

WRC sponsors car workshop

BY CASSANDRA MCCARTY
Staff Reporter

Give a woman a car and she will drive it for a while. Teach a woman about the car and she will drive it mile after mile.

The Women's Resource Center collaborated with Zeta Phi Beta and Delta Sigma Theta to host Girls Under the Hood on Oct. 22. The program brought to campus a Kirksville mechanic to demonstrate basic car upkeep for the winter.

Sophomore Rachel Richardson, a member of the Women's Resource Center, planned the event to help women gain knowledge about cars and become less reliant on others.

"We put on the event just for a chance for people to know about their automobiles," Richardson said. "As a driver, you should know basic things like tread in tires, brakes and the fuel pump."

Richardson said having a basic understanding of how a car works can keep drivers and their automobiles safe.

"I have taken my car to this mechanic because it's had a lot of trouble, so that's how I decided to ask for their help with the event," she

said. "They are trustworthy."

The bitter cold wind of Wednesday evening did not detain Ed Williams, mechanic for Brake and Muffler, from showing the participants various ways to maintain the safety of a car. Williams said that although people might have the money to go to a repair shop, knowing about the inner workings of a car is important.

"Everybody needs this stuff, everybody needs what is involved in taking care of a car," Williams said. "It is dangerous — brakes are dangerous and you can do simple things like putting a penny in a tire tread to check the depth and that can keep you from having a blow up or an accident."

Williams said drivers usually can't do major tune-ups on their own, but they can be successful in some of the minor repairs.

"It's up to them," he said. "If they want to take care of their car, the car will take care of them. It just depends on their work ethics."

In the parking lot by the tennis field, participants of Girls Under the Hood learned how to change wiper blades, jack up a tire, take the tire off to switch it and check



Amy Gleaves/Index
Students gather around a Kirksville Brake and Muffler mechanic Oct. 22. The workshop, sponsored by the Women's Resource Center, aimed to teach women basic car upkeep and safety.

the fluids.

Senior LaShonda Mackey, a member of Delta Sigma Theta, which helped sponsor the event, said the tips and demonstration were a success.

"I think it was very helpful," Mackey said. "The audience got really involved, which kind of surprised me, but it [was] good because one question sparked another."

Mackey said that although her dad

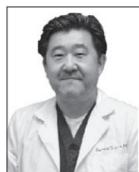
works on her car and shows her what to do in certain situations, it was helpful to have Williams demonstrate.

"Half the time my dad comes to save the day and when he does save the day with my car, he is showing me how to do it, but I am not actually learning how to do the things he is showing me," she said.

One of the main goals of the three organizations that collaborated to put on the event was to provide

women fundamental knowledge about their cars that can help them when they do visit a mechanic.

"A main idea, from my understanding from the Women's Resource Center, women always walk into a shop knowing that they are going to get ripped off," Mackey said. "There is always a need to know, and if we can fix the smaller things then we don't have to worry about some of the larger things."



Health

with Samuel Lee, MD

Northeast
Regional Medical Center

Talk

UTIs present higher risk for women, sexually active

Urinary Tract Infections are the second most common type of infection in the body. They account for about 8.3 million physician visits each year. A bladder infection is the most common type of UTI, affecting the lower urinary tract system. Serious consequences can occur if a bladder infection goes untreated and the infection spreads to the kidneys.

Women are especially susceptible to UTIs, probably because of shorter urethral length. About one in five women develops at least one UTI during her lifetime, and 20 percent of these women have recurrent infections. In men, a bladder infection generally is a cause for concern. It could be a symptom of an underlying disease, such as a sexually transmitted disease or prostate disease. Elderly people, especially those in nursing homes, and people with diabetes also are at risk. UTIs also are common in children under the age of two.

The urinary tract consists of the kidneys, ureters, bladder and urethra, which all play a role in removing urine from the body. UTIs

occur when bacteria enter the urinary tract through the urethra. UTIs usually are caused by Escherichia coli (E. coli) bacteria typically found in the gastrointestinal tract. Women can develop a UTI after sexual intercourse but do not have to be sexually active to develop one. In addition to the E. coli organism, some UTIs are caused by one of two sexually transmitted diseases: chlamydia and gonorrhea.

UTI symptoms typically include:

- Frequent urge to urinate
- Pain and burning with urination
- Inability to produce more than a small amount of urine at a time
- Cloudy, unusual smelling urine
- Bloody urine
- Pelvic pressure

If you experience any of these symptoms, consult a physician promptly to begin treatment.

Bladder infections, kidney infections and other UTIs commonly are treated with antibiotics. The infection likely will improve in a couple of days, but one to two weeks of medication

may be prescribed to prevent further infections. Over-the-counter pain relievers also may be used to help relieve discomfort. It is important to drink plenty of fluids to help cleanse the bacteria from the urinary tract. Avoid coffee, alcohol and smoking to help clear the infection.

Some people are more likely than others to develop UTIs. Risk factors include:

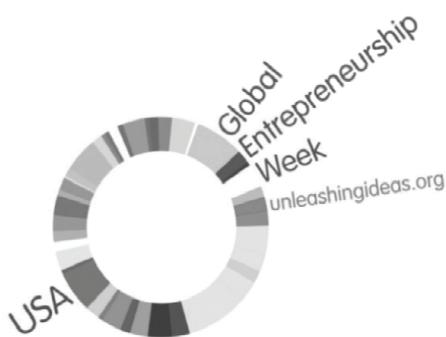
- Being sexually active. Women who are sexually active tend to develop more urinary tract infections. Sexual intercourse may irritate the urethra, allowing bacteria to travel through the urethra to the bladder.
- Using certain types of birth control. Women who use diaphragms as a method of birth control may be at a higher risk, as well as women who use spermicides.
- Aging. It is common for women to develop UTIs after menopause.
- Kidney stones. Anything that obstructs the urinary tract may cause an infection.

• Prolonged use of urinary catheters. UTIs are preventable with appropriate hygiene and health practices. Take these steps to help reduce your risk of developing a UTI:

- Drink plenty of fluids, especially water.
- Urinate as soon as the urge arises. Avoid holding urine for a prolonged period of time.
- Wipe from front to back. This helps prevent bacteria from spreading to the urethra.
- Urinate immediately after intercourse.
- Avoid scented feminine products. Using such products can irritate the urethra.

Fortunately, UTIs are treatable and usually clear within a few days. Consult a physician if a urinary tract infection is suspected. Treating the infection early can help prevent further infection in the kidneys that could potentially result in hospitalization. If you are having frequent UTIs, talk to your physician about a longer course of antibiotics or other treatment options. For more information about UTIs contact Dr. Lee at 627-5228.

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