



University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

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Women's Center programs educate, enrich and entertain. Bring your lunch and join us! 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.

APRIL/MAY PROGRAMS 1991

April 2
Tuesday

"GENDER: THE ENDURING PARADOX": This video by the Smithsonian Institution examines gender differences by interviewing scholars, children, teachers and others. It presents dramatic readings, poetry and dance. A friend of mine said this was one of few programs that he had seen about gender differences that did not make him feel defensive about being a man.

April 3
Wednesday

"THERE'S NO SUCH THING AS WOMEN'S WORK": A half hour video by the Women's Bureau of the Department of Labor examines women's roles in the work force from the European migration to America to the present time.

April 9
Tuesday

ASTROLOGY: WHAT'S YOUR SIGN?: COLLEEN HEINRICH, owner of a seminar company will be discussing Sun Signs and their patterns in life. She will also discuss her astrological views of the world situation. Following her discussion there will be a question and answer period.

April 10
Wednesday

WHERE ARE WE WITH THE WOMEN'S MOVEMENT TODAY?: BETSY THOMAS, Women's Center Director and KAY KESKINEN, Computer Services Data Processor System Analyst will do an overview of the women's movement of the 50's and where the women's movement is today. They will also briefly discuss the ERA amendment, what it is and how it would empower women if it were passed.

April 16
Tuesday

TEST ANXIETY: CHUCK MORRISON, UI Psychologist will discuss with us some of the reasons for test anxiety and what we can do to prevent it, or help deal with it when we can't prevent it.

April 17
Wednesday

NATURAL MEDICINE AND HOMEOPATHY: DR. JAMISON STARBUCK, Naturopathic physician will discuss naturopathic medicine, which is based on the time-tested medical principle, *vis medicatrix naturae*, the healing power of nature. Dr. Starbuck believes that the body has an innate wisdom, a vital force which is always working toward health and balance. Dr. Starbuck's aim is to restore the healthy functioning of the body by working with the vital force, using substances and treatments that enhance the body's innate healing abilities. She will also address some effective ways to deal with Pre-Menstrual Syndrome the naturopathic way.

April 23
Tuesday

AIDS UPDATE: WHAT EVERYONE SHOULD KNOW: MARGARET BEALS, Director of Education for Gritman Memorial Hospital will bring us up to date on AIDS research. She will discuss the newest vaccine research and the latest treatment procedures. Because AIDS is spreading so rapidly and does not discriminate on the basis of age, race, sex or sexual preference/orientation we must all educate ourselves if we hope to stop this deadly disease.

April 24
Wednesday

I'M GRADUATING, LOOKING FOR A JOB AND SCARED OUT OF MY WITS ABOUT THE INTERVIEW PROCESS: ALICE POPE BARBUT, Director of the Career Services Department, will be discussing what graduating seniors can expect in the job market and some tips on how to interview more effectively. She will also explore some appropriate answers to inappropriate questions.

April 30
Tuesday

SPEED WALKING: GETTING OR KEEPING IN SHAPE FOR THE SUMMER: DENNIS DOLNY, Wellness Coordinator for the UI, will discuss the mechanics and form of speed walking and the importance of proper clothing and walking shoes. He will also discuss speed walking's role as it pertains to health and fitness. Weather permitting, we will go outside and practice speed walking.

May 1
Wednesday

GOOD-BYE FOR THE SUMMER AND GOOD LUCK TO THE GRADUATING STUDENTS!
"FINGER FOOD" POTLUCK: Special Guest Speaker, State Senator BETTY BENSON will hold an informal discussion about her experiences in her first year in office, what happened in the legislature this year and what is expected for next. Take this opportunity for one last potluck before finals week and before so many depart for the summer. Bring a box of crackers, or cheese, or fruit, or carrot sticks, any finger food to share with others and say good-bye, hello, or congratulations. We'll start eating around noon.

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

"There is nothing to prevent one or all of us becoming victims at any moment."

(The Quotable Woman, Vol. 2
Doris Lessing 1919-)

GOOD BYE FOR SUMMER: It always comes as a surprise to me how quickly the year passes. At times throughout the year when we are at the height of business and pressure, it feels like the year is passing slowly and will never end. Then suddenly, as if without warning, we are writing the last newsletter of yet another academic year. Our "good-luck wishes" go to those who are moving on through graduation, career changes, new jobs, new responsibilities which necessitate leaving school, or any of the many reasons people leave the University and Moscow. Our farewell for the summer to those leaving for summer jobs, extended vacations, healing from the August to May rigors, or any combination of being gone for the summer.

Our "see you at the concerts and plays and Farmer's Market" to those who will continue to be in the area throughout the summer. The Women's Center is not officially open during the months of June and July. The Director is working and available most of the time and arrangements can be made for appointments, for having the Center's doors open, etc... The phones, as always, are answered all summer, every day either by the Director or staff at Student Advisory Services. It is a good idea to call before you stop by if you wish to check out a library book. You can always return library books by dropping them in the mail-drop slot in the inner door.

Our next newsletter will be published in August which will start another year of programs and activities. Our thanks to everyone who helped make this year a successful one. I am always grateful for the cooperation and graciousness which program presenters bring year after year. Of the hundreds of people I've asked to do programs here over the years, I can only remember two people refusing. Thank you, also, to those of you who help in other ways, donating books and money, watering plants and supporting the beleaguered staff. We are glad you are all here. We will see many of you in the fall. **Have a great summer!!!**

A THANK YOU: After our article in the January/February newsletter begging for a 1985 Ms. issue, it arrived from someone in Mountain Home, Idaho. Thank you, thank you, generous person in Mountain Home. The 1985 issues are now at the library being bound (finally). Thank you again.

ATHENA: Wednesday, April 3 will be Committee Reports and the election of offices. Thursday, May 5 will be a Business and Planning meeting.

Both meetings will be at the Sweet Avenue House. Social hour is at 6:00, dinner at 6:30 and the meeting at 7:15.

NORTHWEST WOMEN'S STUDIES ASSOCIATION REGIONAL CONFERENCE: The conference entitled *Living in the Margins: Class, Race, and Gender* will be held on the WSU campus April 19-21. Prominent women in the fields of social science, political science, community activism, writing, arts, and music will be presenting. Some are Billy Y. Avery of the National Black Women's Health Project in Atlanta; Barbara Booher, Superintendent of Custer Battlefield National Monument; Dolores Huerta, co-founder and First Vice President of the United Farm Workers of America; Valerie Miner, award winning novelist and Nellie Wong, poet and political activist. Odetta, American folk music legend and civil rights advocate will perform at the April 19 concert. There will be a Powwow, the 1991 Pah-loots-pu, Saturday, April 20 from 1 pm to midnight. For more information on the speakers, sessions, and cultural events, call or drop by the Women's Resource and Research Center in Cub B-19-B or call 335-6830. We also have applications at the UI Women's Center. This should be an exciting, educational, fun and motivational conference.

GIVING GOOD FACE: Smiling makes people feel happier and frowning makes them feel sadder even when they're faking it, or are completely unaware of what their kissers are doing. Paul Ekman, Ph.D., of the University of California at San Francisco, and colleagues discovered in 1983 that simulating the facial expression associated with a negative emotion created the same physical response - in heart rate, blood pressure, brain wave activity and skin temperature - as the real feeling. Recently, three studies were reported in which researchers got people to smile or frown without their knowing it (by convincing them that something else was being tested), then discovered that even an unwitting grin improves its owner's mood.

Why does faking it work? Robert Zajonc, Ph.D., of the University of Michigan thinks that smiles - fake or real - change breathing patterns and restrict blood vessels in the face, diminishing the amount of blood in the sinus area and thus cooling both that area and the blood flowing to it on the way to the hypothalamus, the part of the brain that controls body temperature and emotions. A cool brain is happier than a hot one. (*Alternatives to Violence on the Palouse December Newsletter*)

APRIL/MAY 1991 NETWORKING CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
1 April Fool's Day	2 Women's Center Program 12:30 7:30 Now	3 Women's Center Program 12:30 6:00 Athena	4 MOVIE 3:00 to 5:00	5 NTS Brown Bag & Disc. 11:30 Home Show	6/7 Home Show
8	9 Women's Center Program 12:30	10 Women's Center Program 12:30 6:30 AAUW	11 MOVIE 3:00 to 5:00	12 NTS Brown Bag & Discussion 11:30	13/14 Idaho State Now Conference Boise
15	16 Women's Center Program 12:30	17 Women's Center Program 12:30	18 MOVIE 3:00 to 5:00	19 NTS Brown Bag & Disc. 11:30 *NWWSC	20/21
22	23 Women's Center Program 12:30	24 Women's Center Program 12:30	25 MOVIE 3:00 to 5:00	26 NTS Brown Bag & Discussion 11:30	27/28
29	30 Women's Center Program 12:30	MAY 1 Women's Center Program 12:30	2 MOVIE 3:00 to 5:00 6:00 Athena	3 NTS Brown Bag & Discussion 11:30	4/5
6 DEAD WEEK	7 DEAD WEEK	8 DEAD WEEK 6:30/7:30 AAUW	9 DEAD WEEK	10 DEAD WEEK	11/12 12th Mother's Day
13 FINALS WEEK	14 FINALS WEEK	15 FINALS WEEK	16 FINALS WEEK	17 FINALS WEEK	18/19 UI Commencement

* Northwest Women's Studies Conference

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

UNDERSTANDING RE-INTEGRATION THERAPY: This workshop will be taught by Linda Knighton of Colfax. She graduated from Boise State in 1971. She also attended several workshops in Huna and related systems, such as NLP. The workshop is April 13 at the Moscow Community Center from 10 to 5. Registration information is available by calling (509) 397-2634 before April 1st.

44TH ANNUAL PACIFIC NORTHWEST HISTORY CONFERENCE: This conference will be held April 4-6 at Whitman College in Walla Walla. The workshops look great. Several area scholars are presenting, including Katherine Aiken, Susan Armitage, Sandra Haarsager and Mary Reed. The price is right at \$15 for conference registration. We have brochures and registration forms at the Center.

LEADING FEMINIST CRITICS: SANDRA GILBERT and SUSAN GUBAR, co-authors of The Madwoman in the Attic, No Man's Land and editors of the Norton Anthology of Literature by Women, will be speaking at WSU for the Jerard Lecture in the Humanities in late April. The date had not been set at the time of this writing; watch for the exact date in the newspaper or call the Women's Center. We are helping to sponsor these two scholars and believe they will be excellent. Madwoman is one of the most important feminist critical works of the contemporary period and looks at the woman writer and the nineteenth century literary imagination. No Man's Land is a multi-volume study of women writers in the twentieth century. If time permits we will host a reception. Again call the Women's Center at 885-6616 for more information.

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