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Sexual Assault Center Offers Counseling Programs

Sexual assault is any unwanted or forced sexual contact or attention. It is a broad category covering actual or attempted rape by a stranger, acquaintance, or family member; child sexual abuse; or sexual harassment. Since 1973, Knoxville has had a place where people who have been sexually assaulted can receive assistance, the Knoxville Sexual Assault Crisis Center.

The Sexual Assault Crisis Center, once the Knoxville Rape Crisis Center, offers services to women, students, faculty, and staff. They include 24-hour crisis counseling and ongoing support where people who have been sexually assaulted and have information about medical concerns, legal procedures, and community resources. They are available by telephone at (615) 522-7273 and are toll-free within a 40-mile radius of Knoxville.

Counseling Free
Confidential counseling is available by appointment. The center provides short-term crisis counseling and ongoing support for survivors of sexual assault and their loved ones. They encourage anyone who has experienced a sexual assault or an attempted assault to seek help. They also provide support and answer questions about medical procedures. Both male and female counselors are available.

Legal Advocacy Sexual assault survivors often are reluctant to report the crime because of fear and confusion about the legal process. Center counselors provide information and assist in decision making. If a survivor chooses to report the crime, the crisis center has counselors available to accompany her to police departments, legal appointments, and to court.

Support Groups
The Center hosts support groups for sexual assault survivors, their loved ones, adult survivors of incest, and children who have been sexually abused. They provide support for survivors. Confidentiality is stressed in the group setting and there is no pressure to talk in the groups. To find out which groups are meeting and when, call the Center.

Education
The Sexual Assault Crisis Center is dedicated to eliminating misinformation about sexual assault, teaching ways to prevent it, and insuring that all survivors of sexual assault receive fair, compassionate treatment from medical, law enforcement, and social services personnel.

Among the educational programs available are those offering instruction in safety and self-defense techniques to minimize the risk of sexual assault at home, at school, or in the workplace. Eileen Kogan, director of the Sexual Assault Crisis Center, pointed out that many of the people who come to the Center for counseling are trying to deal with an event that happened in the past. "We don't always deal with the immediate aftermath of sexual assault, sometimes survivors bear the scars for many years afterward."

The Center provides a number of helpful educational materials. They have particularly been in the forefront of providing information on acquaintance rape.

Acquaintance rape, Kogan points out, is the most prevalent form of rape. Nearly 70% of adult rapes and 90% of child sexual assaults are committed by someone the person knows.

Date rape is a specialized form of acquaintance rape, the rape is actually committed by someone one is dating. There are often problems in getting a date rape taken seriously, but the psychological damage that occurs is no less severe.

There is no right or wrong way to act if you are being threatened by sexual assault. Every situation is different. The goal is to survive.

There are some precautions you can take. Remember, a good defense involves being prepared. Most people never think about the possibility that they might be sexually assaulted. Focusing on what your options might be in dangerous situations can help if an attempted assault occurs. Follow common sense rules of safety while walking, when driving, or at home. Be suspicious. Trust your feelings, if someone or something makes you uncomfortable, speak up before the situation gets worse. Learn to defend yourself. The Sexual Assault Crisis Center offers self-defense courses, and a course can give you a chance to think about and practice different strategies. Effective fighting back takes training.

For more information about the Sexual Assault Crisis Center, or to volunteer to assist with any of the programs, call them at (615)558-9040, or write them at P.O. Box 11523, Knoxville, TN 37939-1523. Also remember the 24-Hour Helpline number, (615)522-7273.

Graduate Assistantship Opened

The Women's Studies Program wishes to announce the availability of a graduate assistantship for Fall Semester, 1990, and Spring Semester 1991. Graduate students in all UTK departments are eligible to apply, as long as they can demonstrate a genuine interest in women's issues.

(Continued on page 2)
There is less light during the day, so activity may be curtailed. This can result in boredom, leading to overeating. Winter also brings with it the Thanksgiving-Christmas-New Year’s Day holiday axis replete with wonderful, socially sanctioned opportunities to gorge. Are you doomed to leap up a size or two for those new Christmas clothes? Will you starve yourself to get into a swimsuit come summer? Well, here are 29 tips from experts on how to set up a permanent weight loss plan.

1. Keep a record of everything you eat for two weeks and the times at which you eat it. This should give you a good idea of when you overeat and why.

2. If you overeat in the evening, after the workday is through, plan something absorbing to do directly after dinner. If your weak moment comes in the morning after everybody has left the house, leave the house yourself. Schedule errands for the danger period.

3. Eat at regular mealtimes, and always eat sitting down at a table, with your place set, even if you’re alone.

4. Plan ahead what you’re going to have at every meal. This forces you to pay attention to what you eat.

5. Use a small plate and fork, to make less look like more.

6. Eat slowly, and pause between mouthfuls. It takes your stomach twenty minutes to signal your brain that you’re no longer hungry. Give it a chance.

7. Eat your favorite food first. Reason: Once you’ve eaten what you really want, you’ll be less inclined to fill up on other foods. Some sweets lovers even eat dessert first. Will this spoil your appetite? Of course, that’s the idea.

8. Many overweight people, upon entering the house, head directly to the kitchen and grab a snack. If this is your habit, make it a point of going to another room. Go to the kitchen only when it’s necessary to prepare food.

9. Banish high calorie foods from the house. If you can’t do this, at least store them where you can’t see them.

10. Fill the refrigerator with tempting low calorie foods so that when you have the urge to eat, you can’t do much damage.

11. Don’t shop when you’re hungry.

12. No matter what your mother told you, never clean your plate. Always leave something on it.

13. Learn to distinguish between true and false hunger. If you think you’re hungry, go for a walk, do some work around the house, catch up on your correspondence. An absorbing activity can distract your mind from eating.

14. Don’t cook more than you need for a particular meal.

15. If you do have little bits and pieces of food left over, throw them out right after the meal. If you keep them around, you’re likely to eat them.

16. Dress up low calorie dishes. Broiled fish is more satisfying sprinkled with paprika and garnished with parsley.

17. If your hobby is cooking, get out all your cookbooks, and plan elegant, low calorie meals. This way you can enjoy preparing complicated dishes at a minimum penalty.

18. Set reasonable goals for yourself. If you can’t cut down from 3000 calories a day to 1000, settle for 2000. When you succeed at that, congratulate yourself and try cutting further.

19. If you slip and fall back into old eating habits, don’t throw in the towel. Forgive yourself and try again.

20. Don’t swear off your favorite food; eat small amounts. Three dishes of ice cream a week is a real accomplishment for the person who once consumed a pint a day.

21. Don’t be socially pressured into eating. You know what’s good for you, and others, friends, relatives, usually will help you if you take time to explain your special problem.

22. Don’t avoid restaurants. Learn to select just the foods you want. Don’t be afraid to ask for salad with no dressing, just lemon, or to eat the meat and leave most of the sauce.

23. When you’re weekending, bring your own emergency supply of cottage cheese, canned tuna, hard-cooked eggs, and the like for breakfast and lunch. Your hostess or host will understand. Besides, this relieves her or him of any possible guilt of failing to provide your special diet foods.

24. Learn to relax at will. Stress, tension, and anxiety are involved in almost every weight problem. Simple tension relieving exercises, slowly tensing and relaxing each part of your body, can make that hungry feeling go away. So can a premeal session of meditation.

25. Fantasy escape trips can help, too. Closing your eyes and imagining yourself transported to a peaceful scene where nothing can harm you is automatically calming.

26. To fortify your resolve, indulge in some elaborate daydreaming about what you’ll look like when you’re thin, what you’ll be doing, the clothes you’ll buy. It’s relaxing and motivating.

27. If you really can’t cut down on a problem food, try an aversion trip. Imagine, as graphically as you can, gorging it until you are ill. When you crave the food, recall the feeling.

28. If you get into a discouraged, defeatist mood about losing weight, there’s a mind trip for that, too. Lie down and call to mind an accomplishment that you’re really proud of. Relive the whole thing. You succeeded then, you can succeed this time, too.

29. Remember that what’s easy for some people is difficult for you. If it were easy, you wouldn’t have an eating problem.

(Continued from page 1)

Graduate Assistantship Program

seeking information related to women or women’s studies, and may be called upon to assist in one of our core courses. Additionally, the G.A. is a member of the Women’s Studies Committee.

The assistantship is slightly less than a half-time position (18 hours per week, fall and spring semesters). The stipend will be approximately $4,800. The G.A. may have the stipend paid in equal amounts over either a nine-month or twelve-month period. An additional benefit is the remission of tuition and maintenance fees (activities and health fees are not included).

To apply, submit the following to the Women’s Studies Chair by February 15, 1989: 1) Two letters of reference from recent professional or academic sources; 2) A one-page, typewritten statement of your interest in the position and any involvement you have had with Women’s Studies courses, programs, issues, etc.; 3) A resume which includes your educational and work history, as well as any honors or awards you have received.

Return the applications to Dr. Martha Lee Osborne, Women’s Studies Committee, University of Tennessee, 2012 Lake Avenue, Knoxville, TN 37996-4102. Her phone number is 974-2409, or she can be reached at the Philosophy Department, 974-7212. Messages can be left at 974-3255.

Selection and notification will be made as soon as possible, probably by March 17, 1989.
Women's Magazines and Women's Movements, How Do They Connect?

by Thura Mack

The explosive change in the social status of women over the past century can be actively traced throughout the history of popular magazines. Prior to the 1940s, the woman's primary role was that of a homemaker or home manager. Publishers capitalized on these roles by publishing women's magazines that contained information on housekeeping and child rearing—advice, fashion, needlepoint and crafts, sex, beauty, and cooking. Some leading popular magazines of this era, Ladies Home Journal, McCall's, and Redbook, were among the most read by housewives. The intent was to provide women with fantasy and entertainment, luxury in the home, along with never-fail beauty tips. Lifestyles, societal changes during the early 1940s were due to its appealing blend of advertising, motherhood, and timely home management topics. The intellectual content was presented in a light, romantic and superficial tone.

Although very similar to Ladies Home Journal in coverage, McCall's popularity stemmed from its inclusion of flexible, lengthy and well-written articles on well-known women, and newsworthy topics pertinent to women. Other favorable features included materials by famous authors such as James Baldwin and Truman Capote, along with occasional film and opera reviews.

Redbook also covered many of the basic topics included in Ladies Home Journal and McCall's; however, it was considered more advanced because of the realistic nature of its articles dealing with social problems—topics that included poverty, race relations and education. These three leading magazines set the pace for most of the information that suited the needs of women until the late sixties.

The early seventies were landmark years for women. During that time, women declared war against societies traditionally prescribed roles. The 1964 Civil Rights Act impacted the static status of women and removed many barriers that largely impeded their development and participation in many areas (i.e., particular jobs and professions, business, politics, etc.).

Along with the new rights and job opportunities came higher education programs that provided them with necessary skills and knowledge to participate in the challenges of the mass market revolution.

Marketing the phenomenal change in the information needs for women, Ms. was published in 1971, making an impressive introduction to the market of popular women's magazines. In its early states, Ms. was referred to as a "revolutionary magazine" by Bill Katz's Magazines for Libraries. Ms. was notably different from the traditional leading women's magazines because its focus and coverage ranged far beyond the topics on home management. The emphasis was on women's liberation from society's prim concepts about woman's place. With Ms., women's magazines' literary freedom to portray women as creative, strong, smart, innovative and intellectual individuals. Although women's magazines in all directions in the workplace, one area in which women have experienced much accelerated growth and development is in the business arena. New women's magazines were launched to address this new market, most notably Working Woman and Savvy.

Working Woman has concentrated on issues that concern working women in sophisticated careers (e.g., childcare and how-to hints for the workplace). Savvy reflects women's achievements and success in the corporate arena, and includes articles on such topics as professional prestige, financial and management strategies, clothing, career, and health.

The 1980's have brought another more specific business information need for women. Women are not only operating as high level managers, but are starting their own businesses in record numbers. The success record has been so significant that USA Today has proclaimed this decade as "a business revolution with women leading the charge." Working Woman, September, 1989, predicts that by the year 2000, women will have begun 50% of the nation's new start-up businesses.

As the issues and interests of women have expanded, the publications serving their information needs have grown and changed with them. Ladies Home Journal, Redbook, and McCall's, in the past and present, have focused largely on homemaking and the family, but have increasingly presented these topics within the context of the current decade and changes in women's lifestyles. In addition to the basic fare of housekeeping tips, recipes, sewing and craft ideas, and fashion, these publications include poetry, short stories, interviews, and other feature stories that reflect many of the other issues affecting women as they move into the 1990's.

These new standards coupled with the burgeoning women's magazine market that includes Savvy, Working Woman and others offer the new diverse, multidimensional woman more choice and more options. Just as women have begun to shed old stereotypes, so have old and new magazines begun to reshape the public's perception and expectation of women.

**WRITERS CONFERENCES (Continued from page 4)**

All of these conferences offer would-be writers the opportunity to meet face-to-face with successful authors, editors and writers. Although it may seem to be something of a busman's holiday, a conference isn't all work and no play. Tucson, San Diego, and Key West offer a warm weather getaway, great nightlife, and a terrific change of scenery. Writers conferences offer the chance to see firsthand what does and doesn't work in terms of marketing, breaking into the business and developing a successful strategy for a career as a writer. Best of all, the contacts and friends you can make at them will prove to be invaluable in later years. Go prepared to soak up as much knowledge as you can during the two- or three-day conference and spend the rest of the time enjoying the city and soaking up the sun.

Be sure to take samples of your work and a list of all questions you have about problems you've encountered or aspects about writing that interest you. The professionals at these conferences have real-world experience that a life in for which academia might to prepare you. Some of the upcoming conferences include:

- **Arizona Professional Development Workshops for Writers.** Contact Martha Gore, 4001 E. Fort Lowell Road, Tucson, AZ 85740. Call (602) 325-4733. Ongoing, so call for schedule.


Special Accommodation Policies
New Academic Trend

One of the more common dilemmas in academia is the two academic career family. In many cases, one spouse is forced into a lengthy commute because it is rare for both to get jobs at the same college or university. As a result, both spouses often are denied the ability to move and have their careers advance. A growing number of colleges and universities have set up new programs to assist these dual career families. In a September 20, 1989 article in The Chronicle of Higher Education, Washington State University president Samuel H. Smith is quoted as saying, "About 30 to 40 per cent of the time when you're talking to a (part-time) faculty member you have to consider some kind of special accommodation."

The Chronicle cites three reasons for this:
1. There are more dual career couples in academe, as well as in society in general.
2. More women are attending graduate school, which in turn raises the likelihood of academic marriages.
3. In many fields, the competition for faculty members is increasing, a trend that gives job candidates more leverage in setting conditions for their appointment.

The problems of jobs for spouses is most severe in institutions in small communities. Jobs are severely limited outside the college and university settings, and when the institution cannot hire someone, they often go unclaimed. Many women are forced into marginal jobs without hope of promotion or salary increases by their husband's move. When the reverse occurs, the woman moves and her husband moves with her, the situation is often better as males typically can find better paying jobs.

The general tendency on the part of community colleges to have large numbers of classes taught by adjunct faculty has also hurt the outlook for spouses. Faculty positions may be forced into teaching in an adjunct role for poor pay and no chance of advancement. As one wife commented, "My husband got associate professor, I had the same degree and more teaching experience, but was forced into an adjunct role at $600 per class. The Academic Dean told me that the restaurants in town were always looking for cooks."

In another situation involving two faculty members, the husband received a job offer at a community college, while the wife, who held a PhD was offered the position of departmental secretary in a seven-person department with only two PhDs.

New Holiday Vacation Spots and How to Find Them

by Thura Mack

Embark on a different voyage this holiday season. With the holidays rapidly approaching, plan for a challenging vacation doing something galvanizing! Why not choose some activities that combine fun and pleasure with cultural and intellectual stimulation?

Because selective escape is what is toughest to find, consider one of the following options:

RANCH VACATIONS

Would you like to escape from the typical Christmas holiday vacation and experience a totally new kind of vacation? Why not try a horseback riding camp? You don't even have to know how to ride! Montana and Colorado are home to the best known riding camps. Their spectacular rugged landscapes, majestic mountains, and golden prairies will make it an unforgettable getaway.

Well known vacation ranches such as Lazy K Bar and Lone Mountain Ranch, both in Montana, are known for their wonderful entertainment, cookouts, natural saunas in glacier lakes, fishing, camping, campfire camaraderie, and the best of western dance.

For free information, maps and complete ranch listings, write to the Travel Promotion Bureau, State of Montana, Helena, MT 59620, or call (800)-548-3390. For information about ranch holidays, contact The Dude Ranchers Association, P.O. Box 471, La Port, CO 80535. Another excellent source is "Farm, Ranch and Country Vacations," published by the Berkshire Traveler. Frontier Airlines has frequent flights from Denver and almost all major locations in the West to Billings and Bozeman, Montana. Continental, Northwest Orient, and Western also service the area.

CITY LIGHTS

For those who prefer bright lights and the big city, endless cosmopolitan sophisticated activities blended with cultural endeavors, why not visit Washington D.C.? Washington offers a variety of tourist attraction and the holidays might be the best time to visit them. Why not plan your vacation around a visit to one or two major attractions, such as the Smithsonian and the National Gallery or the Library of Congress and then a tour of the White House. Imagine passing by the spectacularly decorated White House Christmas Tree and grounds in a horse drawn carriage on a snowy evening after dining in one of the capital's finest restaurants, or attending a performance of the nation's finest performers and musicians at the National Theater. These are some of the adventures you could find on holiday in Washington. One of the best informational sources for these and other low-cost vacations is your travel agent. The Hodges Library has an array of Travel and Tourism sources that includes travel guides, hotels and timetables.

(Continued on page 3)
Coping With Menopause

At one time women who were going through menopause had only one model presented for them, that of a woman so incapacitated by raging hormones that they were incapable of rational thought and behavior. The new model is that the usefully busy woman should hardly notice menopause. Neither model is particularly accurate or useful, and most women fall well between the two extremes presented here.

What is menopause? Well, medical definitions vary, as do opinions about when its beginning or end occurs. Most medical texts like to define the “climacteric” as about a ten to fifteen year period during which ovarian failure occurs. These texts tend to define menopause narrowly as the cessation of the menses. The book Our Bodies, Ourselves points out that currently the most popular definition of menopause is a retrospective one, two years after the last menstrual period.

There are three principal physical changes that occur during menopause, changes in menstrual cycle, hot flashes and sweats, also known as vasomotor instability, and vaginal changes, principally a decrease in moisture and elasticity in the vagina. For most women the first sign of menopause is a change in the menstrual cycle. These changes take several forms, more frequent menstruation, shorter or longer periods, and either lighter or heavier bleeding. The heavier bleeding, also known as flooding, can be a quite spectacular problem. Many women fear cancer when this occurs, although research indicates that this is only a problem in a very few cases. It should be ruled out, however. Heavy bleeding is usually transient, and though at one time hysterectomies were recommended for heavy bleeding, they are no longer. When cancer is ruled out, the most serious health risk that a woman runs from the heavy bleeding is anemia. Hemoglobin should be checked regularly and iron supplements should be taken if anemia is present.

About twenty percent of women have no changes at all in their periods until menstruation suddenly stops. Note that midlife women with irregular periods are at risk for pregnancy until they have been period free for at least twenty-four months.

The sign most commonly associated with menopause is hot flashes. Most women describe it as a sensation of heat in the face that moves across the entire upper half of the body. Sweating can follow, and many people experience a suffocation-like feeling. Chills can precede or follow.

Hot flashes may begin when menstruation is still regular and continue long after periods end. Some women have few problems with them, others are incapacitated by the profuse sweating and other problems. The final bodily changes during menopause are vaginal changes.

Since the end product of menopause is the diminution of hormone production in the ovaries leading to the stoppage of the release of eggs, estrogen levels become seriously reduced. These changed levels can produce drastic changes in the vagina. These changes, among them, thinning of the vaginal walls and vaginal dryness, may be an essential part of aging, and some women have problems with them, others do not.

Many women are not bothered by menopausal signs and do not require treatment. Many others have symptoms that interfere with daily life and there are several medical treatments that can be considered, the most common is ERT (estrogen replacement therapy).

When ERT was first offered it was believed to be a universal cure-all for all types of aging in women. By 1975, however, studies showed that for some women, estrogen supplements could be a serious problem. The package insert for estrogen warns that women with a history of cancer, breast cysts, blood clots, or kidney, liver, and heart disease should avoid taking it. Most physicians prefer to use estrogen only as a treatment for women who suffer from very hot flashes and then prescribe it only a very short time. One physician pointed out that if ERT is tapered off gradually then the hot flashes are much less likely to return.

Alternatively there are a number of nonmedical approaches to dealing with problems in menopause. Daily moderate exercise has proven to markedly reduce many of the more unpleasant symptoms.

Eating a balanced diet often will reduce many of the unpleasant biological effects. Very low dose Vitamin A supplements may help heavy menstrual bleeding. Low dose Vitamin E can help with leg cramps and may ameliorate hot flashes as well.

Many women have found that support groups have been useful in dealing with the psychological effects of the physiological changes. Studies have shown that many unpleasant physical effects are found to be less stressful when there is discussion and preparation in support groups.

Menopause is a significant time for women. Proper education and preparation can prevent it from becoming an unpleasant one.

West Point Picks Woman to Lead Cadet Corps

More than a decade after the first woman was admitted to the United States Military Academy, the first woman was selected captain of the Corps of Cadets, the academy's highest cadet honor. She is Kristin M. Baker, a 5-foot-4-inch, 112 pound senior who describes herself as an “Army brat.” While West Point has accepted women into its tur- reted stronghold since 1976, they make up only 10 percent of the student body, and some women who are cadets say that despite their integration into academy life, there are vestiges of resentment. Miss Baker said she perceived no special treatment, positive or negative, because she is a woman. “We’re a minority, yes, and hear people say, ‘Oh, if you’re a female you have to try twice as hard,’” she said. “But the men here try twice as hard, too.” (From The New York Times August 9, 1989)
Osborne Discusses Abortion Class

In the wake of the Webster vs. Reproductive Health Services decision by the Supreme Court this past summer, the UT Women's Studies Department offered a course this semester to examine the issue of abortion.

Dr. Martha Lee Osborne, head of the Women's Studies Program and co-instructor of the course, says the class has presented varying points of view on the issue of abortion. "We have focused on the medical, historical, legal, political, moral, ethical, and religious aspects of abortion," said Osborne. The course has met with considerable public attention, having been written about in newspapers such as the Knoxville Journal, the Tennessean, the Chattanooga Times, USA Today, and the New York Times. CNN also did a story on the course.

Osborne noted that the Women's Studies program has offered other such timely courses. "When Geraldine Ferraro was nominated for vice-president, the department offered a special topics course on Women and Politics. I think this course is comparable in that it is designed to academically examine a topical issue," Osborne added.

Osborne stressed the balanced approach she and her colleagues have employed. "We have represented both pro-life and pro-choice points of views," said Osborne.

In preparing for the course, Osborne found her UT colleagues to be quite helpful. "The course is team taught by myself, Suzanne Kurth (associate professor of Sociology) and Norma Cook (professor of Speech/Communication). We have found our fellow faculty to be quite supportive in offering their time to guest lecture. The Knoxville community has also been supportive," said Osborne."