



W O M E N ' S C E N T E R

208-885-6616

Corner of Pine and University Ave.

Vol. 29, No.4

March/April/May 2001



Runners line up for the start of Spring Forward Run Walk Stroll on campus during Mom's Weekend 2000.

Historic Photo Display March is Women's History Month



The Women's Center will display historic photographs, documenting many facets of women's roles in University of Idaho history. A special thanks goes to Erika Kuhlman, curator of the UI Library's Special Collections and Archives, for making this display possible. If you missed Erika's program on February 6, "Taking Care of the Past", you will have another chance to view these historic photos. Come in any time during our office hours, 8:00 a.m. - 5:00 p.m., Monday through Friday.

..... Spring Forward 5K Run/Walk/Stroll

This year's annual Mom's Weekend fundraiser for the University of Idaho Women's Center begins at 8:00 a.m., Saturday, April 7. For competitors, the race will give you a chance to kick off your fitness plan this spring season; for noncompetitors, a scenic stroll through campus. Registration form on page 5.

Sexual Assault Awareness Month

by Valerie Russo

"Don't Speak My Mother's Name in Vain": Reanae McNeal will present a powerful one-woman show that uses interconnected vignettes, dance and song to trace the experience of African-American women through a wide range of "herstorical" contexts. Her performance promises to be a moving and highly educational event. The play focuses on the triple oppression of African American women - sexism, racism, classism, and the role these sources of objectification play in violence against women. 7:00 p.m., Wednesday, April 11, UI Administration Auditorium.

The Clothesline Project: Inspired by the AIDS quilt, The concept was simple: let each woman tell her own story, in her own unique way, and hang it out for all to see. The UI Clothesline Project will

be displayed in the Rotunda of the Commons April 18, 19, and 20. Stop by and witness this powerful display of courage.

Alternatives to Violence of the Palouse: ATVP will have a resource and information table outside the Commons April 19 and 20 and will also be giving away sexual assault awareness cups filled with information and awareness materials. Look for them around campus throughout the month of April.

White Ribbon Campaign: Sigma Chi men will be handing out white ribbons. Wearing a white ribbon is a personal pledge never to commit, condone or remain silent about violence against women. Join us in our efforts to speak out.

Model Mugging Workshop: Date and

time to be announced. The basic course teaches a knockout defense against a fully padded, unarmed assailant. It is taught by a team of female and male instructors in a variety of formats. This is a four hour condensed workshop. Space is limited.

Purple Ribbon Campaign: You will notice purple ribbons offered on campus during the month of April. These ribbons, though just a small strand of cloth, are symbolic of the much larger anti-violence/anti-rape campaign.

"How Not To Be the Accused" and "Through the Eye of a Predator": Don Lazzarini and Valerie Russo present educational programs both on and off campus. They will present "How Not To Be the Accused" at the Western Regional Greek Conference in San Francisco.

"We are only in as much pain as the secrets we keep."

....Reanae McNeal



Spring is almost here!

Jeannie Harvey, Director

We are busy planning for sexual assault awareness events, Women's History month, and other spring programs and events. It has been a wild winter with lots of activity. Some of our projects have included:

- ☆ We submitted a grant to the Department of Education for a project dealing with violence on campus, specifically to assess date and acquaintance rape among students.
- ☆ We are writing a grant for assistance to rewire our building, which will bring our computers up to speed and allow us to offer additional computers for student workers and students who come here to study.
- ☆ I am putting the final touches on our first ever annual giving campaign, so watch for our "annual report" coming later this spring.
- ☆ We will be hosting research meetings for female faculty this spring. The first meeting last fall was a great success and the follow-up meetings will continue to explore issues and concerns for female faculty and research at the UI. You'll likely see more of them next fall. (For more info, see page 5).
- ☆ My experience teaching a Core class this year has been wonderful. I am enjoying the class and student interaction. Instead of teaching Core next year, I will be teaching an Introduction to Women's Studies class. This is exciting since it will be the first time the course has been taught. I will be working with other faculty to develop an exciting and informative course during the next months.
- ☆ We are processing scholarship applications for our single-parent scholarships. We anticipate giving seven \$1,100 scholarships this year and hope to grow this wonderful program in the coming years.
- ☆ I have been asked to submit an article on the history of the UI Women's Center, which is very exciting since our center is one of the oldest in the nation and has a rich and interesting history. I might be calling you to ask for your stories and memories.

I wish to thank you, our friends, for your continued support, encouragement and ideas. I am still navigating our connection with the UI community and exploring ways we can and should grow. I am also developing a strong network of other women's center directors and women in higher education as mentors and advisors to help me direct this long-standing UI Women's Center. Thank you and have a great spring.

ASUI Volunteer Center

Many people want to help the community through volunteer service but just don't know who needs help or how to get involved. In university towns like Moscow and Pullman, many students would like to volunteer, but don't know the area well enough to know who to contact to find service projects.

Currently, the Latah Community Volunteer Center is underway with an anticipated opening date of August 1st. The University of Idaho satellite, known as the ASUI Volunteer Center is being established as well. Its kick-off date is set to coordinate with Saturday of Service, April 28, a day filled with service projects for University of Idaho students to participate in.

The ASUI Volunteer Center is located in the Idaho Commons, room 302 (ASUI office). Kim Crimmins, coordinator, wants to hear your ideas, comments, and suggestions. She can be reached at 885-9442 or at kimcr@sub.uidaho.edu.



The Latah Trail is Right on Track

by Nancy Chaney

Latah Trail Foundation Board Member

The Latah Trail Foundation is planning a fundraising dinner and auction for April 28 at the University Inn Best Western in Moscow. Proceeds from the event will help build the Latah Trail along the abandoned rail bed between Moscow and Troy. The 11-mile paved path will be used for non-motorized transportation and recreational activities for users of all abilities. In the near future, when the Chipman Trail connects with the Latah Trail, you may safely walk, bike, run, or roll between Pullman and Troy. Tickets will go on sale March 15. Individual tickets will be \$30, and full tables for eight will be \$200. Questions may be directed to Nancy Chaney at 882-9350 or Pam Palmer at 883-3741. Questions, comments, and tax-deductible contributions for the Latah Trail may be sent to the Latah Trail Foundation, PO Box 9344, Moscow, ID 83843. The e-mail address for the Foundation is latahtrail@moscow.com.

Women's Wednesdays

2001 Pullman Memorial Hospital Women's Health Series

- Apr. 11 **Stress Management**, Susan Simonds, Ph.D.
- May 2 **Female Sexuality & Aging**, Grettel Leibnitz, Ph.D.

All classes will be held at the WSU Compton Union Building, Room 110. Presentations are free and begin promptly at 12:15. Bring your lunch!

For more information, call 336-0387



Work Study Words of Wisdom

April is Alcoholism Awareness Month

by Virginia Klein



Alcoholism is a chronic illness affecting people who consume alcoholic beverages at levels that interfere with their physical and mental health. It also interferes with family, social, and occupational responsibilities. Constant drinking can cause health problems such as liver damage, erosion of the lining of the stomach causing vomiting and nausea, and cardiomyopathy. Mental retardation is a health issue for the babies of alcoholic women who drink while pregnant. There is higher unemployment and domestic violence in alcohol users. Half of all traffic violations are related to alcohol.

Alcoholism may start over a period of years and slowly develop into a constant need. A person's need slowly consumes their life and they can no longer drink when they desire. When this happens, their behavior can change. They may have memory lapses, mentally and physically abuse others, and have health issues.

Symptoms of alcoholism include: 15 or more drinks a week for men, 12 or more drinks a week for women, or anyone who consumes 5 or more drinks per occasion once a week. (One drink is considered a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1/2 ounce shot of liquor).

There is help for alcoholics and their families. There are several support groups and treatment centers for those willing to take their life back.

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

Date Rape Drug

Gamma-hydroxybutyrate (GHB) is a controlled substance in the state of Idaho. GHB is commonly known as a "date rape drug". GHB can be found in powder form or clear liquid. The liquid is colorless and odorless and may have a slightly salty taste.

More than 5,800 overdoses have been documented in emergency rooms nationwide. Sixty-six deaths (more than 12 in 1999) are considered GHB-related, according to the Drug Enforcement Administration. More than 40 other deaths (nearly all in 1999) are being reviewed by the DEA at this time.

Signs that You May Have Been Drugged:

You feel more intoxicated than usual for the amount of alcohol you consumed.

You wake up very "hung over" and experience a memory lapse.

You feel like someone had sex with you but you can't remember it taking place.

What To Do If This Happens To You:

Get to a safe place. Ask a friend to stay with you.

Call the police.

Go to a hospital as soon as possible. Ask for an examination and evidence collection. Request that the hospital take a urine sample for drug toxicology testing to be done by law enforcement.

Protecting Yourself:

Listen to and trust your intuition and "gut feelings."

Notice your own fears.

Open your own drinks.

Don't share/exchange drinks with anyone.

Don't drink from a punch bowl or beer-bong.

Never leave your drink unattended.

Set sexual limits and clearly communicate them to your partner. Be assertive.

Be cautious in a new place-too much trust can be dangerous.

Consider paying your own way on dates.

Be very aware of your limits when drinking. Don't assume that your friends are looking out for you. Victims may fear that others will not believe them or that others may blame them for what happened. There is help.

Resources and services available include:

ATVP (24 hours)	332-4357 or 883-4357
E-mail ATVP@turbonet.com	
Moscow Police Department (24 hours)	882-5551
Gritman Medical Center (24 hours)	882-4511
UI Student Counseling Center	885-6716
UI Student Health Center	885-6693
UI Women's Center	885-6616
Office of the Dean of Students	885-6757

#1 Date Rape Drug

Alcohol continues to be the #1 date rape drug used on this campus and across the nation. It is readily available, legal to some, and many people ingest alcohol while socializing. The effects of alcohol may increase your risk of becoming sexually assaulted or committing a sexual assault. Many people mistakenly believe that "taking advantage" of a person who is drunk, on drugs, or passed out, is not rape. According to Idaho and Washington laws, an individual cannot give consent to sexual intercourse when intoxicated or drugged to the point that one cannot make clear, rational decisions. Nor can an individual give consent when she/he is passed out.

- ☆ 1 in 4 women surveyed were victims of rape or attempted rape.
- ☆ 84% of those raped knew their attacker.
- ☆ 75% of the men and at least 55% of the women involved in acquaintance rapes had been drinking or taking drugs just before the attack.
- ☆ 57% of the rapes happened on dates.

Warshaw, R., 1988. I Never Called It Rape, Harper Perennial.

Women's Center

208-885-6616

Corner of Pine & University Ave.

Vol. 29, No. 3

March/April/May 2001

- March, 2001** **Women's History Month.** Historic Photos will be displayed during March, documenting women's roles in UI history. Women's Center Lounge, 8:00 a.m. - 5:00 p.m., Monday through Friday.
- Tuesday, Mar 13** **Circles of Caring: Adult Day Health.** Sharon Benson, Director Gritman Therapy Center will discuss plans to establish an Adult Day Health Center in Moscow. Women's Center Lounge, 12:30 p.m.
- Weds, Mar 14** **Distinguished Visiting Writer.** Nonfiction writer, Judith Kitchen will give a public reading of her latest work, "Only the Dance: Essays on Time and Memory." 7:30 p.m., UI Law School Courtroom.
- Weds, Mar 14** **Ask the Pharmacist.** Deta Stem, R.Ph. will be on hand to answer questions and discuss some of the latest health options for women. Women's Center Lounge, 12:30 p.m.
- Thurs, Mar 15** **Open Dialogue:** Bill McLaughlin, Professor, UI Department of Resource Recreation and Tourism, College of Natural Resources; and Jette Hansen-Moller, Associate Professor, Department of Economics and Natural Resources, Unit of Landscape, The Royal Veterinary and Agricultural University of Denmark, will lead an informal discussion of the Danish and American Models of Graduate Education. Students, faculty, and all those interested in foreign academe are encouraged to share their perspectives and insights.
- March 19 - 23** **Spring Break.** This is a great opportunity to prepare for Spring Forward Run/Walk/Stroll on Mom's Weekend.
- Tuesday, Mar 27** **Experience Ireland.** Jama Sebald and Jane Pritchett will share slides, photos and experiences from their trip to Ireland last summer. SUB Gold Galena, 5:00 p.m.
- Saturday, Apr 7** **Spring Forward 5K.** Run, walk or stroll to campus for this Women's Center fundraiser. Registration will be accepted until 7:30 a.m. on Saturday. We will be starting right in front of the Women's Center.
- Weds, Apr 11** **"Don't Speak My Mother's Name in Vain."** Reanae McNeal will present a powerful one-woman show that uses interconnected vignettes, dance and song to trace the experience of African-American women through a wide range of "herstorical" contexts. UI Auditorium, 7:00 p.m.
- Friday, Apr 13** **Like a Bamboo.** Debbie Storrs, UI Sociology/Anthro, will talk about her article recently published in Frontiers. She will explore some of the complexities of researching and writing her mother's biography. In "Like a Bamboo," she relates experiences her mother endured as a Japanese war bride and an outsider living in the United States.
- April 18 - 20** **Clothesline Project.** Decorated T-shirts will be displayed in the Rotunda of the Commons. Members of the community are invited to decorate a shirt in commemoration of violence committed against themselves or a loved one. Decorated shirts may be dropped off at the Women's Center.
- April 19 - 20** **Sexual Assault Awareness.** Alternatives to Violence of the Palouse will have a resource and information table outside the Commons. Sigma Chi men will be handing out white ribbons to signify a personal pledge never to commit, condone or remain silent about violence against women.

"No one can make you feel inferior, without your consent." -- Eleanor Roosevelt

Faculty Research Conversations

Vice Provost Dene Thomas, Margrit von Braun, Director, Environmental Science, and the Women's Center will sponsor conversations about scholarly activity, especially as it relates to female faculty. Last fall, a small group of tenured female faculty met to provide feedback on the UI Plan for Scholarly Activity. At that meeting, the conversation was animated and inspiring with many suggestions and strategies used by female faculty in successfully gaining tenure and conducting research. Participants asked that additional meetings be arranged to continue the conversation.

During spring semester we will collaborate to host additional meetings. The first "informal conversation" of 2001 will take place March 12th. We'll look at a recent MIT study that outlined specific issues and concerns for female faculty and MIT's commitment to improve the unequal situation it found among female faculty on campus.

On April 26th we will host another luncheon. Some of the topics suggested for discussion include outreach that leads to research, scholarship of pedagogy, and conducting a literature review. During these conversations we hope to hear your ideas, strategies, and thoughts about problems and successes you've had as a female faculty successfully negotiating the tenure process and conducting research at the UI. Mark your calendars to join us for these interesting conversations.

Please contact the Women's Center at 885-6616 or jharvey@uidaho.edu for additional information.

Women's Weight Training Clinic

This clinic will serve as an introduction to the weight room. We will show you what the equipment is and does, demonstrate how to use all weights properly, and explain weight room etiquette/technique. In general, a brief overview of anything a woman needs to know to use the weight room.

For registration information call Campus Recreation office at 885-6381 or Peg at 885-WELL (9355).

2001 Spring Forward Registration

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.

Name (print) _____

Age: _____ Female: _____ Male: _____
(last) (first)

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

Address: _____

Telephone: _____

Signature: _____

Signature of Guardian if under 18: _____

Living Group (if applicable) _____

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

Distinguished Visiting Writer

The English Department's Distinguished Visiting Writers Program will sponsor a visit of Nonfiction writer Judith Kitchen. She will visit the UI March 12-16 to conduct an advanced nonfiction writing workshop and present a reading of her latest work, "Only the Dance: Essays on Time and Memory." The essays have been hailed as some of the most poignant essays published in this country in years. To participate in the workshop, contact Robert Wrigley at 885-6823. A public reading will be Wednesday, March 14, at 7:30 p.m., in the UI Law School Courtroom.

Circles of Caring: Adult Day Health

Sharon Benson, Director, Gritman Therapy Center and Director, Adult Day Health, will discuss plans to establish an Adult Day Health Center, made possible with proceeds from a \$600,000 Rural Health Outreach grant. CIRCLES OF CARING, Gritman Adult Day Health, will serve vulnerable adults and the frail elderly in both Latah and Whitman counties. No adult day health center of this scope exists in either county. Adult Day Health is the missing piece in the continuum of care for vulnerable adults and the frail elderly. Sharon will speak at 12:30, Tuesday, April 13, in the UI Women's Center lounge.

Congratulations to Judith Runstad for receiving the UI Alumni Award. She is one of four recipients of the University of Idaho's Hall of Fame Award for 2001. For the past 26 years, the University of Idaho alumna has worked for Foster Pepper and Shefelman PLLC, one of the largest, full-service law firms in the Pacific Northwest.

Welcome, Juandalynn Taylor. Taylor has joined the staff of the UI School of Communication as a visiting scholar for the spring 2001 semester. Ms. Taylor is conducting research, teaching two courses and serving as a diversity consultant for the School of Communication and the College of Letters and Science.

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

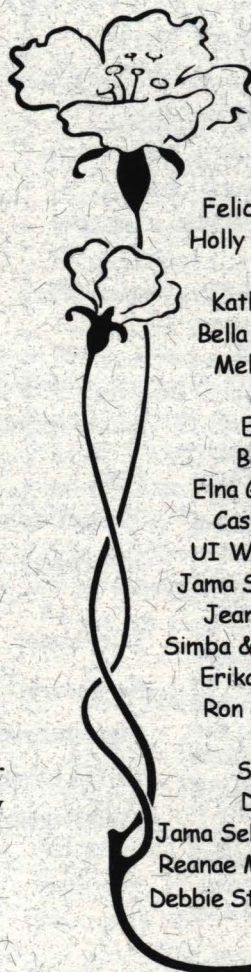
address service requested

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
DON LAZZARINI.....OUTREACH EDUCATOR
CHAUCEY WITTINGER.....OFFICE COORDINATOR
VIRGINIA KLEIN, MARIE BAILEY, CAMEO NELSON.....WORK STUDY STAFF
EMILY SLY.....AMERICORPS MEMBER
Telephone.....208-885-6616
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



Thanks to our Wonderful Program Presenters

Felicity Hill: UN Women's Int'l League
Holly Wissler: Spirituality in the Himilayas
Steph Davis: High Places
Kathy Barnard: Spring Always Comes
Bella Vivante: Women in Ancient Civilizations
Melynda Huskey: Halloween Folklore
Judy Brown: Why Vote?
Eliana Rivero: Women's Studies
Beth Harston: Girls on the Move
Elna Grahn & Grace Pratt: Veteran's Day
Cast of Romeo & Juliette, Reception
UI Women's Basketball Team: Reception
Jama Sebald: Milking the Financial Aid Cow
Jeannie Harvey: Operation Crossroads
Simba & Koi Tirima: Keeping the Culture Alive
Erika Kuhlman: Taking Care of the Past
Ron & Elsie McFarland: Poetry Reading
Mary Dietzel: Reiki
Sharon Benson: Circles of Caring
Deta Stem: Ask the Pharmacist
Jama Sebald & Jane Pritchett: Experience Ireland
Reanae McNeal: Don't Speak My Mother's Name In Vain
Debbie Storrs: A Mother's Biography, "Like a Bamboo"