

Wyoming Council for Women's Issues
c/o Wyoming Business Council
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Cheyenne, WY 82002

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2004 Woman of Distinction Award Winner Announced

This year's winner of the 2004 Woman of Distinction Award is Kayne Pyatt. She received the award at a luncheon at Western Wyoming Community College on October 1, 2004. Pyatt lives in Rock Springs Wyoming and is Assistant Professor of Communications at Western Wyoming Community College, where she has taught since 1994. Pyatt received her Master's degree in education with an emphasis in Communications from Westminster College in Salt Lake City, Utah. She is president of her own publishing company, M.O.T.H.E.R. Publishing Company, Inc. and has published two of her own works, a novel entitled "The Women of Eden," and a children's book, "Old Woman's Garbage." Her free time is spent caring for and educating others. When she is not spending time with her children, grandchildren and students, Pyatt commits her time to various committees, organizations and other worthy causes including the Wyoming Women's Fair steering committee.



Kayne Pyatt, 2004
Woman of Distinction

Kayne Pyatt teaches several communication classes at Western Wyoming Community College including Interper-

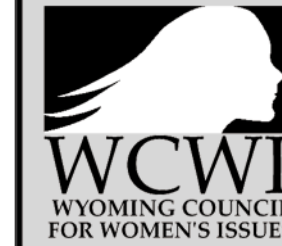
sonal Communications, Non-Verbal Communications and Public Speaking. She also teaches a humanities course, Feminine Mythology, in which she emphasizes equality between the sexes and a healthy lifestyle without violence.

Pyatt's novel, "The Women of Eden," is an empowering book for women and portrays a time when men and women can view each other as equals. Pyatt directed "The Vagina Monologues" in 2003, which raised over \$4,000 for the local YWCA Safe House. She has been extremely instrumental in the success of the Women's Fair at Western Wyoming Community College. The fair features a variety of speakers encouraging women to get involved, speak up about issues and celebrate the strength of women. She has been a member of the National Organization for Women (NOW) since 1973.

WCWI Summit Award Nominations Available

The WCWI will recognize businesses that have successfully instituted programs or policies which broaden, strengthen and support their workforce. The intent is to recognize those who have made employment conditions better in one or more of these areas: broadening the workforce, strengthening the workforce and supporting the workforce.

Nominations will be open January 1, 2005 through May 1, 2005. Nomination forms are available online at www.wyomingbusiness.org/women.



WCWI NEWS

www.wyomingbusiness.org/women
Fall 2004

WCWI SEEKS NEW MEMBERS

The WCWI is seeking applicants for vacant positions in: Judicial District 4-Sheridan and Johnson Counties; Judicial District 5-Park, Big Horn, Hot Springs and Washakie Counties; and one representing at-large. The WCWI is charged with focusing attention on the status of women in Wyoming.

The Governor appoints the WCWI members to a six-year term. No more than nine members can be from the same political party.

For further information or to request an application, contact Patti Burns, Boards and Commissions at (307) 777-5647, or pburns@state.wy.us. You may also visit the Governor's Web site at www.state.wy.us/governor/boards.

WCWI MEMBERS

Michelle Aldrich - Judicial District 1
Cynthia Chavez Kelly - Judicial District 2
Jan Torres - Judicial District 3
DaNece Day - Judicial District 6
Merna Rierson - Judicial District 7
Sherrill Helzer - Judicial District 8
Teresa de Groh - Judicial District 9
Jenny Ingram - At-large
Nina Romero-Caron - At-large
Mary England - At-large
Diane Moser, Wyoming Business Council - Liaison 307.777.2800
www.wyomingbusiness.org/women
E-mail: WCWI13@state.wy.us

To be added to the WCWI mailing list, submit your mailing address to info@wyomingbusiness.org or call 307-777-2800

WCWI News is a quarterly print publication focused on news and information of value to women in Wyoming.

50-State Study on Women's Health Finds Small Gains and Key Setbacks

Source: National Women's Law Center Update Fall 2004

The Center joined Oregon Health & Science University to release *Making the Grade on Women's Health: A National and State-by-State Report Card*, a study on the status of women's health and health policies. The study found that while states are making some progress in improving health care for women, they are taking a two-steps-forward, one-step-back approach that fails to meet the health care needs of women.

The report grades and ranks each state on 27 health status benchmarks based largely on goals set by the U.S. Department of Health and Human Services Healthy People 2010 initiative. *Making the Grade* gave the nation a grade of "Unsatisfactory" for meeting only two benchmarks—the percentage of women receiving regular mammo-

grams and the number of annual dental visits. No state received a "Satisfactory" grade and six states received failing grades. Minnesota ranked first overall with Mississippi at the bottom. Wyoming ranks 28th in the nation.

Making the Grade also evaluated whether states have adopted 67 key women's health policies. Only Medicaid coverage for breast and cervical cancer treatment was met by all the states—up from 40 states in the 2001 Report Card. Sixteen states improved their Medicaid enrollment process by adopting a mail-in application. However, the majority of states weakened one to three of the 67 policies examined. Fifteen states added co-payments to their Medicaid prescription drug coverage and ten states added restrictions to abortion access.

The report can be viewed in the Health section of www.nwlc.org.

Families Struggling to Move Forward: New Center Analysis of State Child Care Assistance Policies

Source: National Women's Law Center Update Fall 2004

In September, the Center released *Child Care Assistance Policies 2001-2004: Families Struggling to Move Forward, States Going Backward*, a report which found that states are cutting back child care assistance programs even as the number of families below the poverty line increases, leaving many low-income parents without assistance as they struggle to be able to work, stay off welfare, and care for their children. The study compared state child care assistance policies in all 50 states in 2001 to these policies in 2004.

Studies demonstrate that child care assistance is critical for low-income parents to be able to work, remain self-sufficient, and stay off welfare. Since 2001, many states have taken steps that limit child care assistance, including restricting eligibility for help; placing eligible families who meet the more restrictive income criteria on waiting lists for assistance requiring low-income parents receiving help to pay much more toward the cost of child care; and failing to adjust the rates paid to child care providers to keep pace with rising costs.

For more information, visit www.nwlc.org/pdf/childcaresubsidyfinalreport.pdf.

CHAIR'S COLUMN

As I drove across southern Wyoming the first of October to attend the Wyoming Woman of Distinction in Rock Springs I was awed by the beautiful fall colors and the variety. Autumn in Wyoming is one of my favorite seasons! As we met to honor the 2004 Wyoming Woman of Distinction nominees and the one woman who had been selected to be the 2004 Wyoming Woman of Distinction the diversity and variety of the nominees was also amazing. These women were from every walk of life as business owners, nurses, professors, directors of non-profit agencies and even a colonel in the military. Kathy Karpán spoke and told stories about the community of Rock Springs from her childhood. The ethnically mixed neighborhoods were home to 56 nationalities as Rock Springs still proudly notes on their community welcome sign.

As I think about the strength of a community anywhere in Wyoming I think of the people who live there and bring unique contributions to their community. The diversity and variety of people in Wyoming is what makes life interesting and a community thrive. Wouldn't it be boring if we were all alike or if we only had evergreens in the autumn bounty of color? This diversity and freedom to voice our differences was reflected in our election season as well. I am convinced that there is room under the umbrella for each and every one of us. We must work to include everyone and help those who feel disenfranchised part of our community and our state.

Sincerely,

Michelle D. Aldrich

Michelle Aldrich
Judicial District 1



CALCIUM: Poor diets limit girls' bone strength potential

By Nina Romero-Caron

Mother Nature's best efforts to protect growing bones come up short when girls' diets contain too little calcium, according to a recent Children's Nutrition Research Center (CNRC) at Baylor College of Medicine study.

For the study, thirty-six 9- to 13-year-old Caucasian and African-American girls followed either a very-low-calcium or a high-calcium dietary regime for three weeks. The very-low-calcium regime provided one-third the amount of calcium recommended for this age group each day; the high-calcium regime provided the recommended amount. Changes in calcium retention, which is the amount of calcium the girls absorbed from the diets minus natural body losses, was monitored using non-radioactive tracers.

Following a six-week break, the girls switched dietary regimes and repeated the study.

Since factors such as ethnicity, age, and maturity influence calcium metabolism, the study required that each girl complete both dietary regimes. Once the study was complete, researchers were able to

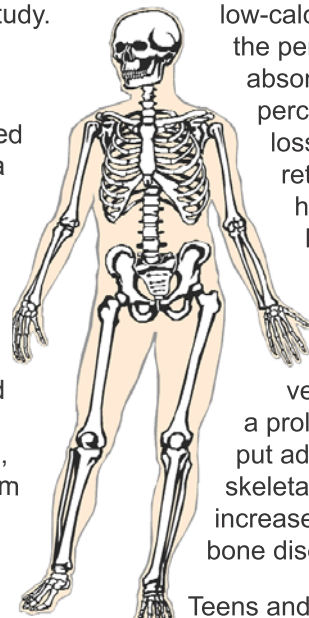
use each individual's high-calcium study results as a baseline, or control, to accurately determine the effect of the very-low-calcium regime on calcium retention.

Although the girls responded to the low-calcium regime by boosting the percent of calcium they absorbed by nearly fifty percent and cutting body losses in half, their calcium retention was still less than half that achieved on the high-calcium regime.

The study results are a red flag that strongly suggests that following very-low-calcium diets over a prolonged period of time can put adolescent girls' long-term skeletal health in jeopardy and increase their risk of debilitating bone diseases like osteoporosis.

Teens and parents need to understand that there are limits to the body's ability to adapt to a diet that is short on calcium or other key nutrients.

Shaping a Healthy Future III: A Rocky Mountain Conference on Weight Realities, April 27-29, 2005 in Jackson, WY. For information visit <http://outreach.uwyo.edu/conferences/healthyfutures>



Top Ten Ways to Prepare for Retirement

Source: National Retirement Planning Coalition

1. Select a target date for when you want to retire.
2. Calculate how much money you need to accumulate by the time you want to retire.
3. Find out about your Social Security Benefits.
4. Maximize your use of tax-advantaged plans such as employer retirement plans, individual retirement accounts and annuities.
5. If your employer doesn't have a pension or retirement plan, ask that one be started.
6. Don't touch your savings.
7. Diversify your assets.
8. Ask questions. Get help. Seek the assistance of a professional financial advisor.
9. Start now, set goals.
10. Do a retirement plan and monitor your progress.

UPCOMING EVENTS December 2004

Tuesday, December 7, 2004
Jackson, WY roundtable from 11:45 a.m. to 1:15 p.m. at Community First National Bank, 160 West Pearl Street, in the downstairs board room. Frances VanHouten, Principal of RainMaker Coaching LLC, will present "Ladies, Let's Make Some Money!" RSVPs are not required. Lunch and seating will be on a first-come first-serve basis.

Wednesday, December 8, 2004
Hanukkah

Tuesday, December 21, 2004
First Day of Winter

Saturday, December 25, 2004
Christmas

Sunday, December 26, 2004
Kwanzaa Begins

January 2005

Saturday, January 1, 2005
New Year's Day

Saturday, January 1, 2005
Nominations open for the 2005 WCWI Summit Award. Forms available online at www.wyomingbusiness.org/women.

Monday, January 17, 2005
University of Wyoming Martin Luther King Jr. Days of Dialogue events begin, visit the website at www.uwyo.edu/mlk for more information.

Saturday, January 29, 2005
Eighth Annual Women to Women Festival, "Women Helping Women to Enjoy Better Lives," at Campbell County High School's South Campus. For more information, call (307) 682-9313.

Legislative Committee Update

By Teresa de Groh

As the new Chair of the Legislative Committee, you are seeing the first of what I hope will become a regular column in this newsletter. This poses some challenges, for both you and me, as I must be interesting, clear, and thorough, while avoiding being redundant. You are presented the challenge of reading each issue, since the information will generally build on topics from previous issues.

The WCWI publishes its newsletter four times a year. Here is my plan for this column. This issue will be an introduction, in which I will outline for you what have been the main projects of the Legislative Committee. I will also give a brief explanation of "current events" related to those projects. The next newsletter will contain summaries of new legislation being considered in the 2005 Legislative Session. The following newsletter will contain summaries of legislation of interest to women that was approved by the Wyoming Legislature and scheduled to be enacted July 1, 2005. The final newsletter of this cluster most likely will be an update on the Legislative Committee's other projects. All plans are subject to change...

At the beginning of this column, we state that the Legislative Committee primarily watches state legislative activities. Thus, the most active period for this Committee is during the Wyoming legislative session. Additionally, the legislature establishes

Women to Women Festival Scheduled

It is that time of year again! The Eighth Annual Women to Women Festival, "Women Helping Women to Enjoy Better Lives," is scheduled for January 29th, 2005.

Over four hundred participants attended last year's festival including fifty interactive booths, and thirty-five different seminars--some with STAR child care provider credit hours.

This year First Lady Nancy Freudenthal will be the luncheon

Interim Committees to work on issues throughout the remainder of the year so that new legislation can be prepared for the up-coming session. Our goal is to provide information while there is still sufficient time to let legislators know how you feel before there is a vote to enact legislation.

By far the most extensive, current legislative effort of interest is a potential over-haul of Title 14, Children. This Title contains legislation having to do with parents, protection, child care, juvenile justice, and more. For better or for worse, the effort to revamp these statutes is moving slowly. The only piece of new legislation that has been adopted since the beginning of the effort in 2002 is the Wyoming Parentage Act. Interim committees continue to work on recommended changes to Title 14 and we will keep you posted.

Another current project of the Legislative Committee is coordinating an update of *The Legal Rights of Women in Wyoming Handbook*, published by WCWI. The handbook, originally published in 2002, is available in public libraries, and other locations that provide space for free publications throughout the state. The handbook provides a quick reference of both legal rights and resources. The Legislative Committee is currently working on an update to this popular document which should be available by summer 2005. The handbook is free. If you would like a print and cannot find it, contact your nearest WCWI member as listed in this newsletter.

speaker! Another festival highlight is the Girl Scouts' "Woman of Distinction" award presentation.

The festival will be located at the Campbell County High School's South Campus. Space is limited and tables are provided for the first (30) thirty registrants.

Please call Tammy Maxted or Shar Wentz at (307) 682-9313 for questions or to reserve a booth.