

Wyoming Council for Women's Issues  
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WCWI  
WYOMING COUNCIL  
FOR WOMEN'S ISSUES

WCWI NEWS  
FALL 2005

www.wyomingwomenscouncil.org

## Program seeking help Women's Business Expo is back again

By Jan Torres

The Educational Opportunities Committee has recently focused on increasing the awareness of local high schools in the Tech Prep Consortium. Each WCWI member was asked to contact all schools in their district who are not currently participating and encourage them to join.

The consortium is funded with federal grant money through the Wyoming State Department of Education and benefits school districts who offer construction classes. To be a member of the consortium, school districts must send their construction teacher to consortium meetings. The meetings are at Casper College each November and April and the consortium will pay for the substitute teachers for the two days.

Construction teachers interested in becoming members of the consortium should contact Tom McIntosh, Vocation Curriculum Coordinator of Natrona County Schools at 307-577-0248.

By Robbi Welch

CODY - Wyoming's first lady Nancy Freudenthal will open the Women's Business Expo on October 29 at the Cody High School Auditorium. She is one of several speakers who will participate in this year's Expo designed to bring together women of diverse occupations.

This year's keynote speaker is Nancy Hill, founder of Die Cuts With a View, a leading company in craft and memory products. Hill was named to the *INC. 500*, ranking #228. She started her business in her basement 10 years ago and now the company has gone from 12 employees to nearly 200 in four years. The company has a line of more than 4,000 items and supplies such diverse retailers as JoAnn Fabrics, Hobby Lobby, Office Depot, Michaels, QVC and more than 2,000 independently owned stores across the US, Canada, Australia, South America and Europe.

Women owned and/or operated by businesses are invited to apply for a resource table for sharing samples of their products/services and their business experience/advice. Tables start at \$25 per table and availability is limited.

## Latina Youth Conference will empower girls

By Ilene Olson  
*Wyoming Tribune Eagle*  
September 19, 2005

The annual Wyoming Latina Youth Conference will be October 14-15 at Laramie County Community College.

The conference begins with a banquet, followed by workshops, panels and presentations. The events include a self-esteem workshop, a fashion show and a panel of women from the Women's detention Center in Lusk. The conference will close with a concert at the Cheyenne Civic Center, featuring a variety of artists from Cheyenne and Colorado. The cost for girls to attend the conference is \$10. The banquet and the concert are both open to the public.

"The resource tables are not a seller's market--they are there to display their items, and to share their knowledge and experience," said Chair, Robbi Welch.

Another addition to the Expo are several workshops including team building for increased sales, dealing with difficult customers, finding funding, computer skills, starting a small business, and much more.

Women who are in business, manage a successful business or who are thinking of starting their dream business are welcome to attend this year's Expo. The motto of the Expo is to, "Bring business women together to provide opportunities for personal and professional growth through leadership, education and relationship building."

The Expo pre-registration attendance fee is \$15, and includes the workshops, speakers and resource tables. The walk-in fee is \$25. The Expo will also provide lunch and free babysitting services.

For more information, including attendance registration forms, resource table applications, and/or sponsorship information please contact Christine Houze, Cody Chamber of Commerce 307-587-5029.

The main goal for the conference is to empower teenage Hispanic girls from around the state to graduate from high school and make healthy lifestyle choices.

Reservations for the banquet can be made by mailing a payment of \$13 per person to Vicki Medina, 1716 Warren Ave., Cheyenne, WY 82001.

Tickets for the concert are \$5 per person in advance or \$10 per person the evening of the performance and can be purchased at the Cheyenne Civic Center Box Office, or by calling 307-637-6363.

For more information, contact Ann Esquibel Redman at 307-632-4667, or e-mail aredman@bresnan.net.

## League of Women Voters looking to remove sales tax on groceries

By Amy Williamson, President, League of Women Voters of Wyoming

At its state convention in May, the League of Women Voters of Wyoming renewed support for a 1974 resolution calling for the elimination of sales tax on groceries. Realizing that it is one of the most regressive taxes, 34 states do not assess it. Now Wyoming has a chance to do away with it, due to the efforts of State Representative Ann Robinson of Casper. Robinson is behind "Axe the Tax," a movement to put the elimination of the food tax on the ballot for the November 2006 general election. She and her husband have traveled around the state with the petition, gathering signatures and encouraging citizens in several Wyoming communities to do the same. More information about the petition, as well as whom to contact, is available at [www.axethetaxonfood.com](http://www.axethetaxonfood.com).

## Women's History House opens its doors to honor Wyoming women

By The Associated Press

LARAMIE - A museum honoring present and past Wyoming women who have left their mark on state and national history was dedicated on September 17.

The Wyoming Women's History House in downtown Laramie represents a local-led effort to bring a museum and tourist attraction to Laramie not affiliated with the Wild West. The recessed brick and mortar house and simple courtyard compliment

the museum's aim to present the honored Wyoming women as they were, without a facade.

Exhibits on seven of the 13 women honored at the museum are completed. Among them is one for Eliza Stewart Boyd, said to be the first woman in the world subpoenaed to serve on a jury in 1870. Also featured is Nellie Tayloe Ross, who was the first woman elected governor in the United States and the first woman director of the U.S. Mint. Another exhibit tells of Louisa

Municipalities worry about the loss of revenue they would suffer if the tax were eliminated. Supporters of the petition argue that with Wyoming's current economy, the state could easily make up the difference, and that there are other ways which do not weigh so heavily on those with the lowest incomes for local governments to recoup the revenue loss.

The League of Women Voters of Wyoming believes that the elimination of the tax on groceries would be of particular benefit to families. Most especially it would help two groups which make up a relatively high proportion of Wyoming families: single mothers and low income families.

More information about the League of Women Voters is available at [www.lariat.org/LWV](http://www.lariat.org/LWV).

Swain, the first woman in the world to vote with full equality with men.

Besides Swain, Ross and Boyd, the other women recognized are: Barbara Cubin, Martha Symons Boies, Marilyn Kite, Lynne Cheney, Verda James, April Brimmer Kunz, Edith Miller and Esther Hobart Morris.

The history house will be open to the public on October 10 from 11 a.m. to 2 p.m. Wed. through Sat. until May 10 and will have longer hours in the summer.

## WCWI MEMBERS

Michelle Aldrich - Judicial District 1  
Cynthia Chavez Kelly - Judicial District 2  
Jan Torres - Judicial District 3  
Linda Naylor - Judicial District 4  
Kim Capron - Judicial District 5  
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  
Pamela Downing - At-large  
Diane Moser - Wyoming Business Council Ex-officio Member

To be added to the mailing list, call 307-777-2800 or submit your address to [wcwi13@state.wy.us](mailto:wcwi13@state.wy.us).

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

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

## CHAIR'S COLUMN

WCWI is pleased to announce that we have three new members to welcome. Linda Naylor has been appointed to represent Judicial District #4; Ms. Naylor lives in the Sheridan area. Kim Capron has been appointed to represent Judicial District #5, and she lives in the Cody area. Pamela Downing has been appointed to fill an at-large position on the Council; she lives in Cheyenne. The WCWI welcomes these new members and we are all excited to meet and begin working together!

Council members have long thought that having a complete and active council is very important. We are gratified to have new members that will represent their various parts of the state. The Council has one position open at this time for Judicial District #6. We would like very much to have this open seat filled so that all areas of the state are represented on the council.

WCWI is a state council, with members appointed by the Governor. Please contact us or the Governor's office if you, or someone you know, is interested in working toward improving women's lives by serving on the Wyoming Council for Women's Issues.

In other news, almost a year has passed since we began a regular Legislative Committee column in order to keep you, our readers, apprised of legislative activity in the state. This regular column has been successful and we are pleased to announce that each of our committee chairs will be writing a regular column in the newsletter—beginning with [this](#) newsletter.

Recently, the Wyoming Women's Business Center held its annual Wyoming Women's Conference in Dubois. I attended the conference, where WCWI had a booth to display and distribute all our publications and informational materials. I enjoyed talking to so many people about the WCWI. I hope that WCWI can attend other conferences and events around the state to distribute information on women's issues, from *The Legal Rights of Women in Wyoming* handbook and the *Where to Find Help* resource directory to the wage disparity study initiated by the legislature and the WCWI's survey of Wyoming women's needs and concerns.

All of WCWI's publications and reports are on our web site at [www.wyomingwomen-scouncil.org](http://www.wyomingwomen-scouncil.org).

Teresa de Groh

## Keep the Mind Sharp: Exercise Your Brain

By MayoClinic.com

Keeping memory loss at bay as you age isn't just about keeping your mind in shape, though that's a major component. You can maintain your sharp mind as you get older by making healthy choices that keep the rest of your body in top form. Follow these tips now to prevent memory loss later.

### Exercise your mind

Just as physical activity keeps your body strong, mental activity keeps your mind sharp and agile. One way to do this is to continually challenge yourself by learning new skills. An active brain produces new connections between nerve cells that allow cells to communicate with one another. This helps your brain store and retrieve information more easily.

### Stay physically active

Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there. Exercise also makes you feel more energetic and alert. Exercise for at least 30 minutes most days of the week.

### Develop healthy eating habits

Eat a diet rich in fruits and vegetables. Many of these contain antioxidants—substances that protect and nourish brain cells. And antioxidants may help prevent cholesterol from damaging the lining of your arteries and slowing blood flow to your brain. Foods high in antioxidants include colorful fruits and vegetables.

**Drink alcohol in moderation, if at all**  
People who drink heavily for years can ex-

## Love Your Body Day promotes positive images

Images in Hollywood and the fashion, cosmetics and diet industries project the idea that women must live up to impossible standards. Because of this, more than 80% of fourth-grade girls have been on some kind of fad diet. However, women can fight back against these unhealthy images of women by participating in Love Your Body Day.

Love Your Body Day, sponsored by the National Organization for Women (NOW) Foundation, is October 19. NOW encourages women to participate in the following activities: create positive images of women, take the NOW survey on body image, receive Love Your Body products, stage a mock beauty pageant, hold an "indulgence party," sound off to advertisers, get the facts, make a pact with yourself and spread the word about Love Your Body Day. Visit <http://loveyourbody.nowfoundation.org> for more information.

perience permanent brain damage due to poor nutrition, and they're at higher risk of developing memory problems and dementia. For women and anyone 65 or older, that means no more than one drink daily.

### Manage your stress

Keep your stress to a minimum. When you're stressed, your brain releases hormones that can damage your brain if you're exposed to them for days at a time. And chronic stress can make you feel depressed or anxious—feelings that can interfere with the way your brain processes memories.

### Protect your head when exercising

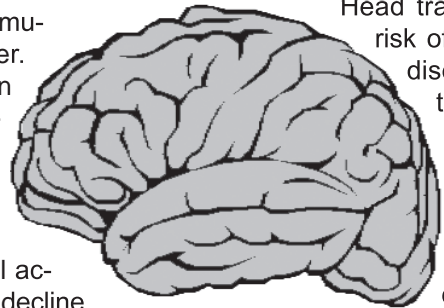
Head trauma can increase your risk of developing Alzheimer's disease. People who participate in sports such as running and swimming, which have a reduced risk of head trauma, have lower rates of memory loss. Take precautions to protect your head; for example, wear a helmet when riding your bike.

### Stop smoking

You can add memory loss to the long list of health problems that come from smoking. Smokers may have twice the risk of getting Alzheimer's disease as do people who have never smoked.

### Talk to your doctor

Discuss your concerns about memory loss with your doctor. He or she can look at your overall health and come up with other strategies for preventing memory loss as you age. For instance, if you have a family history of Alzheimer's disease, other strategies for preventing that disease might prove helpful to you.



## UPCOMING EVENTS

### Mon., October 10, 2005

Maintenance and display construction finishes at the Women's History House and it will then reopen to the public. Fall and winter hours will be 11 a.m. to 2 p.m. Wednesday through Saturday at 317 S. 2nd Street in Downtown Laramie. The house will have longer hours in the summer.

### Fri., October 14, 2005

Wyoming Council for Women's Issues meeting will announce the winner of the 2005 Wyoming Woman of Distinction Award at 12 p.m. at Northern Arapaho Housing at 501 Ethete Road, Conference Room B in Ethete, WY.

### October 14-15, 2005

Wyoming Latina Youth Conference will be October 14-15 at Laramie County Community College. For more information, contact Ann Esquibel Redman at 307-632-4667, or e-mail [aredman@bresnan.net](mailto:aredman@bresnan.net).

### Wed., October 19, 2005

Love Your Body Day - Sponsored by the National Organization for Women (NOW) Foundation, a campaign of the Women's Health Project. Visit <http://loveyourbody.nowfoundation.org> for more information.

### Sat., October 29, 2005

Women's Business Expo will take place in Cody at the Cody High School Auditorium. The Expo is designed to bring together women of diverse occupations. Call the Cody Chamber of Commerce at 307-587-5029 for more information.

### Sun., October 30, 2005

Daylight Savings Time ends

### Mon., October 31, 2005

Halloween

### Tues., November 8, 2005

Election Day

### Fri., November 11, 2005

Veterans' Day

### Thurs. Nov. 24, 2005

Thanksgiving

## Legislative Committee Fall Column

By Michelle Aldrich

As promised, here is an update on the Wyoming Council for Women's Issues (WCWI) legislative activities! The WCWI is currently working to update the Legal Handbook for Women. Initial changes have been done by the major state agencies reflecting the most recent legislative changes. Now we are arranging to have it standardized and to update the layout in order to make it the most user friendly and current information available. We hope to have the newest version of the Legal Handbook available late next spring or early summer.

The WCWI brochure on Sexual Harassment will soon be available in a Spanish

## Home and Community Committee update 2005

By Jenny Ingram

On Friday, Oct. 14, the WCWI will announce its 2005 Woman of Distinction at an awards luncheon at Northern Arapaho Housing in Ethete on the Wind River Reservation. The Woman of Distinction is a once-in-a-lifetime honor given to a woman who has significantly influenced the lives of women and families in Wyoming. If you are interested in attending the luncheon, please contact Diane Moser at 307-777-2848 at the Wyoming Business Council by October 10. The cost is \$14 per person. The nomination process for this award takes place in the spring, and we encourage you to be looking around your community for next year's Woman of Distinction.

With encouragement from WCWI, Geoff O'Gara and Wyoming Public Television are taking the lead on a documentary about Nellie Tayloe Ross, to eventually appear on **Main Street, Wyoming**. Rick Ewig from the American Heritage Center in Laramie will be involved with the project, as will Teva Scheer of Denver, whose book **Governor Lady: The Life and Times of Nellie Tayloe Ross** will be published by University of Missouri Press in November. Ross was elected governor of Wyoming in 1924, nominated for U.S. vice president in 1928, and appointed the first woman director of the U.S. Mint in 1932. WCWI hopes to see more programs of this nature on public television, especially during Women's History Month in March.

## Humanities Forum addresses women, family issues

By Jenny Ingram

The Wyoming Council for the Humanities' 2006 *Humanities Forum* features several programs of special interest to women.

Two programs on distinguished Wyoming women will debut in 2006. Evelyn Haskell's *Harriet Elizabeth "Liz" Byrd: Wyoming Trailblazer* looks at the achievements of the African American educator and politician, while Melanie Francis' *Power Laced in Petticoats* explores the careers of Wyoming writers Mary O'Hara and Caroline Lockhart.

Haskell also offers a slide show on *Japanese American Girl Scouts at Heart Mountain*. Art historian Colleen Denney explores

language version thanks to Kjera Strom and her upper grade Spanish students at the Journeys School, part of the Teton Science Schools in Jackson, Wyoming. The Council will be pursuing grants to help fund a Spanish translation of the Legal Handbook for Women as well.

The WCWI will be closely monitoring proposed legislation as it is filed this fall. There are sure to be many bills introduced with Wyoming's projected surplus of revenue even though it is a short session. We look forward to participating in the discussions as we monitor legislation that impact women and children in Wyoming.

media depictions of women in *From Darling Bride to Royal Rebel: Princess Diana in the Camera's Lens*.

Groups may request a *Humanities Forum* facilitator to lead a roundtable discussion

on *Myths and Realities of the Wyoming Family*. Or, they can explore cross-cultural perspectives on marriage and divorce in Sachin Jain's *What's Love Got to Do With It?: The Dynamics of Arranged Marriage*. Nonprofit groups may host

up to two *Forum* presentations per year in their communities.

Full descriptions of all 2006 *Humanities Forum* topics and application instructions are available at [www.uwyo.edu/humanities](http://www.uwyo.edu/humanities) or by calling 307-721-9243.

