

## Cuninggim Center anticipates anniversary

*This fall, staff and friends look to the future while celebrating the past*

Nancy A. Ransom  
Director, Margaret Cuninggim  
Women's Center

Most of us celebrate anniversaries with a big party for our friends and family. Gifts are exchanged, and we often take the opportunity to review the past and make plans for the future.

This fall, the Margaret Cuninggim Women's Center marks the fifteenth anniversary of its establishment at Vanderbilt. In anticipation of the event, the Advisory Board and I have worked on a plan to guide the center's immediate future. I want to tell you about the plan, but before that, I want to share a bit of the center's history.

In 1978, the Vanderbilt Women's Center opened with my appointment as director. Many of the women and men who had worked hard to win approval for the center served on the Advisory Board. Together we began to build a program and address those issues which had been identified in the report of the Chancellor's Commission on the Status of Women, *Women at Vanderbilt*.

The Opportunity Development Center occupied the second floor of what was then called "E Building" in West Side Row. Ken Jordan, Director of ODC and a member of the search committee for a women's center di-

rector, offered me the only available space on campus at the time: one of the rooms on his floor. Five years later, after Pat Pierce had succeeded Ken Jordan and the Opportunity Development Center moved downstairs, the Women's Center took over the top floor.

My staff had gone from zero to one

Resolution from the board naming the women's center for Margaret Cuninggim. Dean Cuninggim had died in 1986. She was the last woman to serve as Dean of Women at Vanderbilt and



MARGARET CUNINGGIM WOMEN'S CENTER TO DEEP SPACE TEN: READY WITH OUR LONG RANGE PLAN TO OPEN A SATELLITE CENTER ON YOUR STATION. PLEASE REPLY. REPEAT: MCWC → DSX: Y@ LR # R.P.D. #

with the addition of a staff assistant. Then I hired a student library intern to catalogue our books and organize the materials in the library.

The center's program and activities expanded and the library collection grew. By 1988 I had hired a full-time secretary and a library assistant replaced the intern. Today my staff includes an assistant director for programs who also edits *Women's VU*, a full-time librarian, a full-time secretary, and student employees during the fall and spring semesters.

We celebrated the tenth anniversary of the Women's Center in 1988 with a party at which Board of Trust Chair, David K. Wilson, presented to me a

the first woman ever named Dean of Student Services. The Alumni Association made a gift of \$5,000 to the center to start an endowment for the annual Margaret Cuninggim Lecture on Women in Culture and Society. We also created the Mary Jane Werthan Award, which honors the first woman to become a life member of the Vanderbilt Board of Trust.

Today the Cuninggim Center occupies both floors of the little house, now called by its original name, Franklin, in West Side Row. On November 9 we will celebrate our fifteenth anniversary with the sixth Margaret Cuninggim Lecture and presentation of the Mary Jane Werthan Award. (Announcement of the recipient will be made in the October issue of *Women's VU*.) We will have small gifts for our friends.

But most importantly, we have a long range plan! It may not sound like a very exciting way to celebrate, but to those who have experienced change at Vanderbilt over the last fifteen years, a plan represents progress. A plan documents past achievements and establishes direction for the future.

The plan is a product of many hands,  
—see *WOMEN'S*, page 2



rector, offered me the only available space on campus at the time: one of the rooms on his floor. Five years later,

## Women's Center strives to achieve 'visionary' goals through its commitment to equality

—from page 1  
many minds, many hours, days, weeks, and months. The Advisory Board, and especially the Planning Committee, co-chaired by Jan Rosemergy and Kay Hancock, provided resolute leadership to the process. Dave Rados and Neal Nadler provided technical advice at the outset. Board members Lauren Brisky, Karen Campbell, and Katharyn May shared their special expertise. Other members of the committee who brought the plan to its final form include Barbara Clinton, Lynn Cohen, Gail Gazdag, Brenda Gilmore, and Peggy Rados. To them and the hundreds of participants in the survey and focus groups, I proffer my sincere thanks.

The Long Range Plan in outline form is available to anyone who wants to have a copy. It encompasses a statement of purpose and four goals, which follow:

The purpose of the Margaret Cuninggim Women's Center is to support Vanderbilt University's commitment to equality of women and men through advocacy and education about women's contributions, achievements, concerns, and potential.



### Women's VU

published monthly September through June by the Margaret Cuninggim Women's Center, Vanderbilt University, Franklin Building, West Side Row.  
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Page 2 photo by David Crenshaw

Page 2, *Women's VU*, September 1993

Goal I - To serve as an advocate for gender equity throughout the university.

Goal II - To promote and encourage enquiry into feminism and gender issues throughout the university.

Goal III - To maximize inclusion of all university constituencies and ethnic groups in the center's program.

Goal IV - To define the Cuninggim Center more clearly to the different university constituencies.

The staff and I, the Advisory Board, and the many other volunteers who contribute to the Cuninggim Center program strive to maintain a high quality as well as to be as inclusive as possible. We recognize that gender interfaces with race, ethnicity, class, and all other human characteristics. Furthermore, equity is not achieved by one strategy alone but by a variety of different routes which take into account many overlapping factors. In the coming academic year, the board and I will begin to implement the plan by selecting specific objectives that lead us toward each goal.

We look to the future knowing that there are limits to what the Margaret Cuninggim Women's Center can do. There always will be some who consider the center too left or too right or too passive or too active. The Long Range Plan reflects consensus among those who participated in the planning process. New voices and new ideas, however, are always welcome.

I believe that the goals set forth in this plan are both visionary and attainable, and will strengthen the Margaret Cuninggim Women's Center as an advocate for equality of all persons and as a resource for the campus and wider community. ■

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Copies of the Long Range Plan may be obtained at the Cuninggim Center. To receive a copy by mail to an off-campus address, send a written request with \$1.00 to Long Range Plan, Margaret Cuninggim Women's Center, Box 1513, Station B, Nashville, TN 37235.

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## Student Voice

### Muliebrity editor promises an active year for paper

*Ann Marie Deer Owens*  
Information Officer,  
News and Public Affairs

A&S senior Whitney Weeks, editor of *Muliebrity*, says the year-old student-run newspaper will play a more active role on campus this year in its focus on women's concerns.

"It's important to give women a voice through our publication and to promote discussion of serious topics such as equality in the workplace, sexual harassment, lesbian concerns and date rape. We won't shy away from controversial issues, and we may even do some investigative reporting if warranted," said Weeks, one of four undergraduate women who founded *Muliebrity* last year.

The Ripley, Tennessee native, who is majoring in English, credits graduate teaching assistant Misty Anderson with first stimulating her interest in women's issues. A subsequent women's studies course, along with several negative incidents involving female students at Vanderbilt, led to the formation of *Muliebrity*, which means the state of being a woman or womanhood.

"At first, we steered clear of the feminist label because we were working hard to be inclusive and didn't want to scare anyone away. However, our readers need to understand we really are feminists in the sense of being concerned about how women are treated and viewed," explained Weeks, who resides in the McGill philosophy and fine arts dormitory. She noted that last year one male student wrote for every issue, and men are always welcome to submit articles for consideration.

Weeks said the newspaper is likely to re-apply for a Vanderbilt Student Communications Board membership later in the year.

"We need to make sure women's issues receive attention. *Muliebrity* performs a valuable service by continuing the discussion, even if we don't always change minds." ■



Whitney Weeks

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1993

Margaret  
Cuninggim  
Women's  
Center



Please save and post. Individual flyers for these programs will not be sent.

For further information call the Cuninggim Center at 322-4843.

September 1 (Wednesday)

**Gender Study Group**, 5:00 to 6:00 p.m., Cuninggim Center. Text required. Before joining the group for the first time, please call 322-4843 for more information.

September 2 (Thursday)

**Reception for the Artist**, Jo Taylor, 5:30 to 6:30 p.m., Cuninggim Center. An exhibit of her recent paintings is at the Cuninggim Center through October 21.

September 8 (Wednesday)

**Writers Workshop**, 5:15 to 7:15 p.m., Cuninggim Center. New members welcome.

September 9 (Thursday)

**Lunchtime Book Review**. Elaine Goleski, project manager, Library Annex, reviews *Possession: A Romance* by A.S. Byatt. 12:15 to 1:15 p.m., Cuninggim Center.

September 13 (Monday)

**Book Group** discusses *Women's Ways of Knowing: The Development of Self, Voice, and Mind* by Mary Field Belenky. New members welcome. 5:15 to 6:15 p.m., Cuninggim Center.

September 14 (Tuesday)

**Noontime Seminar. Population and Politics: Women's Future in an Overpopulated World** led by Virginia A. Abernethy, professor of psychiatry (anthropology). 12:15 p.m. to 1:15 p.m., Cuninggim Center.

September 14 (Tuesday)

**Advisory Board** first fall semester meeting, Brenda Gilmore, chair, 4:00 to 5:30 p.m., Carmichael Towers East, room 208.

September 15 (Wednesday)

**Gender Study Group**, 5:00 to 6:00 p.m., Cuninggim Center. Text required. Before joining the group for the first time, please call 322-4843 for more information.

September 20 & 21 (Monday & Tuesday)

**Understanding and Appreciating Human Differences**. Lin Inlow, Ombudsperson, Georgia State University, leads numerous workshops on communication between women and men as well as different ethnic/racial/cultural groups. Co-sponsors with the Cuninggim Center are Black Cultural Center, Opportunity Development Center, Greek Affairs, and Project Dialogue. Watch for announcements regarding specific opportunities for students, faculty, and staff to participate.

September 20 (Monday)

**Dissertation Writers Group**, 4:30 to 6:30 p.m., Cuninggim Center.

September 22 (Wednesday)

**Writers Workshop**, 5:15 to 7:15 p.m., Cuninggim Center. New members welcome.

A LOOK AHEAD:

October 1 (Friday)

**International Coffee Hour**, 11:30 a.m. to 1:00 p.m., McTyeire International House. Co-sponsored by Cuninggim Center, ODC, and Women's Studies.

October 2 (Saturday)

**Building Community and Valuing Racial Diversity**. Cuninggim Center joins many other community groups co-sponsoring this forum from 8:30 a.m. until 4:30 p.m. at the YWCA. Registration forms available at women's center. Call 269-9922 for more information. (See page eight for more details.)

# NEWS QUOTES

*news of interest*

## *Floodgates holding back research on women's health have opened*

The National Institutes of Health didn't decide to pay for the research on women until 1991, for reasons that are still somewhat murky. Now letters are going out from Harvard to 1.5 million nurses to recruit 40,000 women over age 45 for the study.

The \$17-million Women's Health Study, as the Harvard effort is called, is joined by the \$62.5-million Women's Health Initiative, an NIH study of the major diseases in post-menopausal women: cancer, heart disease, and osteoporosis. A host of smaller, but no less ambitious projects, such as the \$7.9-million Women's Health and Aging Study at the Johns Hopkins Medical Institutions, which will look at disease and disability in women over 65, are starting up.

Critics of past government and university efforts to sponsor women's health research are generally pleased when they survey the current scene. Representative Patricia Schroeder, the Colorado Democrat who has led efforts in Congress to require more women's health research, says: "I think it's going to be very helpful to fill in all these gaps in understanding women's health. The tragedy is it took us so long."

For Representative Schroeder and others, winning support for women's health research has meant twenty years of documenting how studies of diseases that afflict both men and women, such as heart disease, have excluded women; how diseases that affect women, such as breast cancer, have been ignored; and how normal development and reproduction in women have been neglected or treated as disease by basic researchers.

Representative Schroeder and others hope the inequities in health research can be eliminated by the end of this decade.

"The one thing that gives me the most hope," she says, "is seeing that the medical profession is starting to look like the population at large."

*Chronicle of Higher Education*  
June 16, 1993

## *A bad gain for women*

As many gains as women have made in the last decade, they have also had losses.

One of those disappointments showed up in the latest statistics on AIDS, released [just last week]. Women made up 14% of the new cases of AIDS recorded in the United States last year. And while, in the past, most AIDS cases in women have been traced to drug use, the most common form of transmission to women in the latest numbers is through sex.

Some women may no longer be playing Russian roulette with unsafe intravenous drug habits, but they are unwisely having sex with men who do use drugs and contracting the virus that way. That's hardly the progress one expects to hear about today's women.

Sadly, younger women under thirty appear to be the biggest losers in the latest statistics. The incidence is higher among that age group. That, in itself, isn't surprising. In their twenties many women are still in the dating game.

What is surprising is that, knowing about AIDS, those young women either ignore the risks or still don't understand the consequences of their behavior.

Apparently, the message still hasn't been driven home that much of AIDS prevention is about getting personal—personal in changing behavior about unsafe sex and intravenous drug use and personal as in knowing all about a sex partner before engaging in intercourse.

The sexual revolution that was supposed to free women hasn't accomplished much if AIDS is increasing in the female population. For women, especially, knowledge has meant progress. In the fight against AIDS, knowing is everything.

*Tennessean*  
July 29, 1993

## *Vietnam Women's Memorial will be dedicated in November*

On November 11, the Vietnam Women's Memorial Project will add a statue depicting three military women and a wounded male soldier to the Vietnam War Memorial in Washington. This will be a culmination of a ten-year effort by women veterans to have their service recognized.

Although the statue dedication will be held, the project is still raising funds to continue the search for women Vietnam veterans ("Sistersearch"), to establish an endowment to maintain the memorial and to set up an educational program.

For further information contact VWMP, Box 53351, Washington, DC 20009; (202) 328-7253.

*Minerva's Bulletin Board*  
Summer 1993

## *New Supreme Court Justice argued landmark case for military women*

Ruth Bader Ginsburg, President Clinton's first nominee to the Supreme Court, has been a long-term advocate for equal pay and benefits for military women.

In 1973, Ginsburg appeared before the Supreme Court to argue the case of Sharron Frontiero. Frontiero was an Air Force lieutenant stationed at Maxwell Air Force Base, Alabama who sued the government because she was denied quarters allowance and medical and dental benefits for her civilian husband.

Ginsburg argued that "the challenged classification, based solely on sex, rests upon a foundation of myth and custom which assumes that the male is the dominant partner in marriage." She won the case.

*Minerva's Bulletin Board*  
Summer 1993

## Your future career "begins" freshman year

Linda Bird,  
Director, Career Center

To new Vanderbilt students, let me add my welcome. I hope your educational experience here is a rich and full one. As the director of the Career Center, I also hope that your next four years will be an excellent start to a successful career. To help you make the most of your career beginning, I am pleased to have the opportunity to offer you these suggestions.

• **Go to the Career Center first semester of your freshman year**

Don't let anyone tell you that the Career Center is just for seniors or that the Career Center is where seniors go to get jobs. The Career Center is there to meet the needs of all students. Seniors who come to the Career Center for the first time almost always tell us that they wish they had come much sooner.

• **Participate in a career decision making workshop**

To make good career decisions, you need to know yourself in three key areas: interests, work skills, and values. If you aren't clear about these, you need to do some "self-assessment." A career decision-making workshop will help you with this. The workshop will also help you with decision-making skills.

• **Take career tests**

Another way to do career self-assessment is to take career tests. There is a set of tests available on a walk-in basis in the Career Center designed to analyze your interests as they relate to career choice.

• **Discuss your choice of a major with a career counselor**

Your choice of a major needs to be determined with career plans in mind. The Career Center can help with information about educational requirements for different career choices. They can also advise you on career options for specific majors. One popular resource is a research report of first job titles of recent Vanderbilt graduates listed by major. This report is available in the Career Center library along with other helpful information.

• **Begin to explore the materials in the career library**

The Career Center has a nice little library packed with lots of different kinds of career information. Drop by between classes or when you have a few free minutes to browse through some of the books, magazines, brochures and videos. You never know—you might find the perfect career on your lunch hour some day!

• **Get to know your professors**

Getting to know your faculty will enrich your educational experience as much as anything you can do. As a senior, the recommendations provided by faculty members can be critical to your success. You will often be required to list references when you apply for jobs. Graduate and professional schools almost always require faculty recommendations.

• **Network with people in careers of interest to you**

If you don't know how to go about networking, make an appointment with a career counselor to learn how. It's always best to begin talking about careers with people you know. If you have difficulty identifying people on your own, the Career Center can help. The Alumni Career Advisory Network will put you in touch with Vanderbilt graduates whose interests match yours and who are willing to help.

• **Definitely plan to get some work experience before your sophomore year**

• **Sign up for campus activities that will give you career related experience**

Involvement in campus activities is just as important as work experience for career exploration and preparation. Campus organizations are anxious to recruit freshmen. Many can give you important career experience. ■

## VU artist featured in current Cuninggim Center exhibit

Continuing the Cuninggim Center tradition of two art exhibits per semester, Jo Abbott Taylor will exhibit her oil and acrylic paintings through October 21. The artist is also a research clinical specialist in the Department of Preventive Medicine at Vanderbilt.

The artist explains that painting and drawing offer visual companionship to her inner work. Tree as a metaphor for growth, the circle as an emotional arena, and color as vibration describe the foundation of her work in this exhibit.

Taylor's paintings can be viewed at the women's center during regular business hours, 8:30 a.m. to 5:00 p.m., Monday through Friday. On September 2 from 5:30 until 6:30 p.m. there will be a reception for the artist.



Jo Abbot Taylor

*"Only she who attempts the absurd can achieve the impossible."*

Ms., July/August 1993

## New books diversify Cuninggim Center collection

Summer acquisitions offer a variety of new reading

Many very interesting and informative books were received during the summer.

*A History of Women in the West. I. From Ancient Goddesses to Christian Saints* (Belknap Press of Harvard University Press, 1992) edited by Pauline Schmitt Pantel is the first volume of a comprehensive five-volume history that was originally published in Italian. The editors intended that the volumes "be not so much a history of women as a history of the relation between the sexes." Most of the contributors are French scholars.

*Sexual Assault on Campus: The Problem and the Solution* (Lexington Books, 1993) is an important new volume by Carol Bohmer and Andrea Parrot. The writers discuss the magnitude of the problem of campus rape and include an extensive section on the legal issues involved.

Greta L. Cohen is the editor of *Women in Sport: Issues and Controversies* (Sage Publications, 1993), a comprehensive look at women and athletics. The contributors cover many aspects of sports, including nineteenth-century female athletes, gender role stereotypes, homophobia, Title IX, minority women, and eating disorders among athletes.

*Making Violence Sexy: Feminist Views on Pornography* (Open University Press, 1993) edited by Diana E. H. Russell reflects the position that pornography harms women and causes men to act violently toward females. Among the contributors are Andrea Dworkin, Catharine MacKinnon, Gloria Steinem, and Patricia Hill Collins.

*Genderspeak: Men, Women, and the Gentle Art of Verbal Self-Defense* (John Wiley & Sons, 1993) by Suzette Haden Elgin is a fascinating study of communication and misunderstanding, particularly as it occurs between women and men. The writer shows how men and women view the world differently and how to avoid conflicts due to misunderstandings.

Page 6, *Women's VU*, September 1993

Barbara Clarke,  
Women's Center  
librarian



*Women of Science: Righting the Record* (Indiana University Press, 1990) edited by G. Kass-Simon and Patricia Farnes is an interesting work on notable women in a wide variety of scientific disciplines. There are chapters on the contributions of women to the fields of archaeology, geology, physics, astronomy, medicine, mathematics, crystallography, engineering, biology, and chemistry.

Another new acquisition is *Double Stitch: Black Women Write About Mothers & Daughters* (HarperPerennial, 1993), edited by Patricia Bell-Scott, Beverly Guy-Sheftall, and others. This is a study of essays, short stories, and poetry about mothers and daughters; the writers discussed in the text include Alice Walker, Audre Lorde, Margaret Walker, Renita Weems, Toni Morrison, and Gloria I. Joseph. (Dr. Weems is assistant professor of Hebrew Bible at Vanderbilt.)

Martin Green's *The Adventurous Male: Chapters in the History of the White Male Mind* (Pennsylvania State University Press, 1993) is a study of the psychology of white men. Using examples from history and literature, Green argues that adventure is a very powerful force in the lives of males and that it is linked to concepts of manhood and masculinity.

*Women & Music: A History* (Indiana University Press, 1991) edited by Karin Pendle is a study of women musicians, composers, and performers from ancient Greece and Rome to the present. While the volume concentrates on women in the western world, there is a chapter on non-western music. Performers and composers of all types of music are covered: classical, religious, folk, popular, blues, and jazz.

Karen Way's *Anorexia Nervosa and Recovery: A Hunger for Meaning* (Harrington Park Press, 1993) is a very readable work about women who have either begun or completed the process of recovery from this disorder. The writer, who suffered from anorexia nervosa as a teenager, lets the twenty-one women from the United States and Sweden tell their own stories of addiction, obsession, and recovery.

*Conduct Unbecoming: Lesbians and Gays in the U.S. Military: Vietnam to the Persian Gulf* (St. Martin's Press, 1993) by Randy Shilts is a publication that has received a great deal of publicity. The author interviewed over 1,100 people for his lengthy book and he shows the extent to which women in the military are resented by males. He believes that "the profound victimization of lesbians in the military has less to do with homophobia than with sexual discrimination and harassment, the kind faced by women breaking into occupations once reserved for men."

Barrie Thorne's *Gender Play: Girls and Boys in School* (Rutgers University Press, 1993) is based on the writer's observations of children from several classes in two elementary schools. Thorne shows that gender is socially constructed and that children play an active part in constructing it.

*Expanding the Boundaries of Women's History: Essays on Women in the Third World* (Indiana University Press, 1992) edited by Cheryl Johnson-Odim and Margaret Strobel contains articles on women's history in Asia, the Middle East, Africa, the Caribbean, and Latin America. Most of the chapters focus on women in the nineteenth and twentieth centuries.

Other new acquisitions include: *Womanwords: A Dictionary of Words About Women* by Jane Mills; *Women of the Klan: Racism and Gender in the 1920s* by Kathleen M. Blee; and *Sex Exposed: Sexuality and the Pornography Debate* edited by Lynne Segal and Mary McIntosh. ■

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## Women's Concerns strives to unlock fundamental rights

Melinda Lewis  
President, Students for Women's Concerns

It is difficult to imagine that not long ago leaving Dyer Hall in Kissam Quad or any other dorm that housed women would violate university rules if you failed to sign out. But thirty years ago that was the reality. Fortunately, that reality has changed and women at Vanderbilt enjoy fewer rules and restrictions than in the past.

Despite the freedom to roam at will, many fundamental rights for women remain locked in the past. But sixteen years ago, some undergraduate women decided that equality of the sexes needed to be addressed by students. They founded Women's Week, the precursor of Students for Women's Concerns. Women's Week sponsored lectures, workshops, and other special events every March for almost ten years.

Women's Week expanded into the year-round organization, Students for Women's Concerns, in 1988 to deal with relevant issues in an ongoing manner. Since then, the organization has sponsored many events and activities throughout the academic year. Last year Naomi Wolf, author of *The Beauty Myth*, gave a lecture; Paula Kamen, author of *Feminist Fatale*, also lectured. Next March, in celebration of National Women's History Month, syndicated columnist Molly Ivins will be our featured speaker.

However, lectures are only one activity sponsored by Students for Women's Concerns. Last year we began expanding our base by sponsoring the Rape Survivors' Support Group for students who have been raped.

This year we plan to expand the support-group concept. Despite the advances toward gender equity of the past twenty years, it is clear that many young women lack self-confidence and self-esteem. In the early 70s, consciousness-raising—or CR—gave women the means to self-empowerment. Our plans are to revive that idea to suit the needs of women today.

Students for Women's Concerns provides opportunities for students to become involved in programs that examine aspects of gender equity. Whether liberal or conservative, black or white, pro-choice or pro-life, we are open to everyone.

Page 7, Women's VU, September 1993

## Not a dinner table subject: colon problems are common

Judging from the number of TV commercials on the subject, the health of our colons is a highly marketable subject! Remedies for constipation, gas, and hemorrhoids abound but these conditions are often preventable.

Constipation is defined by dry, hard stools, not by the frequency of the bowel movements. Three times a day or three times a week may be normal for you and a variation from that pattern may result in stool that is difficult to pass. A change in routine or locale may induce constipation, as can certain medications such as iron and sinus pain relievers. Anatomic conditions like pregnancy or rectoceles can also lead to constipation.

Preventing constipation usually starts with a dietary approach. Replace white bread with multi-grain breads. Add fresh fruit and vegetables to your menus. Sprinkle bran on your favorite cereal. Increase water (*not* carbonated beverages) intake especially if you are adding bran to your diet. Adding extra physical activity to your routine will help stimulate the colon. Commit yourself to walking up one flight of stairs or down two instead of taking the elevator.

If medication is necessary, try a bulk-forming laxative, adding a stool softener if necessary. Chronic laxative use should be avoided as this can actually create more constipation. If you do use laxatives regularly, talk to your health care provider to develop a detailed plan to taper these medications.

Intestinal gas, or flatulence, can be uncomfortable as well as embarrassing. It is caused by the production of gas from the digestion of some foods such as cabbage, broccoli, and beans. Swallowing air by chewing gum, drinking from a straw, carbonated drinks, and eating quickly also increase the amount of air taken into the stomach. A number of women, and a higher percent of African American women, will develop lactose intolerance as they get older.

Beth Colvin Huff,  
RN, MSN



This is the lack of the enzyme necessary to digest milk products. Diarrhea, cramps, and gas following the ingestion of dairy foods may signal this condition.

There are over-the-counter preparations containing simethicone which will sometimes help relieve the discomfort of intestinal gas. If you are lactose intolerant, there are supplements available to supply the missing necessary enzyme.

Hemorrhoids are distended and enlarged veins in the rectal area. They can be caused by pelvic pressure as occurs in pregnancy, or by straining for stool as occurs with constipation. As the veins become engorged with blood, they may cause itching, pain, and/or bleeding. If pain is present, the need to defecate may be avoided thereby creating worsening constipation which worsens the hemorrhoids. Pain can be relieved by alternating ice packs with warm sitz baths. Stool softeners may help decrease discomfort with bowel movement. Creams and suppositories are soothing and, if combined with hydrocortisone, will relieve the associated itch, pain, and swelling. Resting with the feet elevated reduces further pressure on the hemorrhoids.

These conditions are all common to most of us at one time or another. However, if any of these symptoms persist beyond a few days, consultation with your health care provider may be necessary to determine the cause and appropriate treatment.

# Announcements

Additional information on items listed below is available at the Cuninggim Center.

## Call for program proposals

**Women of Influence: Creating New Paradigms and Enacting Change**, March 2-5, 1994, Washington, DC, conference of the National Association for Women in Education. Deadline for submission of program proposals is September 15.

**3rd Annual Student Conference on Campus Sexual Violence**, January 28-29, 1994, Duke University, Durham, North Carolina. Ideas for student workshops, presentations, and speakers are sought.

## Nashville community listings

**Tennessee . . . From the Mountains to the Mississippi**, art works by Tennessee women, on exhibit at Tennessee State Museum, 505 Deaderick Street, continues through September 19. Closed on Monday. Open Tuesday through Saturday 10-5, Sunday 1-5. For more information call 741-2692.

**Women Helping Women Through Decisions.** Volunteers (faculty, staff, and students) are needed for a course in positive decision-making and life-planning skills at the Tennessee Women's Prison. Volunteers would work one-on-one with a prisoner/partner for an hour weekly during the 8-week course, September 20 through November 15. Volunteer training is scheduled for September 11-12. For more information call Candy Markman at 383-6393.

**3rd International Conference on Sexual Assault on Campus**, October 7-9, Sheraton Music City Hotel, Nashville. Registration by September 10 is \$245; on-site \$295. Brochures available at the Cuninggim Center

**Take Back the Night Rally** in conjunction with conference above, Friday, October 8, Sheraton Music City Hotel. Some of Nashville's top club acts and musicians, along with Channel 5 News anchor Vicki Yates, will help shine the light on victims' rights. This multi-state rally begins at 7:00 p.m., combines entertainment and education to draw attention to the problem of sexual violence. A production of the Nashville Rape and Sexual Abuse Center. For more information call 259-9055.

## Building Community and Valuing Racial Diversity

A forum will be held at the YWCA, 1608 Woodmont Boulevard, Saturday, October 2, 10:30 a.m. until 4:30 p.m. The Margaret Cuninggim Women's Center is a co-sponsor, along with CABLE, the NAACP of Nashville, the Urban League, Scarritt-Bennett Center, and the Opportunity Development Center.

Brenda White, Executive Director of Girls, Inc. will give the keynote speech. Concurrent sessions will deal with six different topics: racism in the media; understanding subtleties of discrimination; how to create a perfect multi-cultural world; responding to racism at work; providing culturally-sensitive community services; and managing the corporate rules of the game.

Registration forms are available at the Cuninggim Center. The deadline for registration is September 17 because space is limited.

Cost for the full program, including a box lunch, is \$10.00. YWCA members may register for less. The Cuninggim Center can award up to five scholarships.

For more information call 269-9922.

**Reminder: Nominations for Affirmative Action Awards due at Opportunity Development Center by September 10. For more information call 322-4705.**



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## Women's VU

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## Margaret Cuninggim Women's Center

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