



WOMEN'S CENTER

208-885-6616

Corner of Pine and University Ave.

Vol. 29, No. 3

Jan. - Feb. 2001

Thank you for a wonderful fall semester!

Jeannie Harvey, Director

We have had many successes this fall and are grateful for the encouragement, suggestions, and support from all of our Women's Center Friends. Let me tell you a few things that have happened:

- President Hoover spent an afternoon with Women's Center guests and staff in November outlining his plans for diversity and human rights and ways the Women's Center fits within that important UI goal.
- Nearly 150 people showed up to welcome us in our new home in September and Vice Provost Dene Thomas and Provost Brian Pitcher were here to join the celebration.
- ASUI voted to award the Women's Center just under \$30,000 with the promise that the UI will permanently sustain the safety programs successfully implemented over the past six years. And, many thanks to Hal Godwin for making that UI commitment. This means that Valerie Russo is now full time and Don Lazzarini is officially part time.
- WSU and UI will partner on a grant with the Department of Education to expand our sexual assault and acquaintance rape programs.
- We conducted nearly 50 noon and other programs between August and December 2000 and almost 1,000 people participated in those programs.
- We developed a new database to track our usage figures. We're still working out the bugs, but what we know so far is that about 100 people per week use the center lounge, library, or other services (excluding participants at noon and other programs).
- We broadened the use of the lounge space to include faculty and student meetings, department parties, and other regular meetings such as the International Women's Group and the Gay Straight Alliance student group.
- The annual Women's Center scholarship program will host six scholarships this year.

Thanks to the Agnes Eikum Chase family and Shirley Caldwell for their creation of these very important Women's Center endowments.

We had a successful WomensWorks Craft Fair this year. Feedback was positive about our venue in the Commons. It was a beautiful and festive atmosphere.

I'd like to tell you also about some of our new initiatives. We are excited to look for creative ways that engage the Women's Center with other campus departments, programs, and services while also generating new strength for our mission. With so many supporters of the center, it has been possible for us to create a dialogue about new avenues the Women's Center should pursue. Here are some examples.

Research meetings: In November, the Women's Center collaborated with Vice Provost Thomas and Margrit von Braun, Associate Vice President for Research to offer a "women-only" scholars breakfast. Female faculty discussed scholarship and offered suggestions for the UI plan for scholarly activity. This group requested future meetings on similar topics, specifically for female researchers. The Women's Center plans to offer additional meetings during the spring semester.

Travel grants: Spring 2001, the Women's Center will possibly fund for two female undergraduate students to travel and present a professional paper at a conference in their field of study. We are interested in expanding this program to benefit more students and possibly faculty, targeting female researchers or projects that relate to gender, women's studies, and human rights.

Women's Studies: I have met with Women's Studies faculty to develop ways the Women's Center can assist in reinvigorating the Women's Studies minor. We are committing funding to ensure that the Introduction to Women's Studies course is offered next fall. It has not yet been taught, although it has been in the catalogue for a number of years.

Research Consortia members: We will become members of two research consortia in order to offer additional services and support to faculty and students in the area of gender studies and women's studies. First, we have become an Organizational Affiliate of The National Council for Research on Women, which is a working alliance of 92 leading

Continued: Fall Semester, pg. 4

ASPIRING



VANDALS

Our Women's basketball team is a great role model for these future contenders.

★ ★ KUDOS ★ ★

Congratulations to Leathia Botello, newly appointed Coordinator of Multicultural Affairs. Leathia, a 1999 graduate of the University of Idaho, has served as interim coordinator for the past three semesters. Way to go, Leathia! You're doing a great job.

Renee Walker, NASA President, and members of the Native American Student Association, are to be applauded for the wonderful job of bringing the Tutxinmepu Pow-Wow to our campus in November. You should be very proud to have sponsored such a beautiful event.

This year's recipients of the Dr. Martin Luther King, Jr. Distinguished Service Award are Isabel Bond, Kim Henon, Mary Voxman, and Renee Walker. What deserving women!

Scholarship Opportunities

There are currently two scholarships offered through the Women's Center for single parents and children of single parents. The **Shirley Grossman Caldwell Scholarship** is available for undergraduate or graduate single parents, demonstrating academic potential and financial need, who are the primary caretakers of their children. **The Agnes Eikum Chase Memorial Scholarship** is earmarked for a full-time undergraduate single parent, or child of a single parent, with demonstrated academic merit. Last year there were a total of five awards given, each with the approximate value of \$1,000 per academic year.

Applications for academic year 2001-2002 are available at the University of Idaho Women's Center and the Office of Student Financial Aid.

Deadline for these scholarship applications is February 15, 2001.

For more information, call the UI Women's Center at 208-885-6616 or e-mail at wcenter@uidaho.edu

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Additional information on scholarships and other financial support for women on page 4.

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NATIONAL GIRLS & WOMEN IN SPORTS DAY

"No Stopping Us Now"

Olympic volleyball great Flo Hyman was a leader among athletes who worked for equality in women's sports. When she died suddenly while playing in Japan on January 24, 1986, the world lost a tremendous athlete who was committed to excellence on and off the court.



The Women's Sports Foundation organized the first official National Women in Sports Day celebration in Washington, D.C., to remember and honor Flo Hyman. "Girls" was added to the title of the day in 1988.

The Day is a nationwide event with celebrations in all 50 states. The National Association for Girls and Women in Sport coordinates community-based events, which honor the achievements of girls and women in sports. This year's National Girls and Women in Sports Day is scheduled for February 7, 2001.

<http://www.womenssportsfoundation.org>

"I've always wanted to equalize things for us. ... Women can be great athletes. And I think we'll find in the next decade that women athletes will finally get the attention they deserve."

—Billie Jean King



There Is Still Time to Order International Calendars



We have just a few 2001 International Calendars left. As part of the Women's Center fund raising effort, we are selling these beautiful calendars, now at the reduced price of \$10.00 each. Your purchase will help the Women's Center raise funds that enable us to continue bringing quality programs and speakers to the University of Idaho campus. See the order form below.

Order Form

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!

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ (Eve) _____ (Day)

Please send _____ calendars for 2001 @ \$10.00 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

Q. & A. "The Sweet Truth About Sugar"

Q. Is it true that some people can have a sensitivity to sugar (white sugar) and any product it's used in? I don't have diabetes (recently tested) but seem to have many different side effects from eating pastry or sugar-laden goodies. Any thoughts?"

—Loanne Meyer

A. It occurred to me that your concern about sugar might stem from a lot of the recent mainstream beliefs about sugar. For example, sugar consumption has been blamed for causing a whole stock of conditions including hypoglycemia, hyperactivity, diabetes, and obesity. However, according to the American Dietetic Association, "sugars really have no direct relationship to any health problem except for their role in tooth decay." Surprised? So was I, but here is how sugar stacks up in relationship to the aforementioned conditions:

Hypoglycemia. Hypoglycemia is a condition (not a disease) that occurs with low blood sugar and often brings symptoms like shaking, anxiety, increased heart rate, and perspiration. Nutrition scientists have shown that sugar does not cause hypoglycemia; however, "if you are hypoglycemic, eating 'pastry or sugar-laden goodies' may make your control more shaky." (www.eatright.org)

Hyperactivity. There is no scientific research to support claims that sugar causes hyperactivity in children (or adults). Researchers suggest that hyperactivity may be due to a variety of factors including genetics and environment. (www.eatright.org)

Diabetes. Sugar does not cause diabetes. I remember my parents telling me not to eat too many sweets as a child or else I would get diabetes. Scientists deflated this myth almost twenty years ago. Diabetes, in the simplest of terms, means that the body doesn't use sugar normally (www.eatright.org).

Obesity. Wouldn't it be nice to be able to blame one specific food source for the incidence of obesity? This way we could simply eliminate that one item and never gain weight. Right? Unfortunately, real-life doesn't work that way and sugar is definitely not the culprit. It comes down to calories consumed versus calories expended. Keep in mind that many sugary foods also contain large amounts of fat and calories and weight gain still boils down to calories in versus calories out. (www.mayohealth.com)

Sugars and starches are both carbohydrates, which are your body's main source of fuel, so it is important to include both as a staple in your diet.

I hope this gives you some food for thought, and I look forward to more reader questions for the next issue. Send nutrition and health-related questions to Marie at wcenter@uidaho.edu.

Healthwise by Virginia Klein

February is Eating Disorders Awareness/Prevention Month

There are many kinds of eating disorders. The most common eating disorders that effect men and women today include Anorexia Nervosa and Bulimia Nervosa.

Individuals who have Anorexia Nervosa are unwilling or unable to maintain an acceptable body weight for their age and height. They have a great fear of gaining weight or becoming fat even though they are actually underweight. This idea has an extreme impact on their self-esteem and their overall life.

There are two kinds of Anorexia Nervosa. One is the restrictive type. Individuals who suffer from this type maintain low body weight by exercising excessively and not eating. The second type of Anorexia Nervosa is the binge-eating/purging type. These individuals restrict their eating habits but indulge in regular bingeing/purging. They often use laxatives, enemas, diuretics, or induce vomiting to get rid of food quickly.

Bulimia Nervosa is when individuals indulge in periods of overeating and then try and make up for it by using laxatives, enemas, diuretics, dietary fasting, excessive exercising or induced vomiting. These individuals are dominated by feelings of lack of control over their eating habits. They are influenced by size and weight, are usually average or just above average in weight, and the individual's self-evaluation is centered on the perception of their body.

Symptoms include: intense fear of becoming fat, even though individual is extremely thin; cessation of menstrual cycle for at least 3 months. Men may experience a decrease in sex drive, frequent gain and loss of weight, abnormal eating habits, and depressed mood or anxiety. It is common for individuals to attribute success or failure to their body weight, and feel disgusted, depressed or guilty for overeating.

There is help out there for eating disorders. Individuals must first focus on their eating habits. There are also medications, interpersonal psychotherapy, and self-help groups.

Both anorexia and bulimia are complex emotional issues. From the outside it looks like the individuals are indulging in dangerous obsessive dietary practices, but underneath there are deeper emotional conflicts which need to be resolved. Even though the individuals may not have all the symptoms, they can still have an eating disorder.

<http://www.edreferral.com>

Thank You, from page 1

women's research centers – academic institutions and independent policy institutes. Second, we will become a member of the Southwest Institute for Research on Women, which connects 30 campuses in areas such as women's education, employment, health, history, literature, and culture. Both organizations offer newsletters, list serves, publication series, team research, faculty development, and outreach projects. I will provide regular updates about their activities.

Center Evaluation and Advisory Board: First, this spring we hope to host a consultant to assist us with evaluating our current services and potential activities. Following this, we plan to create a working advisory board to assist us in planning yearly activities and priorities. This group would consist of students, faculty, staff and community members. Some of the projects they might tackle include: Women's Center fundraising efforts/strategies, program priorities, newsletter focus or suggestions.

Wireless: We were approached by a northwest foundation that is interested in assisting the Women's Center reach one of its goals. The one we are currently exploring is: making the Women's Center adaptable for wireless computer usage. This would allow us to offer computer check-outs for students and others who would like to study at the center, similar to what is offered in the Commons. We hope to get this program up and running some time this spring and we're looking to fund two to three laptops for checkout.

Friends of the Women's Center: Sometime later this month you will receive a special mailing from us launching a new program, Friends of the Women's Center. This program will allow you to become a charter member of the center and support the activities and initiatives you read about or attend. We hope you will consider becoming a member and joining us in this important work for equity for all people. Watch for our mailing sometime early this spring.

Thank you so much for your continued support of the Women's Center. We look forward to the many exciting things we have on tap for this coming semester. As always, please let us know how you think we are doing. We welcome your advice, feedback, and suggestions. I hope you had a safe and happy holiday!

—Jeannie

Women's Personal Growth Group Spring Semester 2001

Martha Kitzrow, Ph.D.
Licensed Psychologist

Thursdays 11:00 a.m. - 12:20 p.m.
Student Counseling Center, UCC 309

This group provides an opportunity for students to meet with other women in a supportive, personal growth and development group to explore common interests and concerns such as, self-esteem, self-identity, relationships, stress, body image, sexuality, and more, and to develop coping skills to live a more satisfying life. This group will meet weekly for 8-10 sessions during the semester, for one and a half hours. There is no charge to join. Call 208-885-6716 or e-mail mkitzrow@uidaho.edu for more information and/or to sign up for the group.

Adventure Divas

AdventureDivas is a group of talented women traveling the world to find divas who are accomplishing amazing things for their cultures. The AdventureDivas are producing a syndicated series that will start airing nationwide on PBS, with short dispatches airing on the new National Geographic Cable channel that is starting this January. Check out their website at: <http://www.adventuredivas.com>

Nontraditional High Wage High Skill Jobs for Women

Are you interested in high skill, high wage nontraditional jobs? The term "nontraditional occupations" refers to occupations where one gender comprises less than 25 percent of those employed. Nontraditional jobs for women include working in the trades as well as in technology. To learn more about nontraditional occupations, check out this website:

<http://www2.dol.gov/dol/wb/nontra.htm>

"Rural Workforce 2001 Conference - Connecting Partners for Healthy Rural Communities" will take place on January 23-25, 2001, in Coeur d'Alene, Idaho. The conference will highlight rural issues throughout the Northwest and Alaska. Join the Women's Bureau workshop, "Pathways to Nontraditional Careers for Rural Women" to learn about model rural nontraditional programs in Idaho and Washington.

<http://www.tocowa.org/2001/html>

Women's Bureau
Northwest Bureau
US Department of Labor

Opportunities for Financial Support

The Jeannette Rankin Foundation will award approximately twenty-five scholarships of \$1,500 each in 2001. To apply, the applicant must be 1) a woman, 35 years or older as of April 1, 2001; 2) a U.S. citizen; 3) enrolled or accepted in a certified program of technical/vocational training or an undergraduate program. **Deadline: February 1, 2001**

Scholarship Fund

PO Box 6653

Athens, GA 306-6653

Fax: (706)208-1211

E-mail: info@rankinfoundation.org

Web site: <http://www.wmst.unt.edu/jrf>

The Frances Shaw Fellowship, for a woman writer whose serious work began after the age of 55, is available for the summer or fall of 2001 from the Foundation. The purpose is to support and validate the new writing of older women who don't always get encouragement which give writers the courage to persist. **Deadline: February 1, 2001**

Frances Shaw Fellowship Committee

1260 North Green Bay Road

Lake Forest, IL 60045

Phone: 847-234-1063 FAX: 847-234-1075

E-mail: info@ragdale.org or ragdale@aol.com

Web Site: <http://www.ragdale.org>

Women's Center

208-885-6616

Corner of Pine & University Ave.

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Weds, Jan. 24

Milking the Financial Aid Cow. Jama Sebald, Financial Aid Office, will help you mooove through the financial aid process by examining the "dos and don'ts" of completing the FAFSA (Free Application for Federal Student Aid) form. Women's Center Lounge, 12:30 p.m.

Tuesday, Jan. 30

Operation Crossroads. Director, Jeannie Harvey will show slides and share her experiences leading a group of college students on a service project in South Africa. Women's Center Lounge, 12:30 p.m.

Friday, Feb. 2

Women's Basketball. UC Irvine, Memorial Gym, 7:00 p.m.
(All women's home games are Big West Conference games this year)



Sunday, Feb. 4

Women's Basketball. Cal State Fullerton, Memorial Gym, 2:00 p.m.

Tuesday, Feb. 6

Taking Care of the Past: Finding and Recording Idaho Women's Lives. Erika Kuhlman, curator of UI Library's Special Collections and Archives, will present a slide show and discussion on "What historical photographs tell us about women's lives in western states." Women's Center Lounge, 12:30 p.m.

Weds, Feb. 7

National Girls and Women in Sports Day. "No Stopping Us Now"

Friday, Feb. 9

Keeping The Culture Alive. Koi and Simba Tirima will explain some of the complexities of living far away from their Kenyan home and family. Women's Center Lounge, 12:30 p.m.

Sunday, Feb. 11

Women's Basketball. Boise State, Memorial Gym, 2:00 p.m.

Weds, Feb. 14

Valentine's Day Poetry Reading. Ron McFarland, UI English Dept., and Elsie McFarland, UI International Programs Office, will give a romantic poetry reading, true to their own tongue-in-cheek style. Women's Center Lounge, 12:30 p.m.

Monday, Feb. 19

President's Day. University closed.

Weds, Feb. 21

Experience Reiki. Mary Dietzel, Licensed Massage Practitioner with a background in nursing in traditional health care settings, along with Christine McGreevy, Reiki master, will present the historical roots of Reiki and discuss its many applications. There will be an opportunity to ask questions and to experience demonstrations of Reiki. Women's Center Lounge, 12:30 p.m.

Friday, Feb. 23

Women's Basketball. Cal Poly, Memorial Gym, 7:00 p.m.

Feb. 20 - 23

Lionel Hampton Jazz Festival. New to the Jazz Fest this year is the all-woman jazz quintet, Five Play. The group consists of Sherrie Maricle on drums, from New York University; Chihiro Yamanaka on piano, a native of Japan; Anat Cohen on tenor saxophone, originally from Tel Aviv, Israel; Karolina Strassmayer on flute, Austrian born; and Nicki Parrott on bass, who began her music studies in Australia as a piano player. They will be performing on Thursday evening, sharing the stage with Dee Daniels and other jazz greats. Tickets to the festival are on sale through the UI Ticket office at 208-885-7212 or 1-88-88-U-IDAHO.

Sunday, Feb. 25

Women's Basketball. UC Santa Barbara, Memorial Gym, 2:00 p.m.

"Just don't give up trying to do what you really want to do. Where there's love and inspiration, I don't think you can go wrong."

--Ella Fitzgerald

NBY015
Women's Center
University of Idaho
PO Box 442282
Moscow, ID 83844-2282

address service requested

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
VIRGINIA KLEIN, NAOMI JOZOVICH, MARIE BAILEY.....W.S. STUDENT STAFF
EMILY SLY.....AMERICORPS MEMBER
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Fax..... 208-885-6285
E-mail..... wcenter@uidaho.edu
Home Page <http://www.uidaho.edu/wcenter/>
Office Hours 8:00 a.m.-5:00 p.m., Monday-Friday

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



New additions: **Library Corner**

The Goddess
by Shahrukh Husain

The Crazy Hunter
by Kay Boyl

The Once and Future Goddess
by Elinor W. Gadon

The Second Virago Book
of Fairy Tales
edited by Angela Carter

A Little Bit of Wisdom:
Conversations with a Nez Perce
Elder, by Horace Axtell
and Margo Aragon