



University of Idaho

Women's Center

208-885-6616

Corner of Idaho and Line Streets

April - May, 1994

SPECIAL THANKS to all friends and supporters of the Women's Center who called, wrote and voiced strongly their support for our services, programs, newsletter and resources during the recent attempts to defund the Women's Center. We greatly appreciate and honor all of you.

INTERNATIONAL WEEK: THE U of I FAMILY OF NATIONS April 4-10 celebrates the United Nations Year of the Family.

Monday, April 4th at 11:45 am is the opening Flag Processional from the Idaho Student Union to the North Lawn of the Administration Building (Hello Walk.) At **3:30 pm** in the Borah Theatre a panel will discuss *Contrasts in Love and Marriage-India, Ecuador, and the United States*.

Tuesday, April 5th at 12:00 in the Borah Theater a program on *International Awareness Through Adventure Travel in Mexico* is sponsored by Outdoor Programs. At **3:30 pm** in the Union Gold and Silver Room *Cradle to Grave: Family Life Across Cultures*. At **7:00 pm** in the Borah Theater, Gary Wintz, keynote speaker, will present a slide-lecture entitled *Roof of the Worlds: Journey into Forbidden Tibet*.

Wednesday, April 6th at 12:30 pm Annual Awards Luncheon for nominees for the Student International Leadership Award will be held in the Silver and Gold Rooms at the Union. At **12:30 pm** in UCC 107 International and US students will discuss *Living Experiences in the US and Abroad*. At **7:00 pm** in the Borah Theater ASUI Productions will present the film *Diary for My Children* from Hungary (1984).

Thursday, April 7, 3:30 pm *Opportunities in International Work* will be presented by Career Services in the Union Silver and Gold Room. At **7:00 pm** in the Borah Theater will be a discussion of *International Perspectives on Capital Punishment*.

Friday, April 8 at 5:30-10:00 pm in the Idaho Union Ballroom is the *International Bazaar and Coffeehouse* with Food, Crafts and Entertainment.

Saturday and Sunday, April 9 & 10 at 9:00 am is an *International Soccer Tournament* at Wicks Field.

GOOD-BYE FOR THE SUMMER

The Women's Center is not officially open during the months of June and July. The Director is working and available to make arrangements for appointments, for having the Center's doors open, for using the library and resource files, etc. Please call ahead to insure that someone will be available. The phones are always answered all summer by the Director or the staff at Student Advisory Services.

The Women's Center Staff wishes to thank all the presenters, guests, artists, volunteers, friends and supporters who have generously contributed to an exciting and successful year. We hope everyone has a restful and rejuvenating summer and we look forward to seeing many of you in August.

Our special good-byes to those of you who are graduating, changing jobs, moving on, etc. We will miss you. You are welcome to continue to get the newsletter and to keep in touch. Please let us know your change of address. Your contributions have enriched us all, we have learned from you and hope the same is true for you.

Our next newsletter will be published in August, 1994 with a new year of programs and activities. We welcome new ideas and suggestions for programs you would like to see in the coming year.

"NUMBER ONE PUBLIC HEALTH PROBLEM of a baby born today," says Mark Rosenberg of the National Center for Injury Prevention and Control, "is violence." In the midst of the health care debate we may reflect on the health of the nation as more and more people sink below the poverty level, as handguns and assault weapons proliferate, and as the war on drugs continues to be futile.

"A FEMINIST VIEW OF MORAL DISCOURSE" Alison M. Jaggar, from the University of Colorado Women's Studies and Philosophy Department will speak on the above topic at the U of I on Monday, April 4th at 7:30 pm in Life Sciences Rm. 277. Everyone is welcome.

April 1994 Programs

Women's Center programs are open to all members of the community. We invite you to bring a friend, some lunch and join us! Programs begin at 12:30 pm in the Women's Center Lounge.

NATIONAL SEXUAL ASSAULT AWARENESS MONTH

APRIL 5

Tuesday

University of Idaho Students Working for a Safer Community: Students working as Peer Educators are active on the UI campus throughout the school year as they present the Acquaintance Sexual Assault Awareness and Prevention program. A team of students from this year's class will present their compelling program to open the month.

APRIL 6

Wednesday

Victims' Rights Amendment: An Idaho Ballot Issue in November What is it? How does it impact our communities and personal lives? A representative from the Idaho Attorney General's office will be at the Women's Center to explain this important Amendment and answer questions.

APRIL 12

Tuesday

Getting Into That Springtime Gardening Spirit: The Joys of Composting Theresa Beaver, Composting Coordinator at WSU will talk about practical backyard composting and the wonders of worm composting for the small and large vegetable and flower gardener.

APRIL 13

Wednesday

De-Stress Naturally: The end of semester pressures often bring on a extraordinary amount of stress in our lives. Linda Kingsbury, local Herbalist, will share practical ways to relieve tension, increase energy, and cope with all the demands. Bring a towel if you'd like a facial steam.

EARTH DAY, 1994 PROGRAMS

APRIL 19

Tuesday

Garbage 101: Reshaping The Way We Handle Trash at the U of I Recent federal mandates impact how we will handle solid waste in our workplaces. Jerry Martin, UI Coordinator of the Recycling/Solid Waste Program, will talk about new programs and long term plans and goals for recycling on campus. We welcome everyone to join in the discussion.

APRIL 20

Wednesday

What's New At The New Moscow Recycling Center Carrie Lipe, Latah Sanitation Waste Education Program Coordinator, will give an overview of solid waste issues in Latah County and the changing role of recycling in our lives.

APRIL 26

Tuesday

Singing and Saying Praises For Our World This will be the last open reading of the school year. We invite everyone to read, listen, and sing with us for this springtime revival celebration.

Women's Health Issues Continued: Requested Programs

APRIL 27

Wednesday

Estrogen Replacement Therapy: An Overview of Choices Dr. Homa Memon, Moscow Internist, has been researching the pros and cons of hormone replacement therapies for a number of years. She will share her expertise and answer questions about this topic which is of vital concern to women's health today.

MAY 3

Tuesday

Another Choice: Herbal Alternatives For Women's Health Care Learn natural approaches to flowing with the rhythms of your monthly cycles. Herbal support for menopause, headache relief, and other health issues will be explored by local Herbalist, Linda Kingsbury.

MAY 4

Wednesday

End of Year Finger Food Potluck The Women's Center will provide the refreshments and we invite everyone to join us in wrapping up the '93-'94 school year with your favorite savory or sweet finger foods. Show off your favorite recipe or bring in a box of crackers: All Eating Styles Are Welcome.

WOMEN AND THEIR HEALTH WORKSHOPS AND ISSUES

HERBS FOR WOMEN WORKSHOP Saturday, April 16, 10:00 am- 12:00 noon Herbalist Linda Kingsbury will offer a workshop at Inner Vision, 118 E. Third St., Moscow. You will discover herbs for coping with monthly cycles and promoting self confidence in your natural ability to build your own health. Linda will discuss herbs for pregnancy, menopause and common health care issues. She will provide supplies for an herbal facial steam and bath blend. Call 883-1037 to preregister and reserve your space. The workshop is \$20.

WOMEN IN CHANGE: MIND OVER BODY Saturday, April 23rd, 8:00 am to 3:00 pm at Gritman Medical Center, Moscow. This informative seminar will examine the physical changes and emotional adjustments all women face. Local physicians, along with health care professionals, will discuss issues facing women today: menopause, osteoporosis, heart disease, headaches, stress, relationships and sexuality. Registration is \$25 and includes breakfast, lunch, and seminar materials. Proceeds from the seminar will be donated to Alternatives to Violence of the Palouse. For more information contact 882-4511, ext. 272.

THE HEALTH CARE PLAN: A REPORT CARD

The following is excerpted from a statement prepared by the Massachusetts Women's Health Care Coalition.

For a complete copy of the most recent version of this statement contact:

Boston Women's Health Book Collective, P.O. Box 192, Somerville, MA 02144.

Many proposals in the Clinton health plan represent positive and important advances for women and would expand access to health care for millions. The following is a report card of those elements that deserve special note. On the plus side: **Universal coverage** because many women (the highest proportion of part-time workers and largest group of poor people) are without care. **A Comprehensive Benefits Package**, especially the inclusion of free prenatal care and regularly scheduled preventive and early detection services, inclusion of birth control, and screening and treatment of sexually transmitted diseases including HIV/AIDS. **Mental Health and Substance Abuse Benefits** with the goal of full integration of mental health services by 2003. **Cost containment** with a cap on insurance premium price increases. **Coordinated care under consumer control** giving women and their families more input into quality and range of services.

The next list is those elements that could be strengthened: **Mandated community health services** with delivery of culturally and linguistically appropriate care for the diverse communities in the US. **Long term care services** that realistically support families at home, in community care facilities, and, when needed, in institutions. **Inclusion of mid-level providers** such as midwives and nurse practitioners. **Standard outcome reporting figures** that include hysterectomies, cesarean sections, and surgical survival.

The final list is of those areas which need to be significantly changed: **Reliance on a premium-based system** is regressive especially for women as they are the lowest paid group in the workforce and the most likely to work part-time. Women will be disproportionately burdened. **Total costs, including premiums, must be capped** at a reasonable percentage of income. Health care will be compromised due to the ever escalating, out of pocket costs for women and their families. **The timetable for phase-ins is extremely long** to be of significant use to women and children who are suffering from lack of access and poor health today. **Limits on eligibility** for long term care are extremely restrictive and unrealistic. **A plan for adequate consumer control over services is missing.** And women, as the primary users of health systems, ought to compose at least half of the members of governing boards. **A role for holistic providers** (homeopaths, acupuncturists, etc.) who provide effective, reasonable and often low cost care must be articulated.

ACTION ALERT: Congressional members need to hear from YOU about health care reform.

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 regional communities. There are also items of general interest about women's and men's issues. If you have announcements or information that you would like included in subsequent issues please let us know. Suggestions for changes, improvements or additional items are always welcome.

WOMEN'S CENTER STAFF:

Director **BETSY THOMAS**
 Receptionist/Interviewer **LESLIE GREGORY-GARNETT**
 Education Programmer **KIM BOUCHARD**
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OFFICE HOURS: 8:00 AM-5:00PM, Monday-Friday

I've never found out precisely what feminism is: I only know that people call me a feminist whenever I differentiate myself from a doormat.

Rebecca West, 1913

WOMEN IN HIGHER EDUCATION: College enrollment of women now exceeds that of men and has doubled for women in the past two decades. In 1970, 8 percent of women completed college compared to 14 percent of men. In 1990 it rose to 18 percent of women and 23 percent of men. However, US Census Bureau figures indicate considerable disparity still exists between men's and women's median incomes.

	Women	Men
High-school graduates	\$18,648	\$26,766
Associate's degree	\$24,849	\$32,349
Bachelor's degree	\$29,284	\$40,381
Master's degree	\$35,018	\$47,260.

AND WOMEN IN BUSINESS: Women currently hold 6% of the board seats of the 1,000 companies that make up the Fortune 500 and Fortune Service 500 companies. Who holds what purse strings?

CALL FOR ARTISTS: SEATTLE UNIVERSITY WOMEN'S CENTER is accepting slides for its monthly exhibit schedule for 1995-96. For a prospectus send a SASE to Call for Artists, Seattle University Women's Center, Broadway & Madison, Seattle, WA 98122-4460; 206-296-2524. Deadline is April 29, 1994.

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