



# WOMEN'S CENTER

208-885-6616

Corner of Pine and University Ave.

Vol. 29, No. 2

Nov. - Dec. 2000

## Qe'Ci'Yew'Yew'

That's thank you, in Nez Perce, to all who joined us for our Open House in September. We had a great day, which seems like years ago now. Many special friends visited our new home to celebrate with us. And, the steady stream of visitors to the Women's Center has not stopped!

The number of students, faculty, staff and community people using our center each day has more than tripled in our new location. Our last monthly report indicated that more than 800 people had participated in Women's Center-hosted or sponsored programs during September and more than 200 people used the lounge. Some folks have discovered what a nice place the Women's Center is to meet. Student and departmental groups are using the Women's Center for meetings, potlucks, and other events. Talk to us about reserving the space.

I hope you will have time to make it to one of our noon programs or other exciting events we highlight in this issue. I would like to mention one special event I hope you'll consider supporting. The Native American Student Association has worked since last spring to put together a fantastic conference and Pow Wow the first week of November. I know you won't be disappointed attending any of these events. The Women's Center is sponsoring one of the prizes for women's dancing, so be sure to see them at the Pow Wow. And, we'll see you at our reception with President Hoover on November 28.

Jeannie Harvey, Director

## Native American Conference

"Visions of Education for the 21st Century: Facing the Challenges of Cultural and Tribal Sovereignty" is the theme of a **Native American Conference** being held at the University of Idaho, Nov. 1-4. In addition, the University of Idaho and 10 Northwest tribes will sign a Memorandum of Understanding on Nov. 4.

**Rebecca Tsosie**, Professor of Law and Executive Director of the Indian Legal Program at Arizona State University, will speak Nov. 1 at 7 p.m. in the SUB Ballroom. Tsosie, a member of the Pascua Yaqui, will present "Rethinking the Tribal Sovereignty Doctrine: Cultural Sovereignty and the Collective Future of Indian Nations."

On Nov. 2, **David Hurst Thomas** will speak on "Skull Wars: Bridging the Chasm Between Archaeology and Indian Country." Thomas is the curator of anthropology at the American Museum of Natural History in New York. He will speak at 7 p.m. in the SUB Ballroom.

## Tutxinmepu Pow-Wow

Grand Entries for the Pow-Wow will be Friday, Nov 3, at 7:00 p.m. and Saturday, Nov. 4, at 12:00 noon in the ASUI-Kibbie Dome. Little Island Cree is the host drum, and the Nez Perce Nation is the honor drum. UI alumnus, Otis Halfmoom of Lapwai, is the master of ceremonies. The Wow-Wow also features craft vendors, a college fair, drum contest and art auction on November 3.

All events are free and open to the public.

## Recent Donations to the Women's Center Library

by Chauncey Wittinger, Office Coordinator

Our Library is ever expanding, thanks to a full range of generous people. We announce one of our newest additions, Women's Roles in Ancient Civilization, edited by Bella Vivante. This wonderful book is a donation from Professor Cecelia Luschnig, University of Idaho faculty member in the Classics Department. Belle Vivante gave this year's Kennedy Lecture on the Classics and spoke at the Women's Center on October 25<sup>th</sup>. We now will be able to continue sharing her wisdom.

A special thanks to John Dancey for the books donated in memory of his late wife, Barbara Ripperda. This collection, dedicated during Kathy Barnard's presentation on breast cancer, will be housed in our Special Collections.

Thanks also go to Christine Nelson for expansion of the art and feminist works.

We appreciate those committed to enriching the library here at the UI Women's Center. Books are such a precious way to be remembered. Thank you for your gifts.

*"You may not remember  
But let me tell you this,  
Someone in some future time  
Will think of us"*

Sappho

## WomensWorks

A Holiday Art Fair of Quality Gifts Made by Women

Thursday, November 16, 2000

10:00 a.m. - 6:00 p.m.

Clearwater/Whitewater Room

Idaho Commons



## Breathing Life into a Statistic

Communication in society today is an art and an art form. Ideas, ideology and information are conveyed at the speed of light. Research is conducted and numbers flow to the rhythm of a statistical heart-beat. At times the sheer magnitude of the numbers might overwhelm us. The simplicity of interpreting compressed data can facilitate the loss of true understanding. In the case of 25.7% we work to make sure that does not happen.

What is 25.7%? This is the number of women who reported a coercive or attempted coercive incident while attending this campus on the University of Idaho Women's Center 1997 Coercive Sexual Behavior Self Report Survey. This UI number is no anomaly; we fit national numbers, in the words of actor Jim Carrey "like a glove." Over 85% is the number of women who knew their attackers. These rapes are prefaced with the words date and acquaintance.

How do these percentages translate into real numbers when applied to our incoming female freshmen? If two thousand new freshmen start at the University of Idaho this year and half of them are female, then we apply 25.7% to the number 1,000. Two hundred and fifty seven of these U of I women are likely to experience a sexual assault or attempted sexual assault between the ages of 16 and 24. The risk of sexual assault rises as women, alcohol, men and privacy interact on a continuum.

The idea that over 200 women out of every 1,000 that attend this university are likely to be sexually assaulted by someone they know, concerns us. We've been working hard to offer more programs and educational opportunities. Please call us if you would like to be more involved or want additional information.

Don Lazzarini  
Valerie Russo  
UI Women's Center

Order Form

### 2001 International Calendar



The 2001 International Calendar weaves a fabric of friendship and understanding with colorful pictures and stories from many countries. Let it take you to far-away places all next year. Each picture has a story. Each country has a carefully rendered indigenous design. Each month is marked by lunar and celestial events and a word to spice up your vocabulary. Each day is a special day somewhere in the world. All these strands are artfully woven together in this truly unique calendar. It's a wonderful way for families to share each new day. Teachers and students love it, too!

## *Girls On the Move*

Women and girls have a great deal to celebrate, but still struggle with self-esteem, especially between the ages of 6-18. That's why leading experts in the fields of education have teamed with prominent athletes, celebrities and non-profit organizations to create Girls on the Move--an innovative cross-country bicycle journey designed to unite women of all ages in a demonstration of physical, mental and emotional health.

Meet **Beth Harston**, just off the bicycle tour! Beth will be here at the UI Women's Center on November 7 at

12:30 in the lounge. There will also be a free slide show at 7:00 p.m. in the College of Law Courtroom.



Please join us in welcoming  
President Robert Hoover  
to the Women's Center

•••••  
Reception

Tuesday, November 28, 2000  
4:00 p.m.

University of Idaho Women's Center



### International Calendars



As part of the Women's Center fund raising effort, we will be selling International Calendars. These 2001 calendars are beautiful, and you will be helping the Women's Center raise funds that will enable us to continue bringing quality programs and speakers to the University of Idaho campus.

The calendars will be available at WomenWorks on November 16 in the Idaho Commons. The craft/art fair will be held in the Clearwater Room from 10:00 a.m. until 6:00 p.m. See the order form below.

Order Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (Eve) \_\_\_\_\_ (Day)

Please send \_\_\_\_\_ calendars for 2001 @ \$12.00 each. I am enclosing a check for \$ \_\_\_\_\_ made out to UI Women's Center.

Mail to: Women's Center  
University of Idaho  
PO Box 441064  
Moscow, ID 83844-1064

# Work Study Words of Wisdom

## Nutrition Corner

by Marie Bailey

Hello readers! My name is Marie Bailey. I just started working for the Women's Center as a work-study this fall, but I've been around for a while writing articles about health-related topics. I'm excited to announce that we'll be adding a new section to the newsletter offering nutrition tips and answering nutrition-related questions. Since I'm a dietetics major, I'm just tickled at this opportunity for UI students to hear the message of health and well-being as it relates to nutrition.

When people find out that I'm a dietetics major, the nutrition questions come pouring in: "What do you think about the protein diet?" "Is it true that I actually need fat in my diet?" or "How much water should I be drinking each day?" These are just a few of the most common questions that I'm asked.

Last month (October) was Breast Cancer Awareness Month and while we do know that we need to practice monthly breast self-exams, we can also arm our body's natural defenses by what we eat. Thus, the question that I've received from some of my health-conscious friends is: "I don't really like vegetables, but I know that I'm supposed to get in my five-a-day fruits and vegetables--is it okay to eat fruits only?"

Although fruit does contain many antioxidants, vitamins and fiber, vegetables contain different vitamins, antioxidants and cancer-preventing plant compounds. According to Cindy Moore, RD of the American Dietetics Association, one such

compound is called sulphoraphane and it's found in cruciferous vegetables like broccoli and cauliflower. It is not present in a single fruit. Studies suggest that sulphoraphane appears to fight breast cancer. Several studies have shown that women who increased their intake of vegetables and decreased consumption of red meat had a lower incidence of breast cancer (Prevention Magazine, 1998).

Although, some of us may view breast cancer as a disease that only affects women who are forty or over, it's crucial to remember that all women are at risk, and we need to be aware of ways that we can protect ourselves by starting or continuing healthy habits while we're still in college.

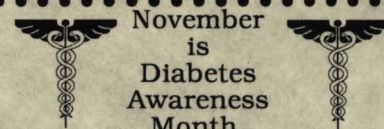
I would suggest that if you like fruit, great! Continue to eat it, but the bottom line is (without sounding like your parents), that you also need to eat your vegetables! It's easy to include veggies into your daily diet by keeping frozen vegetables on hand for a quick side dish of steamed broccoli, cauliflower, carrots or asparagus. And it's okay to doctor them up by sprinkling them with pepper, lemon juice, a pat of butter or even your favorite grated low-fat cheese. So if you need to "dress up" your veggies so that you'll actually eat them, just do it because that's the important part!

I'm eager to answer any of your nutrition and health-related questions for the next newsletter, so please send them to me at [wcenter@uidaho.edu](mailto:wcenter@uidaho.edu).



## Healthwise

by Virginia Klein



Diabetes is a disorder caused by decreased production of insulin, or by decreased ability to use insulin. Insulin is a hormone produced by the pancreas that is necessary for cells to be able to use blood sugar. The cause of diabetes is unknown. It is thought that diet and heredity play important roles in the development of this disease. Insulin is needed to transfer the sugar from the blood to the inside of the cell where it is converted for the body's use. When the pancreas does not produce enough insulin, the body is not able to transfer the sugar and so excess sugar remains in the blood and is then removed by the kidneys. Symptoms to look for are: increased thirst and urination, nausea, abdominal pain, loss of consciousness, rapid and deep breathing, sweet smelling breath.

The most common forms are Type I (insulin-dependent diabetes mellitus IDDM) and Type II (Noninsulin-dependent diabetes mellitus NIDDM) and Gestational Diabetes. Type I often occurs in people before the age of 30. These people usually require insulin injections. Type II often occurs in severely over weight adults and usually does not require insulin injections. Treatment includes eating right and exercising. By watching the amount and kind of food a diabetic eats they can reduce the amount of sugar in the body. Insulin is one of the medications used to lower blood sugar allowing it to leave the blood stream and enter the cell. With careful awareness diabetics can lead a normal life.

<http://health.yahoo.com/health/diseases>

**What's in a Name?  
U.S. Hispanics/Latinos in the 21st Century**

Eliana Rivera is a professor of Spanish at the University of Arizona and adjunct in Women's Studies and Latin American Studies. Her teaching focuses on Latin American literature, especially poetry and womens writes. She has authored or co-edited four scholarly books and published over 70 articles, notes, chapters, etc. She will be at the Women's Center for an informal discussion at **12:00 noon on Monday, November 6.** Her evening presentation is scheduled for **Monday evening at 7:30 p.m.** in the Administration Auditorium.

**Students for Equal Opportunities in Education**

This group is mainly composed of non-traditional students, but also works on behalf of all students that don't fit within the mainstream of college students (disabled students as well).

Contact Info: Susan Jennings, Vice President  
jenn3344@uidaho.edu

**STARRS**

Students Taking Action Requesting Real Shapes, is the name of an organization started by Melissa Castillo-Garsow, a sixteen year-old junior at Ithaca High School in Ithaca, New York. "We feel that magazines which use starvation imagery are disrespectful and harmful."

Right now, STARRS is circulating a petition which they plan to send to magazines such as Elle, Vogue, Seventeen, etc. and to news organizations after they get over 1,000 names. The text of the petition is as follows:

**We the undersigned believe that magazines such as Teen, YM, Seventeen, Cosmopolitan, CosmoGIRL, Marie Claire, Vogue, Teen Vogue, Allure, Elle, Glamour, Mademoiselle, GirL, Lucky, and Nylon represent an unhealthy image which is both disrespectful and harmful. The use of ultra-skinny models in such magazines holds up an unhealthy ideal of women and often leads to eating disorders and body loathing. We feel that magazines which use ultra-skinny models should take responsibility for their actions and represent women in their magazines as women really are: in all shapes, colors and sizes with the average American women at 5'4" and 142 pounds.**

Anyone interested in circulating a petition, may send your list of signatures, along with the above text to:

Melissa Castillo-Garsow  
510 Ellis Hollow Creek Road  
Ithaca, NY 14850

**Got A Clue?**

**Election Day** is not very far away. It's your chance to express your opinion, exercise your rights, and get out there and cast your vote.

This can be kind of intimidating for first-time voters, as well as those of us who may not be quite as informed on the issues as we should be. We all want our votes to reflect an educated choice.

Judy Brown, President of the Moscow League of Women Voters will be on hand Wednesday evening, November 1 at 6:00 p.m. in the Women's Center Lounge to answer questions. This is a non-biased, information-only program—a chance to become better informed on the issues that will affect your future.



**Women's Sports**

University of Idaho women's basketball has made the grade for the second consecutive year, being named to the WBCA's Top 25 Division I Academic Honor Roll. The team was ranked 25th of the nearly 300 schools in Division I with an aggregate grade point average of 3.216.

**Way To Go Idaho**

First Exhibition Game  
7:00 p.m.  
Memorial Gym  
Way To Go Idaho

**Congratulations Zelda !**

Zelda deVictor Carrico first heard about the Women's Center at the University of Idaho way back in 1978, when an alumnus friend suggested she visit. "What good advice," Zelda said. Although, she didn't take that suggestion seriously until the fall of 1996, when she was on campus planning to start classes in the Spring of 1997.

University of Idaho's oldest undergraduate, Zelda will graduate in December with a Bachelor's Degree of Art. Her work will be on display during an exhibit in UI's Ridenbaugh Hall from November 16-December 7. A Reception for the artists will be held on November 30 from 4:00 - 6:00 p.m.

**"Women of the world, united without any regard for national or racial divisions, become a most powerful force for international peace."**

**- Coretta Scott King**

# Women's Center

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Oct.-Nov. 2000

- Wednesday**  
Nov. 1 **Election Issues: Do you have a clue?** Judy Brown, President of Moscow League of Women Voters will be on hand to answer to answer questions, in this informational program. 6:00 p.m., Women's Center Lounge.
- Thursday**  
Nov. 2 **Native American Conference.** Keynote address by Rebecca Tsosie, "Rethinking the Tribal Sovereignty Doctrine: Cultural Sovereignty and the Collective Future of Indian Nations" 7:00p.m., Student Union Building Ballroom.
- Nov. 3 - 4 **Tbinmepu Pow-Wow.** Grand Entries: Friday, 7:00 p.m. and Saturday, 12:00 noon.
- Monday**  
Nov. 6 **Eliana Rivera Reception.** Enjoy an informal discussion with Professor Rivera. 12:00 noon, Women's Center Lounge.
- Tuesday**  
Nov. 7 **Girls on the Move.** Meet Beth Harston, and learn more about this innovative cross-country bicycle journey. 12:30 p.m., Women's Center Lounge.
- Tuesday**  
Nov. 7 **Women's Basketball.** Women's first exhibition game. 7:00 p.m., Memorial Gym.
- Wednesday**  
Nov. 8 **Tribute to Women in the Armed Forces.** Elna Grahn, author of In the Company of Wacs, will share some of her experiences along with other local women, who served in the military during World War II. 12:30 p.m., Women's Center Lounge.
- Monday**  
Nov. 13 **Nez Perce Author.** Meet Margo Aragon, co-author, along with Horace Axtell, of A Little Bit of Wisdom: Conversations with a Nez Perce Elder. 12:00 noon - 1:30 p.m., Women's Center Lounge.
- Thursday**  
Nov. 16 **WomensWorks.** 5th Annual Arts/Crafts Fair. 10:00 a.m. - 6:00 p.m., Idaho Commons Clearwater Room.
- Nov.  
20 - 24 **Thanksgiving Break.**
- Tuesday**  
Nov. 28 **President' Reception.** This special event will take the place of our traditional holiday potluck. 4:00 - 5:00 p.m., Women's Center Lounge.
- Thursday**  
Nov. 30 **Artists' Reception.** Pay tribute to Zelda Carrico and fellow art students at the exhibit of their art. 4:00 - 6:00 p.m., Ridenbaugh Hall.
- Friday**  
Dec. 1 **World Aids Day.**
- Dec. 4 - 8 **Study Central.** The Women's Center invites all students to the lounge for finals cramming. Refreshments will be on hand.
- Dec. 18 - 22 **Finals Week.**
- Dec. 23 **Winter Break Begins. See you in 2001!**

To all you crafty people out there: Are you interested in selling your wares at the WomensWorks craft fair on November 16? Contact the Women's Center at 208-885-6616 or e-mail [wcenter@uidaho.edu](mailto:wcenter@uidaho.edu) to reserve a table.

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University of Idaho  
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Moscow, ID 83844-2282

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*The Women's Center Newsletter* is published four 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**

JEANNIE HARVEY...Director  
JILL ANDERSON.....Education Programmer  
VALERIE RUSSO.....Women's Resource Specialist  
.....for Sexual Assault Prevention Education and Crisis Services  
CHAUCEY WITTINGER.....OFFICE COORDINATOR  
DON LAZZARINI.....OUTREACH EDUCATOR  
WORK-STUDY STUDENT STAFF.....VIRGINIA KLEIN, NAOMI JOZOVICH, MARIE BAILEY  
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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



*We would like to take this opportunity to thank our Work Study student workers and volunteers helping out in the Women's Center this year. They are such an asset to our office, and they don't hear enough how much we appreciate them.*

*Thank You.. Thank You.. Thank You*

*Virginia Klein*

*Naomi Jozovich*

*Marie Bailey*

*Emily Sly*

*Holly Reidelbach*

*Dena Reinstein*