



# University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

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**Counselor:** Jan West  
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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

*My ideal picture of the woman of the future, and when one paints an ideal one does not need to limit one's imagination, is that she will be a being of profound contrasts which have attained harmony. She will appear as a great multiplicity and a complete unity; a rich plenitude and a perfect simplicity; a thoroughly educated creature of culture and an original spontaneous nature; a strongly marked human individuality and a complete manifestation of most profound womanliness.*  
 Ellen Key

## OCTOBER 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.*

**October 3rd**  
 Tuesday

**OCTOBER: DOMESTIC VIOLENCE AWARENESS MONTH:** It is estimated that every 18 seconds a woman in this country is beaten by her partner, ex-partner or boyfriend. *Kitty Tobin*, the Executive Director of Alternatives to Violence of the Palouse, the local Moscow Pullman Shelter and Rape Program, will lead a discussion about this increasing crime following the showing of a film.

**October 10**  
 Tuesday

**WOMEN'S HEALTH IN AN ORIENTAL LIGHT,** *Karen Young West* is a local acupuncturist with 15 years' exploration in Oriental arts and disciplines. She will focus on the immediate health interests of those present. Shiatsu pressure points will be taught to alleviate PMS symptoms, headache, stiff shoulders, cramps, low back pain, constipation, sinus troubles, cold discomfort - you name it! We'll find some points...

**October 18**  
 Wednesday

**SPENDING A LIVING:** We always talk about 'earning' a living, but we seldom discuss spending a living. Tom Liesz, Assistant Professor of Finance in the Department of Business and a personal financial planning consultant will address the group on the use of credit cards, personal budgeting, and general money management. He will answer questions and concerns. This presentation is both beneficial and fun.

## COUNSELING CENTER WEEK

**October 24**  
 Tuesday

**ANGER MANAGEMENT - Session I:** Anger can be viewed in a variety of ways. In a positive light it has been seen as one type of emotional expression necessary in healthy relationships, as an energizing force in correcting social injustice, or as a precursor to positive assertive behaviors. Anger can also create problems, however. It can have a role in or be a precursor to verbal or physical aggression including child abuse, damaged interpersonal relationships and/or property and physiological distress such as headaches and ulcers. *Bob Stark*, U of I Counseling Psychologist, will focus on the dynamics of anger, explore various aspects of anger and techniques for managing anger so that it can work for us, rather than against us.

**October 25**  
 Wednesday

**Anger Management - Session II:** Presentors *Bob Stark and Beth Waddel*, U of I Counseling Psychologists will continue the discussion on ways of managing anger.

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

### **MARTIN LUTHER KING, JR. 1990 CELEBRATIONS:**

The first committee meeting was recently held and planning is under way for the 1990 event. This will be UI/Moscow's fifth year of *Celebrating the Dream* of Dr. King, Jr. and, as always, we need your HELP. This year is a once in a six year happening when the official holiday (the third Monday in January) falls on Dr. King, Jr.'s actual birthday, January 15. However, another unusual event, the late start of school in the 1989-1990 academic year, discloses that classes do not begin until January 17, 1990. We did not want to add confusion to pandemonium and hold the celebration on top of advising, registration and finding new classes and apartments. So, we will schedule this year's activities for January 21, 22 and 23. We may even begin with a concert or dance on Friday, January 19. We encourage everyone to come to the meetings to hear our exciting plans and see how you can help. The next meeting is October 2 at 4:00 p.m. in the Chiefs Room at the Student Union Building. To volunteer or find out about future meetings, call either of this year's co-chairs or the Women's Center. Co-Chairs are Michelle Ward, 882-0526 and Stephen Lyons, 885-8973.

**NEW STAFF:** *Jan West* is the new counselor intern at the Women's Center. She is a second year graduate student in the Psychology Department's Master Degree program. She has worked in school systems with learning disabled and emotionally impaired youth as well as operating her own business in Boise for several years. Prior to returning to graduate school, she was the Director of the main campus of the Idaho Youth Ranch where she developed and implemented a treatment program for adolescent sex offenders and victims. *Wendy Mathews* is a student with an undergraduate degree from U of I in Psychology and is in the graduate program in the Counseling and Human Services Department. She is finishing her counseling practicum at the Master Degree level. Her past practicum site was at LCSC Career Planning and Placement. *Sorine Fangsrud* is also a student in the Counseling and Human Services Department. She is beginning her Master's program and will be concentrating her efforts on outreach to non-traditional students. In addition she will work with the rape education program. She has prior experience in acting, teaching acting, and working with students with disabilities.

### **COUNSELING CENTER WEEK:**

As always, the Women's Center will sponsor a series of programs designed to educate, enrich and entertain. This year, the University of Idaho Counseling Center will join with the Women's Center in presenting noon programs. One week per month, the Counseling Center will present programs reflective of the concerns students bring to counseling. Topics will include aspects of relationships, stress management, addictions, self-esteem, sexuality and self-awareness. Program suggestions are welcome. Please call the Women's Center or Counseling Center with ideas.

### **SPECIAL NEEDS/DESIRES/INTERESTS:**

If you have any special needs/desires/interests for groups or workshops, please let us know. We have a sign-up sheet on

the bulletin board or you can talk to one of the Women's Center Staff.

**SUPPORT GROUPS:** are now forming and will begin the week of October 1st. If you are interested, please call or stop by the Women's Center. Those of you who have already signed up have most likely been contacted by now.

**ATHENA:** Athena, An Association Supporting the Interests of Faculty and Other Professional Women at the University of Idaho, is an organization that promotes professional women's concerns at the University. Athena meets monthly during the first week of the month on alternating evenings in the Sweet Avenue House (located diagonally across from the Music Building). The gatherings begin at 6:00 p.m. for socializing, catered dinner at 6:30 p.m. and the meeting at 7:30 p.m. It is quite acceptable to bring your own food for dietary, nutritional or whatever reasons instead of purchasing the catered dinner. Child care is usually available. This month's meeting is October 2 and the program will be a presentation by Dr. Susanna Finnell, WSU Honors Program about the Bryn Mawr Summer Institute for Women in Higher Education. The November 7th program will be on the topic of the importance of networking and a discussion of the relationship between Athena and women graduate students. In addition to the monthly evening meeting, Athena sponsors a coffee hour on Wednesdays from 9:30-10:30 at the Women's Center and a weekly no-host lunch at the Blue Bucket. If the evening meeting is on a Monday then the lunches are on Mondays for that month, if the evening meeting is on a Tuesday then the lunches are on Tuesdays, etc. center. The monthly evening meetings alternate from Monday through Thursday in an attempt to decrease scheduling conflicts. The officers are President: Diane Baumgart, Counseling and Special Education, 885-6172, Vice President: Kay Keskinen, Computer Services, 885-6721, Secretary: Candy Gillis, English, 885-6142, and Treasurer: Gail DeSantis, Entomology, 885-6050. Notices have been sent to many female university employees. If you did not receive a meeting announcement, call Kay Keskinen to make a reservation for dinner and call the Women's Center to place your name on the mailing list or call any of the officers to understand more clearly the scheduling of meetings.

**NON-TRADITIONAL STUDENTS:** We are continuing our *Brown Bag Friday's*, a drop in social gathering at the Women's Center. This is a time for students to meet each other, share ideas, ask questions, etc... the Women's Center lounge is set aside from 11:30 a.m. to 1:30 p.m. each Friday. **In addition**, this year we have begun a *Tuesday Feature Film Series*. Join us and other non-traditional students for popcorn and some of the best in current or classic film video's. Meet at the Women's Center from 3:00 p.m.-5:00 p.m. to relax, meet others and see some great films! Call us at 885-6616 or stop by the Women's Center. The showing of the films are made possible by the WSU and the UI Classical Collections.

OCTOBER 1989 NETWORKING CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 MLK, Jr Comm meeting-SUB 4:00-5:00pm ATHENA 6:30PM	3 Women's Center Program -12:30-  Film: 3-5pm	4	5	6 NTS Brown Bag  11:30 1:30	7/8
9	10 Women's Center Program -12:30-  Film: 3-5pm	11	12	13 NTS Brown Bag  11:30-1:30	14/15
16	17   Film: 3-5pm	18 Women's Center Program -12:30-	19	20 NTS Brown Bag 11:30-1:30	21/22
23	24 Women's Center Program -12:30- Film: 3-5 pm	25 Women's Center Program -12:30-	26	27 NTS Brown Bag  11:30-1:30	28/29
30	31 Women's Center Program -12:30-  Film: 3-5pm	NOVEMBER 1	2	3 NTS Brown Bag  11:30-1:30	4/5

\*Remember every Wednesday at 9:30 is Athena coffee hour at the Women's Center & Wednesdays at 12:30 pm is Athena luncheon during November at the Blue Bucket.

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

**WOMAN'S SPIRITUALITY GROUP IS STILL OPEN:**

Because last months newsletter took so long to reach community member's mailboxes, the beginning of this group has been delayed. This will be a seven week study and exploration (for women) into their own spiritual self awareness. The group leader will be Kim Williams who is the Lutheran Campus Minister at the U of I. She explains that as women continue to gain a clearer sense of self in every area of their lives, they are also realizing there are facets of their interior lives that are uniquely female. She says it is this rich, inner world of mystery, power, and promise every woman must enter in order to achieve a true awareness of her identity. The structure of this group will be one of discussion and meditation that will aid in the exploration into our own spiritual awareness. If you are interested call Kim at 882-2536. When she has a sufficient number, she will begin the group, or stop by the Women's Center and sign up and she will call you.

**BEIJING STUDENTS MUST SUBMIT REPORTS** of their activities during the pro-democracy demonstrations in Tiananmen Square this summer. University officials say the diaries won't be turned over to police, but many students are skeptical. Graduating seniors have also been ordered to take one- or two-week study sessions that focus on how the army "saved" the capital city. (From National On Campus Report Aug. 21, 1989.)

**THE IDAHO VICTIM'S CRIME CLOCK:**

- One murder every 9.6 days
- One rape reported to police every 2 days
- One rape victim comes to a Victim's Center every 4 hours
- One Robbery every 1.7 days
- One child physical abuse case every 4.2 hours
- One aggravated assault every 4.1 hours
- One domestic violence victim every 2.2 hours
- One Violent Crime every 3.5 hours
- One victim of a violent crime every 49 minutes

(Excerpted from the Idaho Victim of Crime Bulletin, printed by The Idaho Network to Stop Violence Against Women (INTSVAW) who gathered the data from *Crime In Idaho 1988*, prepared by the Bureau of Criminal Identification, Idaho Department of Law Enforcement; The Children and Family Services Center of the Idaho Department of Health and Welfare; and from the statistics of the Community programs belonging to the INTSVAW.)

**A COURSE ON MANAGING HUMAN RESOURCES** is now a requirement for MBA students at Emory U. Besides discussing the legal repercussions of sexual behavior in the workplace, the course explores students' attitudes about harassment.

University of Idaho



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