

Martha

BLOOMINGTON
**WOMEN'S
HANDBOOK**
WINTER '74 FREE



iusa Women's Affairs

The IUSA Women's Affairs Office is a student organization concerned with all facets of women students' problems, interests, and needs. Acting as a coordinating center for women's groups, a referral and information service, and an investigatory body, we are trying to offer an effective channel for constructive change.

In the process of re-organizing and directing energies, focal needs are emerging in the areas of health care, sports facilities, and educational opportunities. Along with other immediate health concerns is the need for a survey on the availability of abortions. Educational objectives include bringing films and forums, and other programs/services of interest to women on campus. This directory/handbook has also been a main educational project of the office.

Discrepancies between men's and women's sports and recreational resources and activities are another area which can't be overlooked.

We would also like to work with promotion ... consciousness-raising groups for both men and women, ERA education and lobby work, improvement of day-care facilities, and increased opportunities in women's studies. Anyone interested in becoming involved with these issues would be welcomed by the Women's Affairs Office. In offering a central location for all women's organizations, we can provide not only support and woman-power but also equipment, mail-boxes, and liaison services.

To ensure that we provide a responsive solution to pressing concerns, we need constant communication with women. If anything in this directory has interested you, please come by the IUSA office, (IMU rm 35) or call Karla Spalding (337-IUSA) or Jane Farrel, (334-3096).

WOMEN'S HANDBOOK

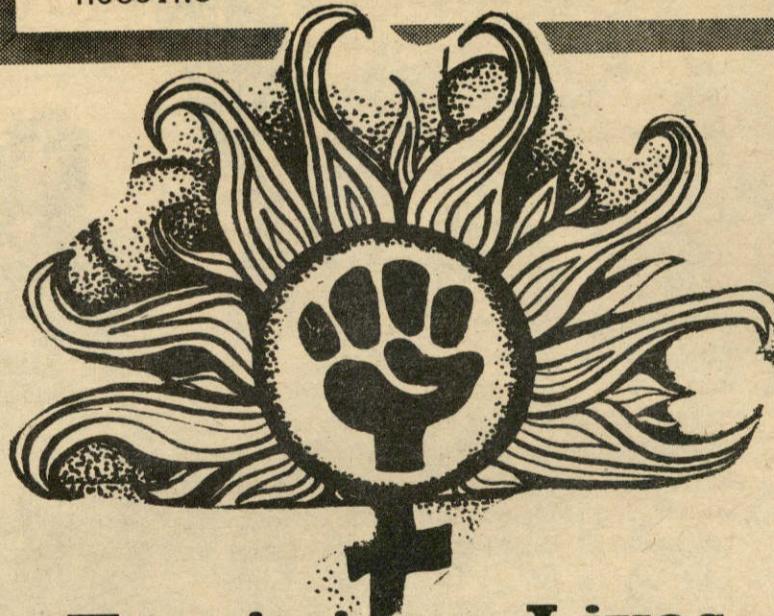
This handbook was produced to inform women of the many activities and services available to them. We were surprised at the extent of women's organizations and activities on campus and in the Bloomington community. Our hope is that this booklet will foster feelings of sisterhood and expand self-awareness among women.

If an organization was left out or a new one develops please let the IUSA Women's Affairs know, so that this effort can be revised and expanded next year.

The articles included were written by many women expressing many different points of view. This booklet is as accurate as the information we received, but groups do change as do interests and issues.

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Feminism Lives

**WOMEN'S HANDBOOK
found here...**

IUSA WOMEN'S AFFAIRS
WOMEN'S HOUSE
RESIDENCE HALLS
MARRIED HOUSING
IMU ACTIVITIES DESK
THE GABLES
CLEAR MOMENT
THE VIENNA DOG HOUSE
CAVEAT EMPTOR
BEAR'S
RAPPS
MOTHER BEAR'S
CERES HERBS AND NATRL FOODS

Thanks to all our friends for their time and efforts.

Patti Washburn
Jane Farrell
Maida Tilchen
Debbie Schneck
Diana Cook
Pat Silaghi and
Friends
Candy Yokum
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New people always welcome to help. Contact
IUSA Women's Affairs Office, IMU
Rm. 35 Phone 337-IUSA



IU's First Women

In 1867, the first woman, Sarah Parke Morrison, was admitted to Indiana University, the first state school in the nation to admit women on the same "basis as men". Sarah's presence on campus created a disturbance, to say the least. As written in Dr. Clark's accounts the "arrogant stares, and intolerant slights and remarks" from the faculty and male student body she had to suffer were great tests of her stamina.

The University was also tested. It was faced with the questions it never before had to concern its self with, such as, to quote Dr. Clark, "should professors treat women students with Victorian deference, should they insist they take special and easier courses, or should sex be ignored altogether?"

There were other complications of the day to be confronted. In the book *Indiana University : Midwestern Pioneer*, Dr. Clark relates how, in 1869, professors were perhaps more worried about Miss Morrison's graduation than they had been by her admission to classes. They were afraid she would be subjected to the curious and hostile stares of the audience. Even worse, she would have to walk across the stage to receive her diploma and her ankles might be exposed to immodest views."

The number of women attending IU has been growing from the earliest days. The first graduating class of women in 1868 had 13 women. By 1899 there were 318 women students, 30% of the student body. During the years of war from 1943 through 1945, the percentage of women was greater than that of men. In recent years, the number has leveled out with the percentage of women and men about 50 percent each.

Women today are still challenged with persistent attitudes and teachings. For example, although women are admitted equally to the University, they still do not receive equal representation in much course materials. Women have come a long way in their educations, but still have a farther way to go.



IU's first coeds, photographed in 1868 were (front row, from left) : Laura Turner (Mrs. James M. Foster); Jennie Bray (Mrs. David Hughes); Susannah Hamilton (Mrs. Vincent Anderson); Sarah P. Morrison; Elizabeth Harbison (Mrs. James H. Dunn); Sina Green (Mrs. George W. Cooper); Mell Rogers; Mattie

Moffitt. Second row, from left: Rachel E. Cox; Clara E. McCord; Helen Alford (Mrs. Charles J. Berry); Sarah Craig; Ella Fellowes (Mrs. John W. Ewing). Miss Morrison was the first coed to enroll in 1867 and the rest followed a year later.

Women Denied Herstory

A study of text books used in colleges by Earl Robert Schmidt and Dolores Barracano shows the appalling under representation of women in textbooks. The survey of the twenty seven leading textbooks which account for 99% of the total market of texts used in college American History survey courses tabulated all references to women, comparing it to the total number of pages and the number of illustrations of women compared to the total number of illustrations. This survey also noted references to three prominent American women, one in each century, Anne Hutchinson, Harriet Beecher Stowe and

Eleanor Roosevelt. The results were incredible. Only seven texts made references to all three women and in only three instances (of a possible 81) was as much as a page written about any of them. The range of the proportion of pages referring to women ran from .05% to 2.0% of the total number of pages; illustrations ranged from 0% to 6%. In all probability the situation in other educational materials is equally disgraceful.

The survey results and article were obtained from the National Student Lobbyist, Aug./Sept. 1973.

WOMEN IN HISTORY BOOKS

TITLE	AUTHOR(S)	PUBLISHER	W/ PP.	W/ IL.	H	S	R
Survey of Am Hist	Baldwin-Kelley	American Book Co	1/2 /515	0	0	ment	0
American Civ	Boyd, Worcester	Allyn & Bacon	2 /787	-0	ment	0	0
Empire for Lib	Malone, Rauch	Appleton, Century	9 /2290	0	1/2 pg	ment	2 sen
Am Pol & Soc Hist	Faulkner	Appleton, Century	5 /1100	0 /42	sen	0	0
Basic Hist of US	C. & M. Beard	Doubleday, Doran	9 /504	0	ment	para	0
The Am Pageant	Bailey	Heath	3 /1047	2 /285	para	3 sen	0
American Profile	Bordon et al	D. C. Heath	1/2 /372	0	0	2 sen	ment
New Hist of US	Miller	Dell-Laurel	1/2 /526	0	2 sen	sen	0
The Nat'l Exp	Blum et al	Harcourt, Brace	2 /908	2 /210	1/2 pg	para	picture
The Am Nation	Garraty	Harper, Row	2 /976	1 /300	para	pg	sen
America--A Hist	Handlin	Holt, Rinehart	10 /1098	11 /337	para	2 sen	0
Hist of Am Democ	Hicks et al	Houghton Mifflin	3 /915	2 /197	para	para	ment
Hist of US	Williams, Current	Alfred Knopf	9 /1688	10 /414	para	2 para	ment
USA--A Hist	Parks	Alfred Knopf	3 /831	0 /22	para	2 sen	0
Hist of Am People	Carmen et al	Alfred Knopf	4 /1656	1 /265	1/2 para	2 sen	0
Out of the Past	Gawrinski	Glencoe Press	1/4 /430	0	2 sen	0	0
The USA	Perkins, Van Deusen	MacMillan	6 /1711	5 /215	0	pg	0
Hist of the US	Graebner et al	McGraw	8 /1405	33 /504	para	para	sen
Soc & Thought	Wish	McKay	19 /1256	7 /112	1/2 pg	pg	0
Hist of Am People	Morrison	Oxford	6 /1830	4 /76	0	0	sen
Birth & Growth of US	Nye, Moepurge	Pelican	4 /766	0	0	sen	0
Am Republic	Hofstader et al	Prentice-Hall	9 /1445	4 /314	1/2 para	ment	sen
Synopsis of Am Hist	Sellers	Rand McNally	1/4 / 448	0	0	ment	0
USA—Hist of Nations	Greenleaf, Morris	Rand McNally	11 /1949	15 /255	pg	2 para	para
Democ Exp	Wright et al	Scott, Foresman	2 /536	9 /139	0	2 sen	0
Living America	Lumian	Van Nostrand	4 /538	5 /183	0	1/2 pg	para
Stream of Am Hist	Baldwin	Van Nostrand	2 /397	2 /162	0	para	2 sen

KEY: W Number of pages on women
PP Total number of pages
IL Total number of illustrations

pg page
para paragraph
sen sentence
ment mention

Space devoted to:
H Anne Hutchinson
S Harriet Beecher Stowe
R Eleanor Roosevelt

Myths vs. Education

"Nature intended women to be our slaves...they are our property; we are not theirs. They belong to us, just as a tree that bears fruit belongs to a gardener. What a mad idea to demand equality for women! ...Women are nothing but machines for producing children."

Napoleon Bonaparte

The whole education of women ought to be relative to men. To please them, to be useful to them to make themselves loved and honored by them, to educate them when grown, to counsel them, to console them, and to make life sweet and agreeable to them - these are the duties of women at all times and what should be taught them from their infancy.

Jean Jacques Rousseau



"The woman's fundamental status is that of her husband's wife, the mother of his children."

Talcott Parsons

New Women's Studies

The Women's Studies Program at IU exists this year for the first time as a formal, university-supported endeavor. It had its origin, however, in several years of hard work on a volunteer basis by students, faculty and members of the community who wished to see such programs at IU. For several years courses about women have been offered here, and the enrollments and faculty interest have grown steadily. In 1972 - 3 a committee drew up a proposal for a Women's Studies Program to be administered by four students and four faculty-staff, elected at a general meeting of all those interested in Women's Studies. The steering committee was elected, a director was hired, a list of course-offerings for this year was drawn up, and an office allocated for the program.

The development of special academic programs in Women's Studies in schools all over the country in the past few years reflects a growing feeling that the concerns, achievements and problems of women have often been neglected in the traditional curriculum. As an outgrowth of the broader women's movement, the concept of women's studies involves a commitment to working toward full equality of the sexes. The special concerns of any Women's Studies Program will, of course, be academic; its aims should include revision of the male-oriented curriculum, providing resource materials and speakers on topics relating to women, counseling students and actively supporting women in their efforts to achieve equality within the academic professions.

The Program's director, Ms. Ellen Dwyer, will offer a j-course this semester on the History of Women in America. The Women's Studies Office (219X Memorial Hall, third floor) will be open during school hours and will contain a collection of resource materials on women's studies. It is hoped that anyone who is interested in the Program, or who has suggestions or contributions to make, will feel free to visit the office and talk with Ms. Dwyer.

Continuing Education

Continuing Education for Women Division has, since 1971, offered non-credit courses focusing on women's studies, career preparation, self-identification, and marriage and the family. They also provide specialized conferences and seminars, a collection of information about women, and counseling opportunities.

Working closely with the Women's Affairs Office is Terry Mumford, the new Affirmative Action Legal Council for IU-Bloomington. Ms. Mumford clarifies the legal aspects of the Affirmative Action, and also serves on many of the Women's Affairs subcommittees.

This year, CEW is expanding their program to provide new skills for women seeking to enter or re-enter the job market. The classes are open to all adults, regardless of age or educational background. Graduation from high school or college is not required, nor is formal admission to the University. Tuition varies from class to class. For those 65 and over, tuition is cut in half. Some classes offered this year are: Women in Cultures Around the World; Beginning to Cope with Separation; Upgrading Skills, Editing and Preparation of Publications, Day Care and Nursery School Administration; Secretarial Procedure and Administration; and Physical Fitness for Women.

CEW began with the objectives of motivating women to take a more active role in community affairs and to encourage development of individual potential. To meet the Ten Year Plan for CEW and to provide for the concerns of adult women, CEW plans to formulate full-time counseling service, focusing on career planning and educational advising, and new career training programs.

Contact Ms. Nancy Seltz at 301 Owen Hall, 337-1684 for more information.

"The five worst infirmities that afflict the female are indocility, discontent, slander, jealousy, and silliness... Such is the stupidity of woman's character, that it is incumbent upon her, in every particular, to distrust herself and to obey her husband."

Confucian Marriage Manual

IU Women's Affairs Office

Beginning its second year in operation the Office of Women's Affairs has made great strides in changing the discriminatory practices on the Bloomington Campus.

The goal of the office and Dean Eva Kagan-Kans, is to establish a climate in which faculty, students, and staff are provided with full opportunities for the development of their abilities.

Dean Kagan-Kans serves a dual role as Dean and as the Bloomington campus' Affirmative Action Officer, in accordance with the HEW directive. Additional responsibilities of the Dean include serving as Ombudsperson for women and minority grievances, and chairperson for the Women's Affairs Advisory Committee and its subcommittees.

The subcommittees of the Advisory Committee are one of the office's main concerns. The original nine formed are Faculty Grievance, faculty Hiring, Faculty Equity Review, Personnel, Maternity Leave for Students, Faculty and Staff, Student's Affairs, Women's Studies, Part-time Faculty and Part-time Faculty tenure.

Five new subcommittees were formed this year to meet the needs of the I.U. women. They are Athletics, Day Care, Personnel Classification, Panels, and Speakers, and Reports on Women. Each subcommittee is comprised of faculty and staff, with students on those involving women students.

Women Prefer Work

Six out of 10 women would work even if they could receive the same amount by staying at home, a major news survey on women reveals.

The Bureau of Advertising of the American Newspaper Publishers Association made public the results of the survey last week at the 61st annual convention of the National Retail Merchants Association in New York. The study was based on interviews with 1,000 women, of whom 661 were currently employed. The interviewing was done by Response Analysis Corp. of Princeton, N.J.

Some 82 percent of those interviewed agreed with the statement: "Working makes me a more interesting person." Some of the other reasons advanced for wanting to work were: "I want to be more independent" (36 percent); "I want to do something worthwhile" (35 percent); "I like to learn new things" (35 percent).

Relatively few women offered negative reasons for wanting to work. Sixteen percent, however, did feel they were "bored with housework," 14 percent were "too lonely at home." Among 48 percent of the women interviewed, the biggest problem associated with working was time. But paradoxically, working women engaged in social activities more often than their non-working sisters. According to the Bureau of Advertising, there were 31.2 million working women in 1970, compared with 12.8 million in 1940. Between 1960 and 1970, when the total population of the U.S. grew 16 percent, the number of working women increased by 35 percent.

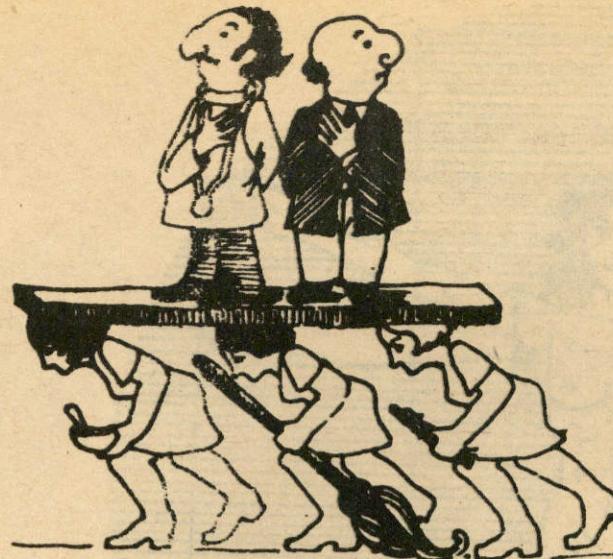
Sexism in Career Planning

Many women are subtly and firmly channeled away from developing interests in what are considered "masculine" occupations. This is reinforced in the belief, formerly held by many people, but now changing, that when women do end up in a career, it is a matter of circumstances or fate.

In the 1930's the Termin Miels MF (masculine/feminine) scale was constructed to determine modal patterns of career orientation. The criteria for women's scores, however, was based on a negative correlation of the men's scores. The men were tested first, and the inverse of what they tested high in was attributed to women. In other words, what received high scores by males was termed "masculine" and that which received low scores, such as secretarial work, was termed "feminine". This lead to the deviance hypothesis which said that women who vary from the feminine norm are in effect abnormal. This test is still used today to test the vocational potential of students in high school.

In 1971 studies about women, made by women, exposed the sexist bias on vocational testing and counseling which still exists. Only in the past few years have studies begun to present an alternate interpretation about women and their careers. One is the enrichment hypothesis that states that women who broaden their life plans by working in so called "masculine" jobs, have been enriched by positive role models and work experience, rather than been stifled by negative personal feelings.

Hopefully feminist counselors and educators will help in ending the perpetuation of sexist interpretations of a woman's work role and its respective normalcy.



Bloomington Business-women

It is exciting to learn that there are several local women-owned stores. Many of the stores have recently opened and are still struggling to establish themselves. Some have been in business for over twenty years and have passed through the years if younger businesses into a more stable existence.

Most of the local women store-owners here entered their particular business through interest and appreciation of what they sell.

A businesswoman, Sally Zweig, expressed a common concern for many newly established women-owned stores, that of being recognized as the owner and spokesperson for the business. Many salesmen come into her store asking to speak with the owner, and have a hard time believing or relating to her as the sole owner and proprietress.

The following is a list of some of the women-owned or partially women-owned and operated businesses in town. There are many more than those listed here, including many beauty shops. Each of these needs and deserves your support. We hope you will stop by these places and look for yourself.

Clerical Workers Right to Unionize

The Clerical Workers Association has its origin in the Secretaries Association which grew out of a group of Law School clericals who discovered about 1½ years ago that it was more profitable to solve problems as a group than to struggle individually.

In the past year the name has been changed to Clerical Workers Association in an attempt to include ALL CL employees. The organization has developed from a pressure group into a unionizing drive with the goal to form a union local with the American Federation of State, County, and Municipal Employees (AFSCME). An effort has been made to reach as many clericals as possible by sending out newsletters, leafleting, holding noon meetings at various departments and talking to people about how a union could benefit clericals.

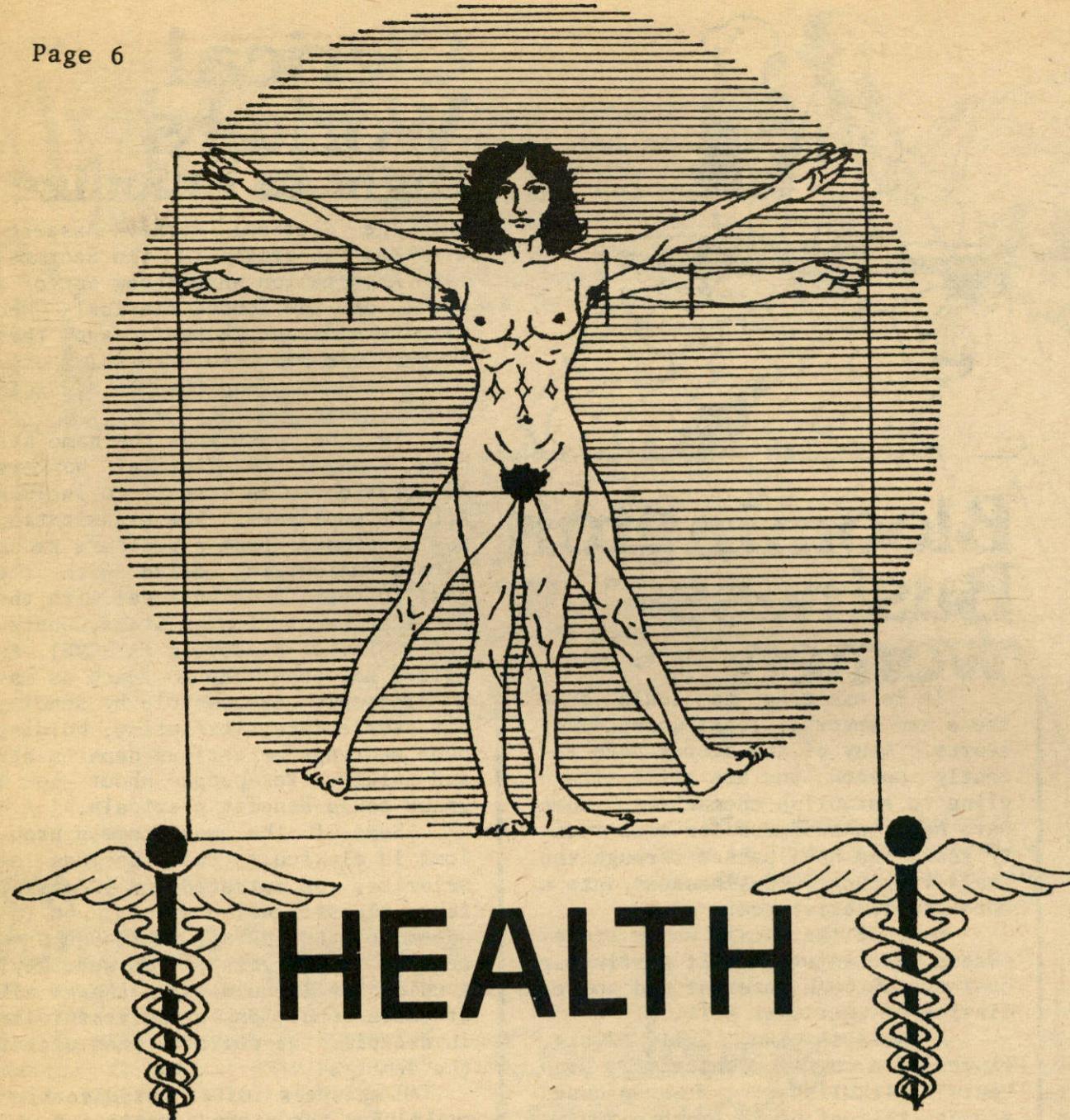
Some of the most common problems IU clericals face include low salaries, an outdated and inconsistent classification system, an inadequate and unfair grievance procedure, and a lack of job security. A union local could help change all of these conditions and give a voice in deciding the policies that affect the members.

"Employees of the University shall have the right, freely and without fear of penalty or reprisal to form, join and assist any lawful union, or refrain from any such activity."CWA.

Ceres Natural Foods, Forever April, The Gallery, A.D. Bordelon's, Whisler's Mother Prints for Paupers, Charm Shop, Curry's Casual Shop, Terry's Fashions, Nutcracker Sweet, The Greenery, King's Shop, Goods, Betty Jean Shop, Beth Ann Floral, Carmen's Beauty Oasis, Ella's, White House Floral, The Fish Gallery.



**WE ARE THE WOMEN
MEN WARNED US ABOUT**



Student Health Center

With a \$50,000 cut-back, the IU Health Center has been stretching to make ends meet. Several services, such as culture testing (including tests for VD) have been discontinued recently. Elimination of these services greatly affects all students. These cut-backs and deletions are only a small symptom of the clinic's financial problems. The future of the Health Center is at stake.

The Health Center and Student Board have tried various means to activate changes. Now, women and the entire student body must come together to impress upon Chancellor Carter and the University Administration that health needs are vital. Health relates directly to a student's ability to study and function, and influences general well being. The Health Clinic is one department that serves every student, with approximately 590 people seen daily. Alternative funding must be found.

In the spring of 1973, plans were proposed for an optional Health Center to be paid individually by students at registration. Currently, the Health Center is financed with monies out of the general fund which consists of tuition revenues, legislative appropriations and donations. Feeling that students would be unwilling to support a Health Center service rate increase along with the tuition increase, Chancellor Carter flatly rejected the proposal. This decision should in all fairness have been made by students after thorough examinations of the budget and all alternative suggestions.

There are several measures that could be taken to not only see us through the present crisis, but also

ensure that it is not repeated again. Some possibilities are 1. Seeking outside funding from the Indiana State Board of Health, 2. From the contingency funds, 3. a reallocation from the general fund, 4. the proposal for optional fees, 5. mandatory fees from each student, approximately \$30 each semester. If the last proposal were endorsed and adopted, after paying the initial fee, all services would be free, including lab tests and x-rays. The Health Center would become an autonomous entity, independent of the General fund.

The Health Center, with the voice of students, would be able to determine its priorities and add more services, including better services and facilities for women.

The Health Center, although far from offering full service to women can do some testing. Post abortion

care, which includes a check-up for any development of infection, and some tests for common vaginal infections such as yeast infections or trichomonas, are offered free. Most infections can be tested by either the gram stain, or wet prep tests. For \$3, a pregnancy test may be taken. This test should be made no less than 42 days after the start of your last period in order to get an accurate reading. Morning after pill may be obtained through the emergency clinic for those who are in need.

Some very important tests, including all cultures tests, cannot be obtained from the Health Clinic. All cultures, must be taken to the Bloomington Hospital to be read. This includes all VD tests and tests for other infections and diseases. Once a culture is made by the Health Center, a woman must take her culture, with much inconvenience, obtain a ride to the Bloomington Hospital within a $\frac{1}{2}$ hour. There she must pay a service fee of \$6.75. This situation causes much inconvenience and embarrassment. The Health Center should be a place where students can obtain free and confidential service.

Pap smears, a test for cancer and other diseases, also cannot be made at the Health Center. A woman must either go to planned parenthood, an outside organization and pay a \$10 fee for the test, or else to a private gynecologist.

This type of service should not continue. Instead of limiting its services, the Health Center should be expanding to more areas of health care. There is no gynecologist at the clinic, and very little free gynecological care. Women shouldn't have to go to outside clinics for basic health care. There is a need for a gynecological clinic that could handle all testing and examinations required for a woman's good health. This would include free pregnancy tests, pap tests, and once again, VD tests. The health of all students should not be sacrificed.

Editors note, the deletion of VD testing is hopefully only temporary. We don't know how the health clinic is going to fare in the next year.

Those who are up-set about the present lack of adequate services, and the actions that have been recently taken in the way of cutting services, please contact the IUSA Women's Affairs Office, the Student Advisory Board, and Chancellor Carter's Office.

"HOW CAN HE BE CLEAN
THAT IS BORN OF A WOMAN?"

--JOB 4:4



Local Abortions

Since the legalization of abortions by the Supreme Court ruling, several Indiana hospitals have been handling abortions, one of which is the Bloomington Hospital. In accordance with the regulations set forth by the Indiana General Assembly, the hospital has facilities to be used for abortions.

Costs for abortions vary according to the type performed and whether on an in-patient or out-patient basis. On the average, however, for an out-patient abortion performed in the first trimester of pregnancy, the costs are \$125 for hospital fees and \$100 to the acting physician.

Counseling is the most important aspect of an abortion other than the physical health of the woman. For many women, an abortion can be an emotionally and physically hard experience. Counseling should include an explanation of abortion, of birth control and a follow-up session. The doctors in Bloomington who perform abortions either have counseling or are in the process of setting up services. Planned Parenthood can refer you to one of the doctors, and also does its own counseling.

The following are some of the basic regulations of Bloomington Hospital:

- 1) A woman must be a resident of the Bloomington-Monroe area, living in the hospital's jurisdiction.
- 2) Only four abortions are permitted per day in the hospital.
- 3) A physician is free to decide to perform an abortion.
- 4) Abortion is elective surgery.
- 5) The woman must be 18 years of age or have consent from a parent or other person in loco parentis (does not apply to married women.)
- 6) No abortion shall be performed after the end of the first trimester except in a licensed hospital facility.

Planned Parenthood

Planned Parenthood has one evening every Wednesday from 6 p.m. to 9 p.m. in the Health Center to see students wanting some form of birth control or needing a regular gynecological check-up. These once-a-week clinics serve approximately 120 women each session, and are booked several weeks in advance. In order to see a doctor, make an appointment.

As part of the routine check-up pap smear tests costing \$10 are offered, with a urinalysis, pelvic, and breast examination. If in the course of an examination diseases are discovered the women is referred to the health clinic or an outside gynecologist to make a further check

If a woman has found out that she is pregnant and desires an abortion, Planned Parenthood and the

Self-Help

The women's self-help clinic meets on two Tuesdays of each month to learn more about our bodies and to share with one another the knowledge we each have acquired about our bodies and healing. We have general discussions on topics such as acupuncture, and "body work", and closed meetings in which we study herbal medicine and specific aspects of female anatomy and physiology. Our growing knowledge and awareness lead us to taking good care of our bodies and to be more independent of the oppressive and inadequate (not to mention expensive) medical facilities available to us here.

HERBAL USES

With the use and knowledge of herbs becoming more widespread, women are beginning to exchange information and remedies, and to find relief from pains and tensions in more natural ways than the use of chemicals. Many herbal combinations have been passed down through generations of mothers who were attuned to nature, they were taught by their mothers about the natural balance of life and the use of herbs to maintain it.

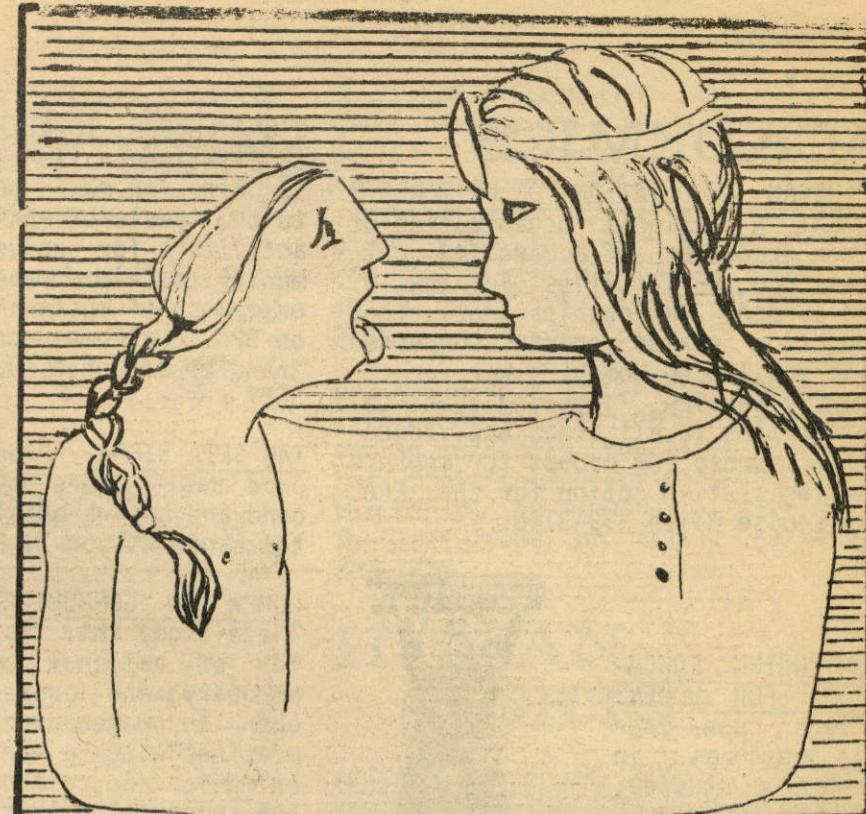
The following are some herbal uses passed along through "word-of-mouth", women folklore. If you think they are merely "old wives tales", believe it. And the wives (midwives, wicca, wise women) were quite right!"

For the relief of menstrual cramps and discomfort: Bring to a boil enough water for a cup of tea; add to it $\frac{1}{4}$ to $\frac{1}{2}$ tsp. each Angelica

Health Center have up-to-date information about abortions in Bloomington and other hospitals and clinics. They can make referrals to private doctors or gynecologists who will handle the abortion and its procedures.

Planned Parenthood will prescribe one of several kind of birth control methods.

1. Pills or oral contraceptives, these can be gotten from the I.U. Pharmacy with a prescription for a cost of \$1 per month, per packet of pills. Courtesy pills may be obtained for a period of one month for those who need them immediately and have a long wait before they can be seen by a doctor.
2. IUD or intrauterine devices, come in various shapes and sizes. These cost \$10 including the cost of the insertion. After insertion, you may feel a pain



pot, gentian root, cramp bark, blue cohosh root. Boil gently for 5-7 min. Remove from heat and add $\frac{1}{4}$ to $\frac{1}{2}$ tsp. each of domiana, raspberry and squaw weed. Cover and let steep for 25-30 min. Add plenty of honey and lemon, for the tea is very bitter. Relief is felt about 30 minutes after the tea is drunk.

A mellony, calming tea can be made by combining hops, scullcap, catnip, and valerian. Drink one or two cups full.

The use of catnip is said to be very helpful for a headache, licorice for a sore throat, golden seal and vitamin C to get rid of a cold. An infusion of slippery elm, nutmeg and linden has been known to quiet cough. Ginger is very beneficial and healing to sores and lacerations.

The use of herbs for continued good health is unlimited. Be familiar with the herb before you use it, so that you are aware of all its effects. For a well balanced combination use one to three parts of the active herb, (the herb that has the desired healing qualities, i.e. expectorants) one part demulcent (internally healing and soothing herbs) one part aromatic and an optional one part laxative. (This formula is relative to the use of teas for internal remedies, not to poultice or external use).

The knowledgeable use of herbs brings us one step closer to our natural heritage and women-culture, to our lost history, to ourselves.

like cramps for a few days but this will go away.

3. Diaphragms, must be individually fitted to the women, as there is not one size that fits all. This is only used at the time of intercourse. You should use a foam or jelly along with it. It comes with the cost of \$2.
4. Foams, jellies, and condoms may be purchased from the IU Health Clinic Pharmacy or from any drug store.

Several days a week, the Health Center has group counseling sessions for women interested in learning about different ways of birth control. All of these sessions are confidential. All methods are discussed and any questions answered. It is advisable for anyone just deciding on a particular method to attend a session to get all questions cleared up. Call the Health Clinic for an appointment.

ACADEMICS

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN: A national organization of women graduates of accredited colleges and universities in the US and abroad. Fellowships and other education awards granted. Concerned with mobilizing women power for community service, securing equal opportunities in all areas esp. education, sponsoring groups for members and legislative action for the ERA. Ms. Louise Blish 339-3140.

CONTINUING EDUCATION FOR WOMEN: Offers non-credit courses in women's studies, career preparation, self-identity and marriage and the family. Open to all adults regardless of age or educational background. (See article) Ms. Nancy Seltz, Owen Hall 303, 337-1684.



WOMEN'S STUDIES: A new department, offering courses for credit about women in many fields such as history, identity in literature, psychology, and others. Office in 219X Memorial Hall (3rd. floor), is open during school hours. (See article) Ms. Ellen Dwyer 337-0101.

SCHOLASTICS and HONORARIES

ALPHA LAMBDA DELTA: Recognizes and encourages high scholastic attainment among freshmen women. Open to all with a 3.5 GPA. The national council awards several scholarships. Marilyn Stackton 337-6768.

DELTA OMICRON: (Music Sorority) : Meets bimonthly, holds musicals, awards two scholarships to women in music school. Must be music major or minor to join with 2.5 in academic and 3.0 in music subjects. Jane Mallchok 334-0094.

MORTAR BOARD: This is an honorary organization for women only, which requires service, leadership, and scholarship. Eligible junior women are invited to join after replying to a flyer. Activities include hosting for administrators at teas, etc. President is Maggie Hewitt 339-3176.

OMICRON NU-SIGMA CHAPTER: National Home Economics Honorary, membership is based on criteria set by the National Constitution. Wiley Hall 204 Leah Wiedman 337-6362.

PI LAMBDA THETA: Recognizes women of superior scholastic achievement and high potential for leadership. Stimulates, conducts, and utilizes research meetings, scholastic awards, and service projects. Barbara Robertson 339-3411.

PLEIADES: An honorary for junior women which recognizes academic achievements. Membership based on GPA and activities on and around campus. Have one yearly project. Robin Moberly 332-3591.

SIGMA ALPHA IOTA --- IOTA EPSILON CHAPTER: A national professional sorority for music majors dedicated to the ideals of music. Has service activities for university and community to help spread knowledge and enjoyment of music. Membership based on GPA. Welcomes new members and transfer students. Jacky Grande 334-3657.

TAU BETA SIGMA: Promotes the existence and welfare of the University band and honors outstanding women in the band. Wilbur T. England 337-1872.

WOMEN IN COMMUNICATIONS: Formerly Theta Sigma Phi, is the local chapter of national organization, an honorary and professional society open to women and men. Monthly meetings with a variety of speakers on media and related issues. Marlyn Kelsey 336-7262.

HOUSING

BLOOMINGTON TENANT UNION: distributes lists of rental units in Bloomington, a survey of Bloomington landlords and recommendations, and a "Tenant Handbook" a guide to Bloomington Housing. Handbook includes tips in looking for an apartment, what your rights are, and what to expect. Bill Blank, 337-IUSA.

IRHA: Inter-residential Halls Association: is the student association for the ten undergraduate residence centers. Works on policies, changes, special programs: to better the living conditions and enhance the atmosphere for all students. Operates a Student Services Organization, contact is Jerry Anderson 7-9259. For general IRHA information call 7-7426.

MARRIED STUDENT'S COUNCIL: A non-political group who represents the interests of married students at I.U. Sees its function as service, information, liaison, and representation. It has established a Well Baby Clinic, and actively participates in Task Force where it studies problems and services, and recommends directions to take. Call Alan Boyd 336-2653.

PANHELLENIC ASSOCIATION: The 21 sororities are founded upon goals which stress academic excellence, commitment to the University, and concerns for others. There is development of goals in the community of others and an atmosphere of cooperation. IMU 30 Jane Richardson 337-8845.

CAMPUS COMMUNITY SERVICES

ANGEL FLIGHT: A student service auxiliary of Air Force ROTC. They have various service programs, including working with the Red Cross Blood Drive and the Fire Dept's Toy Drive. You need not be in ROTC to join. Capt. Brian Welsh 337-4191.

BLACK CULTURAL CENTER: Learning and leisure center for Afro-American activities on campus. Facilities include multi-media learning devices, historical literature, and listening tapes with jazz and other types of music. Open to all students are the career development and tutorial programs, and IU's Soul Review, directed by Porsche Maultsvy, which is predominately women. For more information, call 337-9271.



CLERICAL WORKERS ASSOCIATION: Seeks to unionize and form a union local with the AFSCME. Pressure group to obtain better conditions for clerical workers. Gloria Daily 332-3815.

CAMPUS GIRL SCOUTS---TULIP TRACE COUNCIL: Help youths from 6-17 in the process of making decisions, planning, and participating so that they may become productive and contributing adults, through troop meetings, camp and Wider Opportunities programs. Have flexible service and action programs. Mary Ellis, or Julia Brauer 336-6804.

CAMPUS GOLD: Part of the Tulip Trace Council, girl scouts of college age interested in camping and canoeing. Help out other girl scout troops and the Red Cross Bloodmobile. Mary Ard 337-4385, Kathy Sparks 337-4266.

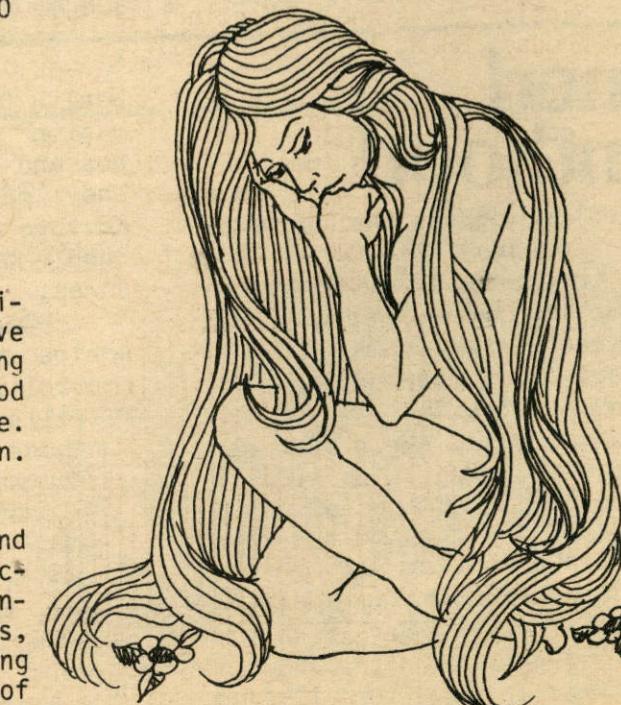
CRIMSON CADETS: This is a service oriented organization affiliated with the Army ROTC. Also promotes interest in a women's precision drill team. For information contact Robert Burelli, ROTC, Rawles Hall 213, phone 337-6168.

EDUCATION FACULTY WIVES CLUB: A social group, to meet others in School of Education through monthly meetings. Help new members settle in Bloomington. Mrs. Clark 339-5082.

EDUCATION STUDENTS WIVES CLUB: Promotes friendliness by bringing women together for knowledge and fun. In addition to different monthly programs, have special interest groups, such as yoga, bridge, book club and crafts. Mrs. James Hurtling 339-1789.

INTERNATIONAL WIVES CLUB: Provides an opportunity for foreign and US wives to meet. Open to married women of the University community. Sponsors special interest groups and activities: International cooking, beginning Spanish, sketching, good grooming, arts and crafts, square dancing. Pat Gellar 332-2434.

I.U. CHEMISTRY WIVES: Is a social group open to wives of students in the Chemistry Dept. Informal meetings monthly, sometimes husbands included. Mary Layman 332-3414.



I.U. DAMES CLUB: For married students and wives of students. Monthly meetings for social and intellectual enrichment. Janet Zirchelbach 6-3220.

IUSA WOMEN'S AFFAIRS: Ent organization in terms of women such as sports facilities, education, and legal referral and information. All women's groups work aware of what's not, and what works with WAR and Activities include booklet. (See article) Karla Spaulding 337-3120 or Jane Farrell 337-3120.



LAW WOMEN: Social interests ranging from faculty speakers to Students, faculty, and students. Interest groups meet Ann Dees 2-8717.

MBA WIVES: Open to candidates in Business meetings with speakers Ms. Jane Smith 6-8139.

OFFICE OF WOMEN'S DEPARTMENT: Full opportunity for students, faculty, and staff to investigate discrimination on Bloomington campus. Women and minority committees formed women (See article) Kagan-Kans 337-3120.

OPTOMETRIC DAMES: Promote the development through films, guest speakers. Projects such as book drives, Optometry students, and teachers. Contact Mrs. Roberta Kagan-Kans 337-3120.

PEMM CLUB: For club offers social and vocational activities 332-8139, Kay Polk 337-3120.

VOLUNTEER STUDENT HOUSE: Matching volunteer interests, new programs as well as consults in projects, trains and orienting in many areas. Need not be a student.

WOMEN IN BUSINESS: With business careers, solve problems and keep aware of business encourage women in business. Anywhere 217, Vicky H.

WOMEN'S FACULTY: Faculty a chance to express concerns, to be a part of other so they may succeed on campus. IMU 337-0120 Greenleaf 337-0120.

TORY ♀

S OFFICE: A student investigating problems as health care, news coverage, aspects. Also a recreation center for . Tries to make what is available, to do about it. Women's House. co-publishing this article). Contact 7-IUSA (office), 3096.

YWCA: Merged with the YMCA, local programs include membership drive, Chimes of Christmas, Toys for Tots, Spring Fun Fair, Co-sponsor I.U. Sing. IMU 34 337-6456.

SPORTS and RECREATION

OCEANIDES: Is a new growing competitive sport of synchronized swimming. Water shows held annually with routines to music. Attend the Midwest Intercollegiate swimming meet at the end of the year where proficiency is displayed. Rose Chapman 332-5854.

WOMEN'S INTERCOLLEGiate SPORTS PROGRAM: This rapidly growing program offers eight competitive sports, gymnastics, softball, field hockey, basketball, golf, swimming/diving, tennis and volleyball, for women interested in competition with other universities. Information, Ms. Leanne Grotke 337-6541.

WOMEN'S POOL: This free facility is open 4:30-5:30 Tuesdays and Thursdays, 3:30-4:30 Fridays, and on Saturday mornings 9:30-11:00. Bring a suit and student I.D. Located in the Student Building 337-6635.

WOMEN'S RECREATION ASSOCIATION: Promotes interest in recreational and physical activities, sportsmanship, and fellowship among women on campus. Available to any student. Event and entry forms in 1121 HPER. Advisor, LeAnne Grotke 337-6541, Sherry, Stockover 337-3747.

HEALTH

ALANON ANONYMOUS: For non-alcoholics who want to help those who are dear to them. Literature and advice given freely. Meetings at the club, 88 W. 11th St. 2-7960, or Mrs. Naomi Gray at 6-6554.

ALCOHOLIC ANONYMOUS: To provide group therapy for alcoholics through open and closed meetings. Acts as a clearing house for ALAt eens (Indianapolis) and Alanons. Meetings in club house, 88 W. 11th St. 2-7960.

ASHRAM HOUSE: Helps people develop concepts and aids them in dealing creatively with immediate situations, and to realize the expectations of their lives through yoga, counseling and work. Help those who have trouble with the law. Activities: Oriental art, baking, etc. Mike Shoemaker 336-7724.

BLOOMINGTON MENTAL HEALTH CLINIC: Offers many kinds of services, including individual, group, marriage, child, drug and alcohol counseling. Have a sliding fee scale. In Bloomington Hospital 339-1691.

CENTER FOR HUMAN GROWTH: An independent organization, which offers free, immediate and anonymous service in informal surroundings by counselors who are Doctoral and Master's Candidates. 24 hour answering service. Includes couple, group, and individual counseling for anyone. 803 E. 8th Street, Phone 336-7700.

COUNSELING AND PSYCHOLOGICAL SERVICES: Provides individual and group counseling in personal, vocational, and educational concerns. No fee for students. Call 337-4902 Maxwell Hall.

LISTENING LINE: Confidential listening service, raps with anyone about anything. Has referral service with information on campus & community services. 4 p.m. - 4 a.m. daily. 332-6060.

MC MENTAL HEALTH ASSOCIATION: Staffed by volunteers who work with people to understand their problems. Help patients return to community, 339-2803.

MIDDLEWAY HOUSE: Staffed by volunteers who can talk about any problem especially in the way of drugs. Over the phone or in the house for a confidential rap and counseling. 24 hour listening service. Also operates a V.D. clinic. Wednesday evenings. 322 E. 10th. 332-9472.

MONROE COUNTY HEALTH SERVICE BUREAU: Operated by the Local medical society and Community Action Program. They provide free on going health care for working families, collects services to the community, and collects and assesses data on health needs. 101 S. College, Ms. Phyllis Trinkle 334-0650.



PLANNED PARENTHOOD ASSOCIATION: Creates better community understanding and acceptance of family planning, through clinics, educational programs, and a speakers bureau. Offers counseling, birth control devices, Pap tests, and problem pregnancy and sterilization referrals. Call for an appointment. 406 S. College, 6-0219, or I.U. Health Clinic 7-78782.

RAPE LINE: Call for any type of assault. Gives counseling, support, medical aid and legal counsel in law caucus in Bloomington. Rape line number is 334-0098 or call Margaret and Alicia at 9-7788.

SANE: An educational program on alcoholism and drug abuse. Does not give counseling, rather gives presentation to interested clubs, schools, or organizations. William Jaboe 2-4019.

STUDENT HEALTH CENTER: Provides general health care for students, such as a cold clinic, most illnesses, and accidents. Nurses always on duty. Make appointments when possible. Regular hours: M-F 8-11:30 am, 1-4:30 pm. \$6 after hour charge.

Information 337-4011
Emergencies 337-8630
Appointments 337-7688
Planned Parenthood 337-8782
Psychiatric Division 337-5711
Student Insurance 337-7200
Student Advisory Board 337-7338

VD CLINIC: Every Wednesday 7-9 p.m. Costs determined on an individual basis. Covers tests and medication Middleway House 2-9472.

WEIGHT WATCHERS: Open to women and men of all ages to help in reducing and to establish a satisfactory diet plan. 339-1877.

WOMEN'S HEALTH COLLECTIVE: Concerned with women's health problems, involved in self-help education and herbal, preventative medicine. Meetings bimonthly, on Tuesday evenings. Margaret Trowe or Alicia Merel at 339-7788.

HUMAN RIGHTS

AFFIRMATIVE ACTION COUNSEL: Assists anyone who feels they have been discriminated against on the basis of sex, race, age or national origins, at Indiana University. Terry Mumford 337-7559.

BLOOMINGTON COMMITTEE ON EQUALITY OF EDUCATIONAL OPPORTUNITIES: Promotes the equality of educational opportunities on the Bloomington campus. It examines practices and investigates specific charges concerning discrimination. Dr. Fischer 337-8722.

BLOOMINGTON COMMON COUNCIL--WOMEN'S TASK FORCE: This new task force, established in Nov. 1973, investigates, and recommends action, on the status of women in Bloomington. Ms. Charlette Zietlow 339-2261-ext.229.

CIVIL LIBERTIES UNION: Bloomington Chapter: An a-political organization, whose purpose is to preserve, defend and teach the Bill of Rights. Provides legal services, work through legislation, negotiation, and education to guarantee full constitutional rights for all people. Nancy Salmon 332-9845.

COMMITTEES ON WOMEN AND MINORITIES: Part of the Affirmative Action Program, receives grievances and investigates discriminatory practices concerning faculty and students, hiring and firing procedures, and salary differentiations, assist in planning the curriculum, and recruit people into programs. Part of each school of I.U., Contact the Dean's office in each school,

COMMUNITY ACTION PROGRAM: Provides services to low income people, housing, legal aid (including divorces) driver for old & handicapped, free health care for needy families, NYC jobs for teenagers, senior citizens counselor, head start preschool, and day care center. 101 S. College.



OFFICE OF EQUAL EMPLOYMENT OPPORTUNITIES: Part of the Affirmative Action Program to help minorities and women find equal apprenticeships on construction projects contracted by I.U. 103 N. College Grove 7-4461.

LAW SCHOOL WOMEN'S CAUCUS: Open to any women of the law school, student faculty and staff, interested in advancing the concerns and interests of women in the law field. Actively work on policy changes, prison reform, ERA, recruitment and placement of women into law. Work with Woman against Rape in their campaign. Clarine Nardi Riddle 339-3669.

WOMEN'S INTERNATIONAL LEAGUE FOR PEACE AND FREEDOM: Works for peace in broad sense. Locally worked with Anti-war coalition and Health Service Bureau though presently in inactive. Emily Wade 2-2571.

GOVERNMENT

INDIANA WOMEN'S POLITICAL CAUCUS: A national organization of bi-partisan women concerned with involving women in political processes at all levels. Activities include workshops, speakers bureau. Nancy Salmon 332-9845.

LEAGUE OF WOMEN VOTERS: A non-partisan political organization, encouraging every citizen to be informed, to vote and to activate change by legislative processes. It affords a way in which women can study and work on issues of local, state, national significance. Mrs. Nancy Lumbley 339-6467.

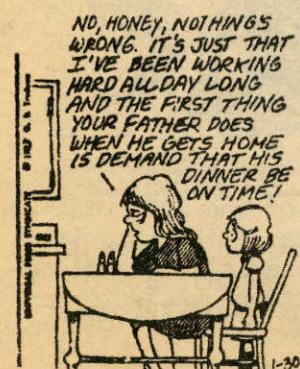
MONROE COUNTY DEMOCRATIC WOMEN'S CLUB: Furthering and strengthens the ideals and principles of the Democratic Party in the community, cooperates with the DP on local, state and national levels. Men are welcome to be non-voting members. Mrs. Liz Zorn 339-9408.

MONROE CO. REPUBLICAN WOMEN'S CLUB: Promotes the ideals and purposes of the Republican Party through education and political activities, speakers, study groups and training members to be active in campaigns. Mrs. Fred Steinhager 876-4526.

WOMEN'S MOVEMENT

ERA COORDINATING COMMITTEE-MC: Works to coordinate all the efforts of the people in Monroe County for the ERA. Presently have a letter campaign. Rachel Wampler 336-5758, Clarine Nardi Riddle 339-3669, Kathy Ruesink 336-8366.

FEMINIST FILM COLLECTIVE: Does away with the traditional sexist hierarchy of film making by involving each in the entire learning process. Attend conferences, workshops on women and films. Produce films about and for women. Joanna Van Wert 337-3432 or Karen Ohrn at 336-2839.



FREE WHEELING WOMEN'S PRESS: Is a group of women running an offset press in the basement of the Women's house with reliable equipment and lots of energy. Won't print sexist, classist or racist material. Can print just about anything such as posters, graphics, pamphlets. For prices and information call Janet Lewis 9-5931 or Women's House 336-8691.



FRONTPAGE: This informative monthly newsletter of Bloomington Women's Liberation. Is a forum for ideas and thoughts wishing to reach as many women's groups as possible. Volunteers and articles always welcome. Debby Seltzer, Jan Ringenberg 4-0098 or IUSA Women's Affairs 7-IUSA.

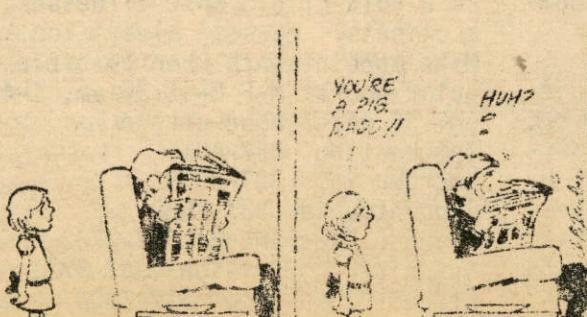
LESBIAN LIBERATION: Provides emotional, social, and political support through activities such as workshops, sponsors, a speakers bureau, and instigated Women Against Rape. Cooperates with other groups on various projects. Jan 9-5931

NATIONAL ORGANIZATION OF WOMEN--NOW: Acts to bring women into full participation of the American society. Strives for equality for women and human liberation. Local and national activities such as day care, education, legal defense. Locally work for ERA, and community programs. Focus on development of "sense of self". Open to women and men. Rachel Wampler 336-5758.

SELF-DEFENSE FOR WOMEN: Sponsored by Women Veterans. The seven weeks course examines types of oppression, their causes, forms and results. Skills and techniques are developed which enable women to choose a response to attack. Kay Hallanger 9-9306.

SUPPORT GROUPS: Small groups who attempt to examine sexist society, and its effect on women's lives. Provides the individual support, strength, and discussion with honest feedback. Type of group defined by members. Call the Women's House 336-8691, or IUSA women's Affairs 337-IUSA.

TRANSPORTATION SERVICE: See WAR. Women giving rides to women. List of available numbers for rides. Call any time day or night. Phone Jan Lewis 9-5931, or Pauline 2-6125, or Debbie 4-0098.



WOMEN AGAINST RAPE-WAR: The purpose is to eliminate rape and sexual assaults against women, and to attempt to change societal attitudes towards women and the crimes against them. Give counseling, aid to victims of rape, legal advice, information about local doctors. Has all-hour transportation service. 339-5931, 339-7788

WOMEN'S CENTER (HOUSE): This informal gathering place is open at all times for meetings, special projects and as a place to stay if needed. Operates a library of women's references, periodicals and books, and also Free Wheeling Press. 414 N. Park. Phone 336-8691.

WOMEN'S LITERATURE ALLIANCE: Source of literature and related items pertaining to the Women's Movement. Included are women's newsletters, periodicals, children's books, bibliographies, bumper stickers and buttons. Items are on sale at various locations on campus 339-9306.

WOMEN'S LIBERATION--BLOOMINGTON: An organization which seeks to remove sex discrimination. Educates the public through publications and speakers bureau. Mobilizes support for legislation. Also works with many organizations such as international support groups and the Women's Press. Joanne Toth 339-9306,

WOMEN'S LIBERATION MAINTENANCE COMMITTEE: Sets time and place of the monthly meetings, prepares interesting and informative programs. Also, serves as an adhoc committee, keeping together all activities of the different groups of Women's Lib. Ms. Joanne Toth 339-9306 or Ms. Renate Colton at 339-8472.

WOMEN VETERANS OF BLOOMINGTON: Service organization sponsoring self-defense classes, and counseling for military careers and ROTC programs, offers information relative to the role of women in the services. The various forms of sexism in the military are continually brought to the attention of local recruiters, legislators and women presently on active duty. Kay Hallanger 339-9306.

CHILD CARE

IUSA BABYSITTING REFERRAL SERVICE: This service provides a link between persons in need of babysitters and those willing to babysit. A file is maintained of all BRS sitters and the times that they wish to babysit. Parents phone the BRS office for a sitter. Debby Olken 337-IUSA.

CHILD BIRTH CLASSES: Prenatal course given by hospital trainee, registration forms at hospital or doctors' offices. Classes for both wife and husband. Judy Martin 332-4001.

CHILD CARE CORPS: Babysitter training course open to those 14 or older, male or female, interested in learning how to better handle children young, disabled or mentally retarded. Card of Accreditation issued on completion of course, courses given periodically. Dorothy Johnson, 825-5711.

CHILD CARE GUIDE: 1973-74 Pre-school facilities of the Monroe County area. Can be obtained from the Chamber of Commerce, free of charge. 336-6381.

DAY CARE COUNCIL: Operates the eight cooperative day care centers. Consists of parents and volunteers from each center. Nancy Brand 6-0747.

DAY CARE CENTERS: Eight cooperative centers, staffed by parents and volunteers. Run by spirit of commitment and cooperation. (see article)

Thirteenth Street Day Care Center
1010 E. 13th street 337-0266
Big Monster House
901 E. 14th Street 337-0273
Knee High
702 E. Cottage Grove 337-1050
Hobbit House
915 E. 11th Street 337-9316
Hunter House
825 E. Hunter Street 337-0476
Tree House
814 E. 11th Street 337-0140
Sunflower Plant
515 E. 7th Street 337-0178



LA LECHE LEAGUE: An organization of nursing mothers available to give moral support and practical help through meetings, personal counseling and literature, to mothers who want to breastfeed their babies. All expectant and nursing mothers and babies are welcome at monthly meetings. Mrs. Clark 988-7660 and Mrs. Sharlett Blacketter 824-4798

MONROE COUNTY CO-ORDINATED CHILD CARE (MC 4-C ASSOC.): Offers service and information to anyone interested in the well-being of young children. Have educational programs and workshops. Works for legislative change in community to expand quality day care facilities. Dorothy Johnson 825-5711.

MOTHERS OF TWINS CLUB: Seeks to be in touch with the latest research developments in twin study, genetic medical and psychological. Monthly meetings and activities. Contact Ms. Jeanette Hendrey 2-3097.

BLOOMINGTON COMMUNITY SERVICES

ALTRUSA CLUB: Membership by classification of business or profession. Community and vocational service, emphasis on education for achievement, by helping women improve capabilities and talents to find rewarding jobs. Dottie Lackey 339-9195.

AMERICAN LEGION AUXILIARY: To be a member husband, father, or son must also be member. Is for veterans and their families. Give scholarships Sponsor Night Town Home, Indiana Soldiers and Sailors Home. 334-0500

AMERICAN BUSINESS WOMEN'S ASSOCIATION: Is a non-union, non-political, non-sectarian educational association devoted to improving employer-employee relations and form a common ground for all business women. By invitation. Contact Lois Dyer 2-2698

BUSINESS & PROFESSIONAL WOMEN: Monthly programs with speakers. Civic participation and community projects are two purposes. Must be currently employed Mrs. Wall 336-6276.

CANDY STRIPERS: Work with the Bloomington Volunteer Hospital Program. Must be 14 years old and finished with 9th grade. If over 18 and out of high school can join Pink Lady or Red Coats. Mrs. Raber 336-9468

DAR: Monthly programs Women descended from a man or woman who served as a sailor or civil officer in the War of Independence are eligible for membership. Mrs. William Garner, Garrison Chapel Rd.

FAMILY SERVICE: Provides professional, social work counseling service, for individuals and families needing assistance with family and personal problems. Have list of services and organizations including, adoption agencies, babysitters, and other Family Services. 339-1551.

FEDERATION OF WOMEN'S CLUBS (MC): Is the county level organization of Indiana Federation and Nt'l Federation of Clubs. Open to anyone to work for individual and community improvement. Elizabeth Dodds 6-4596

GOLD STAR MOTHERS: Comprised of women who are mothers of deceased sons from any war. Monthly luncheon meetings. Ms. Gail McElvain 336-5420.

INDIANA BELL WOMEN: An organization of about 30 members who are employed in managerial positions at Indiana Bell. They seek to better relations between different departments of the company. Ms. Jane Hall 332-6360.

JAYSHEES: Auxillary, wives of Jaycees. Perform worldwide, community projects, support development of youth and school organizations. Kathy Peterson 332-9605.

JOBS DAUGHTERS (MASONIC TEMPLE): To band together young people who believe in God and the Bible. Must be 12 thru 20 and related to Masonic Member. Ms. Sue May 6-7979.

LEGAL SECRETARIES ASSOCIATION: The purpose of the organization is to establish a more comprehensive understanding of the vocation, to further knowledge of the law, to create a higher standard of ethics, and to promote better friendship. Ms Shirley May 336-6355.

LOCAL COUNCIL OF WOMEN: LSC holds title and acts as governing body of Bloomington Hospital properties. The council elects 6 of 12 Hospital Board of Directors. Membership is open to any women. Mrs. Harold Hancock 336-3582.

MONROE COUNTY CHURCH WOMEN UNITED: Part of the Monroe County United Ministry consists of 20 church women's organizations. Services include running Opportunity House, donating to charities and giving missionary services. Elsie Field 336-5480

MONROE COUNTY COUNCIL FOR EARLY CHILDHOOD EDUCATION: Concerned with day care, nursery schools, teachers and university. Meetings include exchange of ideas, guest speakers, spring workshop and elections. Publishes Day Care Guide with MC 4C ASSOC. Karen Crowell 2-4018.

MONROE COUNTY EXTENSION HOMEMAKERS: More than 40 clubs offer women informal educational opportunities by volunteering time and material to service facilities. Under the Cooperative Extension Service of Purdue University. Mrs. Elaine Lumbra 332-2366.

MOTHERS OF W.W. II (#26 and 192): Remember veterans in all their needs. Raise funds for invalid vets participate in volunteer work in Veterans Hospital. Mrs. Marguerite Anderson, Family Service, 876-1214.

NATIONAL FEDERATION OF BUSINESS AND PROFESSIONAL WOMEN: Open to any employed women, this organization acts locally and nationally for the betterment of women. Work on the environment, drug problems, charities; also awarding a scholarship to worthy students. Nationally the ERA is the highest priority. Contact Mrs. Wall 336-6276.

NATIONAL SECRETARIES ASSOCIATION: An association of members dedicated to establishing and improving secretarial standards. Ms. Juanita Hedrick at 339-1952.

SWEET ADELINES: Promotes singing of barbershop quartets of women. Anyone is eligible, no tryouts, just a test to determine voice range. Mrs. Gay Wilson 9-9631.

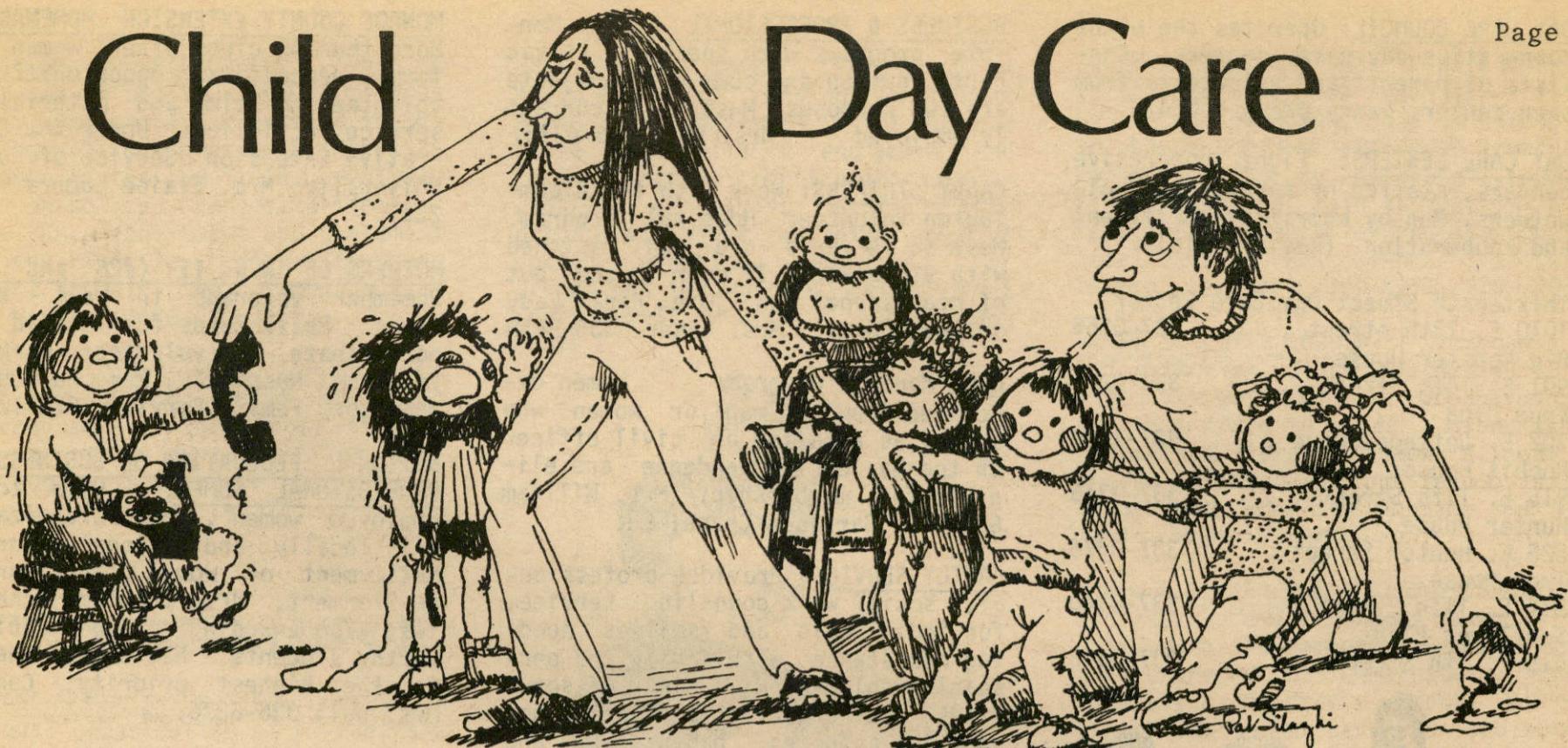
WOMEN'S CLUB OF BLOOMINGTON: An organization of women interested in studying various topics. One major theme and 7 related programs yearly. Members must be nominated. Contact Mrs. Branch McCracken 336-3807.



WOMEN'S CHRISTIAN TEMPERANCE UNION: Worldwide organization of Christian women banded together for the protection of the home, the abolition of liquor, and the triumph of Christ's golden rule. Several branches for different ages for 6 and up. Contact Ms. Anna Edward 9-6392.

WOMEN'S DEPARTMENT CLUB: Acts to foster individual and civic growth through club work. Main yearly project is a nursing scholarship to a MC high school graduate. Contact Mrs. James Pawluk 876-2226

Child Day Care



Day Care Centers come to the aid of many parents who find it difficult to devote adequate amounts of time to their children while simultaneously pursuing their own career or education. Cooperative Day Care Centers provide an alternative for parents who can give more time than money to the program, and are helpful both to the parents and the children. The multi-ethnic membership of most centers creates an environment for the child that reflects the vast variety which exists within humankind. Children are also exposed to adults other than their own parents. Toys, games, crafts and occasional outings provide entertainment while contributing to the education and growth of the child.

The cooperative day care centers in Bloomington were organized a few years ago by the student government, now called IUSA. The centers consist of a group of parents who work together to provide day care for their children. They are basically built on the commitment of parents. Each parent is obligated to spend as assigned time once a week, usually not more than half a day, with the children at the center. Parents control the management and policy making of the centers, as its operation depends on different attitudes the parents involved have toward child-rearing.

These different approaches give each center a unique atmosphere. Some centers choose their families on the basis of how well they can adjust to the group's views and goals, yet all of them are receptive to new ideas. With group meetings and parties, parents are able to plan and maintain a good environment for their children.

Costs differ with the various centers in Bloomington, but the expenses are reduced when the parents contribute time to working at the center. Between \$10 and \$20 a month is the average cost, most of it going for rent, utilities, toys and snacks. Some centers are funded by Indiana University Student Association, and grants are available from a few centers for those families who are in need of financial assistance.

The average number of families involved varies from about 15 to 20, while there are at least as many children enrolled. Volunteers who wish to give of their time are welcome at all centers. There must be enough adults to give adequate care during center hours. Workers must be reliable about the time they have committed to the program.

Age limits differ according to the particular center. For reasons of safety, some begin when the child is able to walk, while many wait un-

til the child is of Kindergarten age or older.

Programs have been established which allow adults with full-time jobs to spend one afternoon a week at day care facilities. Cooperative Day Care permits parents freedom to go about their own careers or schooling with reassurance that their children are being cared for in a manner they themselves have planned.

Inter Residence Halls Association

With a constituency of over 10,000 students, the Inter Residence Halls Association serves a vital function in providing a viable living environment for center residents.

IRHA is presently coordinating projects which will relate the centers to contemporary problems in our society. Among these are programs dealing with the preservation and conservation of our resources by paper recycling and attempts to reduce food waste. IRHA Student Services also rents refrigerators and fans at no profit.

Women's rights, a crucial issue, has not been left untouched by IRHA. This handbook is one example of their concern for the situation of women at IU. In the spring of 73 the right of women to compete in the Little 500 was supported. For the future, IRHA plans to initiate and incorporate in every center programs for the benefit of women residents. A few have started already.

Many centers have various woman oriented classes and special programs such as speakers on rape, self-defence, health and abortions, symposiums, debates, and films. To meet a serious situation this fall, Forrest, McNutt, Teter, and Wright organized an escort service for the benefit of their women residents.

In cooperation with the HYPER department, IRHA has helped to coordinate a better intramural program including such sports as volleyball, basketball, and softball.

IRHA is here to serve the students. Its sole purpose is to continue to be relevant to contemporary issues, and to provide the optimum environment for all residence centers.

Pan Hellenic - Sororities

A sorority provides a good environment in which you have the opportunity to develop lasting friendships and leadership skills, community and campus involvement along with various social opportunities.

As a member of a sorority at Indiana University, you are a member of



a national organization whereby you are welcome to visit or live in any chapter in the United States and Canada.

When you join a sorority, you are joining an organization that will require you to take on some responsibility for the house and the other members. While these responsibilities are not great, they are important to the overall functioning of the houses. Girls in each sorority decide on their own rules and form their own governing body. There are also social opportunities which a woman may take advantage of.

Sorority women include young women of all social economic and ethnic backgrounds. Members are usually undergraduates, but sororities are open to graduate students as well.

A variety of scholarships are given to deserving women by sororities on the local and national levels. Different national sororities also sponsor contests for collegiate artists, photographers and writers.

Sorority Rush

ATHLETICS

Women Get Second Billing

No dressing rooms where they usually play. Little coverage by the local papers. Ninth in intramural facilities in the Big Ten. One administrative head with little professional help. What does this add up to? The I.U. women's intercollegiate and intramural sports programs.

The intramural sports program, open to any student of IU, offers women a chance to learn different sports and to participate in tournaments between campus teams.

The major problem of the women's intramural program is an administrative one. Ms. Leanne Grotke, Director of Women's Athletics, heads BOTH the intercollegiate and intramural divisions. She cannot divide her time equally or fairly between the two programs. There is just too much work for one person. Nonetheless, the women's sports programs have grown miraculously in the last eight years.

There is a great deal of difference between the men's and women's sports departments. Not only are there two different directors, one each for the men's intramurals and intercollegiate programs, but they are also much better staffed than the women's programs. There is, however a proposal now in the making by Ms. Grotke and Mr. Mull, Director of the Men's Intramural, to create one head position for all intramurals, and then under that person, one director for women's and one for men's.

Several problems face the women's sports, among which are: a lack of good news coverage and low status compared to the men's sports.

Ability-wise, IU's sportswomen make up some of the best teams of the Big Ten. They have a fantastic win-loss record that would make good copy for the newspaper. Yet they do not get proper recognition. Arguing against the coverage of low-interest items it seems obvious that better publicity would lead to increased participation.

Although the intercollegiate sports are better funded than the intramurals, expansion is still needed. For example, the women's teams use the Assembly Hall for games as do the men. There is one catch: the Assembly Hall has NO women's locker rooms. The women must be bused to on-campus facilities before and after every game or practice. The new field house also has the same problem and the same effect.

There are only three permanent coaches for the women's intercollegiate sports for golf, tennis and field hockey. The other positions are usually filled from the HPER graduate school, meaning frequent changes for the teams to adjust to. What is needed are permanent coaches whose responsibility is to the sport. The eleven coaches for men's football are more than the total number of the women's professional coaches combined.

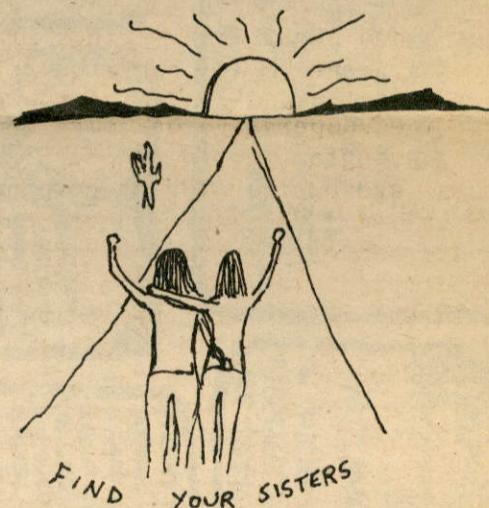
Some improvements made in the past year are supplying women with uniforms, travel expenses and food, and an insurance policy provided for the teams. All of these have come from the Athletic Department.

Everyone, men and women, pay



Margaretta Fristoe, AB'24, of San Jose, Calif., shows off her "throwing arm" and baseball fashions for women in a picture in the 1922 Arbutus. Women first began participating in sports at IU around 1897 when the girls began playing basketball. They played their first public basketball game in 1899.

\$24.50 a semester for sports fees. These fees go for bonds for Assembly Hall, HPER Building and Wildermuth. We feel that women are being cheated by the University when they do not get an equal share of the facilities and equipment. The University has done much in the past year for the women's sports programs. There is still a lot to be accomplished, and the University needs to know that you care. Contact Intramural Facilities and Programming Committee, c/o IUSA 337-4872.

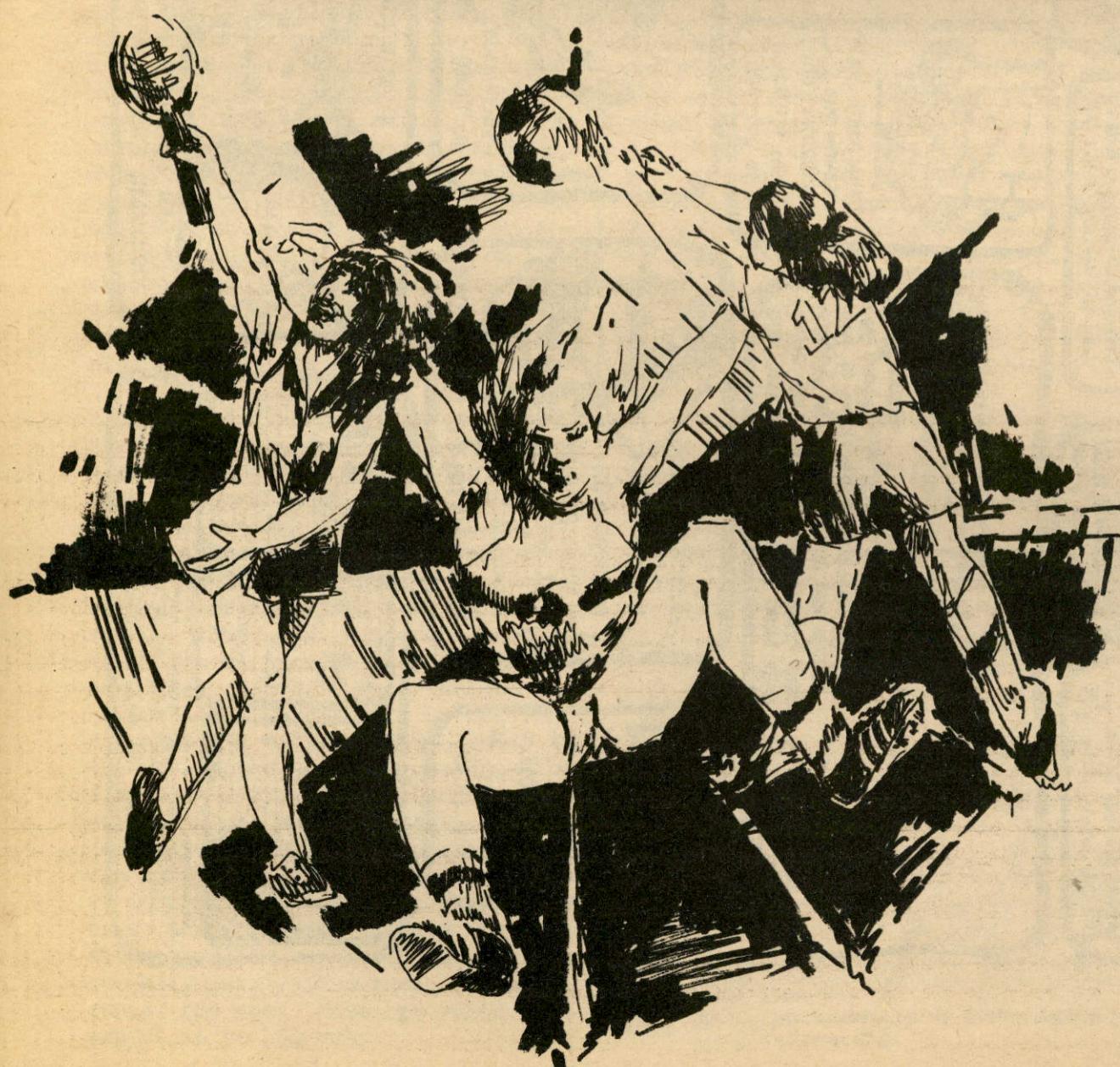


To be a Lesbian

To be a lesbian in middle class American mainstream culture is difficult. To be stigmatized into feeling that as lesbians we are mentally disturbed is intolerable. And yet, every day more and more women are coming to grips with their lesbianism and accepting it as a viable alternative to heterosexuality, maybe even the feminist solution. The question that should be asked is, why? If it is so difficult, why are there so many lesbians?

The strength, vitality, and beauty of women is a much stronger force for lesbians than an immoral and corrupt society which considers variation from cultural norms as something deviant. The power that women feel in interaction with other women is overwhelming and supportive. Lesbians are aware of this and find it easier to be honest with their emotions.

Yes, being a lesbian is difficult but it is also worth it. Being a lesbian is being fulfilled and above all being happy and proud.



HATCHING

an illustrated women's liberation diary

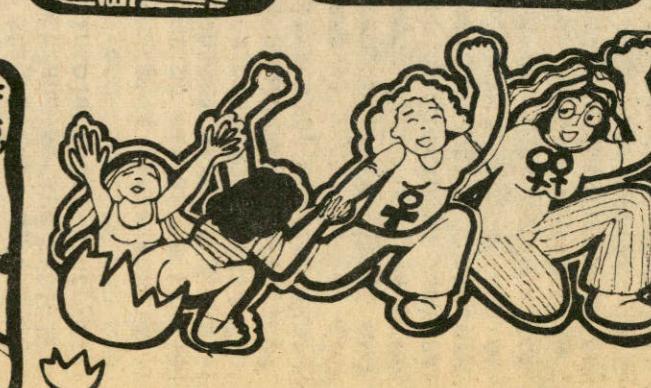
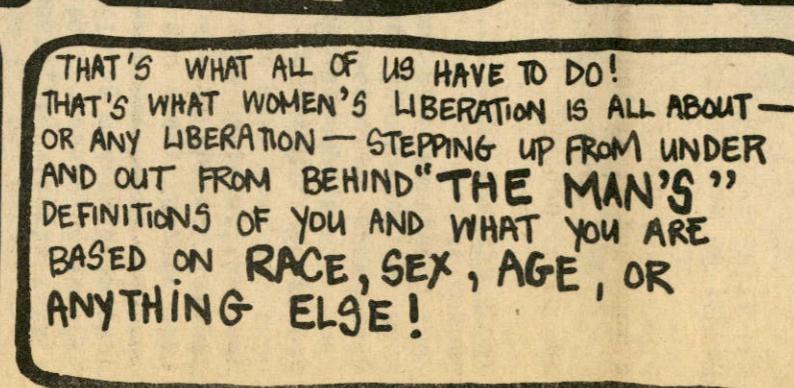
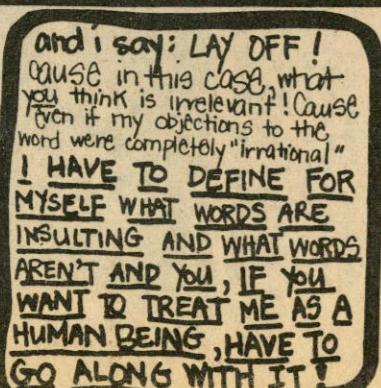
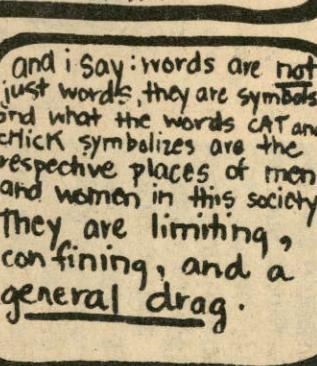
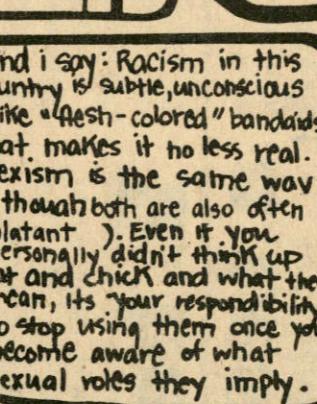
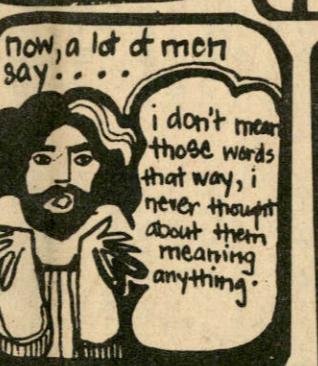
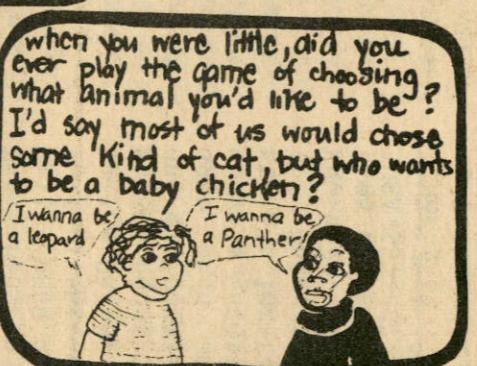
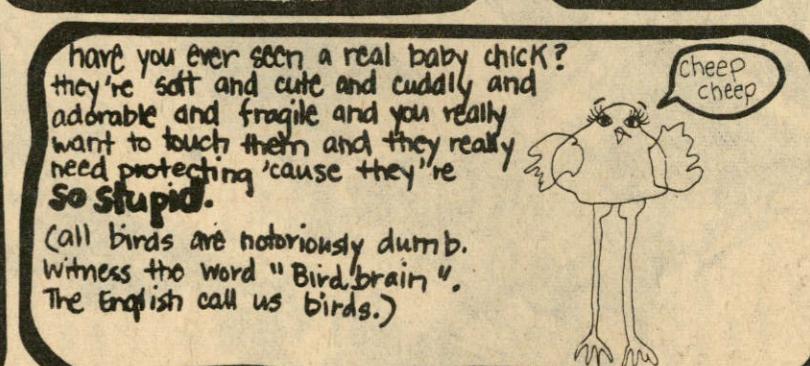
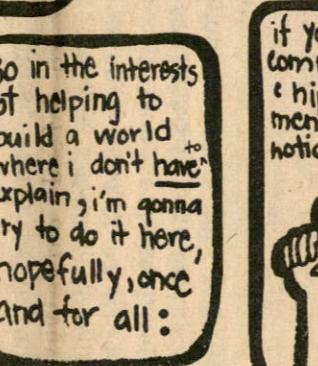
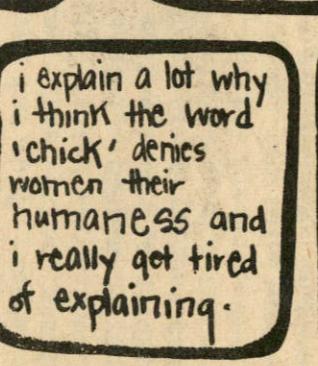
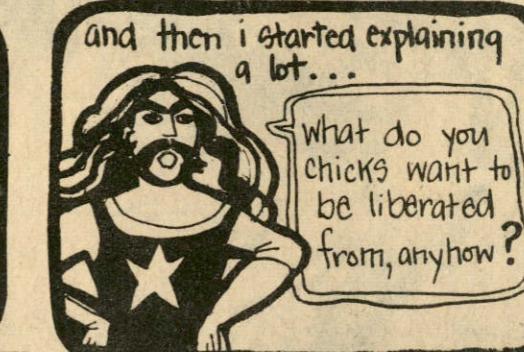
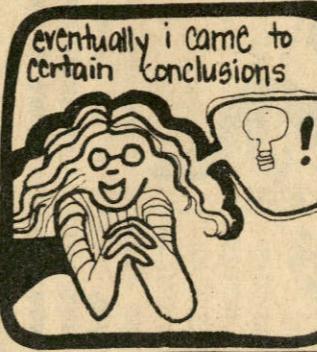
(out of the shell and
into the streets!)

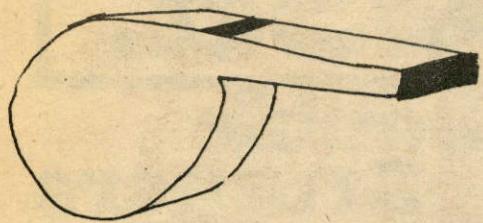
like some 50% of us i was born
FEMALE!



about 19 years later
i discovered:
when what women's liberation
was about finally hit me
it meant a lot of changes. -

a lot of things had to end for me:
letting men treat me certain ways:
being worried about the way i looked:
thinking about other women as competition;
not really liking them





Stop Rape

Rape according to the legal definition is "unlawful carnal knowledge of a female, by force against her will." It is a violent act of aggression, a crime committed by men against women. With it comes emotional and physical damage and always the threat of death.

Often times, a rape is simply dismissed as an act of a desparately sick and disturbed man. But, there is much evidence that discredits that idea. Menachim Amir writes in "Patterns of Forcible Rape", a study of 646 rape cases in Philadelphia that "studies indicate that sex offenders do not constitute a unique or psychopathological type; nor are they as a group invariably more disturbed than the control groups to which they are compared." As a rule, rapists are normal men with normal problems.

If this is true, then why do so many normal, typical males think they have uncontrollable sex urges? Why would an average man like violence with sex?

The answer for the most part, lies in the fact that sex is still often defined as male aggression/female passivity. Women have been conditioned by our society to think that men are stronger in all ways, mentally, emotionally, and physically. Men are associated with strength, aggression, and violence, whereas women are associated with passiveness and submissiveness, and have been taught to rely on men for protection. Rape is at the end of the spectrum of male sexual behavior which is the product of societal conditioning. It becomes one of the greatest displays of masculine power.

Very few instances of rape are reported to the police, far less than the actual number of occurrences. Here in Bloomington there is a very real rape problem.

The reasons women do not report rapes are complex and varied. Many women out of fear, shame, or guilt, refuse to report that they have been raped. They don't want to have to face the attitude that "nice girls don't get raped." Many reasons may be partially explained by the long and grueling prosecution session in the court, the lack of guarantee of a closed court, the public disclosure of names and addresses, and the consequent threat of retaliation by the assailant. More often, however, it is the guilt imposed on a woman by a schizophrenic society that insists that first of all, she must be sexually passive and then, if she is raped, she must have provoked the rapist in to his act.

If you have been raped and wish to report to the police,

1. Call safety or the Bloomington police immediately. The sooner a rape is reported, the higher the chances of catching the rapist, and also your story will hold up better in court.

2. Don't change your clothes or take a shower as investigations can be severely hindered.

3. Call a friend or a rape counselor such as Women Against Rape for support.

4. Be prepared for interrogation.

5. You will then be taken to the hospital for an examination by a gynecologist. You will have either a woman gynecologist or a women assistant with you. The doctors report is used as substantiating evidence.

Once a rape has been reported, Safety or the Bloomington Police will dispatch the nearest officer to the scene of the complainant. The officer will then get a description of the rapist and an all-points bulletin will be put out. After the crime

has been verified at the hospital, the standard investigation procedure begins, which involves locating witnesses, tracing leads, and interrogating persons.

There is one woman IU Safety officer. If a rape is reported, another officer will take over her duties so that she can go to the scene of the reported rape. She will then accompany the victim to the hospital and be there at all times of the interrogation.

Suggestions to women in a situation where rape could happen:

1. Walk in pairs at night,
2. Avoid dimly lit areas,
3. Scream at the top of your lungs if attacked,
4. Get out of the situation if possible,
5. Notify safety as soon as possible so the investigation can start.

"We will not be free until the threat of rape and the atmosphere of violence is ended, and to end that, the nature of behavior must change."

Susan Griffin
Ramparts, 1971

and exerting the most force with holds, punches, and kicks. Some of the most vulnerable parts of the body are:

eyes - can be gorged with fingers and with not too much force.

nose - can be punched upward with the heel of the hand, causing nose bone to be pushed into the brain.

ears - can be slapped by cupped hands that could cause the ear drums to be broken.

chin - can be punched with an open palm to push attacker away.

throat - can be hit in the Adam's apple with a knife punch that could cause suffocation.

hollow of throat - can be jabbed by the fingers and perhaps kill the attacker.

collar bone - can be struck down on the clavicle with fingers.

groin - should be struck, grabbed and pulled to be the most effective because men naturally protect this area.

knee - should be kicked on the inside or the front with much force to cause breakage.

ankles - should be stomped on with hard heeled shoes.

Pointed fist is with a straight locked wrist and the fingers together, bent at the middle joints and straight knuckles.

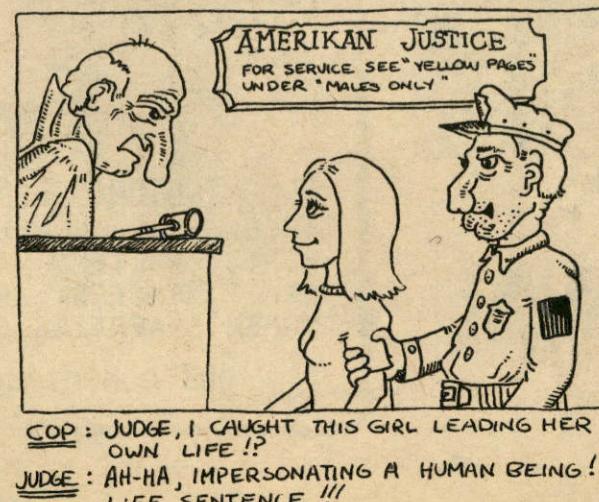
Clenched fist is the most common type of fist with a rounded hand.

Knife is with wrist and fingers perfectly straight.

Open palm should be used to sustain a blow such as under the jaw, and move the person away with the heel of the hand.

To become familiar with self-defense so that it can be used with no inhibitions, women should be made aware of all the types of skills such as hand and arm holds, and front and rear body holds. This would require instruction and practice. Through learning self-defense women become less vulnerable and more self-reliant.

"And as we spread that skill around and begin to defend each other, we will be on the way toward ending that oppression that will stop only when it becomes as dangerous to attack a woman as it is to attack another man."



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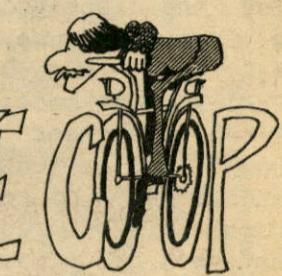
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**DOES SEXISM
BUG YOU?**

The way to overcome sexism is by building a strong feminist community.



One way is through —

FRONT PAGE

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OUR CONSCIOUSNESS EXPANDS WITH YOURS