

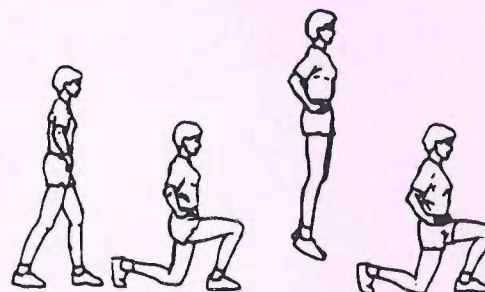
WOMEN'S STUDIES NEWSLETTER RUTGERS-NEW BRUNSWICK

VOLUME VII, NO. 1

FALL/WINTER, 1993

A WOMEN'S STUDIES M.A. AT RUTGERS UNIVERSITY

The Women's Studies M.A. Program is on its way to fruition. We are beginning to develop the four core women's studies courses (a two-semester Feminist Theories course, Women and Social Change, and Women's Studies Research Methods). Our goal is to make the graduate curriculum fully cross-cultural, reflecting the diversity of women's perspectives in the United States and abroad. We welcome input from the Rutgers Women's Studies community. Send syllabi, resources, suggestions and offers of help to Annette Igra at our Voorhees Chapel offices.



FACULTY VOICES

Incorporating Exercise Science and Sport Studies in the Women's Studies Program

Karen D. Mittleman, Ph.D., Dept. of Exercise Science & Sport Studies, FAS

As a faculty member in the Department of Exercise Science and Sport Studies and an exercise physiologist, my affiliation with the Women's Studies Program has been one of an outsider looking in. Although I serve on the Undergraduate Curriculum Committee, my academic discipline has not enabled me to offer my services to teach the core or cognate courses within the program.

My interest in gender is evident in my research in temperature regulation. Several questions I am attempting to address are: why is temperature regulation altered during the menstrual cycle? Do women differ from men in their sensitivity to cold, independent of differences in body composition, size and fitness? Are there ethnic differences in cold sensitivity? What is the influence of increasing muscle mass on cold tolerance in elderly women?

The Gender Groups present a joint forum:

"Moving across Disciplines?"

with:

Barbara Balliet, Women's Studies

Kathy Edin, Sociology

Rose Harris, Political Science

Marcia Ian, English

Wednesday, 10 November 1993

5:00 - 7:00 p.m.

Fellows Common Room
College Hall, Douglass Campus

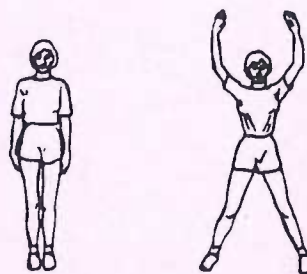
This semester I have jumped feet first into the program with my "act of liberation." Through the assistance of faculty members at other universities who teach feminist pedagogy in sport (Alison Dewar, U. of British Columbia, and Alicia Goginsky, Penn State), I am teaching a Special Topics Course: "Women in Sport and Exercise." The course is designed to evaluate critically the historical, socio-cultural, and physiological perspectives of women participating in sport and exercise. Topics include homophobia, role of the media, feminist strategies in the sport sciences, racism, class-based prejudice, public policy and Title IX, body image and eating disorders, reproductive function, and psychological aspects of sports/exercise participation.

To supplement the discussion of reading materials, I have invited several women from Rutgers as well as outside the university to share their personal experiences and philosophies with the students. Guest speakers include an Olympic athlete, athletic administrator, health counselor, women's sports coach, sports commentator - Sherry Ross, the only female professional ice hockey broadcaster (the N.J. Devils), and tentatively, Donna Lopiano, executive director of the Women's Sports Foundation.

Although I know the fifteen students enrolled in the course will acquire a greater understanding of my discipline, their diverse approaches and active participation in discussions have already broadened my knowledge of feminist perspectives.

One of my goals regarding the Women's Studies Program is to increase the focus on women's health issues from a physiological as well as sociopolitical perspective.

P.S. If you are interested, I am always looking for potential research subjects!



ROUND-UP OF NEW COURSES, SPRING 1994

Undergraduate Level

Dee Garrison, History
01:988:490:01 (index # 69249), W3,4
**"Seminar on Women and Contemporary
Issues: Women, War, and Peace"**

Mary Trigg, Women's Studies
01:988:492:02 (index # 73312), W3F4
"Women at Rutgers College"

Antonia Tripolitis, Religion
988:492:01 (index #61412), T3,4
"Women in the Greco-Roman World"

Graduate Level

Abena P.A. Busia, English
16:988:525, T4,5
**"Colloquium in Women's Studies.
Gender, Race and Silence: Re-reading
Imperial and Post-colonial Fictions"**

Cynthia R. Daniels, Political Science
16:988:520, T3,4
"Women and Social Change"

For full course descriptions, phone Women's
Studies or drop by our offices. . .

Women's Studies Staff
Rutgers-New Brunswick

Alice Kessler-Harris
Director

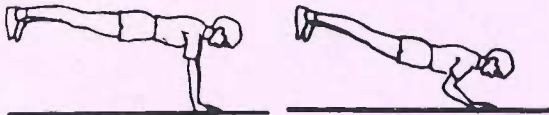
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Annual Conference
NATIONAL WOMEN'S
STUDIES ASSOCIATION
"Teaching, Theory and Action:
Women Working in a Global
Perspective"

Paper/panel descriptions due by
Nov. 1, 1993:
Kris Anderson
NWSA Conference Office
105 Landscape Architecture
Iowa State University
Ames, Iowa 50011

Women's Studies at Rutgers
Upcoming Events

You are invited to the
Fall Women's Studies meeting
of the
TASK FORCE FOR DIVERSITY:

"The Task Force in Transition"

Voorhees Chapel 05, 12:00 p.m.
Wednesday, 10 November 1993

WOMEN'S STUDIES FALL
GENERAL MEETING

Monday, NOVEMBER 15
12:00 ~ 2:00 p.m.
Voorhees Chapel Room 05

UNDERGRADUATE VOICES
Interns Tell their Story:

Astrid M. Vellón
Women's Studies/Puerto Rican Studies
Major, Spanish Minor, Class of '94

Working in Planned Parenthood of Middlesex County for my research on the social construction of women's sexuality with a focus on Latina women was a real learning experience. I felt that I could finally put what I had been learning in my Women's Studies classes in a real context. I got a lot out of it, but most of all, it gave me more confidence in myself and in my beliefs as a feminist and as a Latina woman.

The biggest lesson that I learned from working at Planned Parenthood was that

what might be good for me might not be good for every woman. For example, it was really hard for me to understand how some women are worried about getting pregnant, but not worried about getting sexually transmitted diseases (STDs) or HIV/AIDS by not using condoms.

At Planned Parenthood I participated in different activities such as going into local high schools to talk about STDs, HIV/AIDS, violence during dates, domestic violence, and other issues. We did outreach in places such as the New Brunswick welfare office, nursing schools, and day care centers. I did a lot of research in their library and the organization provided me with much valuable information for my research project.

Now I understand that my responsibility is not to blame other women or make them feel guilty because of what they do or do not do, but to provide them with information that might little by little empower them. The mere fact that they are trying to control their fertility is already a step forward. Hopefully as more information is given to these women at the clinic, they might change some of the attitudes and behavior that contribute to women's health risks. The STDs and HIV/AIDS issue is not about who you are, but what you do that puts you at risk.

Another important aspect of my internship was that I learned how to use my feminist insights in different frameworks and became more sensitive to the needs of other women. Even though I shared the same background as the Latina women at the clinic, we have different experiences due to differences of class and levels of education. It is important to treat women as individuals with particular needs and not as a single collectivity. As a Latina woman it was interesting to go back to my community and use some of the things

I had been learning in college in a real framework. I learned a lot about my culture and about myself, too.

I also found class discussion with other students on internships elsewhere very helpful for my own internship. We shared experiences that were often similar, giving us feedback of what to do in particular situations. Professor Mary Trigg was also of great help, providing questionnaires as a guideline for us to evaluate our placements from a feminist perspective.

I used to think that the "only way" was always "my way," without taking into consideration other factors that also affect the lives of these women, such as economics, class, race, and language barriers. As a feminist I became more sensitive to other women's needs. I understand now that even that process of liberation is a privilege and not something that "if you really want you will get." By this understanding I do not mean to give up my feminist convictions, but to see them as a complex process and not necessarily as a universal reality accepted by all Latina women.

At Planned Parenthood I worked with Carmen Lopez and Jackie Rubino, who is the Director of the Educational Department. Carmen was my direct supervisor, and became a colleague and good friend. She then recommended me for a part-time position working with women and AIDS, through the Puerto Rican Association for Human Development. I worked in that position for three months and the Association offered me a full-time job, where I now work while I finish my senior year at Douglass College.

