



WOMEN'S CENTER

208-885-6616

East of Idaho Commons

Vol. 28, No. 3

April-May 2000

A Fond Farewell to a Faithful Old Friend



**Thursday
April 27, 2000
Noon until 3:00 p.m.**

UI Women's Center will host one last reception in the building that has housed us for over 27 years. Meet the latest additions to the Women's Center team: Jeannie Harvey, our new director, and Chaucey Wittinger, our new office coordinator. Come commemorate, reminisce, and say goodbye to our old home.

Sexual Assault Awareness

Valerie Russo
Women's Resource Specialist

Alcohol Education Issues

Ashley Lawhead
President, Panhellenic Council

The Bridge That Links East and West

Pingchao Zhu, History Dept.

Once again we are highlighting April as Sexual Assault Awareness Month. We have a variety of activities planned for this month, co-sponsored by the Women's Center and the ASUI Safety Board. Sexual violence is a continued concern on campus and in our society. We can all make a difference by taking an active role and making the commitment to speak out against sexual violence and behaviors that support violence in our society. Look for the schedule of events and show your support; get involved.

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Asian American Awareness

April is also designated as Asian American Awareness Month. In this issue we acknowledge a few of the many contributions, experiences, and achievements of American Women of Asian descent.

The University of Idaho's Panhellenic Council is taking steps to educate fraternity and sorority members on alcohol use. In the past, speakers on the subject of alcohol use and its effects have put on programs for campus, as well as for individual chapters. Currently, we are educating our executive boards on the new National Resolution concerning alcohol and asking them for their help to make a positive plan of action to inform our members and enforce this new resolution. The Vice President of Leadership, Brandi James, has created a survey for all executive boards, both fraternity and sorority, to help Panhellenic devise a course of action on how we can help make this a smooth transition.

**Look for upcoming program:
Women & Alcohol Issues on Campus**

On December 16, 1999, I was sworn in as a citizen of the United States after staying in the country for over a decade. My American friends and colleagues sent flowers and U.S. flags to congratulate me. My friends and family members in China called long distance to tell that they envied me having a U.S. passport. Very soon, I will be an official number as an Asian American woman in the U.S. 2000 census survey. I had mixed feelings as I walked out the courthouse that day. I am very proud of myself becoming an American citizen and very grateful to this country and its people who accept me as part of them. Culturally, however, I will always consider myself Chinese, because my roots lie forever on the other side of the Pacific. I began to think of this question: what does it mean to be an Asian American woman?

The history of Asian Americans in the United States looks back over a century.

RESOURCES

Books: *Women Working the NAFTA Food Chain and Globalization*
Deborah Barndt, editor
Second Story Press, 1999

Barndt is Faculty of Environmental Studies at York University, Toronto. She brings together research from Canada, the United States and Mexico that looks at how NAFTA is affecting the lives of working women.

Daughters of the Pacific
Zohi de Ishtar
ISBN: 1875559329
Spinifex Press, 1995

Daughters of the Pacific contains over 100 interviews with Indigenous women and some men from Aotearoa/New Zealand, Australia, Belau, Bougainville, East Timor, Fiji, Guam, Ka Pae'aina/Hawaii, Kanaky/New Caledonia, Kiribati, Marshall Islands, Northern Marianas, Papua New Guinea, and Te Ao Maohi/French Polynesia.

Call for Proposals:

AAUW Educational Foundations presents: *International Perspectives: The Political, Social, and Economic Impact of Education for Women and Girls*. Nov 17-18, 2000. Washington, DC.

Submissions due: May 1, 2000. This forum will explore how women create change in their communities and the world through education. Sessions will be interactive, including panel discussions, demonstrations, poster presentations and focused dialogues. Proposals, which focus on Africa, South America, the Pacific Rim and/or countries of the former Soviet Union, are encouraged. For detailed submission information visit <http://www.aauw.org> then add /7000/ef to address (the whole address failed for me so I did it that way and it worked).

Women's Studies Quarterly. Special issue on Technology and Women, Edited by Lee Quinby, Publication date: Fall/winter 2001.

Submissions due: June 1, 2000. Submissions should focus on information and biological technologies, with emphasis on questions of gender discrepancies, technological determinism, and potential for progressive social change. The editor seeks essays, perspective pieces, poetry, artwork, bibliography, filmography, syllabi, book reviews, and other works that explore whether the new technologies advance or impede women's equality around the world. For more information call the Women's Center or check the Women's Studies Quarterly website: <http://www.feministpress.org/wsqt teach/wsq.htm>

Web sites:

The Global Reproductive Health Forum at Harvard launches Women of Color Web – <http://www.hsph.harvard.edu/Organizations/healthnet/WoC/teaching/teachingtools.html>

Exciting on-line initiative that offers electronic space to explore the intersection of gender and 'race' on topics such as feminism, sexuality, and reproductive health and rights. The web site brings together critical scholarship with contemporary Internet resources and provides access to scholarly articles, book chapters, critical essays, and links to related sources.

Women's Human Rights resources – articles on Indigenous women's issues web site:

<http://www.law-lib.utoronto.ca/diana/first/articles.htm>. This page is part of the Bora Laskin Law Library at the University of Toronto and includes many articles such as

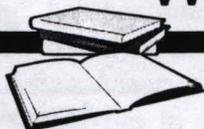
- Kingsbury, Benedict, "Indigenous Peoples" in *International Law: A constructivist Approach to the Asian controversy*, 92 AMERICAN JOURNAL OF INTERNATIONAL LAW, 414-57 (1998).

See A. Magazine at <http://www.amagazine.com>. A. Magazine is now the largest-circulation Asian publication in the U.S., and a CD and national concert tour of top Asian American rock groups; a book on Asian influence on American culture published by Houghton Mifflin; a coast-to-coast review of Asian restaurants; and a video documentary featuring interviews with prominent Asian Americans such as Michael Chang, Kristi Yamaguchi and Congressman Bob Matsui. An April article, "Alternate Feminisms," asks 'Should Asian American women fight for their goals within mainstream feminism or form their own sisterhoods?' Three Asian American women activities respond. See this article at <http://www.amagazine.com/issues/altfem698.html>

**Women
To Know**

Elaine Chao, Distinguished Fellow/Senior Editor, The Heritage Foundation
Dr. Kalpana Chawla, Astronaut/Mission Specialist, National Aeronautics and Space Administration
Connie Chung, News Correspondent, ABC
Lilia Clemente, Chair/CEO, Clemente Capital, Inc.
Ann Curry, News Anchor, NBC
Amy Hill, Actress/Writer
Andrea Jung, President of Global Marketing, Avon Products, Inc.
Michelle Kwan, Olympic Skater
Honorable Yvonne Lee, Commissioner, U.S. Commission on Civil Rights
Loida Lewis, Chair/CEO, TLC Beatrice International
Maya Lin, Monumental Artist (Vietnam memorial designer)
Doris Matsui, Deputy Assistant to the President/Deputy Director of Public Liaison, The White House
Honorable Patsy Mink, Congresswoman, U.S. House of Representatives
Rose Ochi, Asst. Attorney General & Director of the Justice Department's Community Relations Service
Amy Tan, Author
Tamlyn Tomita, Actress
Ming-Na Wen, Actress
Kristi Yamaguchi, Olympic Ice Skater

Work Study Words of Wisdom



From the Library Corner by Kristina Ruiz

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"With fog as thick and palpable as cotton hovering over tranquil San Piedro Island. On the bay, a flickering lantern signals distress from an aged fishing boat; while elsewhere a freighter sways blindly through the fine mist. By morning, the sea and sky are clear, but the small village of fisherman and berry farmers will forever be changed. For one man has lost his life, and another--a childhood friend--has been charged with taking it. An investigation is launched. The trial begins..."

Universal Studios' production of **"Snow Falling on Cedars"** was adapted from David Guterson's best-selling novel. Diversity Cinema will present a showing of this highly acclaimed movie in the Borah Theater on Monday, April 24 at 7:00 p.m. Based on the best-selling novel, this courtroom drama tells the story of lovers who are caught up in race hatred during World War II; a time when Americans of Japanese ancestry were persecuted because of their race.



Healthwise by Virginia Klein



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Osteoporosis, called porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, which leads to bone fragility and an increased susceptibility to fracture of the hip, spine, and wrist. Osteoporosis is a big threat to 28 million Americans; 80 % of these are women. There are 8 million women and 2 million men in the US that are affected right now, and 18 million more who have low bone mass. Osteoporosis is more common in the older people, but it can strike at any age.

There are no symptoms to this disease. It is called the "silent disease." Most people do not know they have it until their bones become so weak that a bump, strain, or fall causes a fracture or collapsed vertebra. When a person gets a collapsed vertebra, they may experience back pain, loss of height, or spinal deformities. There are many risk factors: female gender, thin/small frame, old age, family history, cigarette smoke, excessive alcohol, inactive lifestyle, anorexia, and many more. There are ways, however, to try and prevent osteoporosis. The average woman reaches 98% of her bone mass by the time she is 20. Building strong bones when a person is still in their childhood or adolescence is the best way. Reducing your risk, for those of us past adolescence can include: a diet that is high in vitamin D and calcium, weight bearing exercise, healthy lifestyle with limited alcohol intake and no smoking. Last of all, have your bone density tested and take medication when appropriate. For more information go to www.osteoo.org/osteofastfact.html.

Motherwise Presents

Workshops with Ina May Gaskin

Come enjoy Spring on the Palouse and learn from the best at the same time. This is a rare opportunity to study with Ina May Gaskin, world-renowned midwife and author. A stimulating, intensive program is planned with workshops ranging from Client Responsibility to Dystocia.

"Midwifery and the Politics of Healthcare" will be the title of a public address by Ms. Gaskin on Friday, April 14, 2000 at 4:30 p.m. in the UI College of Law Building Courtroom. She will address the topic of birth, midwifery and healthcare. A reception and book signing will follow at 6:00 p.m. Both are free and open to the public.

On Saturday, Ms. Gaskin will teach three midwifery workshops covering different aspects of providing emotional care to pregnant women. Limited spaces are available.

Midwifery Workshop Schedule

April 15, 2000 workshops cost \$150.00 (including refreshments).

Workshop #1. Red Flags for Emotional Issues During Pregnancy, Birth, Postpartum.
8:30-10:30 a.m. Room 105.

Workshop #2. Client Responsibility: Eliciting Appropriate Behaviors. 10:45 a.m.-12:45 p.m. Room 105

Lunch Break: 12:45-1:45 p.m. (box lunches available at a cost of \$6.00)

Workshop #3. Dystocia in Labor: Stages One through Three

Evening Program: to be announced.

For more information, call Nancy Draznin at 208-224-6965 or 1281 Sprenger Rd.

Genesee, ID 83832

Women's Center

208-885-6616

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April-May 2000

- April 3
Monday **Diversity Cinema.** *Dogma* 7:00 p.m. Borah Theater.
- April 8
Saturday **Spring Forward 2000.** 5K Run/Walk/Stroll begins at 8:00 a.m. in front of Administration Building Lawn. This is an annual fund raiser for the Women's Center. See Registration Form on page 7.
- April 10
Monday **"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. 7:00 p.m. Borah Theater.
- April 14
Friday **Midwifery and the Politics of Healthcare.** Keynote address will begin at 4:30 p.m. in the University of Idaho College of Law Courtroom. Booksigning and reception will be at 6:00 p.m in the foyer.
- April 15
Saturday **Midwifery Workshops.** A series of three workshops, presented by Ina May Gaskin. 8:30 a.m. until 4:00 p.m. College of Law Building, room 105.
- April 17
Monday **Grandmother' Gift.** Nez Perce dancers recount legends told to them by their grandmothers. 7:30 p.m. Whitewater/Clearwater Room in UI Commons.
- April 17-21 **Sexual Assault Awareness Week.** For more information on scheduled events, contact the Women's Center at 885-6616.
- April 18
Tuesday **Clothesline Project.** The Clothesline Project will be displayed in the rotunda of the UI Commons. This is part of a national art project to bring attention to the crimes committed against women. Members of the UI community are invited to decorate a shirt in commemoration of violence committed against themselves or a loved one. Decorated shirts may be dropped of at the Women's Center.
- April 22
Saturday **Model Mugging Workshop.** Self-defense for women. The first twelve people to register through the Women's Center will be sponsored free of charge. 10:00 a.m. - 3:00 p.m. Call 208-885-6616 or e-mail wcenter@uidaho.edu.
- April 24
Monday **Diversity Cinema.** *Snow Falling on Cedars.* 7:00 p.m. Borah Theater
- April 26
Wednesday **Women and Alcohol on Campus.** Jeanne Far will discuss the issues that face young women on campus regarding alcohol. Learn about protective behaviors, attitudes and perceptions we have and face when dealing with these topics. 12:30 Women's Center Lounge.
- April 27
Thursday **Women's Center Open House-Close House Reception.**

From all of us here at the Women's Center, to all of you who have been such a big part of our growth and success, a very special thanks. Next year, our surroundings will be different, but the welcoming environment will never change. We look forward to seeing all of you when we are settled into our new home. It's only a few steps away, and we hope to make it as warm and comfortable as our old one has been for the past 26 years. Please stop by on April 27th to reminisce and share ideas for the future. See you there!

Asian women's struggle for survival on the "gold mountain" has become an important chapter of the women's movement in this country for equality and justice. Asian American women have to overcome cultural stereotypes in order to live their dreams and achieve their goals. Traditional Confucian tenets expected women to be familial, submissive, and obedient in a male-dominated society. Confucianism also discouraged women from receiving education and holding offices. Traditional Asian societies bestowed women with certain family and social responsibilities, such as taking care of aged parents, producing a male heir for the family, and bringing up children. They are supposed to carry on these cultural heritages and pass them on to the next generation. In the United States, many Asian women tend to keep their belief in these traditions and cherish the family bonds that are the basic foundation of many Asian societies. Meanwhile, they also learn how everyday would be a struggle not only to choose between their own traditions and new values in America but also to fight against traditional barricades in their homeland and racial inequity in the new world. By challenging the stereotypes of themselves, Asian American women emerged to represent a culture that combines at its best, both eastern traditions and western values. At home, many Asian American women continue to play a traditional role in fulfilling their family responsibilities. In a highly individualistic American society, we can still see Asian families with three generations living under one roof. Patriarchal attitude is quietly tolerated behind families' closed doors. Obviously, tradition persists to rule family business in many Asian American communities.

At work, however, Asian American women battle racial, gender, class, and cultural biases to excel in their professions and to assume leadership. Today, Asian American women are visible in many important fields of American life including higher education, Wall Street management, fashion design, computer technology, literature, sports, media broadcasting, as well as film industry. Their own successful stories are the true answer to the question: What does it mean to be an Asian American woman. Mary Chung, founder and president of National Asian Women's Health Organization, speaks for such experience: "There are many challenges for us as Asian American women in carving out an equitable and high quality of life in the United States. However, as an Asian American woman, your individual actions can also re-define roles and realities for Asian Americans and people of color. Confronting these challenges dramatically change the way we are perceived

and treated. In this manner, being an Asian American woman is a very empowering ideal, as your vision and your personal efforts have the potential to make broader social and political change." This empowering ideal of Asian American women has led to fierce determination to be successful in whatever they do. One study on Asian American women states that Asian American women are standing at a crossroads of two cultures. I would rather argue that Asian American women were once standing at the crossroads. Now they have built a bridge to link the two cultures.

More active than ever, Asian American women have joined other American women of different ethnic backgrounds to fight for social, economic, and political equality. As a bridge, Asian American women function as spokeswomen of the American way of life in their native countries. Their success, their failure, their tragedy, and their happiness are all topics of social concerns for Asian societies. They are the mirrors of the other side of the Pacific Ocean. Every time I went back to China, people at home would ask me a lot of questions about women's status in the United States, believing that I was in the best position to tell them the truth. Many also wonder how I got a teaching job in a state university without knowing anyone on campus. I convinced my friends at home that it was "what I know" not "who I know" that got me the job. With this teaching job, I am able to present many of my personal stories, family experiences, as well as information from other Asian women in the history courses such as modern China, modern Japan, and East Asian survey. I feel content when I can help American students better understand Asian cultures and appreciate them in their right perspective. In a world where traditional cultures are challenged by modernization, Asian American women have delivered their best performance in incorporating the two into one masterpiece of art: Asian American women's experience.

Finally, I would like to conclude with a story of my recent trip to Universal Studios in Los Angeles during spring break. As I was strolling into the Hard Rock café store at the corner of Citywalk Street, a young man working in the store welcomed me with an interesting question: "Let me guess," he said, "You must be from Singapore, Malaysia, Japan, South Korea,..." he still intended to go on. "Nice try, young man," I answered with a smile. "You are close. My country of origin is China and I am an American." With a little mirth, we all understood what I meant. I am an Asian American woman and I am proud of both my Chinese roots and American culture.

Reconceptualizing Sexual Assault Prevention

The field of sexual assault prevention has largely focused on changing the behavior of individuals, rather than changing the culture that perpetuates sexual aggression. For example, we teach women risk management that includes how to make safe choices for themselves, assertive communication and related protective behaviors. We teach men about violence prevention, communication and the importance of consent. However, many people in the prevention field find that they struggle with the inherent conflict between empowering individuals through education on risk reduction strategies and the concern that victims may feel they failed by not employing the suggested behaviors. Another risk involved in sexual assault prevention is that while empowering potential victims, the education can inadvertently serve to educate future perpetrators.

Newer models of prevention target cultural change by focusing on solutions instead of the problems. When people are provided with accurate information about the prevalence of healthy, protective attitudes and behaviors changes begin to occur on both individual and group levels. This new approach comes from Resilience Theory, which seeks to explain why people succeed, and Social Norms Theory, which suggests that people match their own behavior to the perceived social norms of valued reference or membership groups. The majority of the work in this area has been done with alcohol abuse prevention. Researchers have found that most students overestimate how much other students drink and how much other students approve of drinking. Students' *misperceptions* have been shown to influence their own drinking behavior, as they drink more in an attempt to engage in "normal" drinking behavior. When students receive accurate information about actual moderate norms, drinking rates decline campuswide.

Sexual assault prevention using these theories proceeds on the assumption that most men are not supportive of disrespectful or violent behavior towards women, but that our culture leaves them thinking that other men are supportive of these attitudes.

Research has found that college men overestimate the degree to which their peers endorse rape myths and the use of sexually coercive behaviors. In a recent study it was found that challenging men's perceptions of the social norm and providing them with accurate information on the difference between perceived acceptance of rape supportive beliefs and actual reported beliefs was effective. At a 6 week post test the men's acceptance of rape myths had declined and continued to decline at a 16 week follow up. This suggests that applying the social norms theory to sexual assault prevention may be an efficacious approach to addressing cultural change.

When carefully applied, the social norms approach addresses and emphasizes the positive beliefs and attitudes of the majority. For example, men often report feeling accused ("men are all potential perpetrators") and misunderstood, which can lead to defensiveness. However, by presenting them with majority information – "11 out of 12 college males did not engage in acts that met the legal definition of rape or attempted rape," we have drawn attention to the desired behavior and have marginalized the deviant, assaultive behaviors. In this way we can align with the majority of men who are our allies in the prevention field.

The social norms approach can be applied to media, presentations and individual interactions. By pointing out the positive, majority actions and attitudes we empower individuals to behave in manners that are consistent with their own respectful beliefs. To be effective the approach requires the collection of accurate data (local or group specific is preferred) that can be shared with our communities, careful attention to the wording and presentation of the message (we marginalize deviance by addressing and emphasizing the positive majority attitudes and behaviors), and ongoing data collection to provide the most recent and most accurate normative information. When successfully applied, this approach has the potential to modify the cultural misperceptions that support sexual coercion and assault.

Charee Boulter, Ph.D.

Jeanne Far, Ph.D.

Sexual Assault Resources

Web Sites:

Sexual Assault Information Page. <http://www.cs.utk.edu/~bartley/saInfoPage.html>

"Friends" Raping Friends—Could it Happen to You? <http://www.cs.utk.edu/~bartley/acquaint/acquaintRape.html>

RAINN HOTLINE 1-800-656-HOPE. <http://www.rainn.org>

The National Organization on Male Sexual Victimization. <http://www.malesurvivor.org/Index2.html>

The Clothesline Project. <http://www.now.org/nnt/01-95/clothes.html>

GHB - The Stone Cold Truth. <http://www.ashesonthesea.com/ghb>

Campus Outreach Services, Inc. <http://www.campusoutreachservices.com>

Sexual Assault Interactive Theatre. <http://www.interactivetheatre.org>

Books:

Allison, Julie A. and Wrightsman, L.S., 1993. *Rape/The Misunderstood Crime*. Thousand Oaks, London, New Delhi, Sage Publications.

Lang, Monique, 2000. *Journey to Wholeness/Healing from the Trauma of Rape*. Holmes Beach, Florida, Learning Publications.

Lew, Mike, 1990. *Victims No Longer/ Men Recovering from Incest and Other Sexual Child Abuse*. New York, Harper & Row Publishers.

Sanday, Peggy, 1996. *A Woman Scorned, Acquaintance Rape On Trial*. New York, Doubleday.

Sullivan, John, 1999. *Licensed to Rape?* Holmes Beach, Florida, Learning Publications.

Wasshaw, Robin, 1994. *I Never Called It Rape/ The MS. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape*. Harper Perennial.

Third Annual University of Idaho Women's Center



Spring Forward 2000 begins at **8:00 a.m. Saturday, April 8**, on the Administration Lawn. This is your chance to kick off your fitness plan this spring season. Refreshments will be provided, and there will be prizes for the top woman and man in each age category.

Cost: \$15.00 includes short sleeve shirt
\$ 8.00 to run only

Registration will be accepted until 7:30 a.m. on April 8. Late registrants may not receive their shirt on the day of the run. For information call 885-6616.

Registration Form

Send completed form to: UI Women's Center
PO Box 441064
Moscow, ID 83844-1064

Name (Print): _____
(last name) (first name)

Age: _____ **Female** _____ **Male** _____

T-shirt: (circle one) S M L XL No shirt

Address: _____

Telephone: _____

Running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, effects of weather, including extremes of cold or heat and/or humidity, traffic and conditions of the road. I am aware of such risks and accept them. I have read this waiver and knowing these facts in consideration of your accepting my entry, I (and anyone entitled to act on my behalf) waive and release the sponsors, the city of Moscow, as well as the State of Idaho, and the employees of the sponsors, and their representatives, and successors, from all claims and liabilities of any kind arising from my participation in this event, even though that liability may arise from negligence or carelessness on the part of the persons named in this waiver. Further I release the rights to any and all photographic material and computer information the sponsors of this race may wish to release for this event without obligation to me.

Signature: _____

Signature of guardian (if under 18): _____

NBK243

Women's Center
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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. A taped copy of the newsletter is available on request for the visually impaired.

WOMEN'S CENTER

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

332 - HELP
or
883 - HELP



*Have a Great
Spring and
Summer*

*See you in the Fall
in our New Home*