



# WOMEN'S CENTER

208-885-6616

Corner of Pine and University Ave.

Vol. 29, No. 1

Sept. - Oct. 2000

## Visit the Women's Center's New Home!



*Remember  
Our  
Open House*

*September 14, 2000  
12:00 - 5:00 p.m.*

*President Hoover  
will speak at  
4:00 p.m.*

### Greetings From the New Women's Center!

Jeannie Harvey, Director

Have you visited us yet in our new home? If you haven't, please check it out. We are very happy with our new digs.

In fact, we hope to see you September 14, 2000 for our Open House. President and Jeanne Hoover will be here to help us officially inaugurate our new "temporary" home. You can stop by any time after noon. President Hoover will say a few words at 4:00 pm. We hope you can join us.

During the first week of classes the number of students who "just stopped in" to see what the Women's Center was all about left us amazed and excited. All our visitors were impressed with the library, lounge, and study space. Also that week, we received many calls for information and answered lots of campus logistics questions. And, a regular lunch crowd has begun to develop: folks stopping by to eat lunch, read, or take a nap.

As you will see in our first newsletter, programs start shortly and we will be hosting a number of exciting new activities this year. We hope to partner with university departments on a women's speakers series. Look for more information about this series.

### Celebrate Hispanic Heritage Month

Lethia Botello

Interim Coordinator, Multicultural Programs

The Office of Multicultural Affairs (OMA) will help the campus celebrate Hispanic Heritage month (Sept. 15 - Oct. 15) by coordinating special events with OELA. Organización de Estudiantes Latino Americanos (OELA) is a multicultural student group that serves as a support system for Latino students on campus. OELA is committed to increasing diversity and helping the UI establish a welcome environment for all students. Contact Juan de León, OELA President at [dele9436@uidaho.edu](mailto:dele9436@uidaho.edu) for information. OMA and other offices on campus are working together to bring in the movie, "The Price of Glory" on September 22 at 7 p.m. in the Borah Theater. A discussion will follow the movie. OMA will be rotating a Hispanic Heritage display in the Multicultural Center located in UCC 223.



Visit the OMA website at <http://www.uidaho.edu/oma/current.htm> for more details on other events for Hispanic Heritage month as they are finalized, or call the Office of Multicultural Affairs at 885-7716.

### Hello and Welcome Back!

Valerie Russo

Women's Resource Specialist

This is such an exciting time of year for our campus community. We have been participating in the orientation activities and meeting many new students and their parents. We are looking forward to working with student groups and the campus community providing education, referrals and assistance. We will provide the sexual assault awareness education programs we have in the past and will continue to address a variety of issues for both women and men. We encourage you to come by and see us or call to schedule one of our programs. We have single-gender and co-ed programs to offer, *Through the Eye of the Predator*, *How Not to be the Accused*, as well as the play, *Why Not? I Bought You Dinner*.

### Men's Resource Specialist Don Lazzarini

In the event you have not heard, there is a man working at the University of Idaho Women's Center. You may be surprised to find out that he has been working out of the center for the past four years.

# Operation Crossroads Africa

Jeannie Harvey, Director

This summer I spent almost 8 weeks in South Africa leading a group of college students on a service project called Operation Crossroads Africa. We were placed with a host agency called the Philisisizwe Phedisasechaba Association for Development (PAD), based in the KwaZulu-Natal province. Created by Ms. Thabi Shange in 1988, PAD's goal is to help women save money as a way of gaining economic independence. She saw management of one's own capital as the only way to have control over one's future. She was right. In 1997, the association had grown to more than 10,000 members and their savings had matured providing them enough capital to buy a 22-hectare farm. It was to this farm that our group of students went to work. Thabi's dream is to create a working farm and cultural/tourism center. She believes that generating new sources of revenue for the members of the association, now spanning four provinces of the country, is the only way for black South Africans to truly be able to participate in their new democracy. Thabi is a bundle of energy and enthusiasm. Our group of eight students arrived and were immediately put to work building a fence to surround the farm and protect it from thieves who were robbing chickens. We all came to know Bheki, the farm manager and Bonneni who manages the Tuck Shop or farm store. We learned how South Africans of all races are working to build a new democracy. The infrastructure of the country is strong and developed. Yet, many of the country's blacks still do not have access to this infrastructure. The PAD farm is the first black-owned farm in the area and they are attempting to build new relationships and forge partnerships with local farmers. There are many hurdles to cross.

For two of our 7+ weeks in Africa, we moved to a small village, Mbazwana, near the Mozambique border. PAD has been working with a rural women's cooperative and craft market to assist them in economic development activities. South Africa is providing development assistance to rural communities by building new markets where local vendors can sell produce, goods, and crafts. Mbazwana is one recipient of a new market. Babazile, chair of the market vendors association asked PAD for help to construct a fence around the market to reduce vandalism. In Mbazwana, we not only built a fence, we made friends, learned about life in one rural Zulu village, and stayed in a traditional Zulu rondavel, as part of an extended family that included approximately 35 members.

During our stay in South Africa we had an opportunity to attend some of the UN AIDS conference activities. This conference was held in Durban, South Africa during July and our close proximity to Durban allowed us to attend film festivals, photo exhibits, and concerts. American film actor, Danny Glover, attended the AIDS conference and also found time to visit the PAD farm because he is a contributor.

During the final week of our stay, South Africa celebrated its Annual Women's Day, August 9. This is a national holiday with workshops, festivals, concerts and other events throughout the country, celebrating the contributions of women and building a future of equality for all.

I hope to be involved with Operation Crossroads Africa in the future because I am convinced there are University of Idaho students who would love to spend a summer in Africa. They would learn about the amazing and wonderful things happening on that continent instead of hearing only the news about Africa and the Diaspora. There are 15-18 separate projects in Tanzania, Kenya, Ghana, Malawi, Zambia, Senegal, South Africa, and Brazil. A number of projects focus specifically on Women in Development, for example working with Women's Ministries or women's associations such as PAD and Ms. Thabi Shange. What an amazing summer. I learned a lot about women's issues, South Africa, oh yes, and fence building!

## WORLD CLASS ROCK CLIMBER TO PRESENT SLIDE SHOW

Steph Davis has been climbing for 10 years, and is one of the leading adventure climbers in the States. She has done seven international expeditions in the last four years. Her most recent adventure was to the Kondus Valley in Pakistan, going to a military zone where no foreigners are allowed. Steph and her climbing team discovered a huge granite tower, made the first ascent of it and had many wild adventures with new Pakistani military friends in the process. Steph works for Patagonia, as a member of their climbing team and spends her time traveling and rock climbing around the States when she's not doing expeditions.

Her slide show is about climbing big walls, focusing on the two adventures she had last summer. She first went to Baffin Island with two friends into an unexplored fjord to find a big granite wall. They spent 23 days on the wall and made the first ascent of it. When she got back to the States, she decided to climb El Capitan in Yosemite with one of her best friends, Beth Coats. Beth is a former Olympic bi-athlete and professional cross country mountain biker. Tragically, she broke her back two years ago in a climbing accident. Her dream was to climb El Cap, now as a paraplegic. Together with her friend Russel, her partner in Baffin Island, and with the help of many other friends, including Dean Potter who carried Beth off the top of El Cap on his back, they succeeded in helping Beth make the first female paraplegic ascent of El Cap. An even greater success was helping Beth realize that her life as an athlete and a climber is not over, and that she can still realize incredible goals. Steph will tell both her story and Beth's when she visits the University of Idaho.

**Monday, October 9, 2000 -- 7:00 p.m. -- University Auditorium**



## Healthwise



*If tobacco use and exposure can be prevented or stopped, women's health can be vastly improved.*

International Network of Women Against Tobacco

Tobacco use is the nation's leading cause of preventable death and disease. Each year in the U.S., more than one million young people become regular smokers and more than 400,000 adults die from tobacco-related diseases such as heart disease, lung cancer, and emphysema. Each year, smoking kills more people than AIDS, alcohol, drug abuse, car accidents, murders, suicides, and fires—combined!

Kenneth Perkins, PhD, a professor at the University of Pittsburgh School of Medicine, noted in a presentation at a tobacco health conference in Chicago that there is "increasing evidence" that smoking risks are greater for females. Perkins cited evidence that heart attacks are more likely among all age groups of women, noted increased danger for lung cancer, and mentioned pregnancy and birth complications, as well as problems with menstruation. Moreover, Perkins states that there is some evidence that breast cancer also may be related to smoking. At the same time, Perkins said that most studies of nicotine replacement therapy—either in patch or gum form—show a poorer quit rate for women compared with men.



### Tobacco Cessation Classes

Mary Schwantes, Facilitator

September 19 through October 24, 2000  
11 sessions, Tues. & Thurs. 4:00-5:00 p.m.  
Student Health Conference Room  
Phone 885-6693 for information and reservations.



Greetings, from page 1

This year we are working hard to get Chaucey Wittinger, our office specialist, into a permanent position. She presently works 30 hours a week as IH, irregular help. I am also seeking ways to create a permanent position for Don Lazzarini, who's been doing programs for the Women's Center for the past four years. Along with Valerie Russo, Don has developed a number of programs on acquaintance and date rape offered to Greek chapters, residence halls, and athletic teams. Anyone who is interested in finding out about these interactive student programs should call the Women's Center. Other Women's Center projects this year will include new rounds of grant writing with the Department of Education and other agencies; new partnerships with academic campus departments and programs; focus groups with faculty, staff and students; creation of a Women's Center advisory board, and more. Let us know your ideas for programs, projects, and activities.

Don't forget the Open House on September 14<sup>th</sup>. If you can't make it, please stop by any time.

Jeannie Harvey

### FOOD & NUTRITION CLUB

By Marie P. Bailey

The University of Idaho Food and Nutrition Club is getting ready for another exciting year. Membership is open to students from all majors and offers a variety of activities that are centered on promoting good health through proper nutrition as well as being a resource for students wishing to explore a career in dietetics. Last year's events included a food drive at the Moscow Food Bank, a dietetic professional exploration series and volunteering at the annual UI Health and Nutrition Fair. The club also helped co-sponsor a seminar during National Eating Disorders Awareness and Prevention Week. The first meeting for this semester will be coming up soon, so if you would like more information about monthly meetings, please contact Dr. Laurel Branen in the school of Family and Consumer Sciences at 885-6545, or Rachele Hanft, Food and Nutrition Club Coordinator at darkwing2@hotmail.com.

Look for us at the annual UI Health and Nutrition Fair on October 26.

Men's Resource, from page 1

I assist Valerie Russo with a variety of educational programs. These programs are designed to reduce behaviors associated with date and acquaintance rape, while increasing awareness of safety and prevention.

Valerie and I co-teach an in-depth upper division course in the spring, Health & Safety 311: Acquaintance Rape. The course covers the dynamics of date and acquaintance rape as well as community recourses associated with investigation, treatment, and prosecution.

Our program's educational focus is on clear communication, personal responsibility, confronting beliefs, and providing alternatives to becoming a defendant or a victim of these crimes.

It is my goal to help reduce the incidence of these crimes due to lack of education or skills on the part of our students. Please stop by the Women's Center. I look forward to meeting you.

Don Lazzarini

## The Counseling Center is Here For You!

The Student Counseling Center offers free (except for minimal charges for some of the testing and assessment services) and confidential counseling and testing services to full-time students. A self-help resource room is also available.



## Spirituality in the Himalayas and the Andes

Slide Show Presentation  
by Holly Wissler  
SUB Silver/Gold Room  
Thursday, Sept. 21, 7:30 p.m.

University of Idaho graduate, Holly Wissler, has lived for years in both Kathmandu, Nepal and Cuzco, Peru and continues to lead high altitude treks in the mountains of both countries. The Himalayas and the Andes, the two highest mountain chains in the world, are considered by many to be the spiritual poles of the earth. Holly will talk about the spiritual beliefs and local rituals of both areas along with her personal experience of how living in Nepal and Peru has affected her own spiritual being.

### Services offered by licensed psychologists are:

- \* Individual counseling
- \* Couples (relationship) counseling
- \* Group counseling
- \* Career guidance & counseling
- \* Alcohol & substance abuse counseling and referral
- \* Testing & assessment (career, psychological, & learning disability assessments)
- \* Consultation & outreach
- \* Educational workshops and presentations
- \* Administration of national examinations (GRE, MCAT, LSAT, ACT/SAT)
- \* Crisis/emergency intervention

### Common reasons students seek help:

- \* Choosing a major
- \* Making a career decision
- \* Adjusting to the expectations of college
- \* Transitioning from high school to college
- \* Receiving support as single parents
- \* Managing time and stress
- \* Dealing with personal problems
- \* Managing depression
- \* Dealing with relationship issues
- \* Managing communication problems--expressing feelings

To receive any of the above services contact the Student Counseling Center located in UCC 309 or call 885-6716.

Sharon Fritz  
Licensed Psychologist

### Women's Sports

The women's soccer team will be up against Portland State in their first home game of the season, Sunday, September 17 at 1:00 p.m. All games are played at Wicks field.

The women's volleyball team meets WSU for their first home game, Tuesday, September 19, 7:00 p.m. All games are played in Memorial Gym.

**Let's show some support for these hard working women! See you there!**

### Axe Throwing Women

The campus Logger Sports Club will be putting on axe throwing demonstrations at the Latah County Fair. Terri Boyd, club president, and Conclave Log Birling Champion (that's comparable to the Superbowl of logging sports) will be at the fairgrounds on Friday evening at 5:00 and Saturday morning at 11:00. Come and watch, but give those gals plenty of room.

### *Bella Vivante*

#### *The Third Kennedy Lecture on the Classics*

presented by  
The Department of Foreign Languages & Literatures,  
Eta Sigma Phi, the Classical Studies Honorary, and the  
College of Letters and Science

Thursday, October 26, 2000  
University Auditorium, 7:30 p.m.  
Administration Building

## Love Your Body Day! ---- September 20, 2000

*"To lose confidence in one's body is to lose confidence in oneself"*

Simone de Beauvoir

# Women's Center

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Corner of Pine & University Ave.

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Sept. - Oct. 2000

- Thursday  
Sept. 14 **Women's Center Open House.** Drop by anytime and see our "New Home." 12:00-5:00 p.m. President Hoover will speak at 4:00 p.m.
- Sunday  
Sept. 17 **Soccer.** Women play first home game against Portland State. Wick's field, 1:00 p.m.
- Tuesday  
Sept. 19 **Quit Tobacco.** First group session begins for smokers and chewers. Sessions run for 6 weeks (Sept. 19 through October 24). Join now—\$25 (non-refundable). Maximum 15 per class. Call 885-6693 for more information and to make reservations.
- Tuesday  
Sept. 19 **Volleyball.** Women play first home game against WSU. Memorial Gym, 7:00 p.m.
- Wednesday  
Sept. 20 **Love Your Body Day.** National day of action to speak out against ads and images of women that are offensive, harmful, dangerous, and disrespectful.
- Thursday  
Sept. 21 **Spirituality in the Himalayas and the Andes.** This slide show presentation by Holly Wissler examines more personal aspects of her journey. SUB Silver/Gold room, 7:30 p.m.
- Friday  
Sept. 22 **The Price of Glory.** Borah Theater, 7:00 p.m.
- Monday  
Oct. 9 **World class rock climber and expeditionist.** Slide show presentation by Steph Davis will feature the first female paraplegic ascent of El Capitan in Yosemite. University Auditorium, 7:00 p.m.
- Thursday  
Oct. 12 **Spring Always Comes: Surviving and Thriving After Breast Cancer.** Kathy Barnard tells her personal story. UI Women's Center lounge, 12:30 p.m.
- Wednesday  
Oct. 25 **Women's Roles in Ancient Civilizations.** Meet editor, Bella Vivante as she shares some of her insights into the great variety of ways in which women contributed to ancient cultures. UI Women's Center lounge, 12:30 p.m.
- Thursday  
Oct. 26 **The Third Kennedy Lecture on the Classics.** "Women's Love Poetry of the Ancient Mediterranean: An illustrated lecture on Sappho, the Song of Songs, and other women's love poetry" by Bella Vivante, Associate Professor of Humanities, University of Arizona. University Auditorium, 7:30 p.m.
- Thursday  
Oct. 26 **UI Health and Nutrition Fair.** Student Union Ballroom, 9:00 a.m. - 4:00 p.m.
- Tuesday  
Oct. 31 **All Hallows Eve.** Melynda Huskey will explore some of the legends and superstitions that abound during the Halloween season. UI Women's Center lounge, 12:30 p.m.

A very special thanks from all of us here at the Women's Center, to all of you who have been such a big part in our relocation and for making the Women's Center such a comfortable place for everyone. We look forward to seeing all of you, now that we are settled into our new home. Please stop by for our Open House on September 14th to help us celebrate. See you there!

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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  
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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



*Look for our new  
accessibility ramp.  
Now it's easy to  
visit us in your  
wheelchair or on  
foot.*