

WOMEN'S VU

November 1985

A publication of Vanderbilt University Women's Center

VIII: 3

Women's Reproductive Health Rights

Estimates based on past years' figures suggest that 20 Vanderbilt students may face unplanned pregnancies during this academic year. It is likely that some staff and faculty may face the same problem and resulting difficult decisions.

In the following essay, Dixie Aubrey, Executive Director of the Tennessee Association of Planned Parenthood Affiliates, argues for reproductive freedom for American women.

The box on this page summarizes some of the services Vanderbilt offers women.

Since the incident at East High School where a 16 year old girl had a baby and left him in the toilet, there have been many newspaper articles and meetings taking place in Nashville on the subject of sex education in the schools. These cries of "Gee, ain't it awful" have yet to result in any action to help the situation.

Recently the major television networks decided not to run ads for birth control products stating that they felt doing so was in poor taste. These are the same TV networks that encourage sexual activity by the content of their programming. When is the last time you heard any mention of birth control before or during sexually explicit

scenes on prime time? With the barrage of TV programs, magazines, records and movies which our young people are influenced by every day, very little is being done to educate them about their sexuality, while much is being done to tantalize and romanticize sex.

Pregnancy is the number one cause of Tennessee girls not finishing high school, yet the State Board of Education removed birth control information from the family life curriculum. In Tennessee we do not have sex education in high school except



in a handful of classes. Thousands of young women get pregnant every year simply out of ignorance of how their own bodies function.

In the past two years of the Reagan administration there have been an alarming number of policy decisions made which create hardships on women trying to control how many children they have. For example, Title X is the cornerstone of the nation's family planning program. This program funds \$150 million to pay for low income women to have access to education, birth control and basic health care through state and private agencies such as Planned Parenthood. For the last two years Title X supporters have fought and lost the battle to get the program reauthorized. Last year Congress continued funding Title X on a one year basis. Opponents of Title X are anti-abortion groups, although none of the monies from this program can be used for abortion services.

The legality and access to abortion has also been restricted in recent years. In 1973 the Supreme Court ruled in *Roe v. Wade* that a woman's right to choose an abortion was protected by the Constitution. Since that time there have been constant and successful attempts to undermine and restrict this ruling. Resulting battles to keep abortion

(Continued on next page)

Reproduction and Sexuality: Vanderbilt Services to Women

Occupational Health Services (322-2692)*

Faculty and staff
Routine Pap Smear
exam - free
lab fee - \$10

Birth Control

consultation - free
prescriptions written - free
diaphragm - fitted free

Vaginal infections

exam - free

Pregnancy tests

urine - \$10 lab fee
blood - \$35 lab fee

Venereal disease testing

exam - free
lab fees only - fees vary
according to test

Student Health Services (322-2427)

Undergrads, grads & professional students
Routine Pap Smear
exam - free
lab fee - \$8 approx.

Birth control

oral starter samples - free
diaphragm-fitted free
cost of diaphragm - wholesale
consultation for singles or couples - free

Pregnancy tests

urine - free (accurate one week after first missed period)

Venereal disease testing (in order of most prevalent on campus)

chlamydia**
herpes
venereal warts
gonorrhea
syphilis

Psychological & Counseling Center

Faculty, staff and students (322-2571)

Through personal problem counseling, both individuals and couples can get information and sort out difficulties involving pregnancy; sexual problems in relationships; past and on-going problems with incest, rape, sexual abuse, and sexual identity.

Counseling, psychotherapy and parenting workshops are available.

Faculty and staff pay a fee (Blue Cross/Blue Shield pays 80% after deductible). Services are free for students.

*All client records are strictly confidential, according to all three service providers listed here, each of whom stressed that point.

**See article in *Seventeen Magazine*, Oct. 1985, on chlamydia, "The Silent Epidemic" by Cathy McCoy.

WOMEN'S STUDIES COURSES, Spring, 1986

legal and safe have been fought in the streets of our communities, as well as in Congress and in state legislatures. The lines are being drawn by radicals with bombs. In the last 10 years polls have consistently shown approximately 80 percent of the American public agrees that abortion is the personal and private choice of a woman and should remain legal. Further, that same majority believes that contraception ought to be available to poor women and sex education should be taught in the schools.

This disarticulation between public opinion and public policy can only be explained through examining the resources that each side is willing to commit to the issue. The perception of the economically stable is that contraception, sexual education and the right to choose an abortion is available and secure for everyone. Not only is this a false assumption, but *the kinds of decisions being made for women in recent months set a precedent that will eventually erode everyone's right to control her own body.*

The issue of abortion is difficult for everyone. This uneasiness cannot keep us from realizing what is happening with a woman's most basic freedom. The same people who want government to control our choice on abortion also want to limit access to the best method of reducing the need for abortion, which is a family planning program that provides information and contraception.

It is important that we keep informed about governmental decisions on reproductive health. It is even more critical that we speak out and let our elected representatives know that we care about a woman's right to decide if and when she will bear children.

—Dixie Aubrey, Executive Dir.
Tenn. Assoc. of Planned
Parenthood Affiliates



WS 150/Hum 156

IMAGES OF WOMEN

Childers
TR 9:35-10:50

An introduction to the study of images and roles of women in Western society as reflected primarily in literature and art. Readings and discussions will concentrate on modern works that draw for background on Greek and Roman mythology, the Bible, medieval and renaissance materials. No prerequisite.

WS 151/Soc 151

WOMEN AND PUBLIC POLICY IN AMERICA

Marini
TR 9:35-10:50

A study of public policies as they affect women in contemporary American Society. Issues considered include participation of women in the labor force; effect of employment patterns on the family; birth control, abortion, and health care policies; child care; participation of women in political processes; divorce, child support, and custody; affirmative action policies; present governmental remedies and proposed alternatives.

WS 287/His 287

WOMEN'S EXPERIENCE IN AMERICA:
THE CIVIL WAR TO THE PRESENT

E. Perry
TR 1:10-2:25

This course will cover the impact of industrialization; women's reform movements; women's efforts to achieve equality in law, education, politics and the professions; women's work in the World Wars and the Depression; and the emergence of modern feminism.

*WS 295-01/Phil 294B-02

FEMINIST CRITIQUES OF
THEORETICAL PRACTICES

McWhorter, Leonard-Martin
TR 11:00-12:15

Feminists are questioning the methodologies of physical science, social and political science, and philosophical systems-building. In this course we will explore various feminist understandings of what this questioning means for particular theories in the sciences and philosophy, as well as what it means for theory construction in general as a way of knowing. Texts will include *Sayers' Biological Politics*, *Jagger and Rothenberg's Feminist Frameworks*, and *Gilligan's In a Different Voice*.

WS 295-02/Soc 239

MEN, WOMEN, & SOCIETY

Gregor
TR 8:10-9:25

Evaluation of the biological, psychological, and cultural theories explaining the social differences between men and women, with special attention to political inequality, division of labor, and the ambivalence in the male-female relationship. Examples from cross-cultural as well as from contemporary American society.

*WS 295-03

WOMEN, LANGUAGE, & CULTURE

Snyder
W 2:10-4:40

We have heard that women and men use language differently—some would say women are the weaker sex, linguistically. We will explore gender differences in language, and then study the impact on women of sexist language in social institutions. Among the topics to be discussed are children's names, textbook stereotyping, bias in advertising, Biblical interpretation, medical care, corporate careers, and the law. The course will focus on English among Caucasian and minority groups, with a component on sexism in the languages of other cultures.

*WS 295-04/Eng 288-02

LITERATURE AND GENDER

Lerner, Childers
TR 11:10-12:25

This course is concerned with literary representations of differences between the sexes. Three major thematic units divide the course: 1. The Heroic and its Antidotes; 2. Love Poetry; and 3. The Angel in the House and A Room of One's Own. The reading list includes *Samson Agonistes*, *David Copperfield*, *Villette*, sections from *The Iliad*, and a number of poems and short stories.

**Nursing 242

ISSUES IN WOMEN'S HEALTH

Jones
T 3:00-6:00

The course is designed to explore current health problems and issues confronting today's woman. Content may be presented from three perspectives: 1) life cycle changes, 2) variations in health, and 3) social issues affecting health. Topics include common gyn problems, health maintenance, fertility, child bearing and parenting, menopause/divorce/widowhood, sexual development and lesbianism, mental health, violence against women, and images of women (advertising & pornography).

*New Offerings.

**This course is offered through the School of Nursing and is not cross listed under Women's Studies.



MOVING TOWARD HEALTH

Do you wake up in the morning raring to go? Or are you one of those persons who rises reluctantly, still dreaming of the moment when you will hit the sack again? Do you want to move? I mean move yourself around: walk, play tennis, swim, run. Do you want to be thinner? Do you diet all the time?

You can judge from your answers to these questions just how fit you are. And if you are not fit, let me tell you that it is worth the effort to get fit. Why? Because it makes you feel so good.

In the past several weeks I have attended a conference on taking charge of your health, had a conversation with Annette St. Charles, Vanderbilt's newly-appointed director of our Wellness Program, walked the Bonne Belle in 1 1/2 hours; that's a 15-minute mile. I do not aspire to win prizes for being faster than someone else. *My goal is to enjoy life.* The means I have chosen combines a balanced program of exercise with a nutritious diet. It is simple, inexpensive, and self-rewarding.

Simple: my two favorite exercises are walking and swimming. I own no fancy clothing or equipment: one well-fitted pair of running shoes, several pairs of heavy cotton socks, a swim suit, cap, ear plugs, and goggles. (Towels come with the household.) I walk each morning before work with my best friend. It takes us less than 40 minutes to cover 2.3 miles. I like to swim at the end of the day, on my way home from the campus. If I cannot swim at the end of the day, I walk some more. Very simple.

I have not mentioned the stretching exercises I do first thing in the morning. I spend about 15 minutes getting out the kinks, while listening to the morning news. I have been doing these exercises for about five years, and for the last three years (believe it or not) I really look forward each morning to doing them. It makes me feel so well.

I started the stretching exercises using the U.S. Government book that has a progressive program for women and men. The book costs about \$2.50, and I have given away several because I think so highly of the program. I have memorized the routine and every now and then I add a few of my own improvisations.

Professor Katahn of Vanderbilt's Psychology Department has studied exercise and diet in relation to weight control for several years. His approach is echoed by other leading authorities in health promotion and weight management. If you start with an exercise program that suits your abilities, life-style, and present level of fitness, and build toward more vigorous exercise, your weight will take care of itself (unless you pig out regularly). You will become more fit. You will feel better.

Human beings were meant to move. If moving feels wrong to you, then you are really out of shape. You must feel awful! Now is the time to begin. Start walking!

—Nancy Ransom
Women's Center

Special Gifts for Special People

WOMEN'S CENTER TEE SHIRTS make a great present. Now available at the Women's Center, 322-4843, for \$8. Blue with navy letters: "A Woman's Place is EVERYPLACE"

From the Vanderbilt Bookstore:

- *1986 Calendar of Great Women Painters*, \$7.95.
- *In Praise of Women Artists 1986* (calendar), \$7.95.

HER GAME, produced by the International Feminist Trivia Collective. More than 50 women's studies faculty and students have designed a card game that asks questions about women's history, culture, and present achievements. Both educational and light-hearted. One thousand and one questions. Boxed. \$25. From The Feminist Press, Box 334, Old Westbury, NY 11568.

THE WOMEN'S CENTER WISHES TO THANK DAVID HELDEBRAND in Special Collections, General Library, for his photograph which appeared in the October issue of *Women's VU* on page 1.

Women's Center Programs

THE GRADUATE STUDENTS' GROUP will meet on November 8 and 22, 4:30-6:30 P.M. at the Women's Center. Light refreshments provided. All graduate and professional students are welcome.

"**CHANGING ECONOMICS IN THE HEALTH CARE DELIVERY SYSTEM AND ITS EFFECTS ON WOMEN**" is the title of a Lunchtime Seminar by Dean Colleen Conway-Welch of the School of Nursing. The seminar will deal with changing demographics, changing providers, and changing settings. Tuesday, Nov. 12, 12:15-1:15 at the Women's Center. Brown bag lunches welcome; coffee and juice are provided.

PLANNING FOR RETIREMENT is a one-session course offered at the Women's Center Nov. 12, 5:30-8:30 P.M. The course includes discussion of the wide range of ways in which you prepare for retirement: Vanderbilt's retirement plan with TIAA/CREF and Vanguard, SRAs, IRAs, Keogh plans, deferred compensation, the social security system, and more. The instructor is Katrin Bean, Ph.D., Senior Financial Planner for the Crabb-Maddox Investment Group and author. Fee: \$7.50. Call 322-4843 to pre-register.

The **DUTCH TREAT BREAKFAST** will meet Thursday, Nov. 14, in the Rand Faculty Room at 7:30 A.M. for breakfast. At 8:00 A.M. Gerry Halek, Associate Director of the Psychological & Counseling Center, will speak and then answer questions. Club membership for the year is \$2 which you can bring when you come.

The **UNIVERSITY NETWORK LUNCH** group will gather at the Hill Student Center, Dining Room 1, on the Peabody Campus. Noon-1:00 P.M. on Wednesday, Nov. 20 for all women staff and faculty. Bring your lunch or buy it at the cafeteria.

NEW NAME? NEW ADDRESS?

Please call us at the Women's Center so that we can keep our mailing list accurate. Thank you. Phone: 322-4843.

ANNOUNCEMENTS

CABLE and Women in Business, Inc. will present a seminar, "YOU CAN BE A SUPER-WOMAN, BUT DO YOU WANT TO BE?," Wed., Nov. 6, 5:00 - 8:00 P.M. at the Maxwell House Hotel. The speaker is NIKKI SCOTT, whose syndicated column "Working Woman" appears in the *Tennessean*.

Ms. Scott writes, "Working women give to everything—our jobs, children, bosses, husbands, community—before we give to ourselves, and we leave nothing for ourselves. What we're doing is operating under a process of diminishing returns. We take from ourselves to give to everything and everyone and don't put anything back in. *That won't work.*" This seminar by well-known columnist, author, and lecturer Nikki Scott will address how to achieve greater success in your career and life.

All proceeds from the seminar will benefit the YWCA's Capital Campaign whose theme this year is "Mothers and daughters are worth it, too."

The cost for the Nov. 6 reception and seminar is \$25 (\$15 tax-deductible). Ample free parking is available at the Maxwell House. For more information, call 321-3700.

LEGAL RIGHTS OF BATTERED WOMEN HANDBOOK (32 pages) is available by calling the Women's Center, 322-4843, or Legal Services of Middle Tenn., 244-6610. Subjects include personal and legal advice on relationships; police; lawyers; rights of unmarried persons; welfare, food, housing and health care; if you have a friend who is being beaten; phone numbers of sources of help, etc. Free.

IF YOU WANT TO BUY A NEW 1986 MODEL CAR, wait until January. The influx of Japanese cars into the U.S. is predicted to result in lower prices around then for both Japanese and American cars.

—*Changing Times*, Sept. 1985

"MYTH AND MAGIC IN WOMEN'S ART," a lecture at MTSU by Janet Higgins, Assoc. Prof. of Art, will be Nov. 12 at 3:00 P.M. in the Learning Resources Center, Room T. Open to the public.

A SEMINAR ON PREMENSTRUAL SYNDROME (PMS) will be Saturday, Nov. 16, from 9:00 A.M. to noon, at Planned Parenthood, 112 21st Ave. S., 2nd Floor. Symptoms, treatment, and self-help techniques.

For reservations, call 327-1097. \$10.

VANDERBILT WOMEN'S BASKETBALL schedule: Sunday, Nov. 24, Texas Tech, 2:00 P.M.; Friday, Nov. 29, Illinois, 7:00 P.M.; Monday, Dec. 2, Tenn. Tech, 7:00 P.M.

All games are in Memorial Gym. For ticket information, call 322-3544.

ALONE BUT NOT LONELY is a program offered December 3 and 10, 6:30 to 8:00 P.M. by A Woman's Place on West End Ave. The group will focus on the problems of being alone during the holidays and of being single in a "couple's society."

For information, call 321-3700.

A.A.U.W. Education Foundation is offering POSTDOCTORAL FELLOWSHIPS to women who hold a doctoral degree at the time of application and who wish to pursue research. These fellowships, in all fields, are for 12 months beginning July 1, 1986. Full time in any location. Application deadline: Dec. 15, 1985.

DISSERTATION FELLOWSHIPS available for women A.B.D.s for the final year of their graduate work.

For more information, call 322-4843.

ANNOUNCING THE FORMATION OF A MIDDLE TENNESSEE WOMEN'S STUDIES ASSOCIATION. This is for scholars in Middle Tenn. interested in Women's Studies who would like to create an informal, interdisciplinary association for the exchange of ideas and information.

Contact Prof. Elisabeth Perry, Box 113, Station B, Nashville, TN 37235.

Recommended Reading
by Kit Faling, Univ. Rep.
Mesa, Arizona

During an interview with a corporate client, my customer mentioned a current best seller that he was just finishing. "I'm really enjoying that Lee Iacocca book," he said. "Are you married?" Caught off-guard, I replied, "No, I'm not."

"Well," he advised, "then you should recommend it to your boyfriend. It's excellent"

—*Savvy*

September 1985

Edited by Joan Anderson

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.

Newsletters are sent to all students free. For non-student, off-campus addresses there is a \$3.00 fee for ten monthly issues through June 1986. Please make checks payable to Vanderbilt University Women's Center.

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