



WOMEN'S CENTER

208-885-6616

East of Commons Construction

Vol. 27, No. 3

November-December 1998

S.A.F.E. News

Valerie Russo, Women's Resource Specialist, and Don Lazzarini, Men's Outreach, have been busy providing sexual assault awareness programs through-out the campus this semester. Over 1,000 students have been reached in their efforts. They also attended a national conference on Sexual Assault on College Campuses. Valerie and Don have developed several excellent programs that students in the S.A.F.E. (Sexual Assault Facilitated Education) group present to their peers. Anyone interested in learning more about the programs or about being a peer educator can come by the Women's Center. The Health and Safety 311 class will be offered this spring. This is a 2-3 credit class that takes an in-depth look at the issues surrounding sexual assault. The class also offers peer education instruction.

In addition, Valerie, Rebecca Meiers, pre-med intern at the Women's Center, and Jodi Ivey, work study student, are providing a group for McDonald Elementary School called BIEN, (Body Image, Education, and Nutrition.) This group is for 4th and 5th graders. So far the group has been well received, they had 94 children attend the first session. The BIEN group is being offered to McDonald Elementary School students throughout October and November.

Valerie and the Safety Board have also been busy planning April's Sexual Assault Awareness Month activities. We will have our traditional Safety March and Clothesline Project with an added feature this year of a band. Look for more information soon.

The Women's Center Staff and S.A.F.E. group wish you safe and happy holidays!

6th Annual Women and Wellness Forum

Pullman Memorial Hospital and Auxiliary are proud to sponsor the 6th Annual Women and Wellness Forum on Saturday, November 7, 1998. The Forum is being held at the University Inn in Moscow. The purpose of this forum is to provide women in our community with access to health and wellness information and education at an affordable price. The cost of attending is \$30, or \$20 for women 21 years and under. Lunch is included.

The keynote address, "Dance Naked in Your Living Room: Handling Stress and Finding Joy" will be given by Rebecca Ruggles Radcliffe. This light-hearted and uplifting talk focuses on finding new ways to cope, other than eating, drinking, working, spending, using drugs, having sex, getting angry or becoming isolated. By taking time to unwind, we open to quiet moments of joy that nourish us and keep us going. Ruggles Radcliffe is a national speaker, accomplished author, and consultant on women's issues, stress management, personal growth, self-esteem, body image, emotional eating, eating disorders, spirituality, simplicity, and professional/personal balance.

This is the largest forum to date, and has additional sessions including special mother-daughter topics.

Registration and payment must be made in advance, by Wednesday, November 4. Please contact the Women's Center at 885-6616 for more information.

DID YOU KNOW?

The Women's Center HAS NOT moved! We're still in the same location, but it's a bit more difficult to get to us with the construction.

The Center can be accessed through the TAAC (Tutoring and Academic Assistance Center), or by the walkway just north of the building formerly known as Psychology.

Please call if you have trouble finding us!

Health Tips from Auntie Bee

Greetings from Auntie Bee! We are just getting started on our long and unpleasant journey through flu season. If you haven't gotten your flu shot yet, what are you waiting for?! The following information can help you decide if the flu shot is for you.

Influenza (flu) is a respiratory disease caused by influenza virus infection. The types or strains of influenza virus causing illness may change from year to year, or even within the same year. People who get flu may have fever, chills, headache, dry cough, and muscle aches, and may be sick for several days to a week or more. Most people recover completely. However, for some people, flu may be especially severe, and pneumonia or other complications including death, may develop.

The regular flu vaccine contains killed influenza virus. The types or strains of virus included are those which have most recently been causing influenza. The vaccine will not give you flu because it is a killed virus vaccine. As with any vaccine, flu vaccine may not protect 100% of all susceptible individuals.

Influenza vaccine generally causes only mild side effects that occur at low frequency. Most commonly, the reactions may be a sore or tender arm at the injection site, or possibly fever, chills, headache, or muscle aches. These effects usually last 24 to 48 hours. Most people who receive the vaccine either have no or only mild reactions. There is a possibility, as with any vaccine or drug, that an allergic or other serious reaction, or even death, could occur.

The vaccine is available at Student Health Services for \$6.00. Why not come on in? You'll be glad you did!

To your health,

Auntie Bee

No Rest for the Wicked

Dear Sisters,

I have, of late, found very little to laugh about. Baseball season is over, and the Clinton-Congress-Lewinsky story has somehow lost its magic. (If I never hear-or tell-another Monica joke, it'll be too soon. In fact, just to get the taste of the last one I told out of my mouth, I've been telling this one instead: What do you call a boomerang that doesn't work? A stick. There, no pizzas, no cigars, no wired-up co-workers. Ha, ha.)

Also, like many, I have been deeply saddened and angered by the senseless, tragic death of Matthew Shepard in Wyoming. I had planned, therefore, to write about the desperate need for hate crime legislation which specifically addresses sexual orientation. We do desperately need this legislation, but I am pleased to say that after last Friday's rally here on the U of I campus, I suspect I might be preaching to the converted. Usually, this space is dedicated to (well-deserved) rants against the establishment, but at Friday's rally, I found much to be proud of in the university's response to events in Wyoming. So, if you'll forgive me, I'm going to break with tradition, just this once, and praise some elements of the university establishment.

First, well over 250 people attended the rally, which the UI Queer Students Association managed to organize in less than a week. (Sincere kudos to the QSA.) The speakers were eloquent, the crowd was both responsive and diverse-I saw not just students, but a healthy representation of faculty, staff, and administrators. I felt energized by the rally, and what's more, I came away feeling hopeful. One of the highlights-at least for me-was Bob Hoover's statement of support for the gay and lesbian community, read by Bruce Pitman:

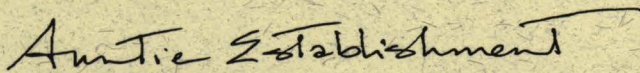
"On behalf of the entire university, I want to extend our heartfelt sympathy to the University of Wyoming community, the gay-lesbian community on our own campus, and in particular, to the friends and family of Matthew Shepard, the gay college student brutally beaten to death last week. Intolerance and discrimination is reprehensible. Intolerance and discrimination that sparks this kind of violence is tragic and unacceptable.

Since 1996, the University of Idaho has had a specific policy in place prohibiting discrimination on the basis of sexual orientation. This kind of discrimination is completely inconsistent with our goal of providing an atmosphere in which all students, faculty and staff may learn, work and live. We value the benefits of diversity and pledge to students, faculty, staff and the general public to strive to provide a safe and hospitable environment for all."

On Friday, we did something very right on this campus in response to something very wrong-we reached out to people who have not always felt sure of their welcome here at the University of Idaho. The message was loud and clear and very much appreciated.

Pray for the dead and fight like hell for the living, as Mother Jones used to say.

I am (still),



Auntie Establishment

Savory Moments with Auntie Pasto

Greetings My Culinary Cousins,

In many parts of the world a day is set aside to give thanks. The date and customs may be different from country to country, but the desire to take time and appreciate life's gifts remain the same. November and December is a time for some of those reflections, bringing together family and food. Here is a lighter dish to add to your holiday menu. Enjoy!

To share your family recipes with Auntie Pasto, write to: Auntie Pasto, c/o Women's Center, University of Idaho, Moscow, Idaho 83844-1064. You can find Auntie Pasto's recipe box on the web. Surf to the UI Women's Center Home Page <<http://www.uidaho.edu/~wcenter/>>.

Black Bean Dip With Garlic

One 19-oz can of black beans, drained and rinsed	2 T coarsely chopped onion
2 large garlic cloves, coarsely chopped	1 T fresh lime juice
1 small fresh chili pepper	1/4 tsp. ground cumin
1/4 tsp. thyme	salt and freshly ground pepper
2 T coarsely chopped fresh cilantro, plus additional sprigs for garnish	

In a food processor, combine all the ingredients except the cilantro sprigs. Add 2 T water and process until smooth. Transfer the dip to a serving bowl, garnish with cilantro sprigs, and serve with your favorite fat-free tortilla chips.



CALENDAR OF EVENTS AND BROWN-BAG LUNCH PROGRAMS

WOMEN'S CENTER

Free! Public Welcome 12:30 p.m. Women's Center Lounge November-December 1998 885-6616

Nov 7
Saturday

NATIVE AMERICAN MONTH POW-WOW The kickoff event in November for Native American Month will be the fourth annual pow-wow, on Saturday, November 7 in the Physical Education Building beginning at 1:00 p.m. The early part of the pow-wow features a competitive session of dancing in sixteen different categories. Following a complimentary dinner at 5:00 p.m., there will be an evening dancing session.

This is an excellent opportunity to learn about the meaning of the dances and the significance of the dancers' dress, as well as observing the level of skill and talent of various dancers. Last year's pow-wow drew nearly 300 people. The general public is welcome to attend. The fall celebration pow-wow is sponsored by the Native American Student Association (NASA), the American Indian Science & Engineering Society, Swu-nmp-twa (Native American Forestry Club), and Office of Multicultural Affairs. For more information, contact Sarah Penney, Coordinator of Multicultural Programs at 885-7716. *Physical Education Building, 1:00 p.m. - 12:00 a.m.*

Nov 7
Saturday

6TH ANNUAL WOMEN AND WELLNESS FORUM PRESENTED BY PULLMAN MEMORIAL HOSPITAL AND AUXILIARY Please see column on front page of this newsletter for more information. Registration and payment deadline is Wednesday, November 4. Please contact the Women's Center at 885-6616 for additional information.

Nov 10
Tuesday

FINANCIAL FITNESS JACIE JENSEN, Certified Financial Planner, offers this presentation on becoming financially fit. Part of our overall wellness includes being in control of our finances, feeling financially secure, and being prepared to meet unseen financial challenges. This session will present a five-step plan to get you on your way to financial fitness. *Student Union Building, Chiefs Room, 12:30 p.m.*

Nov 12
Thursday

WOMENS WORKS ART FAIR A HOLIDAY ART FAIR OF QUALITY GIFTS MADE BY WOMEN. The fourth annual UI Women's Center Holiday Art Fair will be bigger and better. This event offers a festive atmosphere that includes catered refreshments and background entertainment. WomensWorks will feature the work of several area artists where you will find beautiful pottery, natural skin care products, pottery goddesses and rattles, candle holders, hand-painted and batik-dyed clothing and silk scarves, journals, jewelry, holiday wreaths and more. *Co-sponsored by Idaho Public Television - Channel 12, and the Women's Center. WomensWorks takes place in the UI Student Union Building Vandal Lounge from 10:00 a.m. to 7:00 p.m. So even if you have to work until 5:00, there will be time to stop by to browse at the talented work of these local artists.*

Nov 18
Wednesday

WOMEN'S CENTER 20TH ANNUAL THANKSGIVING POTLUCK For twenty years running, we have hosted this traditional Thanksgiving potluck. As always, we provide the turkey and you provide your favorite Thanksgiving dish. Join the Women's Center staff, students, and supporters again this year to celebrate the season and companionship. Come by about noon. This year, we extend a special invitation to our international students, faculty and staff to share their favorite dishes at the potluck. Don't miss this mouth-watering event! Please come by or call the Women's Center to sign up your favorite Thanksgiving dish.

Nov 30 -
Dec 4

AIDS AWARENESS WEEK AND WORLD AIDS DAY Please join the Women's Center and University of Idaho HIV/AIDS Task Force in this week of events focused on increased awareness of HIV and AIDS in Idaho, and remembrance of those we have lost. World AIDS Day is Tuesday, December 1. Look for more information in upcoming weeks about activities for the week, including a red ribbon campaign and Day Without Art. The HIV/AIDS Task Force always welcomes new members from the student body, faculty, staff and community. Please contact the Women's Center to be added to the Task Force mailing list.

Dec 2
Wednesday

WELLNESS FOR A LIFETIME RYAN LAW, Wellness Director for Student Wellness in Campus Recreation, will give an introduction to fitness and wellness specifically for women. LAW will share information about the facilities available on campus, give advice on how to begin a personal fitness program, and focus on areas such as nutrition, stretching and flexibility, osteoporosis, and fitness and ageing. Sandwiched between Thanksgiving and the upcoming winter holidays, this is the perfect time to begin preparing for your New Year's resolution! This outstanding program is worthwhile for all ages and levels of fitness. *12:30 p.m., Women's Center Lounge*

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 to include in subsequent issues, please let us know. Suggestions for changes, improvements, or additional items are always welcome. Disability access is on the north end of the building through the TAAC. A taped copy of the newsletter is available on request for the visually impaired.

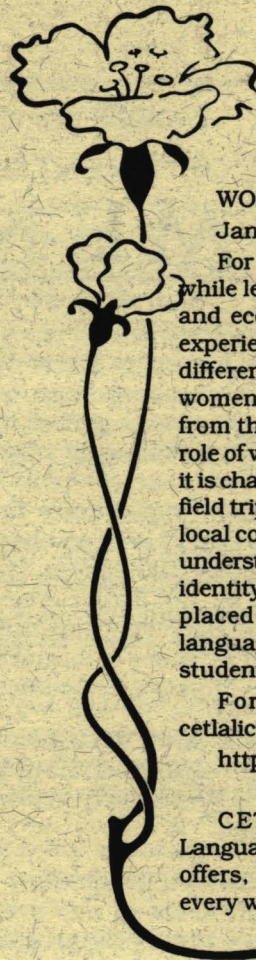
WOMEN'S CENTER

JILL ANDERSON Office Coordinator
 MARY LU S. FREANO Women's Resource Specialist
 for Education Outreach, Gender Equity, and Research
 VALERIE RUSSO Women's Resource Specialist
 for Sexual Assault Prevention Education, and Crisis Services
 DON LAZZARINI Men's Outreach
 WORK-STUDY STUDENT STAFF - LISA GUTZMAN, JODI IVEY, CHRISTINA RYAN
 Telephone 1-208-885-6616
 Fax 1-208-885-6285
 E-mail wcenter@uidaho.edu
 Home Page <http://www.uidaho.edu/~wcenter/>
 Office Hours 8:00 a.m.-5:00 p.m., Monday-Friday

Alternatives to Violence of the Palouse 332 - HELP
 is 24-hour help for survivors of domestic or
 violence and sexual assault. 883 - HELP

NBX003
 **University of Idaho**
 Women's Center
 Moscow, ID 83844-1064

address service requested



UPCOMING CONFERENCE NEWS

WOMEN AND SOCIAL CHANGE IN MEXICO
 January 10 - 23, 1999

For all women interested in studying Spanish while learning about Mexican culture, politics and economics through the lens of women's experience. Explore the commonalities and differences between the struggle for equality of women from "developing countries" and those from the "first world". Discuss the traditional role of women in Mexico and learn how and why it is changing. Roundtable discussions, lectures, field trips, museum visits, and encounters with local community groups afford participants an understanding of the cultural context of women's identity in Mexico. Students are evaluated and placed at the appropriate level of Spanish language instruction with a maximum of five students in each class.

For more information contact:
 cetlalic@mail.giga.com or visit our web-site at
<http://www.giga.com/~cetlalic>.

CETLALIC is an Alternative Spanish Language School in Cuernavaca, Mexico, which offers, among others, a program for women every winter.

Non-Profit Organization
 US Postage Paid
 Permit No. 120
 Moscow, ID 83843