Fall 1986

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Commission for Women

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Infertility Significant Problem for Many Women

Infertility has become a significant problem for a large number of women. Many women, however, are unaware of two of the principal disease related causes of infertility, chlamydia and endometriosis.

Chlamydia has become an epidemic in the United States. Over 4.6 million Americans will have contracted it during 1986, yet most sufferers will not be aware of its presence until the bacterium has done permanent damage.

Symptoms of chlamydia, painful urination, vaginal discharges, abdominal pain and bleeding, are often ignored. In about 70% of the cases, in fact, the disease has no early symptoms. In some cases the disease lives in the genital tracts of women and men (who figure in the epidemic primarily as carriers and transmitters) for up to eight years.

The results of the disease can be stunning. Researchers at the Centers for Disease Control in Atlanta believe that chlamydia may be responsible for half of the 1 million annual cases of pelvic inflammatory disease. It also increases the risk of ectopic pregnancies, in which the fertilized egg settles outside the womb. In men, chlamydia can cause serious infections of the urethra as well as sterility.

The great tragedy of the chlamydia epidemic is that the disease is so easy to cure. The organism can be killed by a weeklong treatment with tetracycline or erythromycin. Unfortunately, because it was once difficult to diagnose, the bacteria had to be cultured for several days, physicians seldom look for it. New tests, relatively inexpensive ones, have come on the market in the past few years. They are not perfectly accurate, however.

Barrier methods of contraception may be useful in reducing transmission, and physicians suggest voluntary screening of the group at highest risk, sexually active women with multiple or new partners.

As awareness of chlamydia has increased, so has awareness of endometriosis. In endometriosis, fragments of the lining of the uterus (the endometrium) become implanted elsewhere in the body. These fragments build up, break down, and bleed in the same way that the uterine lining does during the menstrual cycle. Because the blood from these fragments cannot exit the body, inflammation, internal bleeding and scar tissue can result. The scar tissue formation can result in infertility.

The exact cause of endometriosis is unknown, and the symptoms are seldom recognized by either the woman or her health care technician. One reason for this is that the nature of the disease, and therefore the symptoms, varies among women. Most sufferers have progressively worsening pain before and during menses, but this doesn't always occur. Other symptoms can include painful intercourse, heavier than usual menstrual flow, premenstrual spotting, and, if bladder and intestines are involved, bloody, painful urination and defecation.

Because the disease is usually undetected, the woman may live with the pain until it becomes unbearable, thus causing her health care technician to look for endometriosis.

Treatment depends on severity of symptoms, the woman's age, and her fertility plans. Several hormone drugs, principally oral contraceptives, have been approved for treatment. In some cases, hysterectomy and oophorectomy (removal of uterus and ovaries) is the recommended course of treatment.

Should a woman suspect she has endometriosis or chlamydia, her best resource is an informed gynecologist. After consultation she should make sure she has been informed of the long term and short term effects of any treatments; and when surgery is recommended, she should search out second opinions.

Conference for Women in Higher Education

St. Louis University will hold its annual conference on Women in Higher Education from January 22-24, 1987 in Orlando, Florida. The conference will review the development of women in higher education, explore the remaining inequities, project future changes and celebrate the contributions made by women in U.S. colleges and universities. The registration fee is $300 and includes all program materials, breaks, selected meals, and a copy of the conference proceedings which will be published in July 1987. For more information write Dr. Roy E. Cheatham, Dean, St. Louis University, Metropolitan College, 221 North Grand Boulevard, St. Louis, MO 63103 or phone 314-658-2330.
developed a Wellness Program under the direction of Rosa Emory with the purpose of upgrading health awareness among students. According to Emory, the goals of the program are to "promote healthy lifestyles, prevent diseases and injury, improve self-care skills... and to promote appropriate utilization of the health care delivery system."

Specifically, Emory hopes to promote healthy lifestyles by providing workshops, seminars, and discussions which can help the individual alter unhealthy practices. This fall Emory offered a seminar on sexual awareness and had brown bag lunches on dieting and healthy lifestyles.

Other goals include increasing the number of students exercising regularly, eating three meals a day and getting eight hours of sleep per day. Emory also wants to make students more aware of their own health maintenance. "We want to increase the proportion of women doing monthly breast self-examination and men doing monthly testical self-examination as well as reduce the number of sexually active women who have never had a pelvic exam."

Emory added that other objectives include minimizing the number of new smokers, reducing the number of students smoking more than one package of cigarettes a day, increasing the proportion of students regularly exercising, and reducing the number of underweight and overweight students.

As part of personal maintenance, Emory would like to open a Self-Care Cold Clinic. "It is intended as an educational tool for teaching students simple methods of recognizing the common cold and alleviating its symptoms as well as recognizing those signs and symptoms requiring further evaluations," said Emory.

If approved, the clinic would have printed instructions on self-evaluation, thermometers, wall mirrors, a lamp and tongue depressors for throat examination. Students would also be able to prescribe themselves a two or three day dosage of over the counter cold medication.

To help educate the UTK campus on health issues, Emory has organized a newsletter called Health Tips which will come out the first of December. It will contain articles on testicular cancer, wellness, eating on the run, wheelchair etiquette, physical fitness, alcohol awareness, and a student stress test.

In the coming months Emory plans to continue the wellness brown bag lunches, offer a six part seminar on weight management, and develop, in conjunction with Campus Practitioners, a slide presentation of student health.

If anyone is interested in these programs or would like more information, they can contact Rosa Emory at 1818 Andy Holt, 974-3135.

Women’s Center Offers Variety of Resources and Activities

Founded in 1976 as a division of Student Activities, the UT Women’s Center provides a wide-ranging variety of resources and activities.

The Center maintains an up-to-date referral list of services that are available to women on campus and in the community in the areas of child care, counseling, financial aid, legal aid, health care and social services.

Another useful service provided by the Center is its extensive collection of books on many topics of interest to women. The books are available for check out to any student, faculty or staff member. The Center also has a number of current and past magazines, newsletters, pamphlets and reports which are available for use in the Center or which can be checked out.

Along with the reading material, the Center maintains current information on job openings, course offerings, seminars and other items of interest. The Center also keeps an extensive and up-to-date listing of scholarship and grant opportunities, many aimed specifically at women.

The Center is staffed by members of the Women’s Coordinating Council. In conjunction with the Center, the WCC provides a variety of programs which address the interests and needs of women on campus. Fall quarter the WCC presented "Women on Wheels," a workshop on car maintenance, and also co-sponsored the visit of Ruth Weisberg and the satellite presentation of Alice Walker.

Winter and spring quarter, the WCC plans to present a workshop series on Date Rape Prevention and will sponsor the visits of Tullis McCall, Robin Morgan, and Andrea Dworkin. Other plans include a financial workshop and a panel discussion on issues concerning black women. The WCC will also sponsor a poetry and short story contest open to all full-time undergraduate and graduate students.

Elisabeth Reichert, graduate assistant of the Center, comments that the Center and activities of the WCC are open to any interested persons. "The Center is a place to check out books, find out about various programs, local services, and to meet people and get involved in programming for women on campus." Reichert added that membership in the WCC is open to all members of the student body, faculty and staff.

The WCC has meetings every Monday at 5:15 in the Women’s Center. The Center, located at 301 University Center, is open to the public from 8 a.m.-5 p.m. Monday through Friday. For more information drop by the Center or call ext. 1029.
Prentice Attends Institute for Women in Higher Education

Editors' note: The Commission for Women funded Dr. Ann Prentice's participation in the Summer Institute for Women in Higher Education and below is a report on her experiences and impressions. If funding is available, the CFW plans to sponsor another candidate for next summer's Institute.

Dr. Ann Prentice, Director for the UTK Graduate School of Library and Information Science attended the 1986 Summer Institute for Women held at Bryn Mawr from July 6-31. The month long program, according to Prentice, "provided an overview of higher education administration in its many facets; by type and size of institution and by functions within institutions. (It) was the state of the art in higher administration operations."

The program had seventy participants from the U.S., Canada and Nigeria, with two thirds of the women coming from staff positions and one-third from line positions. In addition, over forty faculty participated, and included experts in finance, planning, policy and academic governance. "They were among the leaders in their various fields," said Prentice, "and they were extremely helpful and approachable."

Prentice's classes included programs on academic governance, uses of computers in higher administration programs, management, finance and budgeting. Of particular interest to Prentice was the information on academic governance which dealt with the goals and responsibilities of a variety of academic and administrative departments. Prentice commented that one problem for administrators is their isolation within one department or type of institution and the lack of opportunity to get to know and understand the needs and responsibilities of others. "(We) could see where various pieces of the university and the academic community were and how they fit together."

"Black institutions, religious, public and private institutions each have a different mission, and (we) saw how each filled a different niche in higher education." Prentice added that it is important to understand the goals and mission of the institution one is affiliated with because administrators have to be sensitive to their schools special needs and responsibilities.

Prentice was enthusiastic about the program and would like to see something comparable started for women in the Southeast. "HERS holds a short program in New England but none in this region. There is a definite need in the southeast for some regionally located experience so women can have access to information and training about higher administration."

Such a program could also go toward providing a networking system for women in the southeast and at UTK. At present there is "No real support structure or network for women on this campus, and the experience would be useful in breaking down the assumption that this is a white, male university."

When asked what advice she would give women at UTK wanting to enter higher administration, Prentice offered insight based on her summer training. Career review and counseling are invaluable at any stage of the professional ladder. "(You) should explore your own skills and plan out your own future. Determine your career goals for the next 2-5 years or even longer."

If higher administration is a goal then training or further education might be needed. "To advance you might need to expand your understanding of financial matters, planning, budgeting, etc." By setting priorities and being aware of the strengths and weaknesses of one's professional abilities, moving up in the ranks of higher administration will be a more realistic and feasible goal.

Self-awareness is also a key to long term career moves, particularly into higher levels of administration. At the Institute, conference participants took the Myers-Briggs personality test in order to determine individual personal style. While Prentice does not believe all women seeking advancement need to take such a test, it is useful to know what your personal style is. "It's important in terms of management to know how you operate within your own program and department . . . are you an introverted or extroverted person, a goal oriented or people oriented person."

Often failure to get results stems from a clash of personality. "It's not a question of good and bad (skills), just different styles." Prentice added that awareness of the various positive and negative aspects of one's personality can help with professional interaction and development.

Regardless of one's long term professional goals, Prentice believes self-development is essential. "If you don't develop yourself along with your craft and family, you're not utilizing all your resources and not doing the best job you can."

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**Fortune 500 Study Shows Few Women Corporate Officers**

A new study of Fortune 500 companies has concluded that while women may have made substantial progress in becoming middle managers, few are making it to the corporate boardroom.

The study by University of Southern California professor Mary Ann Von Glinow found that women make up 1.7% of the corporate officers, 152 women compared with 9,048 men. Women represent 3.6% of corporate board members, 217 to 5,889.

Von Glinow said that women are not in corporate boardrooms and executive offices because they rarely gain access to the executive pool from which top managers are groomed. Not being in the pool keeps women from showcasing their talent and “earning their spurs,” added Von Glinow.

Von Glinow concluded by saying that change will come not by women showing their talent and “earning their spurs,” but by top management making a strong effort to train and promote women for executive positions.

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**Women's Studies**

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**Announcements**

Tulis McCall, a self-styled historical comedian will perform a one woman show called “Everywoman” on January 28. In the show, McCall portrays several women through history such as Sojourner Truth and Victoria Woodhull.

In conjunction with her visit, McCall will present a series of workshops on humor and comedy in the Theater Department. For more information on her visit contact the Women's Coordinating Council at 974-1029.

Becky Kreyling has been named as the new graduate assistant for the Women's Studies Program. Kreyling, a spring graduate with a B.S. in communications, was appointed to the position at the end of spring quarter.

Among her duties are to assist the chair of Women’s Studies in administrative duties and assist faculty and students of the program. As a part of her functions, Kreyling also serves on the Women's Studies Committee.

Kreyling is working on a Master degree in Political Science with a special interest in Latin American affairs. Her goal is to write for print or broadcast media on international affairs.

The National Women's Studies Association (NWSA) will hold its Ninth Annual Conference at Spellman College, Atlanta, from June 24-26, 1987. The topic will be Weaving Women's Colors: A Decade of Empowerment, A Conference on the Intersection of Race and Gender. For more information write NWSA National Office, University of Maryland, College Park, Maryland, 20742, or call 301-454-3757.

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**Women's Coordinating Council (CFW) Meeting**

The Third Brown Bag Wellness program of Fall quarter will be held Wednesday, December 3, at noon in the University Center. The subject will be “T’ai Chi: A Form of Therapeutic Recreation.” T’ai Chi has been described as “meditation in motion,” and has affinities with ancient eastern martial arts, such as kung fu, and with dance therapy. Participants perform a series of flowing movements or exercises designed to develop muscular control and coordination. The speaker/instructor will be Larry Brown.

The Commission for Women will hold its next meeting on Thursday, December 4, at noon in Room 226 of the University Center. All CFW meetings are open to the public and are held at noon in the University Center on the first Thursday of each month while classes are in session. If you would like to find out more information about the Commission and its work please contact Judy Webster at 974-4739.

Rosa Emory, the Wellness Director, will offer a seminar Winter quarter titled “Taking Charge of Your Weight and Well Being.” It will consist of six group sessions dealing with the essential principles of nutrition, exercise, management of thought and feelings related to food, and goal setting. All interested persons are encouraged to participate. For more information contact Rosa Emory at 974-3135.

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**Networker UTK Newsletter For Women**

The Networker is a newsletter for all women on the UTK campus, and we try to include all news items and announcements that will be of interest to women on campus, but we are human and we don't always see, hear, or read everything. So it's up to you, if you have an item or announcement that you think will be of interest to other women or you have an issue you'd like to see explored in greater depth call Carol Guthrie at 974-4739.
Women's A Health Promotion Center opened at the UT Hospital this past September. Headed by by Dr. Kayla Carruth, Women's was organized to provide educational services for women about women's health issues and concerns.

Women's offers classes on a variety of topics and has pamphlets and brochures on a number of health issues. Women's also has established a Speaker's Bureau to provide organizations with speakers. The Bureau will work with groups to custom design a special program to meet their particular needs.

Below is a list of the programs and classes being offered during the Winter Quarter. For more information on these classes or to find out more about Women's call 544-9310.

**Woman and Her Body**
A physician discusses your body and your health offering information about how to keep healthy and answering questions about illnesses. Get to know yourself better by attending this session. Tuesday, January 13 7:00-8:00 p.m. No Charge

**Osteoporosis and Women**
An important health issue for all women. In this presentation a physician will look at the factors surrounding osteoporosis including prevention and treatment. Tuesday, January 20 7:00-8:00 p.m. No Charge

**Premenstrual Syndrome**
PMS can affect you and those around you in many adverse ways. This talk will help you answer questions as to the cause and treatment as well as provide related information about this Woman's Health Issue. Tuesday, January 27 7:00-8:00 p.m. No Charge

**Depression and Women**
Depression is a problem faced by more and more women each year. This class has several health care professionals talking about women and depression from multiple vantage points. Its a great kick-off for the three class series that follows each Tuesday in February. Tuesday, February 3 7:00-8:00 p.m. No Charge

**Sexual Health and the Libido**
This class is a starter for the series on sexual enhancement. A sexual counselor will discuss the most common problem facing couples and singles alike — low sexual desire. Tuesday, March 3 7:00-8:00 p.m. No Charge

**Stress Reduction for Women**
This three part stress reduction class examines special stressors confronting women and offers practical ways to eliminate or reduce them. A great way to begin the new year! Thursdays, January 15, 22, 29 7:00-8:00 p.m. $15.00

**Combating the Blahs**
This 3-part class follows the Current Medical Issues presentation. A medical representative, a psychologist, and a recreation therapist conduct an in-depth look at depression with special emphasis on steps to alleviate it and to prevent future occurrences. Tuesdays, February 10, 17, 24 7:00-8:00 p.m. $15.00

**Sexual Enhancement**
This 3-part wellness class is an extension of the Current Medical Issues presentation. A sexual counselor explores myths about sexuality and sexual relations and offers tips about enhancing your sex life. Discussions are casual and nonthreatening. Tuesdays, March 10, 17, 24 7:00-8:00 p.m. $15.00

**HEALTH AND SAFETY**

**Totsaver I: CPR**
This class offers parents, babysitters, and guardians an opportunity to learn about CPR (cardiopulmonary resuscitation) for babies and young children. Wednesday, February 18 7:00-8:00 p.m. $5.00

**NUTRITION**

**Baby Building I: The Newborn**
This one-shot class discusses the nutritional needs for newborns and babies under one year of age. Practical hints are given for balanced diets as well as suggestions for food preparation by busy moms. Wednesday, March 18 7:00-8:00 p.m. $5.00

**MATERNAL AND CHILD HEALTH**

**Birth of a Family Series**
This four session series promotes self-assurance and security in making decisions involving your infant. It prepares you and your partner for childbirth, infant care, and postpartum care. The series is presented monthly except in December. All sessions are at The University of Tennessee Memorial Research Center and Hospital. Thursdays 7:00-9:00 p.m. $10.00 Call Maternal and Child Care Dept. for pre-registration information. 544-9829

**Prevent Early delivery (PED)**
PED is an ongoing three class series. Topics include signs and symptoms, medication and management and the preterm newborn. A tour of University of Tennessee Medical Center at Knoxville intensive care nursery is included during the final class each month. First three Tuesdays of each month 6:00-7:15 p.m. Newborn Nursery Conference Room Call Maternal and Child Care Dept. at 544-9829 No Charge

**PHYSICAL FITNESS**

**The Shape of Pregnancy: Maternity Fitness**
WOMEN'S offers the nationally acclaimed SBI Maternity Fitness Program providing scientifically based exercises for expectant and new mothers. SBI is a state-of-the-art high quality maternity fitness program endorsed and recommended by Board Certified practicing physicians specializing in Sports Medicine and Obstetrics. The program follows the guidelines of the American College of Obstetrics and Gynecologists.

All classes are one hour in length and meet twice a week. These classes are important in order to maintain good posture, adapt to a changing center of gravity, strengthen the back, abdominal and perineal muscle regions.

First time participants must purchase the exercise manual/workbook at a cost of $18.00. The cost is $3.00 when purchasing a set of eight classes ($24.00). Therefore, a first time participant would be charged a total of $42.00 for the required manual and eight classes. Subsequent classes may be purchased in packages of eight at a cost of $24.00. Tuesdays and Thursdays 7:00-8:00 p.m. beginning January 6 Call WOMEN'S at 544-9310 for more information.
Status of Women In India Improved Since 19th Century

Until the 19th century, widows in India were often burned with their dead husbands in a ritual known as suttee. While the status of Indian women has improved since those days, they still face social, religious, economic, and cultural forms of discrimination, reports Dr. Martha Lee Osborne, head of the Women's Studies Program.

Osborne studied the condition of women in India this summer as part of a Fulbright program. In reporting on her visit at the October Commission for Women meeting, Osborne described some of the inequities in the attitudes and actions of Indian society towards women.

Hindu is the predominant religion in India and is composed of the trinity of Brahma, Shiva and Vishnu. "Some will argue the Hindu religion is egalitarian because each member of the trinity has a female aspect. But generally they are not truly equal counterparts, but considered consorts," noted Osborne.

In the sacred text, the Ramayana, Sita, the wife of Rama, is abducted, forced to prove her virtue and abandoned while pregnant.

Aside from non-egalitarian aspects within the Hindu religion, Osborne noted that when Moslems invaded from the north, they brought the practice of harems and the law of purdah, which requires women to be veiled in public.

In the 20th century conditions have changed some for Indian women. Indian independence in 1947 brought with it enfranchisement of women. Despite optimistic forecasts, however, women still lack equal status. Osborne pointed to the fact that the women's population in India is dwindling as an indication of their second class status. "Female fetal death is high, and with planned parenthood being encouraged, many Indian families are stopping after having one son. Also, an Indian man must have a son to perform his last rites," said Osborne, while a daughter holds no such high position.

While female infanticide is rare, female babies sometimes are treated with less care than male children. "Female infants may be denied food if there is a male child who needs it. If a female child is sick the family might not rush it to the hospital or care for it as diligently as a sick male child," commented Osborne.

Perhaps one of the more harrowing problems facing many Indian women in the past few years has been "bride burning." Not to be confused with suttee, this is the informal, yet epidemic, practice of arranging a fatal accident for one's wife, most frequently a gas-related fire in the kitchen. Osborne stated that an average of two brides a day in Delhi were burned during the summer of 1986.

The reason for bride-burning seems to stem partly from marriage and dowry practices. "Brides bring a dowry with them to marriage, but often the husband and his family (with whom the husband and wife normally live) decided they want more. They will taunt the bride if she does not follow their wishes. Eventually an 'unfortunate accident' occurs."

Despite these problems, there is a growing sensitivity to women's issues. "The government has established several agencies for women," said Osborne, "however, protective legislation aimed at helping women in the workplace sometimes hurts them because male employers won't hire them." A Self-Employed Women's Association has been formed to serve as a collective for women, and helps them with such needs as securing banking privileges.

Osborne emphasized that the government is encouraging the establishment of Women's Studies programs in Indian universities. In October, the Third Annual National Convention of the Women's Studies Association met in Chandigarh. There is also a University of Women's Study, the Mother Theresa Women's University at Kodaikannal.

"Indian women may have a long way to go," concluded Osborne, "but one is left with the impression that they are getting there."