WOMEN MAKING HISTORY in IDAHO

SINCE 2001, AS PART OF OUR WOMEN’S HISTORY MONTH CELEBRATION, THE BOISE STATE WOMEN’S CENTER HAS HONORED MORE THAN 250 WOMEN MAKING HISTORY: ordinary women leading extraordinary lives. This year, we honor 15 more women — positive role models nominated for changing the course of history in the state of Idaho.

Often the word “history” summons thoughts of the past, but history is what we make every day. We recognize women for their accomplishments in hopes of educating you about the importance of their work and their contributions. We also hope these stories will inspire you to make your own history by giving something back to your community.

FROM THE EDITOR

When Jess Caldwell-O’Keefe and I first met in the summer of 2010 to discuss the many particulars involved in producing the Women Making History project, she was brand new to Boise, having recently taken on the enormous responsibility of running the Boise State University Women’s Center. While simultaneously acclimating herself to a new city and conquering the formidable learning curve of a new job, Jess also became the driving force behind this year’s project: She authorized funding; assembled talented writers, artists, photographers and support staff; and collaborated with Boise State’s marketing experts to create what I consider our best issue yet.

Dené Breakfield, Editor

ABOUT THE COVER

Throughout history the role of women has changed dramatically in spite of traditional modeling set out by society. However, there are still certain expectations that do not allow for complete individuality. Despite the molds we are given, there is a continual increase in numbers as women across the community and world embody more than the expected and take action to better those around them.

Katie Luke
ABOUT THE Women's CENTER

OUR Mission

The Boise State University Women’s Center empowers students to achieve their academic goals by providing educational outreach, support services and a safe place. We promote active citizenship and focus primarily on gender-related issues, encouraging dialogue about the social construction of gender and how gender intersects with race, ethnicity, class, sex, sexual orientation, ability, age and nationality.

OUR Vision

The Boise State University Women’s Center envisions being part of a community where students:

- feel safe expressing all aspects of their identities
- can achieve their academic goals
- are supported in their work to create equity
- inspire others to action in challenging oppression everywhere

EDUCATIONAL Outreach

The Women’s Center works to raise awareness about policies, services and programs throughout the university that affect women and the LGBTQIA community (Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex and Ally). Educational programs highlight the contributions and achievements of women and LGBTQIA people and address concerns such as equal opportunity, personal development and leadership.

The center also creates opportunities for critical thinking, encouraging students to develop a deeper understanding of sexism, homophobia, gender-based violence, racism and ableism with the ultimate goal of helping them reach their full potential and form their own strategies to promote and create a safe and just society.

SUPPORT Services

The Women’s Center acts as a point of entry where issues concerning women and the LGBTQIA community can be handled directly or supportively through the appropriate university office or community agency.

The center also provides resources and information on a variety of topics including:

- healthy relationships
- nontraditional student consultations
- event planning and coordination
- advocacy for sexual assault, relationship violence and stalking
- life transitions and crises
- ally development
- women’s and LGBTQIA health issues

A Safe PLACE

The Women’s Center has two lounges—including the LGBTQIA Lounge—that are safe, supportive and comfortable places for students to meet, study and work with the Women’s Center staff and other students. Located on the second floor of the Student Union Building at the corner of Lincoln and University, the Women’s Center is open 8:00 a.m. - 5:00 p.m., Monday - Friday.

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 WHY Celebrate WOMEN'S HISTORY?

RECOGNIZING THE ACHIEVEMENTS OF WOMEN IN ALL FACETS OF LIFE — SCIENCE, COMMUNITY, GOVERNMENT, LITERATURE, ART, SPORTS, MEDICINE — HAS A HUGE IMPACT ON THE DEVELOPMENT OF SELF-RESPECT AND NEW OPPORTUNITIES FOR GIRLS AND YOUNG WOMEN.

Recognizing the dignity and accomplishments of women in our own families and those from other backgrounds leads to higher self-esteem among girls and greater respect among boys and men. The results can be remarkable, from greater achievement by girls in school to less violence against women, and more stable and cooperative communities.

To ignore the vital role that women’s dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us, and from those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.

The National Women’s History Project (NWHP), founded in 1980 to broadcast women’s historical achievements, started by leading a coalition that successfully lobbied Congress to designate March as National Women’s History Month, now an annual celebration throughout the country.

Today, the NWHP is known nationally as the only clearinghouse that provides information and training in multicultural women’s history for educators, community organizations, parents, and for anyone wanting to expand their understanding of women’s contributions to American history.

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Katherine
by Nichole Di Dio

AS DEAN OF THE COLLEGE OF LETTERS, ARTS, AND SOCIAL SCIENCES AT THE UNIVERSITY OF IDAHO, DR. KATHERINE AIKEN BREAKS DOWN INSTITUTIONAL AND SOCIETAL BARRIERS.

“Work hard, try to be as good as you can at what you want to do and make choices about family and personal life and how you balance them.”

The first female history professor ever hired at the university, she says, “I don’t think any avenue of pursuit should be closed to anybody because of gender.”

Regarding the inequalities of minority and class groups, Katherine says, “Sometimes it’s easy for all of those groups — and I’ve done it sometimes myself as a woman — to portray ourselves as victims. I don’t feel like I’m a victim, I don’t want to be a victim and I don’t think it’s in our interest to say that we’re victims.”

She feels that social justice is something we have to work on every day and that we should “be cognizant of these inequalities and try to work to the best of our ability to address them.”

Katherine became a professor of history because she likes the stories. She says, “History is about people and what people do, and it doesn’t get any better than that.”

One of her more recent adventures includes traveling to China last November with her husband to experience firsthand the stories of the Great Wall and the Terra Cotta Warriors.

An author of three historical books, including “Idaho’s Bunker Hill: The Rise and Fall of a Great Mining Company,” Katherine is busy writing a fourth. Her working title is “Our Fathers, Our Town,” and she says it’s about “a group of people who graduated from high school with me in central Washington, whose fathers were WWII veterans, and how that veteran experience impacted the kind of community they built and how it impacted us and what happened afterwards.”

A native of the Northwest, Katherine believes there is “no more important institution than families.” She has been married for 37 years to her husband, Joe, with whom she raised two children. She spent the first 18 years of her career living in Coeur d’Alene and commuting to Moscow so she didn’t have to live apart from her family.

Kelly ARENDT

by Sara Peyton

WHILE AN UNDERGRADUATE COMPUTER SCIENCE MAJOR AT MONTANA TECH, KELLY ARENDT TOOK ONE PSYCHOLOGY CLASS AND WAS HOOKED.

At the end of her freshman year, she transferred to Boise State, where she earned a bachelor’s degree in psychology.

In 1999, she began graduate studies in Pocatello at Idaho State University’s mental health counseling program. For her practicum, she worked at Booth Memorial with young girls between the ages of 12 and 17 who were pregnant or new mothers. While working with these girls, Kelly learned to counsel with compassion and without judgment, and her desire to help others grew. She says a mentor at Booth gave her some valuable advice: “You have to learn how to help through the heart, to help individuals work on
A woman of “power, passion and purpose,” Cherie Buckner-Webb is the Idaho State Representative for District 19 and the founder and principal of her consultancy, Sojourner Coaching.

She finds inspiration in the “triumph over difficulties — in people that are continually looking to learn and stretch; people that live out their purpose and their passion; people that in spite of their fear, in spite of obstacles, go forward to do things that they are intended to do.”

Cherie holds a bachelor of arts degree in management and organizational leadership from George Fox University, and earned her master’s degree in social work from Northwest Nazarene University. She has an impressive list of awards and accomplishments, including receipt of the Boise State University 2010 Community Hero Award and, in recognition of her extensive volunteerism, the Jefferson Award for Public Service. She is also passionate about the arts. Cherie is a jazz and gospel singer and serves on the Idaho Commission on the Arts.

In her consultancy, Sojourner Coaching, Cherie supports highly motivated men and women to navigate the waters of their lives with purpose, works with clients to empower them to identify and utilize the tools needed to achieve extraordinary results in the most important areas of their lives, and supports clients to realize their dreams.

On a personal level, she has been informally supporting women for a long time, encouraging, mentoring, celebrating, and helping them to realize their potential. One of her dreams is to gather and share the stories of women to honor and empower other women, and to chronicle the legacy of the many amazing women she has known.

Cherie is the mother of two outrageous, caring, and accomplished sons, and she says they are a blessing every day. She is also the daughter of a very powerful woman and human rights activist, Dorothy Buckner. She says her mother was “a woman way ahead of her time that instilled in me the philosophy that all things are possible.” She recalls one of her mother’s admonitions: “Cherie, at times you must disturb the peace.”

While attending a showing of Sonya Rosario’s film, “Idaho’s Forgotten War,” a documentary about the Kootenai people and tribal leader Amy Trice, Cherie was inspired. It was Amy who solidified her commitment to run for Idaho State Representative.

Cherie’s credo is “leave a legacy,” and her intention is to leave this world better than she found it. Her advice for young women is, “Don’t limit yourself. Be open to the possibilities and strive to come into your power. There’s nothing unfeminine about being sure of yourself, being direct, taking charge, and doing it your own unique way. You must strive to know and present yourself wholly and fully in order to be part of a great team, partnership or relationship.”

I love when I see someone working really hard for themselves. I always say, ‘I’ll go to bat for you, but you’re going to have to work just as hard.’

Kelly was hired by the Idaho Department of Health and Welfare as a supervisor for the adoption and foster care team. Her work with the department was rewarding as well as draining, because she had to fight for the best interest of children against the barriers of bureaucracy and what she describes as “the good ol’ boy system.”

Kelly believes that ultimately, “[her] power lay within the purpose God has given [her] to help others.” She says, “I wasn’t in it for the paycheck or gratification. Once I realized this, I could focus on the client and let the rest roll off my shoulders.”

Now a partner in her own practice, Kelly loves the diversity she sees every day. She counsels families, couples, children, and gay and transgender individuals. For her, counseling is sharing the love that she believes God shows her. Her eyes light up when she talks about the tools she can offer through counseling. “I love when I see someone working really hard for themselves. I always say, ‘I’ll go to bat for you, but you’re going to have to work just as hard.’

As a mother, wife, counselor and business owner, Kelly has had to learn that she can’t be everything to everybody, and that’s OK. This issue is something she often encounters when counseling other women. “Women are trying to do it all,” she says. “It’s hard to learn to slow down.”

She encourages women who judge themselves too harshly to let go of their self-criticisms and instead focus on their strengths.

Kelly’s purpose in counseling is to give a voice to those who think no one is listening. Whether it’s a child who feels
JOHANNA DUNTEN

by Eden Engberg

JOHANNA DUNTEN’S passion is to provide sustenance to those in need. As coordinator of several food ministries for Whitney United Methodist Church in Boise, Johanna oversees volunteers and acts as a liaison between the Idaho Food Bank and her church to provide free food boxes, Saturday brown-bag lunches and community dinners to the hungry.

According to Johanna, Whitney’s Saturday lunch program is the church’s longest running food ministry. “It’s crazy,” she says, “the schools have food for children Monday through Friday, but not during the weekend. That’s why Whitney United Methodist Church decided to provide the Saturday lunch program.”

VALERIE FAST HORSE

by Danielle Kuhrt

VALERIE FAST HORSE is on the move. She is the director of Information Technology (IT) of the Coeur d’Alene Reservation in northern Idaho.

Supported by a team of 16 full-time staff members, her job is to create and apply new ideas for the 2,000 residents who live there.

In 2002, as an employee of the Coeur d’Alene tribe, Valerie wrote a $2.8 million federal grant that helped provide broadband access to the reservation. Her tribe donated the rest of the funds for the $3.5 million broadband network that now covers 345,000 acres. She then helped build a $280,000 Community Technology Center that is free for users and houses 40 computers, as well as providing computer classes and video production.

Valerie believes in the power of information, and her goal is to preserve the tribe’s heritage and culture through technology. She has created Rezkast.com, a Web site that allows Native Americans across the U.S. and Canada to network, sharing stories, videos and songs. Rezkast has approximately 1,700 members and is seeking to start a Native American radio station — KWIS FM 88.3 — that would allow families in rural areas to receive weather reports, news stories and culture programs such as music and storytelling in their native language, Schitsus’umshstn.

Friend and nominator Sonya Rosario describes Valerie as “just dynamic.” She says, “She has the heart of a lion. [Valerie is] an incredible woman and an incredible asset to Idaho, not just to her tribe.”

In fact, Valerie has a record of service extending far beyond Idaho. She served in the U.S. Army, where she worked in the information management division for 10 years while on active duty and in the reserves. It was during her stint in the Army when Valerie first realized the opportunities technology could offer her tribe. After completing her military service, she attended North Idaho College in Coeur d’Alene, where she graduated with a degree in computer science.

Although Valerie has served two three-year terms on the Coeur d’Alene Tribal Council, she will not seek re-election, because her work as director of IT keeps her too busy to effectively manage both jobs. However, she has a great deal of respect for the Council, and says that when she comes before it to request approval for a new project and hears the word “no,” she turns that into “not yet.”

Right now, Valerie is working on a plan to extend fiber optics, the fastest speed of Internet available, across the reservation. The Council was at first reluctant because of the $12.5 million price tag, but this doesn’t dampen Valerie’s spirit. As Sonya points out, “[Valerie’s] skills in technology have put the tribe and its people in a wonderful place.”
lunch program — to help fill in the weekend."

The programs have grown so much that Whitney and St. Vincent de Paul's have partnered into a facility on Overland Road in November of 2010 capable of handling more people. She says, "It was a lot [of work], but you know what? It is the best reward because you see the faces of those who may need to come in month after month. The interaction with them is really exciting and kind of interesting. I enjoy making people happy and making people comfortable and just being there."

Given her passion for feeding the hungry, it's no surprise that Johnna uses a food metaphor when offering advice to other women about achieving goals. "Make goals, but make them so that you can feel success, little tidbits of success," she says. "Your goal is like a cookie — [take it] one bite at a time. You can't poke it all in your mouth at once."

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Jean FISHER
by Amanda Turner and Verrell Brookens-Capps

"EVERYBODY HAS DIFFERENT GIFTS," SAYS JEAN FISHER, WHOSE OWN GIFTS INCLUDE AN UNWAVERING TENACITY FOR PROSECUTING CASES OF ABUSE, ASSAULT AND NEGLECT.

"I love my job; I love the idea of getting the bad guy." Jean has worked for the past 21 years with the Ada County prosecutor's office, where she now supervises the Crimes Against Children and Sexual Assault Division. She stays motivated with the knowledge that her pursuit of justice makes a positive difference in her community. "When I have a successful prosecution, that's a great day." But there's more to Jean Fisher than putting away bad guys. "I also have faith in humanity," she says. "If I didn't have faith in humanity, I couldn't do this job."

In addition to her work with the prosecutor's office, Jean has taught for the Idaho POST Academy, the Idaho Prosecuting Attorney's Association and the National Advocacy Center in Columbia, South Carolina. In 2007, she received a Prosecutor's Award of Excellence from the Governor's Task Force on Children at Risk. Jean also serves as an advisory council member for the Idaho Meth Project. One of her major goals was to develop a standardized protocol in Ada County for any child born positive for methamphetamine to receive an imminent danger response and be immediately taken into foster care. A version of that protocol has since been adopted statewide.

One of Jean's greatest achievements as supervisor of her division is the creation of FACES (Family Advocacy Center and Education Services), which provides victims of child abuse, sexual assault and domestic violence a refuge where they can easily access a wide scope of services in a safe, confidential and supportive environment. "This is all very personal to me," Jean explains. "FACES is such a multi-use facility, which is what makes it unique as an advocacy center." Instead of going from the emergency room to the police station to the Health and Welfare Department, people in crisis can visit FACES and receive the care and access to resources they need. Since its creation in 2007, the Center has seen an average of 1,100 people per year for adult sexual assault services, domestic violence services and child abuse. FACES also houses St. Luke's CARES program for children who have suffered physical and sexual abuse or severe neglect.

Jean understands the need for separation between her professional and personal lives. "If you make this job personal, you have no staying power. If you're going to be successful at it, you have to have a good balance." When not working, Jean spends time with her husband of 21 years and their two teenage boys. She says her recipe for managing it all, one that she learned from her father, is simple: "Take each day at a time."

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Mary HARKER
by Danielle Kuhart

WHEN ASKED WHAT SHE DOES AS THE CHIEF HUMAN RESOURCE OFFICER AT THE IDAHO TRANSPORTATION DEPARTMENT (ITD), MARY HARKER LAUGHS, "I THINK THERE'S PEOPLE INSIDE THE ORGANIZATION THAT WOULD HAVE THE SAME QUESTION."

Mary is responsible for 1,826 full-time employees through the human resource programs she administers, including her 21-member staff that specializes in compensation, classification, recruitment, benefits and training.

Mary has served 28 years with ITD, 17 of those as HR manager. During those years, she has seen a significant shift in how the department operates. "HR used to be very administrative," she says. Since taking on a managerial position, she has seen a transition from "pushing papers" to viewing and managing employees as assets. Her job is to coordinate programs and provide managers with the tools they need to solve employee-related problems.

Getting involved in the male-dominated transportation industry wasn't planned. After Mary graduated from high school, she pursued a dream to become a singer, but marriage and children took her in a different direction. Then, a divorce forced her to take on two jobs so she could support herself and her children. She started working in entry-level positions at the Idaho Personnel Commission (now known as the Division of Human Resources) and eventually transferred to ITD about a year later. As she progressed into higher-level positions, such as personnel analyst and training specialist, she met several outstanding mentors who encouraged her to go back to school to strengthen her skills and gain more knowledge.

"Women aren't wimps," says Mary. "If they have to solve problems they will; it's about survival and not giving up... and makes [other women] think, 'I can do that too.'"

Mary has led several projects, one of which was created to proactively address an approaching shortage in the workforce as baby boomers retire. ITD has created a partnership with the Nampa School District to encourage students to pursue transportation-related careers such as engineering.

This partnership gets teachers and students involved in learning real-life engineering concepts. In the classroom, teachers and volunteers work together to show how engineering relates to all subject areas, including English, math, science and government. They engage students in activities ranging from building race car models and simulated cities to field trips and presentations. An internship program at ITD for high school students is currently under development as well. "It's blossomed," Mary says about the collaboration.

Mary also sparked the idea... see Mary p17

YVONNE LIERZ
by Amanda Turner

YVONNE LIERZ IS NO STRANGER TO VOLUNTEERING.

From Planned Parenthood and the Epilepsy Foundation, to serving as guardian ad litem and answering the Rape Crisis Hotline for the Women and Children's Alliance, she has worked through various means for the betterment of her community. In 1999, Yvonne contacted Just Strays, a loose-knit group of foster families caring for cats in their homes. With Yvonne's heart, hard work and dedication, Just Strays has evolved over the past decade into Sim-

ply Cats, a no-kill cat shelter in a 9,000-square-foot facility. Thirteen individual rooms serve as apartments, of sorts, for cats that room together based on compatibility. Each room includes its own enclosed patio and ventilation system. "Otherwise, if one gets a cold, they all get a cold," Yvonne explains.

The intention of Simply Cats
Denise LILEY
by Amy Johnson

Denise Goodrich Liley’s office in the Department of Social Work at Boise State University is filled with personal touches that reveal her sense of humor.

The collection of Day of the Dead skeletons are particularly ironic: Denise is one of Idaho’s most highly credentialed and experienced clinical social workers and an expert in the areas of aging, death and dying. As an instructor at Boise State, she has taught countless workshops.

Denise’s original plan to become a nurse came to a halt when she was a nursing student at Idaho State University and one of her patients died. This was her first experience with death and it made her decide that she did not want to go into nursing. She dropped out of the program that day and did what anyone else would do at the crossroads of a life decision – she flipped a coin. Social work or philosophy? Social work won.

While she completed her social work dissertation, Denise worked at the Veteran’s Administration Hospital, providing services to aging veterans and their families. This was during a very exciting time in the field of aging and death, and there were a lot of research and opportunities opening up. She called it “one of those perfect jobs” and is fully aware of the irony that her discomfort with the death of a patient is what led to her specialize in death and dying.

After returning from an extended absence where she cared for her own dying mother, Denise decided it was time to move on. Her daughter was ten days old when she first moved to Boise and began teaching at Boise State. That was 14 years ago. Denise now teaches general social work practice courses, but over time has been able to tailor her classes more to suit her area of expertise. She still works in the field occasionally, but admits it is hard to find the time to do it as often as she’d like.

In addition to having cared for her terminally ill mother, Denise’s personal experiences with death include her two brothers, who died within five years of each other. She is able to use these experiences to better understand the pain that families endure. She says, “It’s been really helpful in terms of my professional life, acquiring a new experience to draw on. Would I wish it on anybody? No. Things happen and you draw on them.”

Denise credits her students with being tolerant as she has grown as a teacher. She likes to tell them, “It’s really important to know what you don’t want to do, more so than to know what you want to do. When you rule out things that don’t, or won’t work, then it opens up other possibilities.”

The volunteers are so important — we couldn’t do it without them.

Breast cancer was through with Yvonne, but Yvonne wasn’t through with breast cancer.

She, along with help from her daughters and a friend, founded Bebonie’s Boobie Buddies, a team of 45 members that participates in the annual Susan G. Komen Race for the Cure. She also displays a tattoo

“‘It’s really important to know what you don’t want to do, more so than to know what you want to do.’”

was to provide a no-kill shelter for a maximum of 100 animals at a given time, but the downturn in the economy stretched those limits. “In 2008, the calls started coming in,” Yvonne remembers. “People could no longer afford to care for their pets.” By the summer of 2010, Simply Cats was home to 180 felines. “No more, I said. Absolutely none. Then I took another one.”

With a steady stream of adoptions, Simply Cats has reduced their numbers and currently cares for 124 feline tenants. The operation works primarily from donations, grants, and more than 200 volunteers. “The volunteers are so important — we couldn’t do it without them,” Yvonne says. “It’s just too much work.”

Not all of Yvonne’s time is spent taking care of other people and animals. In 2003, doctors found cancer in her breast, which had already spread to 17 lymph nodes; that’s when her own health became a priority. “It wasn’t fun,” she smiles, downplaying the surgery, chemotherapy and radiation treatments she underwent. Yvonne attributes her recovery and positive attitude to a strong support system of family and friends. Her son brought her a new, outlandish wig before each chemotherapy treatment. “I’d sneak a wig back into the treatment room and then put it on before the nurse would come back in to check on me,” she laughs. Laughter, it seems, ranks high on Yvonne’s list of medicines.

see Yvonne p17
Yeng Chi is a graphic design major with a strong interest in multicultural affairs, social justice and helping people.

She only has a short time in Idaho as an international student at Boise State University and wants to take full advantage of the opportunities. What makes her astounding is that, in such little time, she has done so much and with such compassion.

She grew up living with her mother, two sisters, a brother, grandparents, aunts and uncles in one small house in Mexico City. She was a good student, but it was not always assumed she would be able to finish high school, much less go to a university in the United States. Money was tight and her mother struggled to provide for her children. Although money may have been short, Yeng says her mother and grandmother always believed in her education.Others would warn that her dreams of college and travel probably wouldn't happen, but she didn't listen.

Yeng says, "I guess it's in part associated with a passion that I have, that I've always had, to help and serve other people, and help connect — literally connect — other people in underrepresented groups."

"It's been a blessing and I'm grateful for the opportunity I had to get to know all of the beautiful people that I've encountered — teachers, staff, students." She credits Grandpa Jack Spencer, her former host family Jennifer and Jamison Spencer, and Abel Morel as being most influential. "There is no way that I could've done this without them," she says.

Starting off as a Spanish teacher's assistant, Yeng eventually progressed to orientation leader, orientation coordinator, multilingual student advisory board president, Financial Advisory Board representative for ASBSU, and finally to the position of co-director for Legacy Corps. She is an honors student and has three jobs: creating design for University Housing and for New Student and Family Programs, and doing promotions and marketing for Student Life. She won the 2010 Larry Selland Humanitarian Award, given annually to one student and one faculty member who exemplify compassion and commitment to diversity.

Yeng and her Legacy Corps peers put together the Legacy Gala, an event to connect diverse student organizations with each other, with faculty and staff, and to develop representation and inclusion at Boise State. She remembers having a hard time when she first arrived in the U.S., trying to figure out how to do everything in a new culture with a new language. She says, "I wanted to help others in the future to not have that difficulty."

"I think sometimes I had to go outside of my comfort zone and be open to opportunities," Yeng continues. "If there's an opportunity that I see I can take, I just say, 'Okay, just let's do it and we'll learn.' If you take a step to do something and you inspire other people, then you are making history."

Lizzy Naughton

On the outside, Lizzy Naughton may seem just like any other Boise State college student, but she is so much more.

A self-proclaimed feminist and humanist, one of the many ways Lizzy contributes to her community is by serving as president of the Future Alumni Club at Boise State. She sets up events for alumni, orchestrates tailgate parties for students, and makes sure that school spirit is spread around campus like butter on bread.

As an advocate for marginalized groups or individuals, Lizzy also serves as secretary of Student Clubs and Organizations for ASBSU, where she encourages students to come to her with issues regarding inclusion. Lizzy says, "My job is to make sure clubs and organizations have everything
Tia SHORT works for TRIO, a federally funded program administered through Boise State University that assists low-income middle and high school students in preparing for college.

These students are the first generation in their families aiming to complete post-secondary education, and TRIO helps them with tutoring, academic planning, career and financial aid advising, mentoring and college campus visits. "That's what we do; we tell every student that they can go and then we help them," Tia says.

At first, Tia was a work-study student for TRIO while earning her bachelor's and graduate degree in curriculum and instruction with an emphasis in English as a Second Language (ESL). Then, when legislation passed to include middle school students, Tia's boss suggested she apply for the job. She's been with TRIO now for 17 years.

When Tia was in high school, her father had a heart attack. Further health complications kept him from returning to work for more than a year. Her mother struggled to support the family on her single income as a secretary.

Tia wouldn't have gone to college if her mother hadn't sat down with her to fill out the Free Application for Federal Student Aid (FAFSA). "I remember crying, 'There's no way we're going to get money.' They did get the money and she and her three siblings all went on to receive a college education. "If I didn't have financial help from the FAFSA," she says, "there is no way I would've gone to college."

Her parents may not have had the money to send their kids to school, but they led by example when it came to helping the community. Both Tia's mother and father were involved with Blaine County Search and Rescue. Tia says, "I remember calls in the middle of the night and my mom and dad would have to go."

Today, Tia gets young students involved in the community with service-learning projects. Odds are that if you can think of a local charity or community service, then these kids have been involved somehow. The Upward Bound summer program has increased from 40 kids to 162, and Tia admits that it has been hard not to physically be at every project site.

During the summer, the Upward Bound kids get to attend classes on the Boise State campus. An instructor for the orientation class, Tia says, "I never thought that I could be a teacher. I teach University 101 at BSU and I love that class. If anyone would have told me when I started BSU that I would eventually teach a class at BSU, I would say there is no way."

And that's one of my favorite things to do. "You can do anything you want," Tia says. "You just have to take the step, especially if you are afraid ... you just take it one step at a time. A lot of students are afraid to go to college and I just have to remind them of when they were afraid to go to kindergarten. College is just like that."

"You can do anything you want—you just have to take the step."

"...my mom had taught me from a young age about acceptance."

They need, as well as to assist with any problems or questions they have. I also work on programs that help with student involvement by promoting communication between student government and all clubs and organizations to create a feeling of inclusion all over campus."

Lindsey Matson, who nominated Lizzy for Women Making History, writes, "Lizzy is an amazing woman who challenges sexist stereotypes ... and is also an ally for LGBT people."

Expressing strong feelings about the importance of acceptance and being an advocate for the LGBT population, Lizzy says, "When I was young, I remember my mom's hairdresser was gay. He would come over and do her hair, and we would sit and talk. He was so nice. I realized later on how my mom had taught me from a young age about acceptance."

Lizzy wants to make her community a better place for women and minorities, and says working at Boise State gives her a voice that would not otherwise be heard in the corporate world, because Boise State's more open-minded academic setting embraces diversity.

One minority group is especially personal to Lizzy. Her younger brother has autism, so she wanted to do her part to help educate the campus community. In 2009, she, together with the Autism Awareness Club, hosted an Autism Awareness Day at Boise State where people came together to share their stories about autism to raise awareness and understanding. She says, "I felt it was important to not only share my little brother's story, but also embrace others' [stories]."

When she's not advocating for the underserved, Lizzy works as a nanny, caring for two little girls. "I love kids," she says. "I love kids."
Karen UEHLING

ASSOCIATE ENGLISH PROFESSOR KAREN UEHLING, VOTED BOISE STATE ENGLISH PROFESSOR OF THE YEAR IN 2010, IS A WOMAN WHO HAS INSPIRED HUNDREDS OF STUDENTS IN READING AND WRITING FOR OVER THIRTY YEARS.

Passionate about “writing, reading the written word, students and their work, seeing people meet their goals or redefine their goals, and working with students,” Karen says she is most impressed by “people that keep on keepin’ on, those who don’t give up, and those who respect themselves enough to know that they can do it, even though it may not be easy at first.”

Karen finds inspiration through the life and work of Mina Shaughnessy, a teacher from the City University of New York who wrote “Errors and Expectations: A Guide for the Teacher of Basic Writing.” Karen also considers fellow English professor Dr. Carol Martin to be a role model, both to her and other women, and describes Carol as “a phenomenal woman.”

Karen is most proud of her book chapter, “From Community College to Urban University: Beginning Writing Instruction for Diverse Students at Boise State University,” in “Basic Writing in America,” a collection of essays. During her research for the chapter, she actually “lived a lot of the history,” she says. Karen has also written two textbooks: “Starting Out or Starting Over: A Guide for Writing,” a how-to-write book, along with a companion reader, “Vision and Revision: A Reader for Writers.” She wrote these books while raising twins with her husband, Jon. The twins, Jessie and Mycah, are currently successful graduate students.

Another of Karen’s passions is service-learning. Her advanced nonfiction students write articles for the Idaho Foodbank’s newsletter, “Foodbytes”; this activity not only supports the community but also allows students to work with an editor and to publish. Karen is also working on creating a master’s degree program in English with an emphasis in rhetoric and composition at Boise State. As part of the project, she teaches a hybrid graduate course in the teaching of basic writing.

In 2009, Karen had the opportunity to spend six weeks in China as a teacher for the University Studies Abroad Consortium, spending time in Beijing and Chengdu. She taught a class on travel writing in English with an emphasis in rhetoric and composition at Boise State. As part of the project, she teaches a hybrid graduate course in the teaching of basic writing.

In 2009, Karen had the opportunity to spend six weeks in China as a teacher for the University Studies Abroad Consortium, spending time in Beijing and Chengdu. She taught a class on travel writing in Chengdu, went on field trips with students, and explored the culture, which she called a “tremendous experience.”

In addition to her academic pursuits, Karen enjoys the outdoors, water aerobics, movies and reading a great book. As for advice to other women, she says, “Don’t underestimate what you can do in life. You can do many interesting things, many more than you think you can.”
small." The once prosperous Kootenai tribe had diminished to 67 members. Not knowing where to turn, Amy wrote to President Gerald Ford, asking for help. She received no response, but was far from giving up. "If you don't like the way you're living," Amy says, "change it."

In an effort to raise money and improve the basic living conditions for her tribe, Amy rounded up a small group of teenagers, including her son. They stood by the road with signs that read, "Entering Kootenai Reservation, 10-cent toll."

"We were asking for people to give whatever they could," Amy says. In one week, they collected more than $3,000 and made the national news. "I said, 'We're going to go to war over this.' Talk of war, in conjunction with Amy's letter to the president, garnered the attention the Kootenais needed. After three days of what is now considered a peaceful war in Idaho's history, the United States deeded 12.5 acres to the Kootenai tribe. That was the turning point; the tribe went on

see Amy p17

Lucia VENEGAS
by Marsha Jones

LUCIA VENEGAS IS A VOICE FOR WOMEN OF COLOR.

A licensed professional counselor for Affinity Inc., she has served on the Board of Directors for the Women of Color Alliance (WOCA), and is one of the founders of Lambda Theta Alpha Latin Sorority, Inc., Delta Eta Chapter, at the University of Idaho.

Inspired by both love and justice, Lucia says she is passionate about "the connection that we all have as living beings on this earth."

In her work for Affinity Inc., a human development corporation, Lucia's role providing professional counseling services drives her to make a difference. Like in many of the situations she addresses while on the job, she takes great pride in being a survivor herself of the historical trauma that affects many people of color in this country.

Born in Mexico to loving parents, Lucia moved to the United States when she was seventeen. She graduated with a bachelor of arts in psychology and Spanish from the University of Idaho and earned her master of arts in counseling from Boise State University, all within the past ten years. While attending Boise State, as part of Multicultural Student Services, and with the mentorship and support of coordinator Ro Parker, Lucia directed the Tunnel of Oppression, a visual, theatrical and interactive production that helps raise consciousness about various forms of oppression. Ro gave Lucia opportunities and pushed her to accomplish more than she thought possible.

Lucia also credits her advisor, professor of counselor education Dr. Mike Cutler, who encouraged her to trust her intuition. She says of Mike, "He was like this big huge tree where I could go to get some shade."

In her service for WOCA, she has adopted their vision and strongly believes that "true freedom comes from self-representation." WOCA's mission is to unite women of color in a common bond to achieve social, economic and political justice in Idaho. Additionally, in her dedication to the Lambda Theta Alpha sorority, Lucia supported the empowerment of Latinas and their cultural and political awareness on campus.

Lucia hopes to write a book about nontraditional counseling methods. She says, "I try to cure the soul, that which encompasses your whole body; you are connected by mind and spirit and body — they are one."

Her advice to young women is, "Get an education. You define yourself. Don't let anyone else define you and put you into a box. You have to discover your- self through yourself, through your eyes. Education, to me, is the biggest outlet to do this."

As for her own journey, Lucia uses a snake metaphor to illustrate her personal transformation. She says, "To me, the snake is a symbol of transcendence, a symbol of change. They shed a very tough skin, but the one left is better."

"True freedom comes from self-representation."
# Past Honorees

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Kelly (cont. from page 6)

alone or a transgender individual who receives no validation by society, she is troubled by those who have no self-worth and hopes to help heal their spirits. Her husband says she never takes enough credit, but Kelly says, “The client is the one doing the work, I’m just there to give them the tools they need.”

Mary (cont. from page 9)

and led the task force to develop a tool kit to help transportation department managers across the country deal with HR issues. The tool kit consists of an 84-page book and an interactive database that Department of Transportation personnel are now being trained to use.

“I think the way we approach [HR] is more creative and more proactive than most,” Mary says. Although eligible to retire in two years, she may go on — continuing to make history by showing Idaho and other states across the country new ways to think about human resources.

Yvonne (cont. from page 10)

of a pink ribbon on her right wrist. “My daughters went with me,” Yvonne says, “We got this tattoo together.”

Another tattoo, Yvonne’s most recent, communicates her saucy side. “My 16-year-old grandson designed this,” she says, referring to the tattooed equivalent of a love note, complete with hearts and initials. “I got this one for my 54th wedding anniversary. I guess most people probably don’t get tattoos for their 54th wedding anniversary.” Clearly, Yvonne Lierz is not most people.

Lizzy (cont. from page 12)

says. After graduation, she plans to join AmeriCorps and help inner-city kids. She believes she is making a difference for future generations by working within the college environment and ultimately plans to teach at the college level.

While she is almost always on the go, Lizzy occasionally makes time for herself, confiding that she loves to bake cupcakes. “Cupcakes are like little bundles of joy,” she says. “When I was in high school, I would bake cupcakes and pass them out in the hallway to the students walking by. It was great to see their faces light up — who could not be happy about a cupcake?”

Amy (cont. from page 14)

to build a health clinic, roads, and eventually a casino and hotel.

Today, the Idaho Kootenais have more than 2,500 acres and 135 members. In 2008, filmmaker Sonya Rosario produced the documentary “Idaho’s Forgotten War,” which chronicles Amy Trice’s story and the events in Bonner’s Ferry in 1974.

The quest to improve the conditions of the Kootenai tribe in the 1970s is not the only battle that Amy Trice has fought, and won. In the early years of her life, she survived life-threatening pneumonia, tuberculosis, and an accident that left her blind for two and a half years, all at a time when medical care required traveling 180 miles to an “Indian Hospital.”

“I still survived,” Amy says. “There was a reason for that, to get my people on the right road.”

Amy and her husband of 40 years have six children, all of whom are college educated, and 16 grandchildren. “I teach them love and respect, especially to your elders. I also teach them to never give up. Keep struggling and you’ll get there. I just kept going. One door would slam in my face and I’d just go to the next one. That’s what I tell people. You can’t give up.”

Karen (cont. from page 13)

do many interesting things, many more than you think you can. Remember that whatever it is you’re asked to do — say you need to learn something really complex and abstract that seems completely foreign to you — somebody devised the system, a human being created it. You are a human being. You can understand it and learn it if you just put your mind to it. You will see the patterns if you look hard enough.”
DENÉ BREAKFIELD received her B.A. and M.A. in English from Boise State University. She lives in Boise.

VERDELL BROOKENS-CAPPS says it has taken her a long time to realize her deepest fear has not been inadequacy but her ability to be powerful beyond measure. She appreciates all of the wonderful women she has encountered during her time in Boise who have liberated her from that fear, and looks forward to doing her part in "Herstory" for the future.

NICHOLE DI DIO is a student at Boise State University majoring in English who enjoys going to live theatre, watching obscure movies and reading old books.

EDEN ENGBERG is a junior working on her BFA in visual arts at Boise State. She works as a consultant for Boise State’s writing center, and as a copy editor for the Arbiter. Eden plans on going to graduate school for creative writing and then working for Greenpeace.

SANDY FRIENDLY has a bachelor’s degree in English with an emphasis in writing and an MFA in creative writing from Boise State. She is a copywriter for Student Life Marketing and lives in Mountain Home.

MARSHA JONES is a Boise State University student graduating in spring 2011 with a bachelor of arts in English-technical communication. Marsha works as a contract writer in the creative and technical writing genres, with plans to pursue a master’s degree.

DANIELLE KUHRT is a freshman special education major. She loves spending time with her two-year-old niece and learning about different world cultures.

AMY JOHNSON MYERS is a student of communication at Boise State University, with an emphasis in public relations. She has a big crush on organizational communication, but her real loves are her two boys, her husband, writing, and coffee. Lots of coffee.

SARA PEYTON is majoring in anthropology at Boise State University. Her love of people, their differences, and their similarities drew her to the Women Making History project. Growing up in Idaho she found that the history she was taught lacked many stories of women, and she hopes that as time passes women’s roles as shapers of community increase.

AMANDA TURNER is proud to call herself an Idaho writer. She hosts and produces The Writers' Block on Boise Community Radio and can be found at www.RadioWritersBlock.com and www.AmericanEgo.net.

CRYSTLE WALLACE is a self-employed massage therapist and mother of six-year-old identical twin boys. She is working on a business/entrepreneurship degree at Boise State, with plans to run her own health spa someday.
WOMEN'S HISTORY MONTH 2011
Community and Campus Events

2nd
WORKSHOP: Women's Health Series: Hormones
12p.m.-1p.m., $5
Norco Bldg: 117
Presented by: University Health Services

FILM SCREENING AND DISCUSSION: "A Thousand Sisters"
Featuring author: Lisa Shannon
Purchase tickets online at www.idvsac.com, or free with Boise State ID.
7:30p.m., Egyptian Theatre
Presented by: Idaho Coalition Against Sexual And Domestic Violence

3rd
ART EXHIBIT: "Exterior Spaces: Idaho Grain Elevators Contemplated"
A Public Reception
4:30p.m.-6:30p.m.
SUB Gallery
Presented by: Student Union Fine Arts

9th
WORKSHOP: Women's Health Series: Stress and Self-Esteem
12p.m.-1p.m., $5
Norco Bldg 117
Presented by: University Health Services

LECTURE: Jane Elliott: "The Anatomy of Racism"
6p.m.
Jordan Ballroom, SUB
Presented by: Multicultural Student Services

ALL-DAY EVENT: Free HIV testing
Hatch C, SUB
Presented by: A.L.P.H.A. of Boise State

15th
FILM SCREENING: "Pushing the Elephant" Women in the Congo
5:30p.m.
Barnwell Room, SUB
Presented by: ITVS and Idaho Community Cinema

16th
WORKSHOP: Women's Health Series: The Heart
12p.m.-1p.m., $5
Norco Building 117
Presented by: University Health Services

STAGED READING AND DISCUSSION: Historical Women Scientists:
Works in Progress
7p.m.-8p.m.
Farnsworth Room, SUB

18th
BAKE SALE: Cupcake sale to benefit the Susan G. Komen Foundation
11a.m.-3p.m.
Boise State Quad
Presented by: Phi Eta Sigma

19th
FILM SCREENING AND DISCUSSION: "The Lord Is Not On Trial Here Today"
Panel discussion on Gender and Religion to follow with filmmaker Jay Rosenstein and Dr. Lisa McClain
7p.m.
Boise State Special Events Center
Presented by: The Secular Student Alliance, ACLU of Idaho, and Boise State Gender Studies

20th
FILM SCREENING: "Every Mother's Son" with Filmmaker Kelly Anderson
7p.m.
Boise State Special Events Center
Presented by: The Secular Student Alliance and the Boise State Sociology club

23rd
FILM SCREENING: "Screaming Queens - The Compton Cafeteria Riots"
7p.m.
Hatch A Ballroom, SUB
Presented by: The Boise State Women's Center

To celebrate Women's History Month, selected books by some of Boise State's noted experts are on display and for sale during March in the Boise State University Bookstore.