

WOMEN'S VU

September 1984

A publication of Vanderbilt University Women's Center

VII:1

Dutch-Treat Breakfasts for Vanderbilt Women

For several years the Women's Center has sponsored monthly breakfast meetings for women who are employed at Vanderbilt. All female staff and faculty are welcome to attend the Dutch-treat Breakfasts, which are held on Thursdays during the academic year.

Each meeting starts at 7:30 a.m. for those who want to eat breakfast. We go through the line in Rand Hall and bring our trays to the Faculty Room where coffee is provided, courtesy of the Women's Center.

At 8:00 the program begins with a speaker, who is followed by a question period and general discussion. Although the meetings last until 9:00 a.m., women who are due at work before that time simply leave as they must.

This is a grand way to get to know women from other parts of the campus and to hear speakers from Vanderbilt and the community.

Fall Schedule, Dutch-treat Breakfasts:
Sept. 20 - Saul Chaffin, Director of Campus Security (Mr. Chaffin has completed his first year as Director and will tell us about changes in the system and his plans for the future.);

Oct. 18 - Katrin Bean, IDS-American Express (Ms. Bean teaches several courses at the Women's Center. She will speak about the importance of women being familiar with money management.);

Nov. 15 - Barbara Clinton, Associate Director of the Center for Health Services (Ms. Clinton will speak about her program, the Maternal and Infant Health Outreach Worker Program.);

Dec. 13 - Mary Bufwack, Coordinator, YWCA Shelter (Ms. Bufwack will tell about the program for victims of domestic violence and the shelter).

Students who are interested in working on Women's Week should contact the Women's Center to sign up before the first meeting is held in mid-September. This is going to be an exciting and challenging year!

FALL PROGRAMS AT THE WOMEN'S CENTER

Auto Maintenance

Repeating a popular course, the Women's Center will again offer women a chance to learn about auto maintenance. This year however, the course will meet for 8 two-hour sessions (rather than 4 as in the past). Easter Gray will teach the course.

Participants can bring their own car or register without a car. Classes begin on Thursday, September 13, at 5:00 p.m. in Lot 72A. This parking lot is located next to the Band Hall on 28th Avenue South, behind Holiday Inn Vanderbilt. If it rains, classes will meet at the Women's Center.

Application forms will be mailed to subscribers of *Women's VU* and placed in several locations around campus. Applications also may be obtained from the Women's Center directly. A fee of \$45.00 will be charged for the course, which meets on Tuesdays and Thursdays through October 4.

Graduate Women's Group Meets in September

Attention women graduate and professional students! The Women's Center is sponsoring a group just for you starting in September.

The purpose of the group is to serve as a social network for women graduate and professional students from the various schools and departments. New graduate and professional women can gain information about the community of Vanderbilt and Nashville.

Monthly projects and outings will be planned.

Speakers, provided by the Women's Center will share information on graduate/professional scholarships, fellowships and grants for women, insurance needs, up-dates on the political issues during this exciting election year and more.

A "room-mate wanted"/"housing wanted" referral service will be started just for graduate and professional women students.

Our first meeting will be held in September. When an exact date and time are established notices will be mailed to all women graduate and professional students on the Women's Center mailing list and posted through departments.

-Colleen Capper

Money Matters

Women are increasingly aware of the importance of knowing how to manage their income, plan their financial life, and become self-sufficient about money matters. Women's Center programs on these topics have been very popular.

Because of continuing demand, the Women's Center will repeat some of the programs offered in the past and introduce several new ones. Sandra Lewis, CPA, and Katrin Bean, Registered Representative of IDS/American Express will teach the class.

Fundamentals of Personal Money Management is a four-part short course that is now in its third year. This fall the classes meet at noon on Mondays and Tuesdays, September 24, 25, October 1 and 2.

Developing a Sound Financial Plan is the title of a more detailed course in personal money management. It will begin on October 8 and run for five consecutive Monday evenings.

No Regrets Tax Planning, a successful workshop last spring, will be repeated on September 11. It is still not too late to anticipate how your income will be affected by the tax bite for 1984. *cont. on p. 3*

Nursing School Offers New Course

"Issues in Women's Health" is a new course being offered by the School of Nursing beginning this fall. Co-taught by Sue Jones (Assistant Professor of Community Health Nursing) and Vicki Beaver (Assistant Professor of Maternal-Child Nursing), this course will focus on students as women or individuals interested in women and their health.

The content is divided into three sections: 1) life cycle events, 2) variations in health and 3) societal issues. Each of these sections will be followed by a class to discuss the implications for women. Specific topics include: self care, menopause, sexually transmitted diseases, eating disorders, homosexuality, and divorce/widowhood.

Fall 1984 the course will be offered M-W, 2:30-4:00 p.m. in the Nursing School Annex. Enrollment is limited to juniors, seniors and graduate students. For more information contact Sue Jones or Vicki Beaver at 322-2813.

VANDERBILT WOMEN'S VARSITY ATHLETICS

The Vanderbilt women's athletic program opened some eyes, previously closed to it, with the success of its athletes in the 1983-84 season. Unprecedented events occurred in each of the four varsity sports.

CROSS COUNTRY—The Lady Commodores finished the 1983 season with a seventh place showing in the Southeastern Conference Championships. During regular season competition, first-year coach Mark Webb guided his team to a second place finish in the Commodore Classic and a first place finish in the David Lipscomb Invitational. The spirited Vandy runners have won this meet the past two years. Leadership was provided by sophomore Sarah Dunsmore, who was the team's top runner in every race, but one. Dunsmore was joined by fellow sophomores Jhonda Johnston and Joni Lovell and freshmen Genie Whitesell and Jenny Stanton as the top five runners. Freshman Margaret Feuille, sophomore Cathey Carpenter and lone senior Cyndi Hall rounded out the remainder of the squad. The annual Lady Commodores' All Sports Banquet will be a night that Dunsmore will remember forever where she was honored as the team's top runner and also received the Academic Athlete of the Year Award.

BASKETBALL—The Lady Commodores' team gained national recognition as they finished off the 1983-84 season with a national championship, the first team in Vanderbilt athletic history to do so. They downed three straight opponents in Amarillo, Tex. in order to capture the National Women's Invitational Tournament title. In honor of this accomplishment Governor Lamar Alexander proclaimed April 24, 1984 as "Lady Commodore Day." Fourth-year head coach Phil Lee earlier guided his team to the Final Four in the Southeastern Conference Tournament. They defeated Mississippi State and upset top ten team Ole Miss before being stopped by Alabama.

Sophomore Donna Atkinson was the first Lady Commodore to be selected as a member of the SEC Tournament team. At the first of the season the team claimed the Dartmouth Invitational Championship. Junior Barbara Brackman joined Harriet Brumfield as a member of the 1,000 Point Club. Brackman also earned the honor of Academic All-SEC. Brumfield led the team in rebounds with a 9.4 average and blocked shots with 34. Sophomore Jackie Cowan shot a blistering 80 percent from the free throw line and averaged 15.1 points per game, which was second only to fellow sophomore Atkinson who led the team in points scored, with a 15.9 average while also snatching 89 steals. Freshman Lori Gross led the team in assists with 140.

CHANCELLOR WYATT ANNOUNCES VANDERBILT POLICY ON SEXUAL HARASSMENT

On July 1, Chancellor Wyatt issued the following policy statement on sexual harassment at Vanderbilt University:

It is important that we at Vanderbilt University provide faculty, staff, and students with an environment free from implicit and explicit coercive sexual behavior used to control, influence, or affect the well-being of any member of our community. Sexual harassment of any individual is unacceptable and grounds for disciplinary action, and also constitutes a violation of federal law.

Sexual harassment is prohibited under Title VII of the Civil Rights Act of 1964 and Title IX of the Education Amendments of 1972. In 1980, the Equal Employment Opportunity Commission amended its sex discrimination guidelines under Title VII to include sexual harassment, defining the term as follows: "Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitute sexual harassment when 1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment; 2) submission to or rejection of such conduct by an individual is used as the basis for employment decisions affecting such individual; 3) such conduct has the purpose or effect of substantially interfering with an individual's work performance or creating an intimidating, hostile or offensive working environment."

The Office of Civil Rights, Department of Education issued a policy statement on August 31, 1982, defining sexual harassment under Title IX and setting forth procedures for handling sexual harassment complaints. According to this policy statement, sexual harassment "consists of verbal or physical conduct of a sexual nature, imposed on the basis of sex, by an employee or agent of a recipient that denies, limits, provides different, or conditions the provision of aid, benefits, services, or treatment protected under Title IX."

Any member of the University community who experiences sexual harassment should seek assistance. Both the Opportunity Development Center and the Women's Center are available to provide help and advice. In the event that the problem cannot be resolved on an informal basis, the Opportunity Development Center will assist in taking the matter through the University's grievance procedure, as outlined in the staff and faculty manuals and student handbooks.

Another first-year player, Karen Booker, made her presence known averaging 23 minutes per game with a 9.1 scoring average and a 7.1 rebounding average. The talented squad's final record was 23-9, the winningest season in Vanderbilt women's basketball history.

SWIMMING-DIVING—The Vanderbilt women's swimming and diving team, coached by John Smith and Evelyn Newton, respectively, ended their 1983-84 season with a seventh place finish in the NCAA Division II Nationals. All eight team members qualified for All-American status. Included in this elite group were freshman Carol Christel and Carri Sipowski, sophomores Anna Litkenhous and Maribeth Malecki, junior Myra Creighton and senior Ming Hsu. The divers were freshman Patti Woodcock and senior Maribeth Dervin. Vanderbilt was the only school in the nationals to place two divers in the top ten of both the one-meter and three-meter competition. Creighton set a new school record in the meet for 100 Free clocking a 53.44. Early in the year, she set a new school record in the 50 Free with a 25.03 performance. Other school records were set in by Malecki in the 200 Free (1:56.43) and Carol Christel in the 100 Fly (58.42). Senior captain Ming Hsu became the first athlete to receive the prestigious

honor of Woman Athlete of the Year two consecutive years while she and her teammates were honored as the Academic Team of the Year.

TENNIS—Second-year coach Lou Weiss and the 1983-84 lady netters became the first team in the history of Vanderbilt women's athletics to defeat a Tennessee Lady Vol team. They did so, not once, but twice, by scores of 6-3 in the fall and 5-5 in the spring. The team finished seventh in the SEC tournament, only one behind Auburn and LSU, who tied for 5th and 6th. Freshman Bekki Robins was named to the All-SEC team as a result of her outstanding play in the tournament. This was accomplished despite an injury-plagued season which forced Beth Rupert out of action with a broken arm, and Elizabeth Moorman in and out of play with a muscle pull. Andrea Dick posted the best singles record, 13-9, and co-captains Lisa Tamborello and Elizabeth Shands teamed up for the best doubles record of 11-9.

Expectations of success and support from the Vanderbilt community are high for the upcoming athletic year. *Women's VU* will feature each of the sports as its season begins and keep you up to date on the continuing achievements of Vandy's women athletes.

—Terri Thompson

Women's Intramural Sports Update

Within the past several years, the Women's Intramural Sports program at Vanderbilt University has developed significantly. Now, during both fall and spring semesters Vanderbilt women are given the opportunity to participate in numerous individual, dual, team and co-recreational sports. It is not uncommon during some weeks of the semester for three-four sports competitions to be taking place at once.

The Vanderbilt Undergraduate Intramural Board (UIB) serves to unite the various women's groups from campus for organizational purposes. Each sorority, the independents, the band and the freshman have a representative on the UIB which meets frequently throughout the semester in order that evaluations and decisions about the program can be made and information regarding upcoming events can be distributed. This Board was also responsible for organizing and directing the Third Annual Women's Week 5K Campus Run last spring that had over 135 runners to participate.

Although the team sports (flag football, softball and basketball) have the largest number of participants, many individual and dual sports competitions are offered as well, such as free-throw and hot shot contests, ping pong, golf, billiards, one-on-one basketball, bowling, single and double tennis and racquetball and track. Volleyball, soccer and ultimate frisbee are other team sports that are offered and co-recreational sports (teams with both males and females) are becoming more popular (inner-tube water polo, volleyball, softball and 4-on-4 basketball). Vanderbilt University faculty, staff and graduate students are also eligible for participation in most sports.

Within each sport there is generally a short season followed by tournament competition. The first place winners receive certificates and T-shirts and points are also awarded for certain designated sports to the represented groups. Thus, the member teams of the UIB are competing throughout the entire school year by achieving points for participating and for victories.

Information about the Women's Intramural Sports program can be obtained by contacting the Office of Campus Recreation, which is located in the basement of Memorial Gymnasium, at 322-2870.

-Kathy Carter

Tennessee Epilepsy Foundation. Benefit luncheon and fashion show, Wednesday, Sept. 26, University Club. Tickets \$15 by reservation only. Call 298-1018 or 322-3322.

WOMEN'S CENTER PROGRAMS

3

continued from p. 1

Three new workshops on related subjects include:

Developing a Personal Budget, scheduled for Monday, September 17 from 7:00 to 9:00 p.m. This workshop offers an opportunity to look at the way you spend money, learn how to improve your cash flow, and even save a little! Students may want to sign up for this workshop before a bank overdraft arrives!

Investing in Real Estate is a three-part workshop scheduled for Monday, Wednesday, and Friday, October 29, 31, and Nov. 2 at noon. This program will interest anyone who is contemplating purchase of a home as well as those who want to consider real estate as a form of investment.

Retirement will be analyzed at a workshop on the evening of November 1. The majority of women live to a ripe old age; early planning is one way to avoid ending up old and poor!

Information about each of these programs and application forms will be available through the Women's Center.

Lunchtime Seminars

The Women's Center will again sponsor lunch time seminars on Wednesdays at noon, with members of the faculty and students reporting on current research on women and gender.

The first seminar, on Wednesday, September 26, will be led by Angelika Bammer, Mellon Assistant Professor of Germanic and Slavic Languages. Professor Bammer will discuss feminist utopias, visions of alternative societies as described by 19th and 20th century women writers.

Questions that Professor Bammer will explore include: What marks these visions as "feminist?" How are they different from utopias envisioned by men? What is utopian about them and what problems do they present?

The seminar meets at the Women's Center at noon. Everyone is welcome to bring a sack lunch. Beverages are available at the Women's Center.

On Wednesday, October 24, the seminar will be led by Rob Roy Purdy, Senior Vice-Chancellor Emeritus and Professor of English Emeritus.

Dale Johnson, Associate Professor of Church History, will be the seminar leader on November 7.

Two New Workshops Planned for October

Self-Esteem

Dawn Kimbrell will lead a new workshop this fall on women and self-esteem. Kimbrell has a special interest in the area of psychology of women. She has found that many studies show that women experience low self-esteem more than men.

How do you think you feel about yourself? Do you suffer from a poor self image? While we all struggle with how we view ourselves, women are particularly prone to undervalue and underestimate themselves. This workshop will explore differences in self-esteem between men and women, sources of low self-esteem and strategies for gaining self-confidence and improving one's self-image.

The ultimate goal of this workshop is to help participants develop a constructive self-image and deal with success and failure as learning experiences.

The workshop will run three evenings in October. Additional information and details will be publicized in the October issue of *Womens' VU* or can be obtained from the Women's Center.



Fear of Math

Students and others who find themselves suffering from "math anxiety" may want to enroll in a special workshop called "Strategies for Conquering Fear of Math." Mathematician Paula Sloan will teach the three-part workshop in October, and will determine at the last session whether participants want to continue with activities beyond that time.

The workshop will start with a session exploring math myths - misinformation about arithmetic and mathematics that frightens some persons. At the second session, participants will examine their own experiences, to identify sources of their fears. Finally, at the third session, strategies for getting help and for self-help will be discussed. Throughout the workshop, participants will have opportunities to do exercises that help them understand their own fears and skills, and develop greater competence in approaching math problems.

Additional information and applications will be available from the Women's Center and the Department of Mathematics at the end of September. The sessions will meet on Tuesdays, October 16, 23, and 30, at 7:00 to 8:30 p.m.



ANNOUNCEMENTS

The Belmont Weekday School, housed near the Vanderbilt campus in the Belmont United Methodist Church at 1700 Acklen Avenue, is a licensed preschool program for children aged 3 to 5.

The School accepts children who are three by October 31 and capable of self-toileting. It operates a 3-day program for 3-year-olds, and a 5-day program for 3-, 4-, and 5-year-olds. The regular school day begins at 9:00 a.m., with extended sessions from 7:30 to 9:00 a.m. available.

Interested parents should contact Anne T. Colley, Director, at 383-0886 or 383-0832.

Planned Parenthood of Nashville begins its fall education program offerings with two programs in September, 1984.

The *Premenstrual Syndrome Seminar*, offered on Saturday, September 15th, from 9:00 a.m. to 12 noon, will provide information on symptoms as well as treatment of PMS. The seminar will be led by Judy Belsito, co-investigator with the Vanderbilt PMS Research Project. The fee for the seminar is \$10.00 per person.

Mothers and Daughters, presented on Saturday, September 29th from 9:00 a.m. to 3:00 p.m., is a one day program designed to bring Mothers and Daughters together for information and discussion to increase their understanding of adolescent development, build self-esteem and increase communication skills among participants. Fee for the program is \$10.00 per person.

YWCA Domestic Violence Program: Call for Volunteers

The YWCA Shelter and Domestic Violence Program is issuing an urgent call for volunteers who believe women and children have a right to live in an environment free from violence and abuse. Volunteers are vital to the operation of this program which provides telephone support to women who are victims of violence in the home, and offers emergency shelter for women and their children who need refuge.

A 15 hour training session for volunteers is held three times a year by the Shelter and Domestic Violence Program. The training orients persons to the dynamics of domestic violence and prepares individuals in crisis intervention with battered women. Volunteers interested in working with children staying at the emergency shelter are taught about the needs of children from violent situations.

The next training is: Tuesday, Sept. 18, 6:30-9:30 p.m.; Thursday, Sept. 20, 6:30-9:30 p.m.; Tuesday, Sept. 25, 6:30-9:30 p.m.; Saturday, Sept. 29, 9:30-3:30 p.m.

Please pick up a volunteer application at the YWCA, 1608 Woodmont Blvd., or call Karen Franklin at 320-0787.

The Rape and Sexual Abuse Center of Davidson County will hold its next training program for volunteers on three consecutive Saturdays, September 15, 22, and 29. The purpose of the training is to prepare paraprofessional volunteers as telephone counselors to work with victims of rape and/or sexual abuse. The Center is a United Way agency and serves the greater Nashville-Davidson County community. Interested persons should contact Kathy Whitehead, Service Coordinator, at 352-1716.

YWCA programs for the month of September include two new classes:

Writing Skills will meet on Thursdays, September 20 through October 24, at 6:45 p.m. - 8:15 p.m.;

An *Art Workshop* will include watercolor painting for all levels, and will meet on Fridays, September 7 - November 9, from 9:30 a.m. until noon;

Self-Defense: Creating Personal Safety will be held on Saturday, September 22 from 10:30 a.m. to 5:30 p.m.;

Money Management for Women: Taking the First Step is an investment forum sponsored by the YWCA and presented by Dorothy White, an account executive with Merrill Lynch. This workshop will be held at the Vanderbilt Plaza Hotel on September 25 and 26, from 7:00 - 9:30 p.m.

For more information about these and other YWCA programs, call the Y at 385-3952.

Women's Cross Country Program

Practice will begin for the women's cross country team the first week of classes. Anyone interested in running should contact Coach Mark Webb at home (794-3555) or June Stewart at the Women's Athletic Department office in Memorial Gymnasium (322-2888).

The 1984 cross country schedule for both men's and women's teams begins on September 22 in Atlanta, with the Georgia State Invitational. On September 29 the teams go to Louisville for the University of Louisville Invitational. The schedule for the rest of 1984 is as follows: October 6, Fisk Jubilee, Nashville; October 13, Furman Invitational, Greenville, SC; October 20, Dual Meet with Emory, Atlanta; October 27, Belmont Invitational, Nashville; November 2, SEC Championship Meet, Baton Rouge, LA; November 10, NCAA Region Meet, Greenville, SC.

Edited by Linda Karwedsky

TO RECEIVE YOUR OWN LABELED COPY OF WOMEN'S VU return the form below or call the Women's Center, 322-4843, to place your name on the mailing list.

We regret that newsletters can be sent to off-campus addresses only for a \$2.00 fee. Please make checks payable to Vanderbilt University Women's Center.

Name _____

Department _____

Address _____

Student (please give school and class) _____

Staff _____ Faculty _____



Vanderbilt Women's Center
E-2 West Side Row
Box 1513, Station B
Nashville, TN 37235