



# WOMEN'S CENTER

208-885-6616

East of Commons Construction

Vol. 27, No. 6

April-May 1999

## April is Sexual Assault Awareness Month

by Valerie Russo

It's April here on the Palouse, as the bushes and trees unleash their power of renewal. The harshness of winter is behind us and we welcome the promise of spring. For the Women's Center, the ASUI Safety Board, and many other organizations on campus, April is a special time. It is time to engage in Sexual Assault Awareness Month; engage in the most active sense. This month is not a simple remembrance, it is a call to action.

Our culture appears to find its outrage in the outrageous and its voice from the unspeakable. Matthew Shepard's death was an outrageous and unspeakable crime among the tens of thousands of individual people murdered in this country each year. Somehow the deaths of tens of thousands doesn't strike the chord of a lone male beaten, tied and left to die. Many of us who experienced the media coverage of Matthew's death, felt moved to participate in protest; moved to make our voices heard against this crime of hate. It would have been outrageous and unspeakable not to protest against this heinous crime.

How does the suffering of one alone, engage us when the suffering of many cannot? Is the sheer number of murders more than our collective outrage can sustain? Have we become so desensitized to violence, that only the worst of the worst registers on the "let's show some public support for this issue" meter? When will we become outraged by sexual violence in our society and on our campus? These are personal questions you should ask yourself as you review this month's sexual assault awareness activities.

The violence of sexual assault

does not, as a public issue, rise to the level of the worst of the worst. Why is this? As the most under reported crime, we have a difficult time providing a lasting visual image of its many victims or their suffering. In California, there were three young women murdered who shared friendship and a common biological factor; they were female. Spokane's serial murder investigation continues in the search for a killer who targets 50 percent of the population, the female half. Women are sexually assaulted, beaten, terrorized and tortured on a daily basis in this country. The personal nature of their suffering continues, in the absence of an audible outraged public voice. Those who do come forward to report a sexual assault risk vilification for choices made in clothing and personal judgment.

Research conducted at U of I in 1997 by the Women's Center, in cooperation with Student Advisory Services, and ASUI student government funding, clearly shows that women on this campus are victimized by sexual assault at a rate comparable to national statistics. One in four women in this country will have been the victim of rape or attempted rape in their lifetime. These victims are our friends, sisters, significant others, partners, spouses, professors, mothers, grandmothers, daughters and potential romantic interests. One in four is both outrageous and unspeakable. If we reserve our public protests for media recognized violence, we dismiss our collective humanity as meaningless.

This is a call to action! Join us this month in our public protests against sexual violence.

## APRIL PROGRAM SPOTLIGHT

Comedian Chris Kilmartin, PhD,  
performs  
"Crimes Against Nature"

"Crimes Against Nature," is an original solo performance piece written and performed by Christopher Kilmartin, an associate professor of psychology at Mary Washington College in Fredericksburg, VA. The product of a year-long collaboration between Kilmartin and Gregg Stull, an assistant professor of theater at Mary Washington, "Crimes Against Nature" is a humorous, compelling, and very personal look at the pressures of masculinity.

"Crimes Against Nature" cleverly points out the absurdities and contradictions of masculinity. The piece promotes an awareness of the demands of masculinity and also provides a sense that one can choose whether or not to acquiesce to these demands. Never preachy, Kilmartin pokes fun at the experiences of his adolescence and young manhood. Witty humor punctuates Kilmartin's heartfelt stories: the Halloween day that his mother dressed him as a girl and sent him to kindergarten, the day that he discovered pornographic magazines in his neighbor's garage, the day that he tried out for the junior high baseball team. Kilmartin recalls how he was taught the idea of masculinity. Sports, puberty, communication, homophobia, girlfriends, sex education, drag queens - "Crimes Against Nature" uses touching personal accounts to weave an important statement about the pressures of masculinity.

Kilmartin will perform on Tuesday, April 27 at 7:00 p.m. in the Student Union Building Ballroom. Admission is free, but seating is limited. All campus and community members are welcome to attend.

## No Rest for the Wicked

The editor would like to take a few moments and a few lines of this eagerly anticipated column space to bid a fond farewell to Auntie Establishment. Due to her grueling schedule, Auntie E has determined that she is no longer able to write her "No Rest for the Wicked" column. Since the Fall of 1995, Auntie E has been a brilliant, humorous, and witty columnist for the Women's Center Newsletter. We must thank her for her dedicated service, and assure her that she will be deeply missed. So many of our readers have found her columns to be thought provoking and informed. Her absence will leave a void.

We wish Auntie Establishment the best of luck in her future writing endeavors.

## Savory Moments with Auntie Pasto

Greetings My Culinary Cousins,

As you know, May 5th is my recipe contest. This year, bread is the category for the competition. I have selected a fun recipe to share. I look forward to tasting your recipes entered in this festive event.

### MONKEY BREAD

3 cans refrigerated buttermilk biscuits(10 biscuits/can)    1/2 c butter or margarine  
1 c white sugar    1 c packed brown sugar  
2 tsp ground cinnamon    chopped nuts and raisins, if desired

1. Preheat oven to 350. Grease one 9 or 10 inch tube/bundt pan.
2. Cut biscuits into quarters.
3. Mix white sugar and cinnamon in a plastic bag. Shake 6 to 8 biscuit pieces in the sugar cinnamon mix. Arrange pieces in the bottom of the prepared pan. Continue until all biscuits are coated and placed in pan. If using nuts and raisins, arrange among biscuit pieces.
4. In a saucepan over medium heat melt the butter or margarine with the brown sugar and let boil for 1 minute. Pour over the biscuits.
5. Bake at 350 degrees for 35 minutes.

Let bread cool in pan for 10 minutes then turn out onto a plate. Do not cut! The bread just pulls apart. Makes one 9 or 10 inch tube/bundt pan. Enjoy!

## CALENDAR OF EVENTS AND BROWN-BAG LUNCH PROGRAMS

Free! Public Welcome    12:30 p.m.    Women's Center Lounge    April-May 1999    885-6616

April 5  
Monday

**SMOKE SIGNALS DIVERSITY CINEMA - FILM #4** Filmed on the Coeur d'Alene Indian Reservation, this passionate and funny film won the respected Sundance Award in 1998. Written by 1992 WSU graduate and Spokane and Coeur d'Alene tribal member Sherman Alexie, this film tells a story of friendship, loss, and struggle in contemporary reservation life. Free coffee, cookies and facilitated discussion follow the film. Free Admission. The Diversity Cinema Series is brought to you by the Office of the Provost, Union Programs, Howard Hughes Video, Diversity Cinema Advisory Board, Office of Multicultural Affairs, Women's Center and the Juntura Committee. *Monday, April 5, 7:00 p.m., Borah Theater, Student Union Building.*

April 6  
Tuesday

**USING PHYSICAL THERAPY TO CORRECT WOMEN'S HEALTH PROBLEMS** Are you part of the 60 - 85% of women who suffer from back pain? Did you know that 1 in 4 women experience incontinence with coughing, laughing, sneezing, jogging or other daily/recreational activities? Are these things you need to live with? Are these just natural consequences of getting older or being pregnant? This presentation by Kelly Mahoney and Brooksie Larson, Physical Therapists with Gritman Therapy Central will discuss these questions and more while providing you with an overview of anatomy, physiology, the relationship between back pain and bladder control problems and various treatment options. *Tuesday, April 6, 12:30 p.m., Women's Center Lounge.*

April 12  
Monday

**WHITE RIBBON CAMPAIGN** sponsored by the Sigma Chi Fraternity. The White Ribbon Campaign is an opportunity for men specifically to demonstrate their commitment to ending violence against women. Men and women are invited and encouraged to wear a white ribbon today to demonstrate their rejection of violence against women. Ribbons will be distributed all day in front of the library.

April 13  
Tuesday

**BREAK THE SILENCE SAFETY MARCH/CLOTHESLINE PROJECT DISPLAY** Please join the ASUI Safety Board, Residence Life, Women's Center and the Health and Safety 311 class for the 4th Annual Safety March and Clothesline Project display. The march begins at 5:00 p.m. at the flag pole on the Administration Lawn, and will proceed throughout campus to the Vandal Lounge in the Student Union Building. The Clothesline Project will be displayed at the Vandal Lounge. It is part of a national art project to bring attention to the crimes committed against women. All members of the University community are invited to decorate a shirt, in commemoration of violence committed against themselves or a loved one. Decorated shirts should be dropped off at the Women's Center by Monday, April 12, and the first 25 decorated shirts received will each win a commemorative Clothesline Project pin. *Tuesday, April 13, 5:00 p.m., Vandal Lounge, Student Union Building.*

CALENDAR OF EVENTS AND BROWN-BAG LUNCH PROGRAMS  
**WOMEN'S CENTER**

Free! Public Welcome 12:30 p.m. Women's Center Lounge April-May 1999 885-6616

- April 13 Tuesday** **REVA** As part of the Clothesline Project event, musician REVA will be performing in the Vandal Lounge. REVA is an acoustic guitarist who is described in Victory Review as "Ani diFranco style and like Joni Mitchell of the the 90's, Reva rocks, wails sings and touches an inner chord. With one hand on her guitar and the other teaching self defense to women, Reva not only informs us of life's ups and downs, but does something about it." *Tuesday, April 13, 5:30 - 7:00 p.m. Vandal Lounge. Free Admission.*
- April 14 Wednesday** **"WHY NOT? I BOUGHT YOU DINNER?"**™ A PLAY WRITTEN AND DIRECTED BY VALERIE RUSSO. This interactive theater performance explores gender communication in the context of potential sexual assault. Audience members will have the opportunity to offer recommendations to improve the actors' communication to reduce the sexual assault risk. *The performance takes place at 6:30 p.m. in the Administration Auditorium.*
- April 20 Tuesday** **WOMEN'S EXPERIENCES IN AUSTRALIAN NATIONAL PARK AGENCIES: HOW WOMEN MAKE CHOICES IN A MALE CULTURE** with ROSEMARY BLACK. BLACK is an International Visiting Scholar from Charles Sturt University in Australia and is doing research in UI's Resource, Recreation and Tourism Department. She is a lecturer in environmental interpretation and ecotourism, and has worked as a ranger in Australia. BLACK will share her experiences, observations and research findings on women working as rangers in Australian national park agencies. *Tuesday, April 20, 12:30 p.m., Women's Center Lounge.*
- April 22 Thursday** **TAKE OUR DAUGHTERS TO WORK® DAY** The Women's Center would like to encourage all parents and daughters to take part in this day. Started by the Ms. Foundation in 1993, Take Our Daughters to Work Day is a day for girls to observe women and men in the workplace, and consider the endless possibilities for their own futures. It is also a day to focus on girls' abilities rather than appearance. Please bring your daughter by the Women's Center between 8 a.m. and 5 p.m. to get acquainted, enjoy some refreshments and pick up a free pen!
- April 24 Saturday** **SPRING FORWARD 5K RUN/WALK/STROLL** This is the 2nd Annual campus and community fun run to benefit the UI Women's Center. The run/walk/stroll begins and ends at the UI Administration lawn. For competitors, the race will give you a chance to kick off your fitness plan this spring season! For noncompetitors, join us on a pleasant stroll through the scenic campus on Mom's Weekend. Please join us for an awards ceremony and refreshments immediately following the race on the Administration Building Lawn. Prizes will be awarded for the top woman and man runner in each age group. Also, there will be prizes awarded in other fun categories such as First Mom&Student Team to Finish Together, Living Group with most Moms participating, and more! Spring Forward is sponsored by Kappa Kappa Gamma, Moscow Food Co-op, and Safeway. *For a registration form, visit the Women's Center website at [www.uidaho.edu/~wcenter/](http://www.uidaho.edu/~wcenter/) or call the UI Women's Center at 885-6616. There is an entry fee and T-shirts may be purchased in addition.*
- April 27 Tuesday** **CRIMES AGAINST NATURE** CHRIS KILMARTIN, Ph.D. and comedian, will give this highly entertaining, original solo performance on the absurdities and contradictions of masculinity. "Crimes Against Nature" is a humorous, compelling, and very personal look at the pressures of masculinity. KILMARTIN is an associate professor of psychology at Mary Washington College in Fredericksburg, VA. Free Admission. Sponsored by the Women's Center *Tuesday, April 27, 7:00 p.m., SUB Ballroom.*
- May 3 Monday** **CHILE AND BOLIVIA:** Presented by DIANA ARMSTRONG. ARMSTRONG is an instructor/UI staff member in Agricultural Communications. She lived in northern Chile for two years (1995-97) teaching at a public university and during summer vacations she traveled in Chile and Bolivia. ARMSTRONG will share her experiences and slides in this presentation. Her slides cover Chile from top to bottom--the Atacama Desert to Isla Navarinno (south of Tierra del Fuego) in the Beagle Channel. She will also discuss her experience in Bolivia, from the altiplano on the Chilean border to the jungles on the Brazilian border. ARMSTRONG'S slides include people as well as landscapes. *Monday, May 3, 7:00 p.m., Silver Room, Student Union Building.*
- May 5 Wednesday** **AUNTIE PASTO'S BOUNTY OF BREADS RECIPE CONTEST** It's that time of year again! This is Auntie Pasto's fourth annual contest. Enter your favorite bread recipe in this contest for a chance to WIN PRIZES! VERA WHITE will be invited to lead the distinguished panel of judges on hand for the tasteoff. To enter, send your TYPED RECIPE with your name, address, and phone number to the Women's Center, University of Idaho, Moscow ID 83844-1064 by Friday, April 30, 1999. On May 5, bring your bread to the Women's Center for the judging.

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.

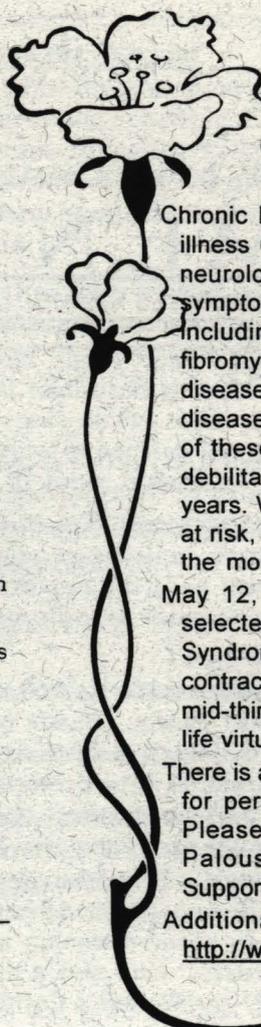
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**Alternatives to Violence of the Palouse** 332 - HELP  
 is 24-hour help for survivors of domestic or  
 violence and sexual assault. 883 - HELP

NBX003  
 **University of Idaho**  
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address service requested



**Chronic Fatigue Syndrome Awareness Day is May 12.**

Chronic Fatigue Syndrome (CFS) is a complex illness characterized by incapacitating fatigue, neurological problems and a constellation of symptoms that can resemble other disorders, including: mononucleosis, multiple sclerosis, fibromyalgia, AIDS-related complex (ARC), Lyme disease, post-polio syndrome and autoimmune diseases such as lupus. The length and severity of these symptoms tend to vary, but are often debilitating and may last for many months or years. While all segments of the population are at risk, women under the age of 45 seem to be the most susceptible.

May 12, Florence Nightingale's birthday, was selected as the International Chronic Fatigue Syndrome Awareness Day because Nightingale contracted a paralyzing CFS-like illness in her mid-thirties and spent the last 50 years of her life virtually bedridden.

There is a support group available on the Palouse for persons with Chronic Fatigue Syndrome. Please contact Jill Jones, President of the Palouse Area Chronic Fatigue Syndrome Support Group at 883-0621 for more information.

Additional information on CFS is available at <http://www.alternatives.com/libs/hecfs.htm>

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