

VOLUME 6



University of Idaho

A black and white illustration of a woman in a tropical setting. She is wearing a dark bikini top and a light-colored, patterned sarong. She has a flower in her hair and is holding a drink in her raised right hand. The background features palm trees and large tropical flowers.

no woman is an island
but she certainly would
love to live on one

WOMEN'S CENTER ZINE AKA THE NEWSLETTER

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WOMEN'S CENTER STAFF

Director	Jeannie Harvey
Program Advisor	Amy Sharp
LGBT Program Advisor	Rebecca Rod
Administrative Assistant	Lysa Salsbury

The Center is also run by volunteers, interns, and work study. If your interested in getting involved please visit the Women's Center in the Memorial Gym Room 109.

P.O. Box 441064
Moscow, ID 83844-1064
208.885.6616
www.uidaho.edu/womenscenter

Mission Statement

The Women's Center supports students, faculty, and staff at the University of Idaho in striving for gender equity on campus. Since 1972, the UI Women's Center has offered programs, services, and activites that educate, financially support, and help solve real problems to reach equity. Because equity is about all people, our services are provided for everyone in a safe and supportive environment.

Why a Women's Center?

Women's Centers exist because gender equity has still not been achieved in any country around the world. Women still earn less than their male peers, and women of color face an even larger pay gap. Women earn fewer graduate degrees than men and hold only about 26% of tenured faculty positions on American campuses. Violence targeted against women is rampant in America, with more than half a million women reporting assaults by intimate partners, and four women dying each day as a result of domestic violence. We still have lots of work to do!

Disclaimer

The views contained in this Zine are not necessarily those of the University of Idaho Women's Center or the University of Idaho. The contents do not reflect the views, opinions, or policies of the University of Idaho or any of its subordinate organizations. The appearance of hyperlinks does not constitute endorsement by the UI Women's Center of any organization with which it is affiliated.



Everything You Want to Know About Gynecology But Are Afraid to Ask!

Wednesday, Sept. 13th @ 5pm in the Women's Center Lounge

(Refreshments Provided)

The truth of the GYNO exam from a Student Health Center professional. This is everything you ever wanted to know about Women's Health but were afraid to ask. She will explain the rationale for having such an exam, when to begin, what to expect during the exam, what you expect to learn from the exam and what to ask (and never to be afraid to ask!) She will empower you to be an informed consumer.

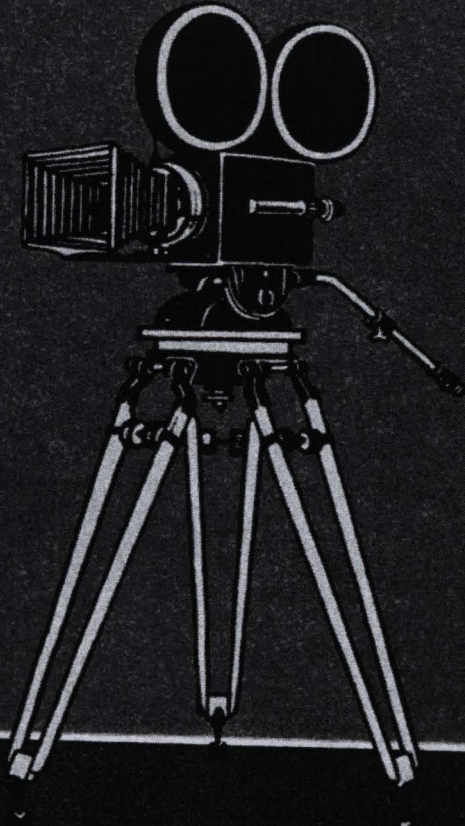


Brown Bag Series

it's actually not a lunch, but more of a snacky dinner

check out www.uidaho.edu/womenscenter for a list of dates and times

UI WOMENS CENTER FILM SERIES

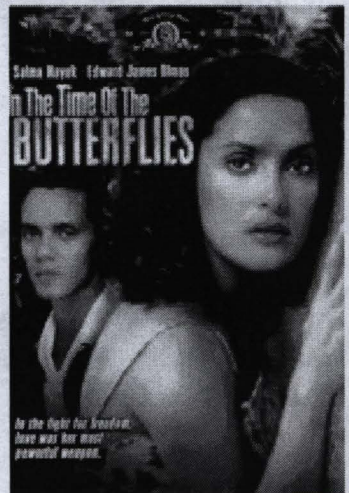


A FILM SERIES DEDICATED TO HERSTORY

Tuesday, September 19 at 5pm
in the Women's Center Lounge (Refreshments Provided)

In The Time of the Butterflies

In The Time of the Butterflies is inspired by the true story of the three Mirabal sisters who, in 1960, were murdered for their part in an underground plot to overthrow the government. This is a tale of courage and sisterhood set in the Dominican Republic during the rise of the Trujillo dictatorship.

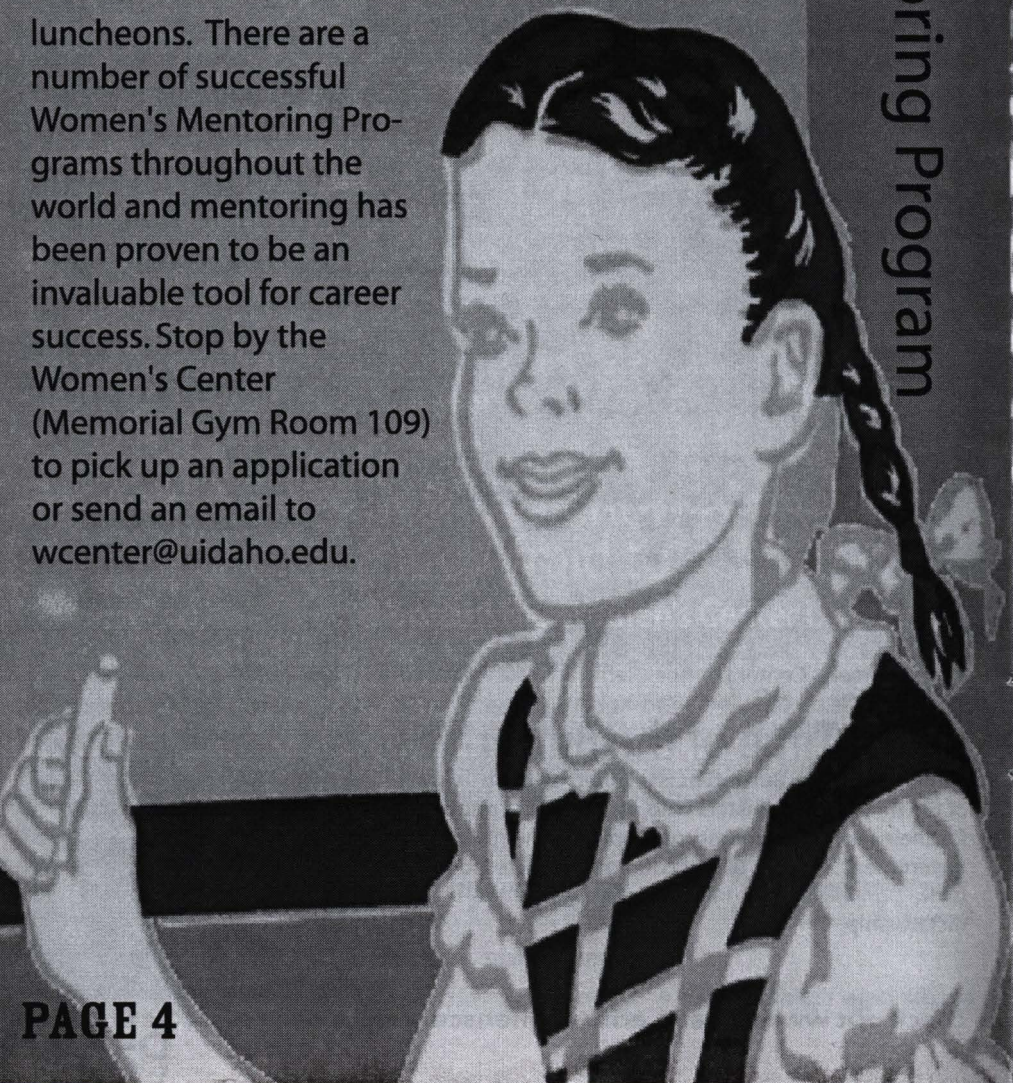


check out www.uidaho.edu/womenscenter for a list of dates and films

Women's Center Mentoring Program

The University of Idaho Women's Mentoring Program connects undergraduate level women one-one-one with a mentor (a more experienced undergraduate student, graduate student, staff, or faculty member) who strives to provide them with personal, academic, and professional support, guidance and encouragement. In addition to the one-on-one relationship, all participants will be strongly encouraged to participate in Women's Center activities and to attend informal luncheons. There are a number of successful Women's Mentoring Programs throughout the world and mentoring has been proven to be an invaluable tool for career success. Stop by the Women's Center (Memorial Gym Room 109) to pick up an application or send an email to wcenter@uidaho.edu.

Women's Mentoring Program



SAFE ZONE PROGRAM



Helping create a supportive and visible network of GLBT Friends, Allies, and Advocates

What is a Safe Zone?

A Safe Zone is a place where everyone is made to feel welcome, included, supported, and valued.

Safe Zone programs promote the understanding and inclusion of gay, lesbian, bisexual, transgender people on campuses nationwide.

History of UI Safe Zone

The University of Idaho Safe Zone Program was launched in August of 2003. The Program is a collaboration of the Juntura Committee, Gay Straight Alliance, Women's Center, Counseling and Testing Center, Office of Diversity and Human Rights, Dean of Students Office and Office of Multicultural Affairs.

UI Safe Zone Program

Safe Zone 101 - Friend

Basic overview of Safe Zone, available to groups, classes, and more. Fifteen to thirty minutes in length.

Safe Zone 201 - Ally

Training sessions that address GLBT concerns in more depth, appropriate language, terminology, issues of homophobia and heterosexism, and more. One to two hours in length.

Safe Zone 301 - Advocate

Advanced training that will include research and advocacy.

Want More Info?

UI Safe Zone Program

University of Idaho

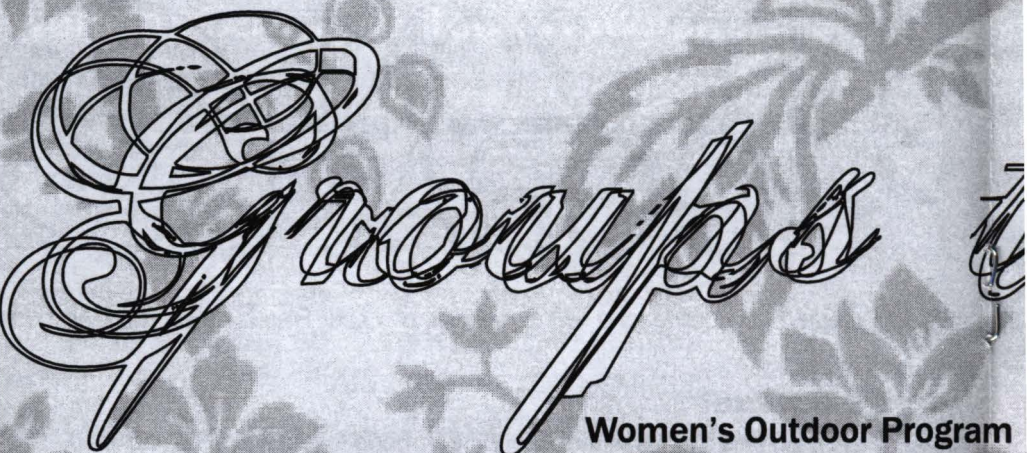
Women's Center Memorial Gym Rm 109

P.O. Box 441064 Moscow, ID 83844-1064

208.885.6616 or safezone@uidaho.edu

<http://www.uidaho.edu/safezone>

Internships
with
Safe Zone
available now!



Groups

Women's Outdoor Program

It's a chance to get outdoors. This year go back-packing, kayaking, do a ropes course, and possibly trek through Nepal. Also, at the Student Rec. Center there is a free Women's Climbing Night Wednesdays at 9 pm for women interested in climbing. Contact Bailey Arlit at arli3270@uidaho.edu with any questions about the Women's Outdoor Program or Women's Climbing Night.

Non-Traditional Students meet weekly at the Women's Center plus monthly non-trad student luncheons in the WC lounge. Join this new student-led group. Their goal is to find ways to support non-trads and to mentor each other. Don't know if you're a non-traditional student - come find out!

WOCA (Women of Color Alliance) This statewide organization serves all women in Idaho, particularly women of color. Watch for info about the WOCA - UI Chapter. www.wocaonline.org

Safe Zone is a project to raise awareness and support for GLBT students, faculty, and staff. Members of Safe Zone respond to requests by individuals, living groups, faculty-classes, campus offices, for training in being allies and advocates.

Women's Dissertation Writing Group is a new group meeting regularly at the Women's Center this fall 2005. The intent is to support women working on the dissertation process.

to @Join

FLAME: Feminist Led Activist Movement to Empower, a student-led group that promotes gender equity and develops programs to stop violence against women. FLAME meets Thursdays, 5 P.M., in the Women's Center. For more information or to join, contact Cassie Searle at sear5469@uidaho.edu or Cassie Thompson at thom0696@uidaho.edu.

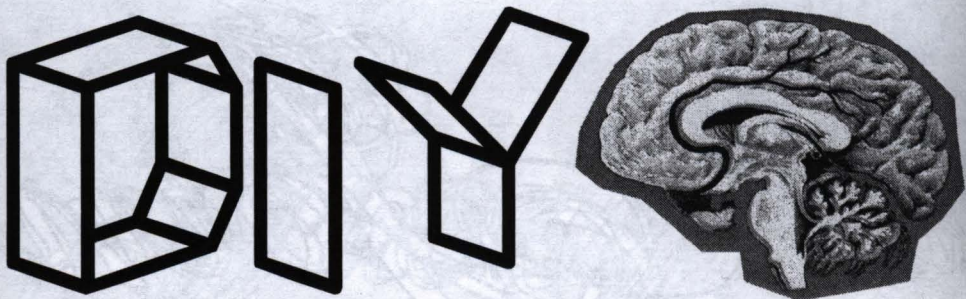
Women's Caucus for Art is a local group of women artists. The Women's Center hosts regular art showings in the Women's Center with openings for individual artists.

BITF (The Body Image Task Force) takes on issues of body image, eating disorders, and women's image in film and the media.

UI VOX (Voice of Planned Parenthood) exists to educate the university community about reproductive health rights, to translate increased awareness into pro-choice activism on campus, and to serve as a coalition partner to state, national and international reproductive rights efforts.

Women's Mentoring Program is being revitalized by an AmeriCorps member this year. We will offer mentor training, mentee assistance and joint receptions at the women's center for all participants

Gay Straight Alliance, a student-led group to promote awareness and education for gay and lesbian students, allies, and families. This group is working on a safe zone project at the UI and distributes information about hate crimes laws and enforcement in Idaho. Contact alliance@uidaho.edu for more information.



DO IT YOURSELF COME MAKE A ZINE
THURSDAY, AUGUST 31ST AT 3:30PM COME MAKE A MAGNET
IN THE WOMEN'S CENTER LOUNGE COME MAKE A BUTTON
www.uidaho.edu/womenscenter COME MAKE SOME FRIENDS

Adopt a Program

Adopt-a-Program provides opportunities for growth and development through service. Students in an institution of higher learning, you have a responsibility to give back to the communities that has given you so much.

So gather up friends and get involved in a UI Women's Center Program. Contact your local University of Idaho Women's Center and give them a list of all your friends and their contacts and remind them that you are here to help serve the community and they can count on your support.

Here are just a few programs you can adopt by giving your volunteer hours.

- LunaFest
- WomensWorks Art Fair
- Step and Stroll Competition
- Virginia Wolf Distinguished Service Awards
- Mom's Weekend Fun Run
- Contribute to the Zine (aka the newsletter)



Interested in getting academic credit inquire at the Women's Center!

With spending a couple hours here and there you will help a program grow to be healthy and strong.



Book Review

feminist theory: from margin to center

by bell hooks

Available through South End Press

Recently, the Women's Center staff attended the National Women's Studies Association Conference. While at the conference, I picked up a book from South End Press titled, Feminist Theory: From Margin to Center by bell hooks. I began reading the book as soon as I returned and could not put it down. This piece by bell hooks is a phenomenal work for anyone interested in clarifying what feminism is, the history of its movement, what underlying assumptions have shaped the primary issues feminists have address, who has been privileged within the feminist movement, and an enlightened suggestion for future direction. bell hooks critiques the U.S. feminist movement for its privileging of white middle class female experience, and argues for a more inclusive movement that addresses not only sex, but also class and race inequality. hooks also discusses the ever growing need for feminism to become more directly politically engaged. Putting theory into practice, bell hooks consciously makes this book accessible to your average reader, writing without the academic jargon that she claims excludes a lot of women and men from the movement. If you're looking for a...

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our bodies ourselves

Life is too short for self-hatred and celery sticks!

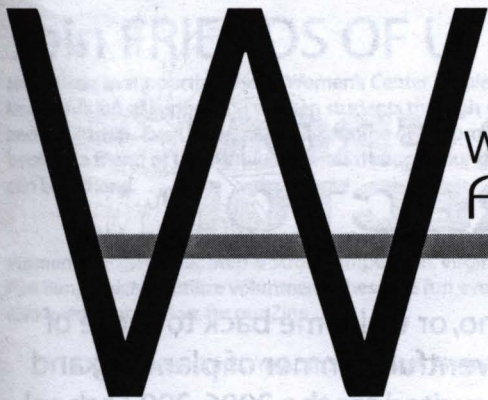
ten steps to positive body image

1. Appreciate all that your body can do.
2. Keep a top 10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like.
3. Remind yourself that "true beauty" is not simply skin-deep.
4. Look at yourself as a whole person.
5. Surround yourself with positive people.
6. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person.
7. Wear clothes that are comfortable and that make you feel good about your body.
8. Become a critical viewer of social and media messages.
9. Do something nice for yourself - something that lets your body know you appreciate it.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others.

quiz time

by Sondra Solovay

1. Of New York City weight loss centers surveyed, how many gave advance warning or openly discussed the safety risks of their specific program or of weight loss in general, even when directly asked?
a) All of them. Weight loss centers have the client's best interest at heart, so they all would disclose that information.
b) One in 10.
2. A 5'4" tall, 111-pound woman who is considered underweight was told she could lose five pounds when she went to a weight loss center.
a) True.
b) False.
3. Which answer most accurately describes the procedure for becoming a diet counselor or diet expert in New York City?
a) Applicants must spend a certain amount of time engaged in the study of nutrition and must pass a course in counseling. At that point, they are qualified to take the licensing and registration exam. If they pass the test, they are able to open a diet counseling center.
b) Wannabe diet experts must get business cards made up. The cards should include the new expert's name and the words diet counselor.



Women's Center Article Club

The University of Idaho Women's Center is starting an Article Club. The initial idea came from starting a book club. Sadly, the founders discovered with their busy schedules reading an entire book is tough and will start to get a little pricey. What's shorter than a book and can be found on the internet for free...articles!

Here are a couple articles to get you started:

Reitman, Janet Posted Jun 01, 2006.

"Sex & Scandal at Duke; Lacrosse players, sorority girls and the booze-fueled culture of the never-ending hookup on the nation's most embattled college campus." Rolling Stone.

McGinn, Daniel Posted June 5, 2006. "Marriage by the Numbers; Twenty years since the infamous 'terrorist' line, states of unions aren't what we predicted they'd be." Newsweek.

We meet every other Thursday evenings at the Camas Winery to discuss the articles, drink some wine, and share ideas. To get involved in this group or to find out what is coming up next on the reading schedule please visit www.uidaho.edu/womenscenter/articles or email amysharp@uidaho.edu.

A LETTER FROM THE DIRECTOR



Hi all!

Welcome to the University of Idaho, or welcome back to those of you returning! We have had an eventful summer of planning and the Women's Center is incredibly excited for the 2006-2007 school year. We have a lot of wonderful programs for you to attend and groups for you to get involved in. In addition, we have a number of volunteer opportunities for those of you looking for a project to work on. Amy Sharp, our program advisor, has created the adopt-a-program to help you easily become active, so make sure you check out that option in this 'zine and let us know if you want to share your creative energy. Also, please remember that we have comfy couches in our lounge, a fridge, a microwave, and computers so you can make the Women's Center your home on campus. We sincerely hope to see your smiling faces around the Center!

Jeannie Harvey

(continued from page 9)
quick and powerful read, Feminist Theory: From Margin to Center is a must! And if afterwards, you feel empowered to participate in and create social change, remember there are a multitude of on campus programs and groups which focus on feminist issues, which you can get involved in. In addition to implementing the ideas that you are learning in the classroom to create positive social change, activism is a great way to meet a community of wonderful, motivated people. As bell hooks reminds us in her seminal work, Feminist Theory: From Margin to Center, feminism is the movement to end sexist oppression. This definition of feminism invites all people to participate in feminism as a political, social and personal movement.

-Jennifer Haylett

Join FRIENDS OF UI WOMEN'S CENTER!

Join others in supporting the UI Women's Center scholarships and programs. The UI Women's Center has a long tradition of supporting women students through scholarships, programs, space for meetings and study, and friendship. Even if you can't make some of the programs or participate in a student group, you can become a friend of the Women's Center through your generous assistance. There are a number of ways you can be a friend.

Volunteer. The Women's Center hosts a number of annual events (LunaFest, WomensWorks Art Fair, Step & Stroll Competition, Virginia Wolf Distinguished Service Awards, Moms' Weekend Fun Run), which all utilize volunteers. These are fun events, and you get to meet really cool people, too! We also need contributors for our Zine.

Join AmeriCorps. You can serve as an AmeriCorps member and work at the Women's Center.

Make a donation. You can donate to a variety of programs and projects:
WomensWorks. This annual art fair raises money to support an equity scholarship.
Step & Stroll Competition. This program raises funds for a diversity scholarship.
LunaFest. A women's film festival benefiting the Breast Cancer Fund.
Moms' Weekend Fun Run. Our annual Fun Run supports a single parent scholarship.
Burlison Fund. This fund supports activities for LGBT students and programs.
Research grants. We give grants to undergraduate students each year to travel to professional and academic conferences and present papers.

Your donations assist students in many ways. With your help, we are able to give students more ways to fund their education, to gain professional experiences, and to be successful. Thank you for your support and for being a good friend.

How to give:

Go to our web site: www.uidaho.edu/womenscenter and under the "Donations" heading, click on the "Here" hyperlink to go to the Give to UI page. Select "other", type in "Women's Center", and specify one of the above programs. This is a secure site.

Send a check, payable to Friends of the Women's Center, to: UI Women's Center, Campus Box 1064, Moscow, ID 83844-1064.

So you read your first issue of the Women's Center Zine (a.k.a The Newsletter) and you want more of this sweet stuff...

Add me to your email list.
Email:

Add me to your newsletter mailing list.
Name:

Address:

City: State: Zip:

We are excited to have you on board with us. Please tear this puppy out and mail to the Women's Center P.O. Box 441064 Moscow, Idaho 83844-1064. If you don't want to wait on snail mail, email us at wcenter@uidaho.edu.

Take me off this crazy ride.

Remove me from your email list serve.
Email:

Remove me from your newsletter mailing list.
Name:

Address:

City: State: Zip:

Please email or mail us your info to: wcenter@uidaho.edu or Women's Center P.O. Box 441064 Moscow, Idaho 83844-1064. Subject Remove.

**University of Idaho
Women's Center
P.O. Box 441064
Moscow, ID 83844-1064**

Mailing Address Label

Memorial Gym Room 109, www.uidaho.edu/womenscenter, wcenter@uidaho.edu