



# WOMEN'S CENTER

208-885-6616

East of Commons Construction

Vol. 27, No. 4

January-February 1999

February 20 - 27 is Eating Disorders Awareness Week

According to Eating Disorders Awareness and Prevention, Inc. (EDAP) of Seattle, the need for increased awareness and eating disorders prevention is clear: conservative estimates indicate that 5 - 10 million girls and women and one million boys and men in the United States are struggling with eating disorders or borderline conditions. In addition, 75% of American women are dissatisfied with their appearance--and unfortunately, this body dissatisfaction seems to be starting at younger and younger ages. Recent research indicates that 42% of 1st through 3rd grade girls want to be thinner, and 81% of 10 year-olds are afraid of being fat. Moreover, 51% of 9 and 10 year-old girls report feeling better about themselves if they are on a diet.

These are frightening figures. Valerie Russo, Women's Resource Specialist at the UI Women's Center, has already made great efforts with 4th and 5th graders in the Moscow community to combat the reality of the staggering statistics noted above. Through Russo's work with the BIEN (Body Image, Education and Nutrition) group at McDonald Elementary School, she has been able to reinforce positive and healthy messages about body image and nutrition, at a critical stage of these children's development. She will also serve as the EDAP Coordinator for Eating Disorders Awareness Week 1999 for the UI community.

On the UI campus, Dr. Laurel Branen, PhD, RD and LD, will present a program on eating disorders, weight preoccupation and nutrition, on Wednesday, February 24, at 12:30 p.m. in the Women's Center Lounge. Dr. Branen will discuss societal factors which condition the thinking of girls and women that lead to unhealthy perceptions of body image and nutrition.

Anyone seeking additional information on eating disorders can contact the Women's Center, or call EDAP's information line at (800)931-2237.

## January/February Program Spotlight



Nancy Nelson "Four Women" Performance  
as part of Black History Month Celebration



Nancy Nelson, vocalist and educator, has a unique ability to share African American history through song. In this performance, the four women in Nina Simone's classic song "Four Women" come to life. Nancy tells the life story of each of the women in a dramatic performance using story telling and song. As part of Black History Month, this is an excellent presentation to help in understanding African American women and African American feminists. This program features Nancy and her brother Carold, on percussion. Sponsored by the Women's Center and Office of Multicultural Affairs. Tuesday, February 2, 7:00 p.m., Administration Auditorium.

### ***A Reason to Believe*** Film and Discussion

When a woman is raped by her boyfriend's best friend, she is stunned by the reactions of those closest to her, and of those within her campus community. In *A Reason to Believe*, writer/director DOUGLAS TIROLA depicts a startlingly realistic portrayal of a university community's response to date/acquaintance rape.

*A Reason to Believe* will be shown Wednesday, February 17, at 6:00 p.m., in the Student Union Building Ballroom. TIROLA will facilitate a discussion and question/answer session following the film. All members of the UI Community are invited and encouraged to attend and engage in discussion about personal responsibility, sexual stereotypes and the importance of open and sensible communication.

*A Reason to Believe* is brought to you by the Women's Center, Greek Life, and WSU Greek Life.

Scholarships Available for  
Single Parents and  
Children of Single Parents

Applications for scholarships for single parents and children of single parents are currently available at the Student Financial Aid Office and Women's Center.

The *Shirley Grossman Caldwell Scholarship* is valued at eleven-hundred dollars this year.

The *Agnes Eikum Chase Memorial Scholarship* is valued at one thousand dollars this year.

Please inquire at the Student Financial Aid Office or the Women's Center for application criteria. The deadline for filing applications is *Friday, March 12, 1999*. The awards are for the 1999-2000 academic year. Recipients will be notified by mid-April.

## No Rest for the Wicked

Dear Sisters,

I have a confession to make. No, not that—we don't have interns where I work. My admission is that I've taken to talking to myself. I shout at the television, I read the newspaper out loud to anyone within earshot, and I have, for some time now, been generally behaving in such a manner as to frighten small children, flocks of birds, and my dog.

Why? Well, the problem as I see it is that I have no remote control will-power. When I sit down for an evening, I have every intention of switching on TV Land and watching *Green Acres*, but somehow, I find myself helplessly, compulsively drawn to the congressional doings on C-Span. Sure, I say I don't care, that I made my feelings known this past November, and that Congress ignores me (and others like me) at its peril. I have emailed my congresswoman, written to Henry Hyde, and telephoned Bob Livingston. I've told Hillary that she's a peach and Bill that he's a dirty dog. Now, what I'd really like to say is be it on their own heads, I'm sick of the whole lot of them. I look at myself in the mirror every morning and repeat ten times over, "I am jaded, I am shock-proof, and I am cynical."

So, why is my dog still hiding behind the sofa? Because his mother is naive. When I cast my vote, I actually believe I've done something important, that I've played my part in picking the next government. Whether you are for impeachment or against it, what it amounts to is no more and no less than a bloodless coup. Impeachment is rare because impeachment is serious—it involves overthrowing a popularly-elected head of state and replacing him with someone who is, presumably, more agreeable to the majority in Congress. The Republicans have talked about lying, and the Democrats have talked about sex, but I have yet to hear the word junta on C-Span.

I have answered telephone polls, filled out online petitions, and still, I feel like I'm not just shouting at the TV, I'm shouting down a rain barrel. This morning, on my way to work, I heard Henry Hyde say that we need to "catch the falling flag." And put it in our pocket, save it for a rainy day? So much for the great congressional orators. Where, oh where is Barbara Jordan when you need her? Sometime next week (and perhaps long before you read this), we'll know if we are in for another six months of duck and dive, parry and thrust in the Senate.

God help my dog.

Take my cable, please!

*Auntie Establishment*

Auntie Establishment

## Savory Moments with Auntie Pasto

Greetings My Culinary Cousins,

Welcome to a new year and a new semester. If you are like me, cooking is going to take a back seat to the many new adventures that are ahead. I have found a recipe I think you will enjoy and spend little time preparing.

### **CROCK POT CHICKEN TORTILLAS**

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Meat from 1 whole chicken OR canned chicken or parts	
1 can cream of chicken soup	1/2 c. green chili salsa
2 tbsp. quick cooking tapioca	1 med. onion, chopped
1 1/2 c. grated cheese	1 doz. corn tortillas
Black olives	

Tear chicken into bite size pieces, mix with soup, chili, salsa and tapioca. Line bottom of crock pot with 3 corn tortillas, torn into bite size pieces. Add 1/3 of the chicken mixture. Sprinkle with 1/3 of the onion and 1/3 of the grated cheese. Repeat layers of tortillas topped with chicken mixture, onions and cheese. Cover and cook on low 6 to 8 hours or high for 3 hours. Garnish with sliced black olives.

Enjoy!

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

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

**Jan 13  
Wednesday**

**NOT IN OUR TOWN** Video showing and discussion. When a rock was thrown through the window of her son's room where a menorah was displayed, Tammy Schnitzer stood up to hate and violence. She rallied her community and united the various minority groups which were all suffering from discrimination and racism. The video, *Not in Our Town*, tells Tammy's story. Comments and discussion with JOANN MUNETA, Latah County Human Rights Task Force Chair, will follow. 12:30 p.m., *Women's Center Lounge*.

**Jan 16  
Saturday**

**MARTIN LUTHER KING JR. HUMAN RIGHTS COMMUNITY BREAKFAST SPONSORED BY THE LATAH COUNTY HUMAN RIGHTS TASK FORCE** Join the task force and featured speaker TAMMY SCHNITZER for this annual breakfast event. Schnitzer will share her story about her firsthand experience as a hate crime victim and how she chose to confront that hate within her community. Program also includes entertainment and awards presentation. *Moscow Junior High Multipurpose Room. 9:00 a.m. - 11:00 a.m. Tickets available at BookPeople in Moscow, \$7.50 Adults/\$4.50 Students & Children.*

**Jan 19  
Tuesday**

**FINANCIAL AID KNOW-HOW** ROD DUNN, Associate Director, Student Financial Aid, will help you navigate your way through the financial aid process by examining the "dos and don'ts" of completing the FAFSA (Free Application for Federal Student Aid) form. He will review common mistakes to avoid to ensure the smooth processing of your form. Financial aid staff will remain at the Women's Center after the program for those with unique situations. No student or parent should miss this!

**Jan 25  
Monday**

**A FAMILY THING DIVERSITY CINEMA - FILM #1** Introducing a new 35mm film series that deals with issues of racial and ethnic diversity. Robert Duvall plays a businessman in the deep south who discovers that he has a half brother who is black. He goes to meet his brother, played by James Earl Jones, and learns about the African American community and himself. Facilitated discussion, free coffee and cookies follow the film. 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, January 25, 7:00 p.m., Borah Theater, Student Union Building.*

**Jan 26  
Tuesday**

**IDAHO WOMEN WRITERS** Presented by SUSAN SWETNAM, Department of English, Idaho State University. This presentation provides an introduction to the state's rich heritage of women writers, ranging from those who wrote primarily for themselves and their families (LDS pioneer women, for instance), to nationally known writers like Mary Hallock Foote, Carol Ririe Brink, Grace Jordan, and Mary Blew. It includes an overview of the variety of themes, styles, and forms that Idaho's women writers have chosen; biographical sketches of several representative writers; and samples of their work. 12:30 p.m., *Women's Center Lounge*. *This program is made possible by support from Boise Cascade Corporation and by funding from the Idaho Humanities Council, a state-based affiliate of the National Endowment for the Humanities.*

**Jan 29  
Friday**

**UI DR. MARTIN LUTHER KING JR. CELEBRATION OF THE DREAM** The annual Martin Luther King Jr. Celebration will be held on *Friday, January 29 from 6-9 p.m. in the SUB Ballroom*. The theme for the event is "Celebration of the Dream." There will be food, entertainment, and exhibits. A variety of food will be available for purchase beginning at 6:00 pm. Entertainment begins at 7:00 pm. There will be no admission charge but the committee encourages donations of non-perishable food items and personal hygiene supplies for women and children. Donations will benefit Alternatives to Violence of the Palouse, Sojourner's Alliance and the Moscow Food Bank. Please join the Office of Multicultural Affairs, RAACE, AISES, NASA, AAPIO, OELA, Phi Beta Sigma, African Student Union, Union Programs, Women's Center, University Residences, Sojourner's Alliance, Disability Action Center, Latah County Human Rights Task Force and Alternatives to Violence of the Palouse for this exceptional celebration!



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

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

Feb 2  
Tuesday

**"FOUR WOMEN" PERFORMANCE BY NANCY NELSON** Don't miss this program by vocalist Nancy Nelson, as she shares African American history through song. In this performance, the four women in Nina Simone's classic song "Four Women" come to life. Nancy tells the life story of each of the women in a dramatic performance using story telling and song. As part of Black History Month, this is an excellent presentation to help in understanding African American women and African American feminists. Sponsored by the Women's Center and Office of Multicultural Affairs. *Tuesday, February 2, 7:00 p.m., Administration Auditorium.*

Feb 8  
Monday

**AMERICAN HISTORY X DIVERSITY CINEMA - FILM #2** This new (1998) film features a performance by Edward Norton as a neo-Nazi skinhead who comes to question and then reject his racist ideology. It is powerful, gripping, sometimes violent and painful, and is guaranteed to provoke thought and discussion. Facilitated discussion, free coffee and cookies will follow the 35mm film. 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, January 25, 7:00 p.m., Borah Theater, Student Union Building.*

Feb 17  
Wednesday

**A REASON TO BELIEVE** This feature-length film depicts the response to date rape on one college campus. When a woman is assaulted at a fraternity party by her boyfriend's best friend, the film realistically chronicles her reaction, and the reaction of her peers and the campus community. Writer/director DOUGLAS TIROLA will facilitate a discussion and question/answer session following the film. This is a must-see program for students, faculty, staff, community members and any person concerned about the prevalence of date/acquaintance rape. Sponsored by the Women's Center, Greek Life, and WSU Greek Life. *Wednesday, February 17, 6:00 p.m., Student Union Building Ballroom.*

Feb 18  
Thursday

**AN EVENING WITH TONY KUSHNER, Pulitzer Prize Winning Playwright.** In the early 1990s, ANGELS IN AMERICA transformed TONY KUSHNER from a young writer working in obscurity into the most highly acclaimed playwright of his generation. ANGELS—a "gay fantasia on national themes"—won the 1993 Pulitzer Prize for Drama as well as numerous Tony Awards. Since then, KUSHNER has also built a reputation as one of the most outspoken literary figures in America, a man who will talk as easily about Roseanne or Gingrich as O'Neill or Ibsen. KUSHNER will present a reading and on-stage interview. TONY KUSHNER's visit to the Palouse is sponsored by the College of Letters and Science (with funding partly provided by a grant from the National Endowment for the Humanities), the UI Women's Center, the WSU Gay, Lesbian, Bisexual and Allies Program, and the American College Theatre Festival Northwest Conference. *Thursday, February 18, 7:30 p.m., Student Union Building Ballroom.*

Feb 24  
Wednesday

**EATING DISORDERS AND NUTRITION** Do you spend too much time thinking about your weight? Do you categorize food into "good foods" and "bad foods"? Do you feel guilty after indulging in "bad food"? If you, or someone you know, can answer yes to these questions, this program is for you. LAUREL BRANEN, ASSOCIATE PROFESSOR OF FOODS AND NUTRITION, PHD, RD AND LD, will present this program with a focus on weight preoccupation. DR. BRANEN will touch on all eating disorders, societal factors which contribute to eating disorders and weight preoccupation, and dietary/nutritional information. Because weight preoccupation affects a much higher percentage of the female population than has been commonly acknowledged, DR. BRANEN will also discuss a way of eating to avoid weight preoccupation. Sponsored by the Women's Center as part of Eating Disorders Awareness Week, February 20 - 27. *Wednesday, February 24, 12:30 p.m., Women's Center Lounge.*



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## Health Tips from Auntie Bee

Happy New Year, Sisters! Like most people, you've probably committed to a number of resolutions for the new year. Perhaps I can urge you to add stress reduction to your list of goals. Sit back and relax while I tell you about the benefits of massage therapy.

Most adults today see massage as therapy and not just a self-indulgent luxury. Individuals who have incorporated massage into a general health maintenance program report increased vitality both physically and mentally. Obtaining massage on a regular basis promotes the connection of the mind with the body and brings a new awareness and presence into every cell.

Massage decreases the effects of stress. Over 90% of all visits to primary care physicians are for stress related complaints...headaches, backaches, neck pain, eye strain, anxiety, depression as well as physical and emotional exhaustion. When massage activates the body's parasympathetic nervous system it counteracts the negative response to stress by relaxing tight muscles and allowing blood pressure, heart rate and circulation to return to normal.

Massage relaxes tight muscles. Stress, injury, poor circulation, overuse and misuse can cause muscles to become tight. The result is discomfort and a decrease in range of motion, and if unresolved, these symptoms may become chronic and habitual. Massage addresses tight injured tissues by softening, lengthening and stretching, loosening fibrotic adhesions and avoiding new scar tissue formations. Massage also lessens the effects of the surrounding muscle guarding or splinting phenomena.

Massage brings down the threshold of chronic pain. A trained massage practitioner can reduce the conditions that are causing the pain and also decrease the actual pain itself. By activating nerve receptors and temporarily interrupting their signals, the therapist can block pain transmissions to the brain. Massage also stimulates the release of endorphins into the body systems which reduce pain and induce a feeling of well-being without the use of drugs.

Massage helps keep you well. Massage therapy improves the circulation of blood and its vital nutrients but it also boosts lymphatic flow. The body's lymphatic system is an integral part of the immune system. It is usually quite slow in most people with sedentary lifestyles. Massage increases the rate at which lymph flows through the body filtering toxins and infective agents, helping speed the recovery from injuries and illness.

Students at the University of Idaho are encouraged to visit Teresa Baker, a Licensed Massage Practitioner at Student Health Services. She is available Tuesday and Thursday afternoons and Wednesday mornings. The rates for therapeutic massage are \$15 for 1/2 hour and \$25 for 1 hour.

To Your Health,



Auntie Bee

## Library Corner

The Women's Center is pleased to announce the addition of several new periodicals and titles to our library. Please come by and check them out!



### **HUES: Hear Us Emerging Sisters Magazine**

Brought to us by New Moon Publishing, publisher of *New Moon: The Magazine for Girls and Their Dreams*, **HUES** is hip, smart, and down-to-earth. A woman's guide to power and attitude, **HUES** promotes self-esteem and self-sufficiency among young women, ages 16-30, of different cultures, sizes and lifestyles.

### **Harvard Women's Health Watch**

From Harvard Medical School, this monthly newsletter highlights current issues and new developments in women's health.

### **Minding Women: Reshaping the Educational Realm**

Published by the Harvard Educational Review

**Minding Women** presents a thorough overview of the major breakthroughs in research on women and girls in education, including important new research in women's history and feminist theory.

It explores the influential scholarship of the 1970s, 1980s, and 1990s that insisted that researchers and policymakers mind - that is, pay attention to, give heed, and be concerned with - the development and education of girls and women. It examines the major paradigm shifts about women and girls in education, including Gilligan's work about women's understanding of morality and relationships, the history of Native American women's education, Annie Rogers' insights into the psychological development of girls, the history of women in higher education, sexuality and adolescent females, sexual harassment in schools, feminist critiques of Paulo Freire's pedagogy, feminist curricular theory, community-based education for Latinas, and African American women at the Seven Sisters Colleges.

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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**WOMEN'S CENTER**

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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**  
Women's Center  
Moscow, ID 83844-1064

address service requested



March is  
Women's History Month!  
Preview of Coming Attractions:

**Menopause**

If you're curious about the changes your body is, has or will be going through, health-related issues, and how to non-grudgingly accept this chapter in your life, this is a program you don't want to miss!

**An American Woman in Peru**

Come learn about one woman's unprecedented experience as an active participant in the planning and implementation of an indiginous festival in Peru. She will share her insights on this unique and exciting adventure.

Have you read anything that you would like to highlight in the Library Corner of an upcoming newsletter? Please let us know!

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