



University of Idaho Women's Center

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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 who decide to prosecute the rapist should look at themselves as trail blazers. Five years ago the case would not have gone to court; ten years ago no one would have listened at all
 Dorothy Hicks

In our society, prosecuting a rapist is an act of courage. A woman who will do it is to be admired. But a woman who will not do it shouldn't be regarded with contempt.

Andrea Medea and
 Kathleen Thompson

NOVEMBER/DECEMBER PROGRAMS 1989

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.

November 1st
 Tuesday

"WOMEN'S WAYS OF KNOWING": The Development of Self, Voice and Mind (Belenky, et al) *Judy Wallins*, Director of the Tutoring and Academic Assistance Center will lead a discussion on this book which looks closely at the position of women in society and the ways society appears to women. It raises interesting questions about the way women learn as compared to men. Join in the discussion or come and hear about a great book to put on your reading list for the Holiday break.

November 7
 Tuesday

COUNSELING CENTER WEEK

WHAT KIND OF OLDER WOMEN DO WE WANT TO BE? Join us for an interactive hour as we look at our journey through life - where we have been and where we want to go. *Martha Kitrow*, UI Counseling Psychologist will lead the participants in discussion, imagination and visualization to create an image of the kind of older women we want to be.

November 8
 Wednesday

FAMILIES: YOU CAN'T LIVE WITH THEM, YOU CAN'T LIVE WITHOUT THEM: *Dr. Joan Pulakos* from the UI Counseling Center will talk about how families work - their rules and structure. What makes a family functional or dysfunctional will be discussed.

November 15
 Wednesday

THE TRADITIONAL THANKSGIVING POTLUCK: It's the time-honored tradition of the Thanksgiving Potluck. The Center will provide a BIG turkey and you bring the trimmings. Everybody will share the good times, good food, and good season. Feasting begins about noon.

November 28
 Tuesday

WHAT'S GOING ON: A new discussion group will focus on the methods for citizen participation in the political process. This is politics with a small 'p' - bringing about changes that make your school, city, state, nation, world a better place to live. Learn about current issues effecting our lives and ways to tackle the problem. Bring your questions or concerns about getting involved or the issues that you want others to know about. This discussion will be led by *Kay Keskinen* and *Betsy Thomas*, two long time activists.

November 29
 Wednesday

JOURNAL WRITING: *Nancy Casey*, writing teacher and exuberant journal writer, will discuss the benefits of keeping a journal. It can help make sense of your life and journal keeping is a relaxing and helpful activity. She will lead the audience in trying some different techniques. Bring writing materials.

December 5
 Tuesday

COUNSELING CENTER WEEK

STRESS MANAGEMENT: *Dr. Jim Morris*, UI Counseling Psychologist and Director, will discuss aspects of stress management including tips on how to cope with the upcoming holidays.

December 6
 Wednesday

TEST ANXIETY: ANXIOUS ABOUT FINALS? *Dr. Chuck Morrison*, UI Counseling Psychologist, will offer an overview of the test anxiety workshops offered each semester at the Student Counseling Center. He will focus on the nature of anxiety and specific techniques you can use to manage test anxiety.

December 12
 Tuesday

HERITAGE & HOLIDAYS: Bring your favorite gift, inheritance from your past, and share the story behind it. Mine is a locket from my paternal grandmother and what a story it has! Also, bring your musical instruments and singing voices and *Barb Yandle*, a Mechanical Engineering student and music performer will lead holiday songs and probably some traditional women's songs. Holiday punch will be provided.

December 13
 Wednesday

MUSIC & HOLIDAYS: *Michelle Ward*, UI graduate student of classical guitar, will present classical selections at this special program for the 1989 year. Take a few moments for fun and relaxation before the grind of finals and before heading "home" (even it that's Moscow) for the holidays.

WE KNOW THE TYPE ON THE NEWSLETTER IS SMALL. WE HAVE RECORDED IT ON TAPE FOR THOSE WHO HAVE A SIGHT IMPAIRMENT. LET US KNOW IF YOU WANT TO USE THE TAPE AND WE WILL SEND IT TO YOU.

ATHENA: Athena will meet Tuesday, November 7 at the Main Street Deli. The function begins at 6:00 p.m. and the program, a panel of professionals discussing "Strategies for Networking", will begin at 7:30 p.m. Especially invited guests are women graduate students. If you did not receive a meeting announcement call Kay Keskinen to make a reservation for dinner and to place your name on the mailing list.

NON-TRADITIONAL STUDENTS: The Women's Center invites you to come and see FREE movies! We are showing some of the best in current or classic film video's and serving popcorn every Tuesday from 3:00-5:00pm. In an effort to accommodate everyone's schedules we are considering changing to Mondays from 3:00-5:00pm beginning November 7. You are encouraged to let us know what day and time is most convenient for you and we are open to video requests. The showing of these films are made possible by the WSU and UI Classical Collections. During November/December we will show the following: 11/06-Raiders of the Lost Ark; 11/13-The Man From Snowy River; 11/20-To Kill a Mockingbird (starting at 2:45pm); 11/27 & 12/4 are OPEN TO REQUESTS.

SUBSTANCE ABUSERS FIND HELP AT ON-CAMPUS CENTER: Rutgers University has developed a program to help student alcoholics and drug addicts, who couldn't really be effectively treated as outpatients of campus assistance centers. New Jersey Department of Health has granted Rutgers five years of funding for the demonstration project which allows students to stay on campus in residence hall-type rooms. In the past, students with substance abuse problems would have to leave school to enter a residential rehab program; others- not wanting to drop out - never sought help.

The students first participate in about a week of purely inpatient treatment. Then, they begin the heart of the program, the partial residential stage, in which they still live in the special units and add regular school activities to their agenda. The idea is to separate students from destructive habits and environments and strengthen their abstinence skills by gradually reintroducing them to campus life. In some cases, they can add special courses such as a three-credit Sociology of Alcoholism class that can be self-taught from videotaped lectures, readings and other materials. Students also participate in counseling and educational sessions, learning how to "say no" in different social settings.

Off-unit activities-such as studying in the library, attending a football game, or eating in a campus dining hall-give students a chance to practice their new abstinence skills while maintaining their accustomed roles and student identity. Following the 45 day partial residential treatment, students enter a day treatment program. They move out of the center, but return several days each week for meetings and counseling. Officials believe the program will help keep students with substance abuse problems in school.

Many other services for substance abusers are offered, a campus chapter of Alcoholics Anonymous, an alcohol education manual, and presentations on party planning and drinking and driving for commuter students. (National ON CAMPUS Report, Vol.17, #19, Oct. 1989)

DEBT MANAGEMENT COUNSELING: All first-time borrowers of student loans are now required to participate in a debt management program, as part of an effort to reduce the default rate on student loans. The new Dept. of Education rule has left aid officials scrambling to provide first-time borrowers with counseling on their repayment responsibilities. As for the students, the new requirement may mean they'll have to wait longer to receive needed funds. (National ON CAMPUS Report, Vol.17, #19, Oct. 1989)

WSU FACULTY RESEARCH COLLOQUIUM SERIES: NUTRITION AND OSTEOPOROSIS by Linda Massey, Ph.D. in Food Science and Human Nutrition will focus on calcium nutrition and the caffeine connection, Oct. 31 at 4:10 pm in the WSU Fine Arts Auditorium. ORIGINS OF BREAST CANCER by Howard L. Hosick Ph.D., Professor of Zoology and Cell Biology will cover new technologies for measuring how molecules that surround certain cells in the breast actually encourage these cells to transform into malignant tumor cells, November 30, at 4:10 pm in same location.

WSU WOMEN'S RESEARCH AND RESOURCE CENTER: has initiated several new programs, A Women for Diversity Group and a Support group for Minority Women Graduate Students. Call Shila Baksi at 335-6830 or Dottie Morris for details. Their noon program on Nov. 2 is *Relaxation and Imagery* and will be led by Joy Hamilton from the WSU Counseling Center. Nov. 10 will feature artist *Judith Golden*, a photographer from Tucson, AZ. Their noon programs are held at 12:00 in CUB B-19-B

COURT LETS EMPLOYER BAR WOMEN: The 7th Circuit US Court of Appeals has ruled that a company can bar all fertile women from jobs which are hazardous, even if a woman is not pregnant and has no intention of having children. A suit was filed by several women against a company that makes automobile batteries. The women argued that they had been victims of sex discrimination in losing promotions to younger men, or were being displaced from higher paying jobs in the part of the factory where batteries are made.

Critics argue that this policy which is meant to protect the fetus is actually sex discrimination because it denies women access to high-paying, if hazardous, jobs.

NOW said that this reminds them of the old protective labor laws which protected women "right out of the good jobs".

In its official statements and court documents the company says an abiding concern for worker safety, not fear of lawsuits, prompted the enforcement of its policy.

The Nat'l Workplace Safety Inst. said most companies are absolved from any liability involving a worker who is injured or becomes ill as a result of a workplace injury. But because a fetus is regarded as a third party, any illness or deformity could expose the company to major lawsuits.

In ruling for the company, the court said there was clear scientific evidence that "an unborn child's exposure to lead creates a substantial health risk involving a danger of permanent harm" (Spokesman Review, October 3, 1989).

NOVEMBER/DECEMBER 1989 NETWORKING CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Oct 30	31 Film: 3-5pm	1 Women's Center Program -12:30-	2	3 NTS Brown Bag 11:30 1:30	4/5
6 Film: 3-5pm	7 Women's Center Program -12:30- VOTE!! ATHENA 6:00pm	8 Women's Center Program -12:30- AAUW: 6:30	9	10 NTS Brown Bag 11:30-1:30	11/12
13 Film: 3-5pm	14	15 Women's Center Program -12:00-	16	17 NTS Brown Bag 11:30-1:30	18/19
20 Film: 3-5pm	21	22	23 T H A N K S G I V I N G V A C A T I O N	24	25/26
27 Film: 3-5pm	28 Women's Center Program -12:30-	29 Women's Center Program -12:30-	30	DECEMBER 1 NTS Brown Bag 11:30-1:30	2/3
4 Film: 3-5pm	5 Women's Center Program -12:30-	6 Women's Center Program -12:30- ATHENA 6:00PM	7	8 NTS Brown Bag 11:30-1:30	9/10
11 D E A D	12 Women's Center Program -12:30-	13 Women's Center Program -12:30- W E E K	14	15 NTS Brown Bag 11:30-1:30	16/17 FIRST DAY OF FINALS

* Remember, every Wednesday at 9:30 is Athena coffee hour at the Women's Center. During November the luncheons will be on Tuesday and during December the luncheons will be on Wednesday at 12:30 pm at the Blue Bucket.

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

ANTI-BIAS RULES: SUSPENDED AT UM, ON TRACK AT UW. In August the U. of Michigan suspended its anti-bias policy after a federal judge ruled the measure was unconstitutional. Meanwhile, a similar U. of Wisconsin policy has gone into effect. It prohibits "comments, epithets or other expressive behavior directed at an individual" if it demeans the person's race, sex, religion, color, creed, disability, sexual orientation, national origin or age, or it creates a hostile environment on campus. Meanwhile, the ACLU is preparing a lawsuit. Nat'l ON CAMPUS Report, Vol.17, #19, Oct. 1989

WOMEN, SCIENCE AND TECHNOLOGY: Northwest Center for Research on Women (NWCROW) is working to develop a new research focus on women, science and technology. They are interested in the feminist critique of science, the impact of science and technology on women and society, and the underrepresentation of women in the sciences and technological fields. Two projects are being considered: the first examining the problems of retention of women students in science at the graduate level, and the second developing a model intervention program for recruiting and retaining women in the sciences at the undergraduate level. For more information contact: NWCROW, Editor, Northwest Women's Report, Women's Information Center, AJ-50, University of Washington, Seattle, WA 98195. (Northwest Women's Report, Volume 8, No. 3, Summer 1989)

RESOURCES:

The following should be available from your favorite local book store.

Washington Women as Path Breakers, a book by Northwest historian Mildred Andrews, includes a rich array of historical photographs. 154-pages, \$19.95

American Women in Transition draws on census data and national surveys to document women's increasing educational attainment, labor force participation, commitment to family, and more. 320 pages, \$14.95

Menopause: A Self Care Manual: discusses hormone replacement therapy, nutrition, osteoporosis, and much more. \$6.50

The Enabler: When Helping Harms the Ones You Love, by Angelyn Miller, addresses the concerns of co-dependency and the non-alcoholic participant. Paperback copies are \$6.95

Herstory: Black Female Rites of Passage, by Mary C. Lewis, addresses issues specific to the Black female maturation process, with an emphasis on expanding potential by developing a solid cultural base. \$6.95

Money, Money, Money are the three major worries for many students. So Joyce Lain Kennedy and Herm Davis wrote *The College Financial Aid Emergency Kit*, which describes ways to use the financial aid systems to full advantage, with ideas on alternative strategies. This 40-page booklet is available for \$4.50 from: Sun Features, PO Box 45, Cardiff, CA 92007; Ph: 619/753-3489.

University of Idaho



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