spokane where she was employed by Spokane Rape Crisis. Come hear this program and welcome her to Our Town.

Tue. - Oct. 25

I'M GROWN UP - SO WHY AM I HAVING A CRISIS? We are the people our parents warned us about! This program will highlight dealing with predictable crises and growth stages for people aged 30 and beyond. *Nancy Sasser and Carolyn Wyatt*, therapists in private practice in Moscow, will present this program. If you're over 30, this program will shed light on your adult crises; if you're under 30, you can get an idea of what you're in for - so these adult crises and changes don't come as such a shock.

WE HAVE THE PROGRAMS ON AUDIO TAPE AT THE WOMEN'S CENTER FOR THOSE WHO ARE SIGHT IMPAIRED. LET US KNOW AND WE CAN ARRANGE FOR YOU TO HEAR THE TAPE.

SUPPORT GROUPS: are forming now for those persons who wish to participate in a support group. If you are interested, please call us at 885-6616 or stop by the Women's Center and sign up for a pre-group interview.

ELDER SCHOLARS SOUGHT: In 1985, famed author and child psychiatrist Margaret Mahler left to Gray Panthers a bequest of \$750,000, whose income may be used to make grants to individuals over the age of 70 to enable such person(s) to "continue their life's work especially as such work contributes to the work of Gray Panthers, as well." Current concerns of Gray Panthers include national health care systems, housing, media watch/agism issues, economic justice and employment, peace issues, and disabilities.

Two awardees are a Washington, D.C. based medical writer who, at age 82, is now working through the Gray Panther Washington office on an in-depth study of legislation on health issues and aging; and a veteran New York journalist, who at 79 is working on a book about how corporations control American politics.

If you -or anyone you know- fit the criteria and have a project compatible to Gray Panther interests but need some support to pursue it, apply to Margaret Mahler Institute, GP, 300 S. Juniper St., #601, Philadelphia, PA. 19107. Guidelines and further detailed information will be sent to you.

WOMEN'S VOTES CAN MAKE THE CRITICAL IMPACT IN 1988: Women represent 52% of the American populace, and this year 10 million more women than men are expected to vote on election day. But, we can't expect the direction taken by those who are elected to reflect our concerns and interests until we do make certain our voices are heard. We need more women in positions of leadership, we need to access the process of legislation and we need to VOTE.

VOTER REGISTRATION: October 28th is the last day to register at the County Courthouse. The Auditors Office, located on the first floor and one of the places to register, will be open that Friday from 8:30 a.m. until 8:00 p.m. They are open daily to register voters from 8:30 to 5:00. They will also be at the Palouse Empire Mall on Saturday, October 15 from 11:00 a.m. until 4:00 p.m. You may also register at Moscow, Genesee, or Troy City Halls, depending on your residence or until October 21st with your precinct register. If you don't know who that is call the Auditors office at 882-8580. If you have moved since you last voted or have not voted in the last two years, you must re-register.

BE INFORMED ON THE CANDIDATES: Idaho Public Television, KUID-TV, channel 12, will broadcast several candidate debates. October 17th at 8 p.m., the debate between Richard Stallings and Dane Watkins will air. This is the 2nd District Congressional race. Those of us in northern Idaho cannot vote in this race. But on November 3rd at 7 p.m. the debate between Larry Craig and Jeanne Givens will air and this is for the District 1 Congressional seat- the one we do vote in. This debate will not be live, but it should still be very helpful in making an educated decision. October 24-28 KUID will televise nightly at 10:00 debates in all Northern Idaho contested races. October 24 will be district 5 (Latah County) and district 7 (Clearwater, Idaho, and Lewis counties). October 25 will be District 8 (Latah, Nez Perce, Clearwater, Lewis, and Idaho counties) and district 4 (the

northern floterial). The evening broadcasts on the 26th, 27th, and 28th will be the other districts to the north of us. All are at 10 p.m.

VOTE: TUESDAY NOVEMBER 8 Polls open 8 a.m. to 8 p.m.

POPULATION THE OVERFLOWING BOWL: "No," the teacher said with a sigh, "she won't be with us long." The teacher was speaking of a bright child in her eight-grade class in a Washington inner city school, and explained, "When a girl shows signs of womanhood around here, she is hunted down by a pack of macho wolves and becomes pregnant." This is not an exceptional story. In the U.S., 10% of all teen-age girls, one million a year, become pregnant. Most of the pregnancies are unplanned. "It is a miracle that any of our (young women) avoid pregnancy and childbearing. For the young, disadvantaged youth with few life options, it is the worst of all possible worlds, because premature parenthood may appear to be the only route to self-fulfillment." (Judith Jones, Center for Population and Family Health, Columbia University)

For the first time in history, there are more than five billion members of the human family, and the population is growing at a rate of 89 million a year. Zero Population Growth points out: "Globally, over 800 million people suffer from starvation- with 12 million children under the age of five dying each year. Both Mexico and Central America, already facing unemployment rates as high as 30%, can expect a tripling of their (potential) labor force in less than 50 years.

Worldwatch Institute states: "Family planning is the key to improving reproductive health. Each year, up to a million women world wide die from pregnancy-related causes. Fully 99% of these deaths occurs in the Third World, where complications arising from pregnancy and illegal abortion are the leading killers of women in their 20s and 30s. The U.S. is not immune from population problems. If the U.S. population growth continues at the present rate- through birth and immigration- it will have another 40 million people by 2000. We are adding "the population equivalent of four Washington, D.C.s every year, another California every decade." (Zero Population Growth) Every year, more than 44,000 acres of California cropland are converted to urban uses. Last year, the state's population grew by 666,000. Hunger is on the rise in the U.S. The U.S. Conference of Mayors has reported that the demand for emergency food in 1987 increased by 18% in 25 major cities. Excerpts taken from *The Washington Spectator*, September 15, 1988. The complete report is available at the Women's Center.

BROWN BAG FRIDAYS: This is a new program we are starting this year at the Women's Center. Every Friday from 11:30 to 1:30 the Women's Center is set aside for non-traditional students. This will be a time for students to meet each other, ask questions, pull out their hair in a safe setting, problem solve together, and hear guest speakers from various campus offices. The two hour period is to accommodate both lunch periods; you can come early, come late, leave early, stay late, come once or every time. A staff person will be available to assist in arranging guest speakers, making introduction, answering questions, etc.

OCTOBER 1988 NETWORKING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 * ATHENA 6:00 PM 607 E. 7TH	5 WOMEN'S CENTER PROGRAM -12:30-	6	7 NTS BROWN BAG -11:30 TO 1:30-	8
9	10 WOMEN'S CENTER PROGRAM -12:30-	11 * WOMEN'S CENTER PROGRAM -12:30-	12 AAUW -6:30 \ 7:30- CAVANAUGHS	13	14 NTS BROWN BAG -11:30 TO 1:30-	15 AAUW BOOK SALE LATAH COUNTY FAIR- GROUNDS !ALL DAY!
16	17	18 * WOMEN'S CENTER PROGRAM -12:30-	19 WOMEN'S CENTER PROGRAM -12:30-	20	21 NTS BROWN BAG -11:30 TO 1:30-	22
23	24	25 * WOMEN'S CENTER PROGRAM -12:30-	26	27	28 NTS BROWN BAG 11:30/1:30 LAST DAY TO REGISTER TO VOTE**	29
30	31	NOV 1 * NOV 1 * NOV 1 *	2	3	4 NTS BROWN BAG -11:30 TO 1:30-	5

*Remember every Tuesday at 12:30 is Athena lunch at the Blue Bucket & Tuesdays at 2:30 pm is Athena coffee at Satellite Sub.

**City Hall - County Courthouse

OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH. *Response to the Victimization of Women and Children*, a journal of the Center for Women Policy Studies, has devoted its current issue, (Volume 11, Number 1) to Campus Violence. Feel free to stop by the Center and read this publication.

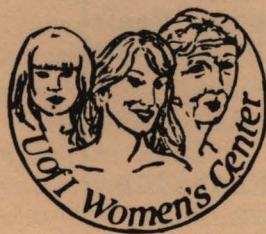
The *Shelter-Aid Program*, sponsored by Personal Products Corporation, is the first major corporate program addressing the issue of domestic violence. In 1987, it sponsored the national toll-free domestic violence hotline, operated by the National Coalition Against Domestic Violence. Shelter Aid coupons will be inserted in newspapers to 52 million homes on October 16. For each coupon redeemed when purchasing the five sponsoring products- Stayfree, Sure and Natural, Assure and Natural, Carefree, and o.b. feminine protection products- 10 cents will be donated to keep the national hotline open for another full year. K-Mart is also participating. For each proof of purchase on the five sponsoring brands - you don't have to use the coupons or buy it at K-Mart.- K-Mart stores will donate 5 cents to local shelters. Collection boxes will be at K-Mart through October. A collection box will be at the Women's Center. We have until April 1989 to send them in. Last Year the local Alternatives to Violence of the Palouse program received money from this endeavor, as well as The Idaho Network To Stop Violence Against Women (of which the Women's Center is a member).

MEN WHO HIT: Any man has the potential to act violently toward his partner at sometime during their relationship. Physical abuse is not restricted to any social class, ethnic group, educational level, or occupational level. Because the behavior is so common, it is not possible to provide an accurate profile of The batterer. Some men who hit believe it is their right to do so, while many others, they say, are appalled by their violence. For

many violent men, the use of force is a means of asserting power through obtaining full physical and psychological control. This decreases their sense of inadequacy, besides getting compliance from their partners through fear. Batterers may be quite sensitive to slights and insults. They may, with their doubts about their masculinity, be intensely jealous. In general, these men have difficulty coping with stress and their own feelings of anger, and therefore vent their frustrations through violence. An apparent threat of separation or divorce may increase the risk of violence for these men have strong dependency needs and fear the loss of power. Men who have difficulty with intimacy and closeness. With the loss of their battered partner, they use physical force to create distance in a relationship. In addition, batterers often lack empathy for their partners. Therefore they project the blame for their abusive behavior on to their partners. Childhood exposure to violent, abusive parents is typical of many, but not all, men who act violently toward their partners. Substance abuse, especially of alcohol, is also quite common for these men. Though the use of alcohol is used as an excuse for the violence, it is really only a disinhibitor. A very small percentage of men who hit may have physical health problems, including some kind of brain dysfunction. Similarly, men who are seriously psychiatrically disturbed have been known to assault their partners, though these men are a very small minority of all batterers. (*Survival for Women Newsletter*, Marina del Rey)

WHO'S VIOLENCE IS IT? Even though the above article can make the reader have understanding thoughts about men who hit, it is important for the battered partners in abusive relationships to know and remember they cannot stop or control the violence. It is the man's violence and only he can do something about it.

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