



# WOMEN'S CENTER

208-885-6616

Memorial Gym, Room 109

Vol. 31, No. 3

Jan.-Feb., 2003

## On the Move Again!

The guesswork is over! No need to worry about the future site of the UI Women's Center any more. We have moved to a new location in Memorial Gym, Room 109, and are very excited about our new home.

Shortly after we moved in, a wall was removed to enlarge the lounge area. Before the wall was torn down, we invited people to write special quotes on the wall. In a very short time, the wall was covered in colorful, inspirational messages. Some of those quotes are dispersed throughout this newsletter.

Facilities personnel have worked long and hard to accommodate the space needs of the Women's Center. We are grateful to Facilities administration, all the movers, carpenters, painters, electricians, and everyone involved in making the new location a functional, comfortable space.



Isabel Miller is one of the first to leave her mark.

## "THE GALLERY"

In collaboration with the Moscow chapter of Women's Caucus for Art (WCA), the UI Women's Center hosts a rotating art exhibit featuring a local artist and her work. During this past month, we have enjoyed the digital designs of Ludmilla Parez Saskova.

Ludmilla is a digital artist now residing in Avon, Idaho, a community no longer visible on the map. She is fascinated with the poetic landscape of rural Idaho, which surrounds her present home.

Her Asphalt City Series is a tribute to Walter Benjamin and to Berlin, another community redefined by its turbulent history.

*"Do not follow where the path may lead. Go instead where there is no path and leave a trail."  
Muriel Strode*

## The Vagina Monologues Returns to UI

If you missed seeing "The Vagina Monologues" last year, you have another chance to see the production this February. Muse is producing this year's UI production, which is a part of the national V-Day campaign to raise awareness about violence against women. The student-led, student-acted performance will be held at the Hartung Theater on February 27, 28 and March 1. Tickets will be available in mid-February.

"In 2003, V-Day is sponsoring Afghanistan Is Everywhere: A Spotlight on Native American and First Nations Women. This program will bring the issues facing native women to local V-Day events around the world, asking all people to stand with Native American women in their struggle to be free of violence. The program will also encourage event organizers to contribute 10% of their benefit proceeds to support work ending violence in Native American, Native Alaskan, and First Nations communities." (www.vday.org)

Last year, FLAME raised over \$6000 from The Vagina Monologues performances, which was donated to Alternatives to Violence of the Palouse and UI Sexual Assault Risk Reduction Program.

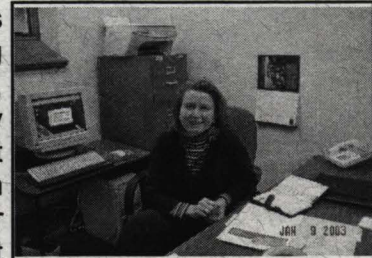
Buy your tickets early! Last year, tickets sold out before the performance dates. For more information, contact the Women's Center at 885-6616 or Jen Haylett at 883-2681 or [jenniferhaylett@yahoo.com](mailto:jenniferhaylett@yahoo.com).



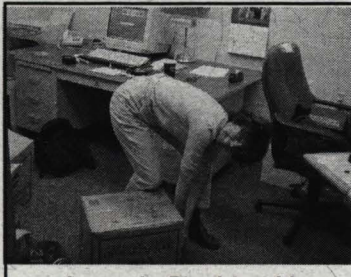
## Director's Corner

*Kari Galloway*

Mine is a new voice coming at you from the Director's Corner. Jeannie Harvey, the dynamo that has been leading the Women's Center for the last three and a half years, has taken a Fellowship with USAID (United States Agency for International Development), a governmental development agency and will be working as a gender advisor in Bangladesh for the next year. We are very excited for Jeannie and as she has promised to keep in close contact with us, you may expect to see stories of her adventures in future newsletters. She has also promised to send digital photos which we hope to post on our website. Stay tuned for Jeannie updates!



Kari Settling In



Jeannie Packing Up

My name is Kari Galloway and I will be the Interim Director at the Women's Center until Jeannie returns. Her shoes will certainly be hard to fill, but I am confident that with the support of a tremendous staff, the Center will continue to grow and thrive. I've inherited the middle of the move to our new quarters in Memorial Gym and with remodeling and getting unpacked in addition to learning a new job, I've got quite a full agenda. Good thing I appreciate chaos!

I was a student at the University of Idaho in the mid 1980's and spent many hours taking advantage of the Women's Center's lounge, library and programs. I am a firm believer in the Center's mission and goals. I am excited to see that the Women's Center continues to grow and to bring new ideas and fresh opportunities not only to the University, but also to the community. If you haven't already done so, please take a minute and stop by to visit our new offices. I'd love to meet you, especially if you have ideas for programs or how the Women's Center might better serve you. We actively encourage both men and women to join us in our work to explore gender. Besides, where else can you take up a pen and write on the walls?!

### Commemorating Dr. Martin Luther King, Jr.

There are several events planned to commemorate the work of Dr. Martin Luther King, Jr. during the week of January 21 – January 25. Carl Mack, current president of the Seattle chapter of the NAACP, will speak at the Law Building Courtroom at 7:00 p.m. on January 23. On Friday, January 24, there will be a peace rally at 11:15 a.m. (meet at Law Bldg), a rally following the march at the Idaho Commons and a teach-in at 12:30 p.m. on the 4th floor of the Commons. Some of Dr. King's speeches will be shown in the Commons Food Court on January 21 and 22 from 11:30 a.m. – 1:00 p.m. Please contact the Office of Multicultural Affairs at 885-7716 for more information.

*"Darkness cannot drive out darkness; only light can do that.  
Hate cannot drive out hate; only love can do that."*

*Martin Luther King, Jr.*



## Palouse Women's Artfest

The first annual Palouse Women's Artfest, sponsored by Pullman NOW, will be held on April 5, in Pullman.

This festival is about women and art. Furthermore, it is also about what happens when women, their art, and politics converge together. We are looking for feminist-identified, women-identified poets, musicians, artists, actors, gardeners, craftswomen, cooks, storytellers, webdesigners, etc who have something important to say about the world around them through their chosen artform. If you don't see your form of art listed, **DON'T ASSUME WE WON'T ACCEPT IT!** We are currently accepting ANY AND ALL kinds! Having said that, we are also looking for work that is anti-racist, queer-friendly, diverse, anti-sexist, etc. There are no limitations as to what styles of art can be showcased.

If you are interested in performing or leading a workshop, contact Elizabeth Pena at (509) 332-0244 or [artfest@espiritu.nu](mailto:artfest@espiritu.nu). Also, check out <http://espiritu.nu/artfest> for more info. Also, if you are interested in donating to help fund the artfest, please make checks payable to Pullman NOW and write "artfest" in the memo. The mailing address is Pullman NOW, P.O. Box 2383, Pullman, WA 99165-2383.

### SCHOLARSHIP OPPORTUNITY FOR LOW-INCOME WOMEN

Every year the Jeannette Rankin Foundation (JRF) awards scholarships to women 35 years of age and older who, through undergraduate or vocational education, are seeking to better themselves, their families and their communities.

All applicants for this scholarship must be:

- Women, at least 35 years old as of April 2003.
- U.S. citizens.
- Pursuing a technical/vocational degree, an associate degree, or a first bachelor degree.
- Enrolled or accepted in an accredited school for the fall of 2003.
- Low-income.

The deadline to apply is March 1, 2003. To find the exact income guidelines for this program, or to apply, go to: <http://www.rankinfoundation.org/apply.htm>

## Virginia Wolf Distinguished Service Award



*"In recognition of Commitment to Activism for  
Gender Justice at the University of Idaho"*



Kay Keskinen, Jeannie Harvey  
and Emily Sly

Recipients of the  
1st Annual Virginia  
Wolf Award were  
honored by  
Women's Center  
Director, Jeannie  
Harvey at a  
reception at the  
Women's Center  
on December 11.

This award is named after Former UI professor, **Virginia (Ginny) Wolf**. As chair of the 1970 Women's Caucus, she was very instrumental in shaping policies and programs supporting gender equity. The Caucus collaborated with the Idaho Human Rights Commission focusing on gender issues on campus. On May 8th, 1974 the Conciliation Agreement was signed by members of the Women's Caucus, the Idaho Human Rights Commission, and the University of Idaho President. This agreement insured the staffing of a full-time Women's Center, an Affirmative Action Office, salary equality, and a female physician at the UI Health Center. She also founded the Moscow chapter of National Organization for Women (NOW) on January 27, 1975.

### *Award Recipients*

**Kay Keskinen**, UI ITS Database Manager, attended the first programs at the Women's Center in the fall of 1973. She is a founding member of Moscow NOW and met Virginia Wolf at the first meeting. For the past 30 years she has attended and presented programs at the Women's Center. She has worked to create awareness about violence against women and her help and support have helped to make both "Take Back the Night" and "The Vagina Monologues" possible.

**Emily Sly**, UI Women's Center, is co-founder of Feminist Led Activist Movement to Empower, the student organization that created last year's production of The Vagina Monologues. A dedicated activist, Emily continues to work to create awareness through her work at the Women's Center.



# FLAME ON

Lori VanBuggenum

When you hear the word "feminism," what comes to mind? If you imagine a culture of feminism, what does it look like? This semester, FLAME is focusing on creating sustained energy by initiating the creation of a culture of feminism. This is a movement to bring feminist ideals and principles into the discussion and practice of everyday life.

We hope to begin the process by creating a space for focused discussions and social events, building both relationships and feminist understanding. Here are a few of the topics we have brainstormed so far. *What is feminism? What is a culture of feminism? Am I a feminist and why? Menstruation. Sexuality. Hair. Feminism and the environment. What does a feminist look like?* We look forward to your suggestions.

The Women's Center will continue to be our home base for focused discussions and meetings. In addition, there will be rotating bi-monthly potlucks at Flamesters' homes. This is a chance to build personal relationships and exchange ideas in a relaxed feminist-friendly environment. We welcome everyone to join us in this journey. Be part of the movement. Help to create a "culture of feminism." For information on potluck dates and locations, call Lori or Emily at the Women's Center (885-6616).

## Body Image Task Force

BITF and UI Student Counseling Center are working together to organize events to raise awareness about eating disorders. We will be tabling with information on positive body image and there will be an Eating Disorders Screening on February 13 in the Commons. For more information, contact Lori at the Women's Center (885-6616).

- 42% of 1st-3rd grade girls want to be thinner.
- 81% of 10 year olds are afraid of being fat.
- The average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds.
- Most fashion models are thinner than 98% of American women.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## How About Some Resolutions You Can Keep?

- 1. Stop Talking About Your Weight (especially in front of young girls):** Young girls listen to the way women talk about themselves and each other. Every discussion we have about weight, or fat, or being too this or that, leaves an impression on people around us. We are encouraging an unattainable quest for perfection.
- 2. Make a List of Women You Admire:** How often is the woman's appearance a reason that you admire her? What do you think are the most important attributes a woman can have? What would you like a young woman to most admire in you? In herself?
- 3. Question the Motives of the Fashion Industry:** Always remember that the main objective of the fashion, cosmetic, diet, fitness and plastic surgery industries is to make money, not to make you the best person you can possibly be.
- 4. Stop Weighing Yourself:** Imagine spending a day, or a week, without the scale measuring your self esteem. Does the scale tell you that you aren't disciplined enough? That you aren't working hard enough? Get rid of it.
- 5. Concentrate on Things You Do Well:** Do you look in the mirror one day and think you look great and the next day think you look awful? If you're feeling good about other things in your life, you'll be less critical of how you look. Do things you do well. And if you've had a bad day, stay away from the mirror.
- 6. Get Physical For Fun:** Your body needs EXERCISE and REAL FOODS. Take walks, dance in your living room, garden, golf... You may lose weight and you may not, but your body will be stronger, your stress will be lower and you'll feel better.
- 7. Value Your Dollars:** With more women working today than ever before, our dollars are much in demand. How much of your money goes into fashion and cosmetics industries and eating regimens? What are you getting back? If looks didn't matter at all, what would you spend your money on?
- 8. Voice Your Opinion:** Both large and small businesses are interested in your input. Your letters and phone calls really make a difference.
- 9. Be a Role Model:** Many inspirational women have broken molds, set new standards, and blazed trails. Wouldn't you like to break a mold or two?
- 10. Break the Barriers:** Develop your own style. Have fun-- Wear lipstick. Or don't. You're the boss of you. By speaking out and accepting yourself (dimples and all), you help break the barriers.

[www.about-face.org/mc/empower](http://www.about-face.org/mc/empower)



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## Calendar of Events

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# Women's Center

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**Wed - Sat**  
**January 20-25**

**Martin Luther King, Jr. Day.** Several days of events to honor the legacy of Dr. King. Noon-time showings of MLK's speeches on Jan 21 and 22 in Commons. Carl Mack, current president of the Seattle chapter of NAACP will speak at 7pm in the Law Bldg courtroom on Jan 23. Peace March (11:15am, meet at Law Bldg), rally (12 pm Commons Food Court) and teach-in (12:30pm-2:30pm, Commons 4th Floor) on Jan. 24. Service project on Jan 25.

**Wednesday**  
**January 29**

**Feldenkrais.** Elisabeth Berlinger, a local Feldenkrais practitioner and teacher, will share information about The Feldenkrais method, which teaches — through movement — how we can improve our capabilities to function in our daily lives. 12:30 pm. Women's Center Lounge.

**Wednesday**  
**February 5**

**Investments for Women.** Investment specialists, Rhonda Comstock of Moscow and Sidney Brown of Spokane, will share investment advice for women and answer your basic investment questions. 12:30 pm. Women's Center Lounge.

**Wednesday**  
**February 12**

**Semester at Sea.** Mary Lu Schweitzer spent the Spring 2002 semester on board with Semester at Sea, a study abroad program for undergraduate students. The program takes place aboard a ship that sails around the world, stopping at ten ports. Mary Lu will bring photos and present a Powerpoint presentation on her experiences. She can also answer questions about the application process. 12:30 pm. Women's Center Lounge.

**Thursday**  
**February 13**

**Eating Disorders Screening.** Student Counseling Center will be offering free screenings for eating disorders. Commons. 10:30 am - 2:30 pm. BITF will also be tabling about positive body image.

**Friday**  
**February 14**

**Insiders' Perspectives on The Vagina Monologues.** Meet the women involved in this year's production of The Vagina Monologues. TVM has impacted people at UI and around the world. Come find out more about the play and have your questions answered. 12:30 pm. Women's Center Lounge.

**Wednesday**  
**February 19**

**First Steps.** Molly Widdicombe will tell about First Steps, a program that provides resources and support for families with newborns. There are volunteer opportunities available at First Steps. Come find out how to get involved! 12:30 pm. Women's Center Lounge.

**Thur. Fri. Sat.**  
**February 27, 28**  
**March 1**

**The Vagina Monologues.** This play by Eve Ensler is based on interviews of over 200 women and explores the diversity of women's experiences. The production is student-led, student-acted and is part of the national V-Day movement to stop violence against women. Proceeds will be donated to local organizations working to stop violence against women and girls. Hartung Theatre. Time of performance TBA.

**Fri. and Sat.**  
**March 7, 8**

**International Women's Day Book Sale.** This sale will raise money to purchase new books for the Women's Center library. Come check out the books on sale! Tell your friends! Time and location TBA.

*"A woman is like a tea bag. You never know how strong she is until she gets into hot water."*

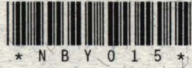
*Eleanor Roosevelt*





# University of Idaho

Women's Center  
P.O. Box 441064  
Moscow, ID 83844-1064



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Glenn

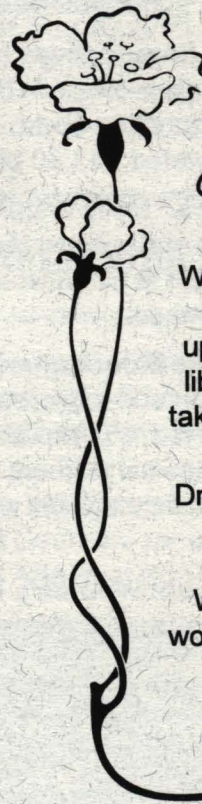
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*The Women's Center Newsletter* is published four times during the academic year. It includes announcements and information about the many services and programs offered by the center to the university and regional communities. There are also items 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

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JILL ANDERSON.....	EDUCATION PROGRAMMER
EMILY SLY.....	OFFICE COORDINATOR
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Office Hours.....	8:00 a.m.-5:00 p.m., Monday-Friday

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



### Calling All Books!

We are still seeking book donations for our upcoming book sale and library project which will take place on March 7 & 8.

Drop off your books at the Women's Center by February 7 or call the Women's Center if you would like someone to pick up your books.