

# Women's Resource Center



"The Muse-letter" February 1995

Candelaria 225A, 351-1492

Leah A. Smith, Editor

## Getting Ready for March

The Women's Resource Center continues its dedication to the advancement of women with the second annual **Women's Herstory Month** coming up in **March**. This year's theme is "Women Make Herstory" and to highlight this theme we have invited two women to speak at UNC who have made 'Herstory'!

### Mary Daly

The Neal Cross Committee, Women's Studies, the Women's Resource Center and the University Program Council present the acclaimed feminist author **Mary Daly**.

On Thursday, March 9, 1995, as part of a celebration of Women's Herstory Month, **Mary Daly** will speak at UNC. She will appear at the UC Rocky Mountain Grand Ballroom at 8:00 p.m. and will deliver a speech entitled "Re-Calling the Outrageous, Contagious Courage of Women."

**Mary Daly**, an Associate Professor of Theology, currently teaches feminist ethics at Boston College. She has earned 3 doctorates in Religion, Philosophy, and Sacred Theology. She is the author of these noted works: *The Church and the Second Sex* (1968), *Beyond God the Father* (1973), *Gyn/Ecology* (1978), *Pure Lust* (1984), and *Outercourse: The Be-Dazzling Voyage* (1992). **DON'T MISS THIS ONE!**

### Marilyn Van Derbur

Former Miss America **Marilyn Van Derbur** will appear at the UNC Rocky Mountain Grand Ballroom on Tuesday, March 14, 1995 at 6:30 p.m.

The Women's Resource Center and the University Program Council bring you this event as part of Women's Herstory Month.

After being crowned Miss America, Marilyn returned to the University of Colorado and graduated with Phi Beta Kappa honors. In 1990, Marilyn went to the Kempe National Center in Denver to ask for an adult survivor program. **Marilyn Van Derbur** had been incested by her millionaire father for 13 years, and the long-term effects of the incest were devastating. Thus, the Van Derbur family contributed \$260,000 to establish an adult survivor program that would also (Cont. on page 3)

## Celebrate Black History

### February is Black History Month

In the year 1619 twenty Blacks were put ashore at Jamestown, Virginia by the captain of a Dutch frigate, marking the beginning of involuntary emigration of millions of African men, women, and children to what would later become the United States of America. It would, however, take until 1926 for the African American experience to be considered as something worth celebrating.

In that year the late Dr. Carter G. Woodson, a Harvard graduate, who is rightly regarded as the father of Black History, make a landmark accomplishment in honor of the ancestors of African Americans and Black people around the world when he initiated national celebration of "Negro Week," later changed to Black History Month. In this way, Woodson also helped lay the foundation for the creation of Black Studies - an Afrocentric academic discipline that deals with the history, culture, and contributions of people of African descent to human civilization.

The Marcus Garvey Center has put together some activities for the 1995 Black History Month.

- Oyibo H. Afoaku, MGCC Staff



# Help Stop Rape

- \* 98% of rape victims never see their attacker caught, tried, or imprisoned.
- \* 48% of rape cases are dismissed before trial.
- \* 9 out of 10 cases that do not result in conviction are as a result of dismissal rather than acquittal.
- \* Rape is the most underreported felonly crime - only 16% are reported.

The Sexual Assault Free Environment Committee (SAFE) here at UNC is a committee concerned with safety for women on campus. Representatives from both campus and community groups make up the SAFE committee. Among them are representatives from the Women's Resource Center, the Police Department, the Health Center, and the Counseling Center.

The committee addresses the issue of sexual assault through education, publications, programming, and examination of existing accountability policies here on campus.

SAFE will be hosting an awareness week February 6 - 10. The theme for this year's "SAFE WEEK" will be "Sex, Lies and Videotape." The events will focus on how violence and human relationships are portrayed in the media. All events are open to the public and free of charge.

For more information call Elizabeth Plante at 351 - 1490.

# SAFE WEEK

February 6-10, 1995

## Monday, February 6th

**Info Fair**, 10am to 2pm, UC Lower Lobby. Information and resources on college health and safety issues.

## Tuesday, February 7th

**SAFE Skits**, 12:15pm to 1pm, UC Lower Lobby. Short vignettes dealing with sexual assault, stereotypes, and communication breakdown.

**Playing the Game**, 7:30pm, Columbine A. Video and discussion exploring date rape from male and female points of view.

## Wednesday, February 8th

**SAFE Skits**, 12:15pm to 1pm, UC Lower Lobby. Short vignettes dealing with sexual assault, stereotypes, and communication breakdown.

**SAFE Awards Ceremony**, 7:30pm, Spruce Suite B. Recognition of campus members who promote awareness and educate regarding sexual assault.

**Free Your Mind Dance**, 9pm, Club Bentley. Contest, prizes, and free mocktails.

## Thursday, February 9th

**SAFE Skits**, 12:15pm to 1pm, UC Lower Lobby. Short vignettes dealing with sexual assault, stereotypes, and communication breakdown.

**Dream Worlds**, 7:30pm, Columbine A. Explore music video's creation of a dreamworld which contributes to violence against women.



## Back By Popular Demand

The WRC will be sponsoring another retreat for women students tentatively scheduled for the weekend of April 21st. We have not yet decided on the exact location and we are open to discussion about the date of the retreat.

Because we had such a great time at the last retreat, we are looking forward to making this one even better! If you have any ideas related to the retreat which you can offer us, please give us a call or stop by the Center to chat.

*(Marilyn, cont. from page 1)*

concentrate on research. In 1991, Marilyn announced the new program before what she thought would be 35 therapists and survivors. A reporter was also there and her story was told on the front pages of papers throughout America. For two and a half years, over 500 women and men came every week to free meetings at Survivors United Network, a Denver adult support organization founded by Marilyn in 1991. Marilyn is also the co-founder of the American Coalition for Abuse Awareness, a grass roots national organization based in Washington, D.C., dedicated to strengthening the laws protecting adult survivors and child victims of sexual abuse. **Marilyn Van Derbur** is a dynamic and passionate speaker whose story you will not want to miss.

## Women Wanted

SRC Elections are early this year! You can help change the direction of student representation for the better! 11 positions are open for next year.

Petitions are available in the Student Activities area and are due at 4 PM on Feb. 7. Those interested must also attend an informational meeting on Jan. 30 at 5 PM or Jan. 31 at 6:30 PM.

## Black History Month Activities

- \* Feb. 1 - 3 to 6 PM, Open House and MLK Program
- \* Feb. 9 - 7 to 10 PM, "What About Black Women" (UC)
- \* Feb. 28 - 6 to 11 PM, Africana Night (UC Ballroom)

## \*ADELPHES COLUMN

BY LEAF SMITH

Over the years being a member of my sorority has come to mean more and more. Each passing semester, month, week and day adds some experience to my library of memories of my sorority and the friends I've made because of it. As I look back it is as though at some point I ceased to be only a "member." After all, every sorority woman is what makes her organization; she is the soul and personality of her sorority. In other words, she is the embodiment of her sorority because without the individual the (any) organization would not exist.

The women who founded the 26 national sororities (many sororities were founded more than 100 years ago) did not have sweatshirts, keg parties, rivalries or toilet paper raids in mind when they made their charters. These are newer creations. In the same thought, the founders of the American Constitution did not have assault weapons in the hands of 14 year old kids in mind when the Second Amendment was scripted either. My point is that all things evolve and change - sometimes for the good and, unfortunately, for the bad also.

The ideas upon which sororities are based are honorable and admirable. They are ideals all of humanity should strive for but which are truly practiced by few. Sorority women have taken oaths and vows to uphold ideals such as good scholarship, kindness to others, loyalty to each other, charity and more. After the vows have been made, however, we have the responsibility of striving to reach them, which is the struggle of the individual.

Society has a responsibility to itself. Sorority women, police officers, football stars (the juice) and regular people are not perfect. But I believe that by conscientiously acknowledging a set of good ideals for which to strive is a step in the right direction. It is a step that, if taken by more of us, could help change the path of violence and destruction down which our society is headed today. So, take the reins, keep the ball rolling, seize the day, just say no, re-use and recycle, save a tree, do *whatever...* but at least do something.

\* Adelphe - Greek word, meaning "sisters".





# Women's Spirituality

HATS OFF TO WOMEN !!!!!

By Alpha Gunn

In the November issue of the Women's Resource Center "Museletter," my focus was how to find out what it means to be a woman. As I mentioned, a way we can do this is by creating space for ourselves where we can ask ourselves as individuals what it means to be women. In this Museletter, however, I would like to focus more on the communion of women as a group. It has been my experience that when women gather in groups only the best can be expected.

With the many roles that women must play—from mother to career woman—it is easy to get caught up in one's roles and lose one's sense of self. We need to acknowledge the many "hats" we wear as women. The experience of taking off the "hats" and examining what you look like without them requires the support, encouragement, and creativity of other women. Meeting in groups offers women the opportunity to share ideas, strengths, and knowledge that may help each to grow in directions not available through introspection. We must gather together in groups to find new ways of defining ourselves individually.

Ann Pugh, a Jungian psychotherapist in Greeley, offers women the opportunity to find themselves through group experiences. Ann leads a variety of groups, seminars, and workshops for women. She specializes in helping women realize their own sacred path. In her work, she helps others to relate to their own inner world through stories, myth, dreams, journaling, art, dancing, and active imagination. Ann has been studying indigenous cultures and myths for many years. She believes these ancient concepts hold "new" meaning for all of us when they are adapted to meet the present needs of women. Available groups are meditation, women and stress, "Changing in Grace: Understanding Mind, Body, Spirit, and Emotions During Menopause," and "Sacred Circle" where the archetypes from the book Women Who Run With the Wolves are explored. This is done through movement, ceremony, and other activities.

I have experienced working with Ann. I have found that her groups offer me a framework to explore who I really am. I am offered an opportunity to take my "hat" off so to speak in the presence of other women, as well as the opportunity to try on hats that I may never have tried on my own. If you are interested in contacting Ann please feel free to call her at 351-2857 or come by the Women's Resource Center and pick up some of her flyers.

I am also interested in hearing from any of you. Please write articles, short "blurbs," or poetry, and share them with us. Until then, "Hats Off to You."

- Blessings



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## United Nations Youth Working Group Colorado State Meeting

This group will meet to prepare for the United Nations Fourth World Conference on Women in Beijing, China, during September of 1995. The first meeting is scheduled for February 4 on the campus of CU-Boulder.

For more information, please contact the Women's Resource Center.



# Women's Resource Center

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Candelaria 225A, 351-1492

Leah A. Smith, Editor



## "Women Make Herstory!"

This month is **Women's Herstory Month**. The Women's Resource Center has worked hard to bring a variety of events to UNC throughout the month of March.

For a complete listing of all Women's Herstory Month events please see the one page insert located in the center of the Museletter.

### We Respond

#### Referendum Clarification

By Melanie Wilson, Ph.D.

WRC Director

One referendum item up for student vote this week concerns an increase in student funding for the WRC. This increase totals 38 cents per student, and is needed to cover mandated increases in the budget. Most other groups asking for increases are also covering mandated increases.

University policies mandate university employees be paid in accordance with set salary schedules. We can't legally pay students less than minimum wage, nor can the Director be paid less than is mandated for the position. Additionally, the Director neither sets that range nor can approve a raise for herself.

As for the Mirror's comments about the WRC...we would first like to respond by saying that the Women's Resource Center's budget is by far the smallest per capita of all the cultural centers, and is in fact less (in actual dollars) than some other centers with smaller constituent groups.

We would then like to discuss last spring's referendum. That was a vote to authorize funds for a permanent building to assure space when our lease expires in December, 1995. That assessment does not attach to student fees until completion of

Continued on page two.

### Women's Recognition Banquet

By Leah A. Smith

The Women's Resource Center, Women's Studies, and the UNC Commission for Women will sponsor a **Women's Recognition Banquet** honoring women students, faculty and staff members. This is the capstone event for Women's Herstory Month. The Banquet will be held on Thursday, March 30th in the UC Ballroom. Nominations will be taken until **March 15** at the Women's Resource Center.

Nomination forms will be available in the Women's Resource Center and in Student Activities. All nominations will be considered. Self-nominations are especially welcome. Nominations can be based on a number of accomplishments and contributions within the University Community and beyond. Our goal is to celebrate the many ways in which women make a difference and "Make Herstory!"

Ticket prices for the Banquet are \$10 for faculty and staff and \$5 for students. The ticket price includes a buffet dinner. Tickets are available until **Monday, March 27** from the Women's Resource Center, located in Candelaria 225A.

For more information contact the Women's Resource Center at 351-1492.





# Women's Spirituality

By Alpha Gunn  
WRC Staff

## "A WOMYN'S BODY RE-DEFINED"

As a Yoga teacher, I am able to recognize how out of touch women are with their bodies. I work with women who do not like their bodies, do not accept their bodies, want to change their bodies, want to be thinner, firmer, and altogether want to be a different some - "body." This often stems from the habit of allowing ourselves to form opinions and definitions about ourselves based on the societal illusion of what women should be in order to be beautiful and worthwhile. Our worth and beauty, as women, has been defined for us and has been based upon our sexuality.

Women have been severed from the source of their self-identification for centuries. Christian ethics condemn women for their sexuality, the mental health industry bases its concept of women on Freud's notion of "penis envy," and the medical establishment defines women as "the reproductive species." Given these definitions, as women we seem pretty gruesome; we are seen as dirty, envious, and only here to reproduce. There is hope, however, because these grim definitions have been handed down to us by men and we are in a position to change them.

As women we must begin to look through our own eyes, look into the eyes of other women, and look through the eyes of our own history to define what our bodies are and what we claim as our sexuality. Each woman must take responsibility for claiming a relationship with her body; she must search within herself and define her body, define her sexuality and define her value as a person. I have written a poem that I hope helps inspire women to do this.

*Woman, your body is defined..*

*legs are sex,  
hips are sex,  
breasts are sex,  
belly is sex  
lips are sex,*

*Woman, your body is defined..*

*as dirty,  
as seductive  
as the original sin*

*Woman, your body is defined..  
by men....*

*Womyn, search your belly*

*for the primal definition  
open wide your legs and sing  
dance your legs  
swing your hips*

*feed your young with heaving breasts  
Look inside your belly and let the sound  
move through your lips*

*Womyn, your body is re-defined  
by womyn.*



# Women Make Herstory

## Schedule of Events

The University of Northern Colorado Women's Resource Center has planned its second annual Women's Herstory Month for March. The theme for the month is "Women Make Herstory" and emphasizes the important role women play in our global society. The following events are scheduled:

### Wednesday/Thursday, March 1 & 2

\*7 p.m. and 9:15 p.m., Wednesday, 8 p.m., Thursday, **"Eat, Drink, Man, Woman"** shown by the International Film Series at **Lindou Auditorium**. Ticket prices are \$2 for students and \$3 for non-students.

### Wednesday, March 8

\*Noon. **"Rosie the Riveter"** and **"Boycott Grapes"** will be shown by the Women's International League for Peace and Freedom in **Candelaria 208**. Admission is free for both films.

### Thursday, March 9

\*8 p.m., **Mary Daly: Re-Calling the Outrageous, Contagious Courage of Women**, UC Grand Ballroom. A book-signing will follow the speech. This event is sponsored by the Neal Cross Lecture Series, the Women's Resource Center, Women's Studies, University Program Council, GSA Division V, and GSA General Fund. Admission is free of charge.

### Thursday, March 14

\*6:30 p.m., **Marilyn Van Derbur: A Story of Hope**, UC Grand Ballroom. This engagement is sponsored by the Women's Resource Center the University Program Council, and the Professional Psychology Graduate Student Association. Because of the sensitive nature of Van Derbur's speech, volunteer counselors will be on hand in the Ballroom. Admission is free of charge.

### Wednesday/Thursday, March 15 & 16

\*7 p.m. and 9:15 p.m., Wednesday, 8 p.m., Thursday, **"Bhaji at the Beach,"** shown by the International Film Series at **Lindou Auditorium**. Ticket prices are \$2 for students and \$3 for non-students.

### Monday, March 20

\*8 a.m. - 4:30 p.m., the second annual **Women of Color in Higher Education Conference**, all events to be held in the UC. The theme is "Where We Were, Where We Are, Where We're Going," featuring keynote speaker Evelyn Hu-DeHart, Ph.D.

### Tuesday, March 28

\*6:30 p.m., Celeste Lasky, Ph.D., will present her novel **"The Resurrection of a Woman,"** at the UC Columbine Suite B. A book-signing will follow.

\*7:30 p.m., Ellen Goottblatt: **Meeting, Dating, and Mating**, Panorama Lounge. This talk is sponsored by UPC. Admission is free of charge.

### Thursday, March 30

\*6:30 p.m., **Women's Recognition Banquet**, UC Ballroom. Nomination forms, due March 15, are available at Student Activities and the WRC. Ticket prices are \$10 for non-students and \$5 for students available from the WRC in Candelaria 225A until Monday, March 27. Admission includes a buffet dinner.

# New 'Salon' Not For Hair

A consciousness-raising discussion group centered around women's issues will be held for the first time **March 6th at 6:45 pm** in the **Women's Resource Center/Sociology conference room**.

"Salon" is not a new concept. Gertrude Stein held salon regularly in her Paris apartment on Rue des Fleurs where writers, artists, and iconoclasts of every discipline would meet to discuss contemporary issues.

It's the "plan" of our newly forming UNC Salon to give you the opportunity to share your history and viewpoint, debate, formulate ideas, hear other women's experience, strengthen, become an active part of a female community, or form new friendships. Older nontraditional students are encouraged to jump in also, because one of the privileges of age is passing on experience and knowledge to younger women.

Salon *is not* a psychological support group in the sense that we use the time to work on personal problems. But it *is* of time in which to explore, for example, being a woman under the thumb of a patriarchal society. It *is* a coming together where an individual may design personal strategy to guide her life. And, hopefully, it will **stimulate, incite, and inspire**.

Each weekly meeting will focus on a theme. March 6th we will be discussing the topic **"How Women Talk With Each Other."**

Since Salon is interactive, come prepared with future topics for conversation.

For more information contact Donna Davis at her e-mail address (davi9029).

# Women's Health Exam

By Vera Schumm R.N.C.

Women's Health Practitioner  
UNC Student Health Center

"Oh no, it's not time for my annual again!" "I just don't have the time or money to mess with it now!" Sound familiar? Just what is a women's health exam and what purpose does it serve? Much of our current health care delivery system remains "illness-centered" so it is refreshing to do something for health management.

A basic GYN exam includes breast, vaginal/pelvic exam, pap test, and often a rectal exam. Depending upon your needs and your provider's policy, it could also include heart, lungs, thyroid, liver, lymph node and STD check. Obtaining an honest complete health history is fully as important as the exam.

Just what is a pap test? It checks for all changes of the cervix (uterine neck) that could be cancerous or pre-cancerous. It might also show inflammation, bacteria, yeast, trichomoniasis (a parasitic vaginal infection) or presence of condyloma (warts associated with the human papilloma virus.) It does not indicate changes in the body of the uterus or the ovaries. A pelvic exam with the examiner's gloved fingers in the vagina and other hand compressing the abdomen allows for check of size and position, presence of growths, and scar tissue. The cervix is moved from side to side to move the uterus to check for infection of uterus, fallopian tubes and ovaries. A rectal exam can assist in confirming findings and checking for hemorrhoids, mucus or perhaps rectal blood.

Health education could include smoking ramifications, dietary and sleep requirements, osteoporosis prevention, STD prevention and detection, alcohol and caffeine intake.

Are you disappointed in your health care provider? You need to communicate YOUR needs. Maybe you can't afford NOT to have an annual exam.





## WILPF you help?

The UNC student group Women for Health and Peace has changed their name to the **Women's International League for Peace and Freedom (WILPF)**.

The WILPF women stand for:

- \*The equality of all people in a world free of sexism, racism, classism, homophobia and all other oppression.
- \*The transfer of US resources from military to human needs.
- \*An end to all forms of violence, rape, battering, poverty, exploitation, intervention, and war.

To join, please call:

Jennifer Crome, at 356-6747.

Cindee Sanchez at 353-3312.

Elaine Schmidt, WILPF advisor, at 351-1528 or 352-7765.

## Need a job? Study Women

By Debora Beck-Massey

Women's Studies Student

Many people question why UNC has a Women's Studies program; what possible good can come from having it offered?

In a recent listing of universities across the United States, the majority of them offered a minor in Women's studies, 25 of the colleges offered Master's degrees, and two of the colleges offered a Doctoral degree. These and other listings can be found in the Women's Studies office.

Another question many have: what can be done with this emphasis? Many prospective employers are starting to look for diverse emphases on transcripts and resumes. Job fields such as counseling, education, communications, law and legal work, social work, politics, research, religion, economics and medicine are just a few examples. The list is growing as this emphasis is becoming better known.

By taking even a few of the Women's Studies courses and cross-listed courses, whether you are a minor or not, often leads to better insight and understanding. Working on a minor in Women's Studies gives you a broad background in many fields, rounding out your knowledge of both sexes. Students can no longer afford to graduate with only one emphasis on their transcript; the more rounded their education, the greater the job prospects will be.



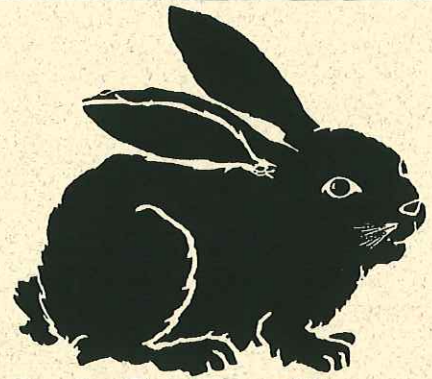
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AAEO/351-2829**



# Women's Resource Center

"The Muse-letter" April 1995

Candelaria 225A, 351-1492



Leah A. Smith, Editor

## Blockbuster Banquet

by Leah A. Smith

Editor, WRC Museletter

Over 180 people were in attendance at the first ever University of Northern Colorado Women's Recognition Banquet honoring special women students, staff, and faculty held on Thursday, March 30, at 6:30 p.m. in the University Center Grand Ballroom.

The banquet, sponsored by the Women's Resource Center (WRC), Women's Studies, and the UNC Commission for Women, was the final event celebrating Women's Herstory Month. This first banquet was created to spotlight women who have made a difference and will be an annual event. The nominations were based on a number of accomplishments and contributions within the University Community and beyond.

The WRC received an overwhelming response for the event. They received 32 student nominations, 39 staff and faculty nominations, and sold almost 200 tickets to the banquet. Melanie Wilson, director of the WRC, said, "Obviously there was a great need for this, and the support of women and

*Continued on page two.*

## The Truth About Mary Daly

This is a letter to the editor was submitted to the UNC student-run newspaper, the *MIRROR*, during the third week of March. They never printed it. We will.

I want to address two separate issues regarding the recent visit to our campus by Feminist Philosopher Mary Daly. First, your coverage of the event in Monday's issue of The Mirror was nothing short of irresponsible. It is my understanding that the body of the original article was cut, for whatever reason, and the resulting piece ended up being extremely one-sided. It is true that Mary Daly "shocks," as your article illustrated, but as the title of the piece indicated, she also "inspires." If journalism is supposed to be "unbiased," you did not succeed in this case. Where are the voices of all of the women and men who were inspired and moved by what Daly had to say last Thursday night?

The second issue I want to address is in response to Maureen E. Cullen's letter which appeared in the March 15 issue of The Mirror. I have one question for Ms. Cullen: "Were you at a lecture different from the one I and hundreds of others attended?" Cullen asserts that Daly's presentation was "mean spirited, harmful and divisive; moreover, it did nothing to help the feminist cause." On the contrary, my experience and the experiences of many other women who attended the lecture was one of profound empowerment. Daly challenges us by exposing the realities of patriarchy, and she does it in

*Continued on page three.*



*Continued from page one.*

a language that many women understand on a very deep level.

Cullen also asserts that "Daly spent about 98 percent of the time speaking about herself and perpetuating her ideas as opposed to remembering other brave women." Ms. Cullen, if you had paid as close attention to Daly as you purport, you would have heard her discuss the "conjuring" of our fore Sisters as a way for all women to connect with one another so they do not feel they are alone. Daly's story of her own Journey is crucial in understanding how women must listen to one another in order to affirm one another. I must question why women are denigrated ANY time they speak of their own experiences with their own voices.

It is true that Daly referred to male-identified women as "hench women," as Cullen states. But, again, those in attendance who LISTENED to what Daly was saying realize that she was challenging ALL of us to critique our own involvement in the perpetuation of oppression at all levels. We must all be willing to see our own complicity in the process and accept the responsibility that comes with that awareness.

Cullen points to Daly's assertion that "religions and systems as Judaism, Buddhism, Christianity, Communism, and Marxism were nothing more than patriarchal institutions" (Cullen's words). My question is, "and your point is. . . what?" Look around you. All those things noted by Daly ARE patriarchal institutions. If you are not willing to scrutinize the world around you and question your own place in it, what are you doing in college?

Cullen says that Daly's failure to address "the staggering rates of illiteracy, eating disorders, teen pregnancy, or domestic violence" illustrates her inability to help American women. Once again, if you had paid attention to what Daly said, you would have understood that all of those issues are embedded within her philosophy. At the root of each of these issues is lack of education, lack of opportunity, and the slow erasure and invalidation of women's lives and experiences. Daly's challenge for all of us is to TAKE BACK the power that has been systematically stolen from all women.

As opposed to Cullen's belief that Mary Daly's "doctrines are filled with hatred and contempt," I believe Daly's philosophy is one of energizing growth for women. I think we might find many women across this campus and within the larger community who have been en-spirited and en-couraged as a result of hearing Mary Daly speak. Some people may choose to interpret the empowering of women as "contempt" for men. I suppose in our society's dichotomous mind-set, this could be viewed as a logical progression. The only problem with this logic, however, is that it ignores the fact that "hatred and contempt" require a great deal of energy and focus; I, for one, have no time to focus on something so negative. My time, energy, and focus have been rejuvenated thanks to Mary Daly's lecture, and I'm sure other women here at UNC will agree.

Sheilagh A. Mogford  
Instructor  
Women's Studies

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## *Quote of the Month:*

*The world is wide, and I will not waste my life in friction when it could  
be turned into momentum.*

*-Frances Willard*

*Temperance activist & suffragist  
Founding Sister of Alpha Phi International Sorority,  
born 1839*



# Women's Spirituality

by Alpha Gunn

WRC Staff Writer

I sadly have to say that this will be my last time to write for this section of the Museletter. I hope it has been of some benefit. I will miss learning and sharing the energy that has come from writing this section. I wish you all great travels within the Universe and send my light and love always.

This next article was offered to us by Anthony Navarro. Thank you, Anthony, for your insight concerning the feminine. The balance you speak of is inspirational. May we all become warriors.

## **Native American Spirituality and the Feminine** **by Anthony Navarro, UNC Nursing Student**

The role of women and the Native American spirituality. Native a complete person one must respect within themselves. Native American show respect for the feminine side. conflict with traditional western a separation of feminine and masculine placed more on the masculine, and a

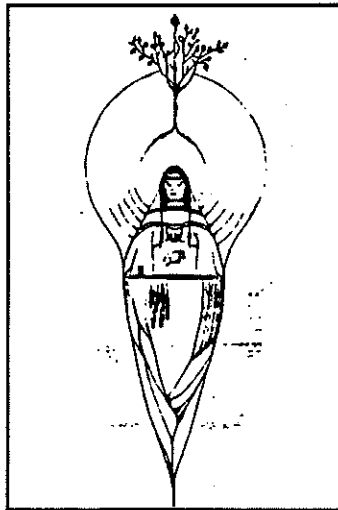
In western religions God is this again does much to devalue we acknowledge that we do not ally knows for sure, so instead of give it "The Great Spirit."

If anything, native ways lean of how the Canunpa, or the sacred pipe, was brought to us, it was a woman who brought this great gift to the People. In the Stone People's Lodge ceremony, commonly known as a "Sweat Lodge," the very layout and structure of the lodge symbolizes the womb of mother earth. When women attend the ceremony they are asked not to enter the lodge if they are on their "Moon time," or menstruating. This is done not to deny women the ceremony, but so we do not cross one ceremony over another; a woman's "Moon time" is respected and honored.

Native Americans seek balance in all things. A symbolic representation of this balance is the Medicine Wheel. It symbolizes the 4 ways of the People, the 4 directions of the People, and the 4 colors of the People.

When you hear the word "Warrior" spoken between native peoples, understand that only a small component of this word has anything to do with war. Being a warrior, male or female, means traveling the physical road and the spiritual road in search of the truth. The search for truth is the role of the warrior. Understanding that all things are related is the key to understanding the ways of the warrior.

*Continued on page six.*



feminine are uniquely woven into Americans believe that in order to be both feminine and masculine traits males wear their hair long in order to Native American ideas are in direct ideas which state that there must be line, with subsequent value being devaluing of the feminine.

usually portrayed as a male figure; women. In Native American ways know if God has a sex. No one giving a male sex to God, we simply call

to the feminine because in our stories

of how the Canunpa, or the sacred pipe, was brought to us, it was a woman who brought this great gift to the People. In the Stone People's Lodge ceremony, commonly known as a "Sweat Lodge," the very layout and structure of the lodge symbolizes the womb of mother earth. When women attend the ceremony they are asked not to enter the lodge if they are on their "Moon time," or menstruating. This is done not to deny women the ceremony, but so we do not cross one ceremony over another; a woman's "Moon time" is respected and honored.

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# Women's Mental Health Corner

by Theresa M. O'Halloran, M.C.

Muscleletter Guest Columnist

As we are nearing the end of the semester, I've been thinking about how we as women learn, how we express that learning, and how it is evaluated in the university community.

A five year research study of women explored these questions and results were published in Women's Ways of Knowing (Belenky, et.al.1986). Building on the work of William Perry, Carol Gilligan and Lawrence Kohlberg, high school and college women, and women in the "invisible colleges" of family agencies were interviewed. They were questioned about relationships, self image, education and learning, decision making and moral dilemmas, personal change and growth, and visions of the future. The authors found five ways of 'knowing' among the women: silence, received knowing, subjective knowing, procedural knowing and constructed knowing.

In **silence**, women experience themselves as mindless and voiceless and are subject to the whims of authority. These women lack self confidence and hold no hope for change in their lives.

**Received knowing** involves seeing oneself as capable of receiving knowledge and the belief that truth lies in external authorities. This woman sees herself as a learner and engages in active listening.

In **subjective knowing**, women view truth and knowledge as personal and private and value intuitive information over external information. Women in the procedural knowing schema are invested in learning and apply objective procedures to information. They see that intuitions may deceive and expertise is respected.

**Constructed knowing** involves an integration of the voices of feeling and reason. These women have a clear sense of self and empathy for others. They now have a way to integrate their passions and intellectual life into some recognizable whole. Women, in this way of knowing, take in information, integrate it with experiential and feeling knowledge and turn it into action. These women aspire to doing work that contributes to the empowerment and improvement in the quality of life of others.

The original study does not outline this as a stage theory in which one moves from one stage to another in a process of maturity. The authors call for more research in this area. At face value, there does appear to be a developmental component. Do we develop from voiceless receivers of knowledge to constructors of knowledge in combination of our own experience and understandings with that of academia? Do we, as one woman in the study stated, "...know that her own ideas can be 'very good' and thoroughly reliable", that a theory is 'something that somebody thought up, and that's all that a theory is. It's not this mysterious thing only Einstein could figure out.'"? As we progress through our 4 to 10 years of college (depending!), do we move into a position where we can respect our own voice and knowing and combine it with the "facts" we learn in school to arrive at some new knowledge?

Connectedness is another component of this work on women's ways of knowing. The difference between **connected knowing** and separate knowing lies in which part of the self is respected and valued. Connected knowing values the feeling self, thrives in connection with others and understanding of how others think. Connected knowing is based on empathy. **Separate knowing** values the logic of the self, strives for independence and separation and knowledge of others' opinions. Separate knowing is characterized by doubt, as there could always be one with more and conflicting knowledge.

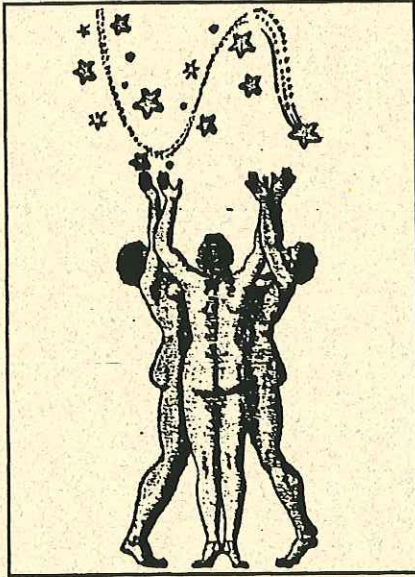
Connected knowing, it is said, comes more easily to women. It is also a great source of strength. And as Marge Piercy describes, in connectedness we can thrive.

A section of Piercy's "For Strong Women" (The Moon is Always Female, 1990):

A strong woman is a woman who craves love  
like oxygen or she turns blue choking.  
A strong woman is a woman who loves  
strongly and weeps strongly and is strongly  
terrified and has strong needs. A strong woman is strong  
in words, in action, in connection, in feeling;  
she is not strong as a stone but as a wolf  
suckling her young. Strength is not in her, but she  
enacts it as the wind fills a sail.

What comforts her is others loving  
her equally for the strength and for the weakness  
from which it issues, lightning from a cloud.  
Lightning stuns. In rain, the clouds disperse.  
Only water of connection remains,  
flowing through us. Strong is what we make  
each other. Until we are all strong together,  
a strong woman is a woman strongly afraid.





## Alpha Gunn

How does a woman such as myself say good-bye? I am not sure I could say all the things I want to without taking up the entire Museletter (which I tend to want to do often). My stay here at this particular academic institution has given me an opportunity to learn about myself, and to find those things which make me happy. For instance, I never knew I was a feminist until I took my first women's studies class, I never realized just how much I disliked Freud until I failed the English Essay Exam because I spelled his name wrong 23 times, and I never new I could do anything I wanted to do until I began working at the Women's Resource Center. Our director, Melanie Wilson, told me I could do anything - so I did. I hope now to move out into the world at large and continue to do so.

My dreams are to visit India, own a Women's Holistic Health Center, where I will teach yoga, massage, and nutrition, along with other empowerment workshops for women, to write a book, to be a loving inspiration to others, and to always believe in myself as a women. If I were to give advice to others I would say: "REACH FOR THE STARS. I WILL MEET YOU UP THERE."  
Blessing Always.

## Giving Credit, Where it's Long Overdue

Vicki Davies sent us this wonderful letter in appreciation of our first Women's Recognition Banquet. Thanks Vicki, we enjoyed it too.

I want to thank Melanie Wilson and everyone who works and volunteers at the Women's Resource Center for sponsoring this banquet; this celebration of women -- women's lives, their work, and their important contributions to the University and to the community.

When I was first notified that I had been nominated for this recognition, I thought, "Not me. Not now. I haven't done enough and the work's not completed."

My friends' response was, "Well, Vicki, when's it gonna be enough, when you're dead and forgotten?"

As I've thought about that and why tonight is so important for the women who have been nominated, and all women, I thought, "It's through recognition that one feels encouraged and supported to go on...to work hard, yes, and also go on to take one's rightful place of respect and authority in the areas of the community where the life, and work, and contribution are most significant."

As the people at the Women's Resource Center continue to work to recognize women right here in Greeley, Colorado--their lives, their work, and their important contribution to the University and the community, you are making sure that herstory takes it rightful place in history.

I feel very honored to have been nominated to receive this recognition.

Thank You!

Vicki Davies



# Women's Resource Center

"The Muse-letter" September 1995



Candelaria 225A, 351-1492

Leah A. Smith, Editor

## Poet Maya Angelou to Appear at UNC

### *WRC Staff Reports*

Internationally known poet Maya Angelou will share her penetrating words during a presentation at 7 p.m. Wednesday, Sept. 6, at the University Center Ballroom.

Angelou's many honors range from a Pulitzer Prize nomination to her role as inaugural poet for President Bill Clinton. Her presentation here is sponsored by the University Program Council, Residence Hall Association and Residence Life.

Hailed as one of the great voices of contemporary literature, Angelou also is an educator, historian, bestselling author, actor, playwright, civil-rights activist, producer and director.

She has been described as a "mesmerizing vision of grace" who "captivates her audiences lyrically with vigor, fire and perception. She has the unique ability to shatter the opaque prisms of race and class between reader and subject throughout her books of poetry and her autobiographies."

Angelou's many honors include the Chubb Fellowship Award from Yale University; a National Book Award nomination for *I Know Why the Caged Bird Sings*; a Pulitzer Prize Nomination *Just Give me a Cool Drink of Water 'Fore I Diie*; and a Tony Award nomination for her performance in "Look Away." *The Ladies Home Journal* recognized her as Woman of the Year in Communications in 1976 and one of the Top 100 Most Influential Women in 1983.

In 1981, she was appointed to a lifetime position as the first Reynolds Professor of American Studies at Wake Forest University in North Carolina. In 1987, she was honored with the North Carolina Award in Literature, the highest the state bestows.

## Opulent Open House

by Lisa Jacobs

WRC Staff

The Women's Resource Center will be holding its third Open House on Wednesday, September 20, from 4 p.m. to 6 p.m. It will take place in the Women's Resource Center at 225 Candelaria (inside the Sociology department).

Any past attendees will attest to the fact that the WRC Open Houses are notorious for delectable gourmet goodies made by our own staff. Last year's Open House was so successful in this way that it generated the Women's Resource Center Cookbook (still available in our office).

This year we are hoping to expand and have folks from different backgrounds share their own special dishes. The Open House allows for people to come together, see where we are, ask questions of our staff, check out our library, etc. It's a great time! See you all there!



# Shannon Counterpoint

By Melanie Wilson

WRC Director

We thought we would do a "Point-Counterpoint" type of feature this month concerning Shannon Faulkner. We do this to show that there are legitimate differences of opinion among feminists, and room for a variety of viewpoints.

I disagree with a lot of what Leah says (and yes, she knows it!). To generalize, it seems those of us who have been around longer tend to be more supportive of Shannon. Gloria Steinem spoke on her behalf; Susan Faludi sent flowers. I think she fought an incredible fight for two years plus, and opened a door that had been firmly closed for over a hundred years.

Another joy of feminism is that the issues are being engaged on a variety of fronts by a variety of women. It's a grassroots movement that has individual women taking on varied challenges. It's not planned and orchestrated; hence, there may have been other women better suited to surviving the Citadel. *But it was Shannon who did it!* It was her choice, and she did a hell of a lot.

Speaking of hell, that's what the Citadel was for Shannon. I don't know of many women that have any idea of what she was forced to live through for two and a half years. Constant harassment, sexual and otherwise; vandalism; death threats, for heaven's sake!! No one should have to endure that, and none of us has any business condemning a woman for finally saying NO MORE.

Those boys at the Citadel proved that they're not about tradition or principle; their moronic display of glee at her departure shows that they just want to keep the "No Girlz Allowd" (sic) sign on their treehouse. This is supported from an interesting source.

A friend of mine was recently involved in a conversation with Pat Conroy. You may recognize his name: he wrote "The Prince of Tides" and is himself a Citadel graduate. Speaking of the Shannon Faulkner incident, he refers to Citadel students as "evil boys" who made her life hell. He would know! He put forward the theory that some of the "evil boys" had poisoned or tampered with her food to make her sick. That sounds as if it is within the realm of possibility. For his trouble, he too received a death threat from one of the "evil boys." The nerve; the idiocy.

Certainly these boys' hatred of women comes through clearly. And I say it's too much to ask any woman to cope with that alone. So Shannon, my hat's off to you for surviving for as long as you did, and for showing remarkable maturity and composure at such a young age. You helped.

Note: For more information on the subject, I suggest you read "In The Men's House" by Carol Barkalow, one of the first women admitted to and graduated from West Point.



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## Farewell...

Farewell Reception for Elizabeth Plante at the Tobey-Kendall Blue Room from 11 a.m. to 1 p.m. Friday, Sept. 15. Students, advocates, survivors, and colleagues please join us in bidding farewell to the founder of ASAP. For more information call ASAP at 351-1490 or the WRC at 351-1492.



# Who Else is Who at the Women's Resource Center?

## **María Chavez**

I am a Spanish major with a Visual Arts minor. This is my final semester at UNC. When I entered school I wanted to teach English as a second language, but over the course of my education I discovered that my true love is art. Now I am pursuing a career in pottery. After I graduate I hope to enter the Peace Corps. I recently received a nomination for a Community Development program in Latin America. I would also like to go back to school to get my master's degree in Visual Art. I am very happy to be working in the Women's Resource Center. I find the work we do here not only interesting but important and I'm glad for the opportunity to be a part of it.

## **Melanie Wilson**

I am the Director of the Women's Resource Center, and this is the best job in the world. I can't imagine having any more fun than working with the great women you've just read about, and teaching, and helping put on the excellent programs the WRC is famous for.

When I have time, I like to visit the place where my heart lives - the Northwest. Did that this summer; a culinary tour of Seattle combined with a reunion of some of us who worked in Residence Life at Western Washington University (lo those many years ago). Later this week I'll go down to Phoenix for my 20th high school reunion.

I write my thoughts every once in a while for the Greeley Tribune, and also for the Mirror if they want me. I have a "passion" for women's issues that permeates my life and that I hope you'll see reflected in everything I do. I'm pretty happy with whom I've become, and look forward to many more adventures in my career and life.

## **Leslie Hillen**

I have returned to the WRC again this semester after some financial aid difficulties. Nonetheless I am here and hope to have fun. This is my last year at UNC and I study English, Women's Studies, and Anthropology. I have begun tutoring at the Greeley Right to Read which is both challenging and rewarding. My

most important goal is still to go to Africa with the Peace Corps. It looks good so far, wish me luck! This year I hope to help increase the solidarity among women on this campus. A good way would be to get some enrollment for the upcoming Women Students Retreat in November!

## **Jennifer Wernsing**

Greetings! I am a second year senior majoring in Visual Arts and minoring in Mathematics. I am a newly out lesbian--since Aug. '94! But, what led me to enlist my services in the WRC is the wonderful women that I have met through various WRC activities and my interest in working with women. I am the Director and projectionist for the Honors Program's International Film Series, which—I must boast—offers a wonderful section of films, many of which do focus on women/girls. In addition to my work with women in the WRC, this year I am an advocate with ASAP (Assault Survivors Advocacy Program). As it is my fifth and final year here, I am hoping all of the above activities will aid in my search for a career field—and a job. However, the major headache in my life right now is my Honors thesis. Although I have been working on it off and on, it seems as if I will never finish it. But, in major tense moments I switch my mind back to my summer trip to Italia with its sights, sounds, and tastes! My favorite city was Venice, with Verona being a close second. My pastimes include reading, watching films, hiking, and simply relaxing (if and when it's possible).

## **Dawn Way**

I'm Dawn Way, a senior majoring in sociology-social issues with a minor in women's studies. I am an alumnae member of Delta Zeta Sorority, Delta Xi chapter. I am actively involved as a student representative for the Sexual Assault Free Environment (SAFE) committee, as well as an advocate for the Assault Survivors Advocacy Program (ASAP). After graduating in May I plan to go on to graduate school to study Clinical Sociology and Women's Studies.



# Women Lead!

We are looking for a few good women! Women Lead! is a program designed to help women get into and be successful in elected offices and other leadership roles on the UNC campus. We hope to do this with one-on-one mentoring, skills workshops, and individual study. If you are interested in being a club, SRC, RHA, or Panhellenic officer, or have your eye on other goals (Mirror Editor, UPC, etc.), consider applying for one of the spots as a Women Lead! Leadership Intern. For more information, contact Melanie at the Women's Resource Center.

## SWAT's HAPPENING?

by Jonna Greeley

SWAT Chairwoman

The Student Wellness Advocacy Team (SWAT) is a student organization that focuses on wellness issues on and for the UNC campus. SWAT cosponsors the annual student Health Fair, as well as many programs such as self-defense, CPR and first aid. These programs are free or are offered at minimal cost to students.

The chairperson of SWAT attends the annual American College Health Association every year in May. This year it was held in Chicago, Ill. That is where I learned of a new program that concerns how people view their bodies. Today's society puts a lot of undue pressure on both males and females to have the perfect model look. This program focuses on helping and supporting individuals to learn and understand that their true value is within themselves and not simply their outer shell.

I am very excited about getting this program off the ground. I feel that it is greatly needed on this campus. Please look for more information about the scheduled programs in the *WRC Museletter* and the *Mirror*. We would love to have you join us for any of the programs. We also have sign

language interpreters available upon request. Those of you who are interested in being a part of SWAT you can contact me at: e-mail address gree7556@blue or you can leave a message on voice mail at 351-2618.

## Library News

by Melanie Wilson

WRC Director

The WRC Library has a growing collection of over 500 volumes, thanks to our many contributors. We are particularly proud that we have around 20% diversity holdings (works by and about older women, lesbians/gays, ethnic minorities, and international women). Since Maya Angelou is visiting, why not treat yourself and check out some of her writings from our library?

We have information on a variety of areas, including family, media, feminism and theory, sexual harassment and sexual assault, spirituality, and education. Come to us for additional reading or research assistance relating to your classes in Sociology, Psychology, Education, Anthropology, Women's Studies, and more.

Our literature and fiction makes for great recreational reading (in your spare time - ha!). We recommend works by Maya, Toni Morrison, Alice Walker, Sandra Cisneros, Julia Alvarez, Jane Smiley, Amy Tan, and Rita Mae Brown, among others. Visit and see what we have to offer.

## Salon Sans Gertrude!

by Donna Davis

Salon Organizer

Gertrude Stein's Paris apartment on Rue des Fleurs was a hot bed of discussion for intellectuals. She called her gathering "salon."

Not to be outdone here in Greeley, we've taken Gertrude's model and adapted it for our contemporary feminist needs.

Salon meets every other Tuesday evening at 7 p.m. Our last meeting was September 5 and the next is Tuesday, September 19. We meet at the Prairie Opera Cafe located on 16th Street between 8th and 9th Avenues. Please come and join our titillating discussions.



# Women's Resource Center

"The Muse-letter" October 1995



Candelaria 225A, 351-1492

Leah A. Smith, Editor

## WRC Construction to Begin, Spring 1996.

### *WRC Staff Reports*

UNC's Board of Trustees has given final approval for construction of the new Women's Resource Center to be completed by Fall, 1996.

The Board voted unanimously to go forward with the project after hearing from Board members and WRC supporters Matt Means, Ann Garrison, and Darlene LeDoux.

The Trustees stipulated that the final fund-raising for the project will be completed by June 30, 1996. At press time, the project is short by a mere two or

three thousand dollars. The plan gives a timeline for completion of the project by Fall, 1996.

The new Women's Resource Center will be built as an addition to the University Center. Contributions for the Building Fund are still welcome. Donations beyond the cost of construction will go toward enhancing the furnishings and equipment, then revert to the general WRC Fund to be used for programming and events.

## Fabulous For Fall

### 3rd Women Students Retreat

By Leah A. Smith  
Editor

The third Women Students Retreat, sponsored by the WRC, is planned for Friday Nov. 3 through Sunday Nov. 5 at the Estes Park Camp, YMCA of the Rockies.

The cost is \$40 for the entire weekend which includes: meals from Friday dinner through Sunday breakfast, lodging, access to the YMCA's huge facility, and numerous activities to choose from. Registration forms are available at the WRC, Candelaria 255A, and are due no later than **Friday, Oct. 20.**

The YMCA's Barclay Reunion Lodge, known to the WRC staff as "the log mansion in the sky," is the new site for the Retreat. The YMCA facility offers an indoor swimming pool, gymnasium, roller-skating rink, outdoor ice-skating, and much more. Meals, vegetarian and otherwise, will be prepared by that famous WRC gourmet staff known for its Open House galas.

Please hurry to reserve your spot. For more information visit the WRC in Candelaria 255A or call 351-1492.

## Women Students Leadership Institute

### *WRC Staff Reports*

The Women Students Leadership Institute is looking for its first class now. Sponsored by several University offices (the WRC, Student Activities, the Alumni Office, and Student Affairs), the Institute aims to give women skills and motivation to assume leadership roles at UNC and beyond.

The Institute comprises six Tuesday night sessions from October 24 through January 30. The leadoff event is a mini-retreat to introduce participants to one another and to the Leadership Faculty. Along with a curriculum of sessions designed to enhance the leadership skills and potential of all participants, a key aspect of the program will be the establishment of individual mentoring relationships between the student participants and women leaders on campus.

Spots in the Institute are limited and competitive. Applications are available at the Women's Resource Center and all of the abovementioned offices. They will be due on **Friday, October 13 by 5 pm** to the WRC. Please call the WRC for more information.



# Women's Mental Health Corner

By Theresa O'Halloran,  
WRC Guest Columnist

My mother's birthday just passed. She would have been 71. Life is different since she's gone. She was the center of my family, the hub of the wheel of life. In the 2 1/2 years since she died, I've been forced to find myself, as a woman, without her.

In *Motherless Daughters* (1994), Hope Edelman explored the effects on women when they lose their mother to death. Edelman described the grief process, the effects of loss at different ages, and the importance of knowing who she was to know who we are. An underlying concept throughout her research and book is that women maintain strong connections with their mothers throughout their lives.

Separation from one's mother is different for boys than for girls. Boys tend to begin to separate from their mothers when they note their anatomical differences and identify with their father. Girls do not separate in this way in early childhood, as they are similar to their mothers in form and substance. A daughter generally makes a strong statement of separation in her adolescent years. Therefore, the timing of the loss of one's mother greatly impacts the grief process.

Edelman draws on Elizabeth Kubler-Ross' work and outlines the stages of grief: Denial, Anger, Bargaining, Disorganization, and Acceptance. Women go through these stages at different rates and can fixate at one stage and cycle through the stages throughout their lives. The recycling of the grief process is initiated as each new developmental task reawakens the need for a mother. For instance, when a girl loses her mother at age ten, she may experience another cycle of grief as she begins dating, completes high school, enters the work force, goes to college, or gets married. Each time the girl/woman approaches a developmental landmark, the strong feeling of the need for her mother returns. The girl wants guidance, role modeling, sharing, one to compare and rebel against, and a witness to their changes. Edelman wrote: "When you lose a mother, the intervals between grief responses lengthen over time but the longing never

disappears."

Loss of one's mother has different effects according to our age at the time of the loss. If one loses her mother as a child, memories of mother may be only sensory or preverbal, or may be visual memory of specific events. In late childhood, the girl is emotionally and cognitively mature enough to feel the profound loss but her resources for dealing with loss are not formed. Daughters learn what it means to be female from their mothers; they identify with the roles and cultural expectations of being a woman. With the loss of their mother, their identifications don't have a chance to mature.

As a daughter individuates from her mother in adolescence, their relationship can be marked by anger and conflict. With the loss of her mother at this stage, the daughter can experience remorse and self-blame. Teen girls can have a difficult time allowing themselves to grieve for several reasons. The girl's role model for expression of emotion is gone, or there may be pressure to "hold the family together" and peer pressure to be OK. Unresolved grief follows the woman throughout her life, affecting relationships and her own emotional well-being.

When one loses her mother during young adulthood, she loses her reference point. Women separate from their mothers, claim individuality, leave home and then often reunite with their mothers in a woman to woman relationship, coming full circle. The woman's loss of her mother at this stage may feel like a cruel trick and leaves the woman wanting.

Edelman's research focused on the effects of loss of the mother on young women, which was also her personal experience. My experience has been that my relationship with my mother has been the most important, the most formative relationship of my life. And the loss of her affects who I am becoming even today, though I was a "mature adult" when she died. It seems that at any age women experience life-changing loss at the death of their mother.



# The Usual Unusuals?

By Terri Baker

WRC Associate Director

There were six inches of snow at my house in Denver. Since I've been in Colorado, I'm never sure if it's Summer or Winter (and the calendar hasn't been much help!). Being a Native Floridian, I am frequently amazed by the variability of the weather here. In fact, during the two years I've lived here, every season has been labeled unusual. No matter what the weather is, and no matter what the season is, the locals say to me, "THIS IS VERY UNUSUAL WEATHER." So, now I'm wondering, at what point does the unusual become the usual? I mean, how long does the weather have to be unusual before people begin to say, "Yes, this is how it usually is?"

Seems we do this in other areas too. For instance, without any regard for reality, we assign the term "normal" to concepts that are better described on a continuum rather than in categories. For example: Normal Family - man, woman, 2.2 kids, big house, big deal. Normal Community - no crime, no one of the wrong ethnic group living

nearby. Normal Society - no unemployment, no welfare, no liberals, no choices. One of my biggest concerns about all this labeling and judging is that in our intellectual laziness, we have come to define 'not normal' as pathological.

So, what about the idea of the Normal Woman? The media (and this includes the Mirror) would have us believe that she is light skinned, Protestant, needs little encouragement and no acknowledgment. How many women in your life fit this definition? Not many, I'm sure. What is sad is that women who are different than the defined version of what a Normal Woman is are labeled as pathological. It seems that a more respectful way of being in the world would be to honor our differences.

Although the snow at my house has melted, its lack of normalcy did not lessen the impact on my life. In fact, it enriched my life as I was emotionally stretched to deal with reality, be it usual or unusual.

---

## Women

Alice Walker

*They were women then  
My mama's generation  
Husky of voice—Stout of  
Step  
With fists as well as  
Hands  
How they battered down  
Doors  
And ironed  
Starched white  
Shirts  
How they led  
Armies*

*Headragged Generals  
Across mined  
Fields  
Booby-trapped  
Kitchens  
To discover books  
Desks  
A place for us  
How they knew what we  
Must know  
Without knowing a page  
Of it  
Themselves.*





# Peter's Friends - Us!

By *Melanie Wilson*  
WRC Director

We at the WRC owe a large measure of our success to our contributors. Nearly every issue of our *Museletter* lists folks who have contributed books, funds, and other items or services of value. I want to take this opportunity to talk about a contributor who is very special to me.

I met **Peter Bloch Garcia** when he was a 21-year old undergraduate at Western Washington University. I was a new hall director and he was in student government (multicultural affairs, if I remember correctly). These two groups were supposed to be meeting and interacting at an arranged mixer; of all the folks present, he sought me out, introduced himself, and we danced (disco, of course). This was odd, as I was both significantly older than most folks in attendance and obviously not heterosexual - but I did like to dance.

Peter lived in the hall I directed, and I spoke with him several more times throughout fall and winter quarters. All our encounters were pleasant and interesting. I knew right away that this was a person of exceeding worth and notable maturity, so I asked him to consider applying to be an RA. Of course I chose him to be on my staff and we worked together for the following year. It was a wonderful year!

I could go on, but the short version is that we've stayed in contact since 1988, through his

## Faithful Friends Donate

*WRC Staff Reports*

As Team UNC gets underway, we would like to remind you that your donations to the Women's Resource Center are greatly appreciated. At this time, a dozen folks make regular monthly contributions via payroll deduction. The amounts range from \$2.50 a month to total contributions of \$500 per year. Our contributors are faculty, classified and administrative staff, students, women and men.

These contributions will be applied toward the cost of the building; additional funds generated will be used to continue our high levels of programming and student service, including but not limited to the library, speakers, and other functions such as the Open House.

Your contributions are important and valuable to the WRC and, even more important, they're easy to make. Just fill out the lavender card (that's a good omen, since lavender is a WRC favorite color!) and designate part or all of your payroll deductions to the WRC. UNC's women thank you.

stints of teaching in Seattle and New York, through his three years in Puebla, Mexico, through my graduation, and through his recent wedding, at which I was honored to be a reader (Dorothy Parker, of course).

A few months ago Peter took a job at Doubleday Publishing. WOW. So far he has sent 8 or 9 boxes of books (overruns, advance copies, galleys, etc.) to the WRC. These books have increased and diversified our holdings with such titles as Aama in America, Tailspin, Skin Deep: Black Women and White Women Write About Race, and others on our shelves and available from the WRC. Some of the extra copies we have in turn donated to the Marcus Garvey Center, International Student Services, and the Greeley Gay/Lesbian/Bisexual Alliance.

I told him I hope he's happy at Doubleday, because I *expect* him to stay there for 35 or 40 years. We at the WRC would also like to recognize a couple of Peter's colleagues who are a key part of maintaining our Doubleday partnership: Carrie Silva and Tammy Blake. Our most sincere thanks to Carrie, Tammy, and Peter for providing up-to-the-minute resources which help us educate students in our rapidly changing world.

## Contributors

Peter Bloch Garcia

Carrie Silva

Tammy Blake

Myra Monfort

Theresa O'Halloran

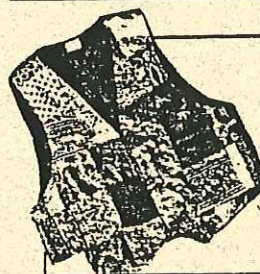
Teresa St. Peter

Dee Belo

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# Women's Resource Center

"The Muse-letter" November 1995

Candelaria 225A, 351-1492

Leah A. Smith, Editor



## National Association of Scholars attacks multiculturalism, AAEO

NAS quashes multicultural  
studies while singing of  
academic freedom

By Leah A. Smith  
Editor

Have you ever heard of the National Association of Scholars? Not many college students have, but they should.

At first utterance the NAS may sound like a group of old fogies, dressed in red velvet smoking jackets, discussing topics such as the fall of Rome and the price of tea in China. This may or may not be true, but the reality is that the NAS is a national organization founded in 1987 at Princeton University, with a chapter right here at UNC. The membership is made up mostly of white men and claims over 2,500 members in 22 states. The organization concerns itself with the conservative side of many issues such as affirmative-action, multiculturalism, and politics. It is a strong opponent of the idea of political correctness and associates the concept with the limiting of free speech and inquiry, a First Amendment issue.

The group believes that today's universities are hiring unqualified women and minority group members because of affirmative-action pressures. Another of their concerns is that the teaching of "classical texts" and "western cultural values" is being usurped by the teaching of multi-

culturalism and literary works by women and minorities. An article written by Carolyn Mooney for the Chronicle of Higher Education, states, "Scholars mourned the replacement of Western-civilization programs...by "Oppression Studies" - courses that they said routinely inject race, sex, and class issues into teaching and research...."

UNC's Dave Anderson, an associate professor of journalism, is a member of the local NAS chapter. He said, "The job of the NAS is to help people see how multiculturalism has been transformed into political dogma." Anderson relates that the NAS is one of the most interesting groups around because it works to protect "academic freedom" from intrusions and threats. He believes that multiculturalism is being perverted by universities from its original purpose. According to Anderson, what was supposed to be vast and all-inclusive has become specific and narrow.

The NAS also condemns the lowering of academic standards, which it believes are related to the influx of multiculturalism issues and politics into the American university system. NAS states that its goals are to "enhance the quality and content of the curriculum; maintain rigorous standards in research, teaching, and academic self-governance; and preserve academic freedom and the free exchange of ideas on and off campus."

The numerous opponents of the NAS ques-

*Continued on page two.*



# Woman embraces the positive at UNC

By Melanie Wison, Ph.D.

WRC Director

The following is excerpted from a letter sent to the *Museletter* by Sherri L. Moser, Administrative aide to the president, in response to "Another One Bites the Dust." We are glad to print responses, and we thank you for your interest.

First, let me say that I am writing as a woman administrator at UNC and my comments are truly my own, not those of the administration.

Final approval of the Women's Resource Center has been received by our Board of Trustees. Thank you for featuring this in your newsletter. This is positive! We have women in "high profile" roles: Fran Schoneck, Assistant Vice President for Finance; Nancy Reddy, Dean, College of Continuing Education; Donna Bottenberg, Associate Dean, College of Health and Human Sciences and University Planning and Enrollment Officer; Priscilla Kimboko, Associate Dean, Graduate School; Jean Schober Morrell, Dean of Students; Judy Jones, Assistant Vice President, Student Affairs; the many women Directors, as well as other administrators, faculty and classified staff at this university. Let's value every person's contributions to this university, regardless of title or classification.

If anyone is interested in knowing more about the climate for women at UNC, you are invited to view the videotapes, moderated by Rita Kiefer, on which women talk about their experiences here. These videos are available for checkout at the WRC and from the President's Office.

We are glad every woman Sherri listed is in the position she is, and wish them all good luck and a long tenure here at UNC. Let's expand her list by adding Carolyn Cody (Assistant Vice Provost), Maria Lopez (Associate Dean of Arts and Sciences), and Alice Dionne (Associate Dean of Continuing Education).

Which reminds me, I left a some women off my original list of UNC women leaders who have left (in last month's "Another One Bites the Dust" article): Deb Coffin (Residence Life), Barb Slobojan (Foundation), and Sue Jacobsen, Interim Athletic Director, who was not given the position permanently. This list will grow within the year.

We at the WRC support positive changes for women on this campus and are happy to applaud them when they take place. We are also happy to report that we instigate a good number of those positive changes as well.

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# Women's Mental Health Corner

By Theresa O'Halloran, M.A.

WRC Guest Columnist



The F.B.I. estimates that a woman is battered every fifteen seconds in the United States. Battering or domestic violence is the single largest cause of injury to women. Some recent statistics: Spouse abuse results in more injuries that require medical treatment than auto accidents, muggings and rape combined. Approximately 30% of female homicide victims are killed by their current or ex-husbands or boyfriends. These statistics alone are frightening. We also have highly publicized court hearings of the rich and famous which keep the issue alive. But are we heeding the warnings found in the daily news? Are women getting out of these relationships before it is too late? Why do women stay?

The answer to why women stay is a complex one. I'd like to introduce one perspective in the hopes some women may recognize themselves or other loved ones and get help.

The "Cycle of Violence" is a pattern of behavior found in battering relationships described by Lenore Walker in 1979. She drew this pattern from working with hundreds of women attempting to leave violent relationships. There are three main phases of the relationships: Honeymoon, Tension Building, and Explosion. In the earliest stages of the relationship, the Honeymoon phase is characterized by the man treating the woman like a "princess." Women often talk of feeling like the man and the relationship was "too good to be true." And in cases of domestic violence, it is too good to be true and leads into the Tension Building phase.

Battering relationships are characterized by poor communication, unstated or unreal expectations and low self-esteem. During the Tension Building phase, these issues arise. The batterer fails to communicate his frustrations and the tension builds. As the tension builds, the woman often senses his frustration and tries everything in her power to reduce his tension and control the outburst from happening. Women talk about keeping the children quiet and away from the man when he is tense; and being obliging and conciliatory when he takes out his frustration on her in verbal outbursts.

The third phase is the Explosion phase. This explosion can be verbal/emotional, physical or sexual and varies in intensity. There is a continuum of violence that can move from name calling to isolation and

humiliation, from breaking things to pushing and all the way to homicide, and from unwanted touching to hurtful sex and rape. The Explosion phase gives the batterer release and leads directly into the Honeymoon phase again, in which the batterer is filled with remorse and guilt and promises never to do it again. He often showers the woman with gifts, kindness, consideration, and promises.

This is a key component of the cycle. One phase leads directly to another, with no easy exit. During the Honeymoon phase, after the explosion, the woman often sees glimpses of the man she fell in love with and regains a glimmer of hope for what their relationship could be. He swears he'll never do it again and she wants to believe him. She often decides to stay and give the relationship another try for a variety of reasons: low self-esteem, learned helplessness, economic realities, isolation, brainwashing, threats about what will happen to her or the children if she leaves, and a hope that he will follow through on his promises and never do it again.

There are two key factors to remember about this cycle. As the number of times the relationship goes through this cycle increases, the violence increases in intensity and the explosions happen closer together. In the early stages of the relationship, the man may yell, call her names and throw things. This progresses to pushing, physical assault and injuries such as black eyes and broken bones. Second, over time the violent episodes get closer together as the couple runs through the cycle faster and faster. Some women report that the first violent outbursts were years or months apart and by the time they find themselves trying to get out of the relationship, there was constant tension and daily violence with the Honeymoon lasting only moments right after the outburst when he'd leave the house.

There are many other aspects to battering relationships which deserve further exploration; however, the constraints of space do not allow for it here. PLEASE, if you see yourself or someone you know in this kind of pattern, seek help. Help is available at A Woman's Place in Greeley and in books like Getting Free by Ginny NiCarthy. Be safe. Be happy. You have a right to be.



*"Maria" Continued from page six*

Tolerance is the understanding that just because a person embraces her ethnicity does not mean that she rejects her country or the other races in it. Likewise, if a woman chooses to celebrate womanhood and fight for the rights of women it does not mean she hates men.

The cultural centers were established to break down these sorts of stereotypical images and to celebrate the diversity of the students of UNC. I am proud to be a part of the effort.

I will miss everyone at the Women's Resource Center very much. Working here has been an enriching experience. Bye Lisa, Terri, Leah, Jennifer, Leslie, Dawn, and most of all Melly Mel; thanks for giving me a chance to shine!

*"MOM" Continued from page six*

In high school I decided to be an exchange student. The program cost a lot of money (that we didn't have), but you sent me anyway. I had the time of my young life: travelling, spending lots of money, and having experiences that still influence me today. We talked on the phone *every week* at the *same time* and we gleefully chatted about what I was doing.

What I **did not know** until I returned to the United States was that you made many of those weekly phone calls from a hospital bed. You had been diagnosed with breast cancer a week before I left for Europe, but you kept it a secret. You were afraid that if I knew about the cancer I would not go on my exchange program. You went through the ordeal of eight months of surgery and treatment without me because you didn't want me to miss an opportunity.

Now I'm graduating from college, something you never did. I feel sad sometimes because I know you would like to be here too...learning. As you look through my UNC bulletin you tell me about "the neat art, music, and literature courses I should take to be a well-rounded person" and I know it is **really you** who is longing to go.

When I get a job I want to repay you for everything you have given me. Maybe send you to college...or on a trip around the world (but, you would want me to go too).

I'm 22 years old and you still wear a locket of my baby hair around your neck.

While I was in Belgium you sent me a letter telling me how thankful you are that I was born to you. You said you were lucky. No mom, I was the lucky one. Thank you for my wonderful life and your selfless love.

Your daughter, Leah

# Thanks to our contributors

Leahbeth and Ted Nelson

Judy Jones

Peter Bloch Garcia

Donna Davis

*The following local businesses generously donated items to the Fall Women Students Retreat:*

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Valley Meat Packing

## WRC alumna teaches yoga

Alpha Gunn, a Spring '95 graduate of UNC and former staff member of the WRC, has moved on to become a Hatha Yoga instructor.

Alpha teaches the yoga classes at Aims Community College and also offers private individual and group yoga sessions.

For more information about yoga appointments and prices please contact Alpha at (970) 330-3577.