

WOMEN'S VU

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IX:3

Women and Fitness

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I remember from an early age hearing statements about femininity. Most comments reflected a societal attitude about the inappropriateness of "girls" (young and old) participating in most forms of physical activity. Being a stubborn-headed youngster, I refused to believe that throwing baseball or sweating after running categorized me as unfeminine.

Lucky, those stereotypes are steadily fading as evidence piles in that women can be both feminine and physical. The advantages for women of physical activity have been supported by research. Studies show that people who exercise regularly tend to look and feel better, have more energy, are more productive and creative at work, handle stress better, have an enhanced ability to resist disease, and are less prone to mental depression.

Harvard researchers have suggested that physically active women tend to have a reduced risk of cancer of the breast and reproductive organs. Exercise has also been shown to play a role in preventing osteoporosis and obesity, disorders common to women.

There is a flood of information regarding how to start a fitness program. And not all of this information is accurate.

Dr. Mona Shangold, director of sports gynecology at Georgetown University Hospital, and Dr. Gabe Mirkin, medical editor of *Runner's World* magazine, have co-authored *The Complete Sports Medicine Book for Women* in an effort to dispel the myths of exercise. They include the following tips to maximize the pleasure and minimize the risks of starting an exercise program.

Food and Drink

Carbohydrates are the fuel of choice for exercising muscles. The best sources come from complex, whole grain products such as pastas, breads, fruits, vegetables, and cereals. Iron sources, to counteract normal iron loss during exercise, include red meats (especially liver), green vegetables, dried fruits, and enriched bread and cereals. Six to eight glasses of water are recommended daily.

Beware caffeine and alcohol. They act as diuretics to increase fluid loss and may lead to dehydration and impaired performance.

Clothing

Be comfortable. Avoid clothing that is restrictive, causes chafing, or inhibits ventilation.

Dress for the weather, but remember that the external temperature will feel 10-20 degrees warmer with movement. Polypropylene items that draw moisture away from the skin are a good choice for cool weather.

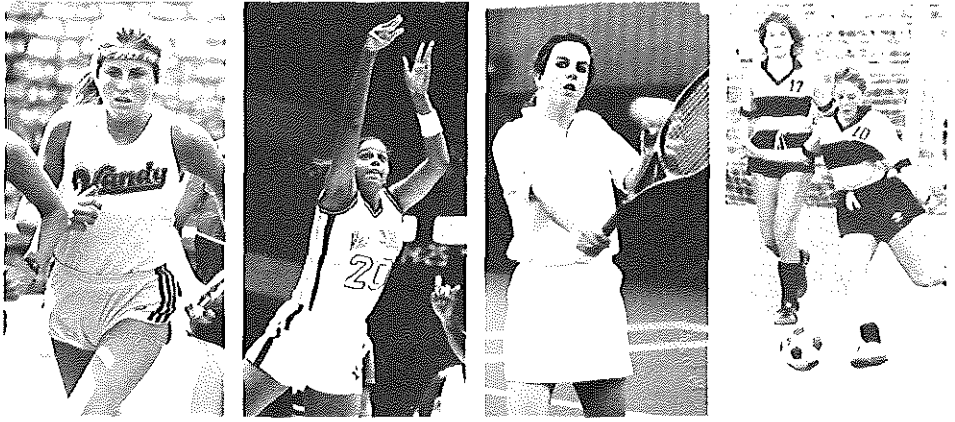
To wear or not to wear a bra is strictly a matter of personal choice and anatomy. A leotard or other snug fitting garment instead can minimize bouncing. Again, comfort should be the prime consideration.

Menstruation

Many women find that exercise reduces menstrual discomfort, including symptoms of PMS (premenstrual syndrome), and helps them to feel more energetic.

Women who stop menstruating after starting an exercise program might take it as a warning that they are doing too much. Cessation may be the result of weight loss, fat loss, or a tem-

(Continued on next page)



An Athlete and a Scholar

Last spring Carrie Erzen, then a sophomore, won the Academic Athlete of the Year award with a 3.588 GPA. Carrie is in her third year on the Vanderbilt Women's Swim Team with a full tuition scholarship. She attributes her success in the pool and the classroom to time management skills and family support.

Carrie's grandfather was a college dean, and her mother is currently a dean at a junior college. Her father was an athlete. Carrie grew up attending her older brother's swim meets in town. She remembers as a little girl watching the swimmers from the sidelines and feeling hot. She wanted to get in the water. So at age five she joined her first swim team and she has been competing ever since.

At Vanderbilt that means getting in the pool at 6:30 a.m. six days a week for an hour of training. Back in the pool in the afternoon for another two hours. Add to that shower and dressing time ("We try not to smell like chlorine," Carrie says), and the commitment comes to about 23 hours per week, plus travel time for meets at other schools.

The question of tuition aside, why does she do it? "Oh, there are so many reasons . . . It gives me a break from studying. I can be stu-

dyng real hard and go to the pool, and it refreshes me. I like meeting new people at the swim meets. I have learned to manage my time (due to swimming). And I am more fit than (some other) people my age."

This past summer, Carrie, an Economics and European Studies major, was an intern with a business firm in Germany. She continued to swim daily in order to maintain her swim skills.

If this kind of dedication sounds difficult, it is. "I push myself very hard. I go into every practice and give it 100 percent. Then I go into the classroom and do the same."

She also has fun. Though she doesn't have much time for T.V. or weeknight activities, Friday and Saturday nights find her out with the swim team members ("We're a close group"), at the frats, or wherever the action is.

Pete Fetters, Carrie's Coach, talks about the importance of endurance. Athletes like Carrie Erzen need to train long hours, have sufficient rest time, go to class, study, and make certain important sacrifices, such as cutting down drastically on partying. It's a day-after-day effort, a way of life.

Carrie intends to go into international business after she graduates. With the confidence, discipline, and power skills she is developing through swimming, and the knowledge she gains in the classroom, she should be well prepared for the challenges ahead. ■

porary stress reaction. Studies have indicated that such women are at risk of premature bone loss unless menses can be normalized.

Effects of Age

Shangold and Mirkin, the authors, state that "although many women over the age of 50 believe that exercise is dangerous for them, it is actually dangerous for them not to exercise." They recommend walking and weight lifting to strengthen bones and muscles, aerobic exercise to reduce the risk of heart disease and to achieve desirable body weight, and stretching or yoga to promote flexibility. They advise starting slowly to avoid injury, illness, or the "burn-out" syndrome.

In the *Total Woman's Fitness Guide*, Gail Shierman and Christine Haycock outline the following "hard truths." Read these over carefully. The benefits of adopting an active lifestyle are numerous, though like all worthwhile accomplishments, translating physical activity into physical fitness takes time. The sooner you begin, the sooner you'll get there!

Hard Truths About Achieving Fitness

1. Fitness is not easy to achieve. You will have to work at it.
2. Once achieved, fitness is easier to maintain but you will have to work at it.
3. Fitness cannot be achieved by sitting or lying down.
4. Fitness cannot be achieved in thirty minutes a week or in a few days. The worse shape you are in, the longer it will take.
5. Fitness cannot be achieved by diet alone.
6. Fitness means you *will* perspire.
7. Fitness requires self-discipline. No one can make you do anything.

(Note: exercised programs, fitness tests, and exercise consultations are available through AP-LEWORKS, 322-4751.) ■

News Briefs

With 79 banks having failed already this year, Bank America having recently reported the second largest quarterly loss ever by a U.S. bank, and one-fifth of thrifts losing money, it is important to remember not to put all of your money in one bank.

—*The Aden Analysis*
August 10, 1986

Students consistently evaluate female professors more harshly than their male colleagues, and evaluations of women instructors should be considered in that light, argues Lafayette College Professor Susan Basow who has studied the psychological factors—scholarship, organization, group interaction, individual interaction, and dynamism—influencing the way students rate teachers.

Male students rated male professors significantly higher on all five qualities

measured by the evaluation, as well as on overall performance. Female students rated women instructors slightly higher on scholarship and group interaction but lower on all other points. The biggest differences were on individual interaction and dynamism. The dynamism factor is key, Basow says, noting that professors of both sexes who were rated high on active traits on an accompanying personality inventory also received much more favorable evaluations. When Basow altered the data to remove the advantage enjoyed by professors who received high "active" ratings, the disparity between males and females shrank.

"Sex-typed traits are very important in teacher evaluations, more important than sex itself," Basow said. "males are seen as more active and that influences evaluations."

—*Equal Opportunity in Higher Education*
August 28, 1986

Men react more enthusiastically than women to "aggressive" humor, such as slapstick, while women react more enthusiastically than men to "soft" humor, involving puns, wordplay and relationships, according to psychologists.

Competition is also involved.

"(Humor) is a kind of management tool, an effective way to put people down or to seize control of a situation by taking center stage," said Dale Burg, a script writer.

All humor roles must be approved by society in subtle ways. Dr. Jacqueline Goodchilds, social psychologist at UCLA says, "We're not supposed to laugh unless society has given us permission to laugh. In recent years, society has given women permission to laugh in more settings and about more kinds of humor. Studies suggest this is particularly true in single-sex groups, when women are with other women."

It is not yet true when women and men are together. In this case, "both sexes tend to restrain whatever senses of humor they have."

—*The New York Times*
September 22, 1986 ■

Sports to the Nines

This is the tenth year of *Women's Athletics* at Vanderbilt, established following Title IX federal legislation. The NCAA (National Collegiate Athletic Association) currently requires Vanderbilt, a member institution, to offer seven varsity women's sports: basketball, cross country, track (first season is spring 1987), tennis, swimming, golf, and soccer. Scholarships range from none for soccer to all full scholarships for basketball. Sharon Casselman coaches diving for women and men. All other coaches are men.

Intramural teams are organized for students, faculty, and staff according to interest. There are basketball, softball, and other leagues each year. Faculty and staff participate for free, unless they play on a team with students. Then

they chip in for the \$40 team fee which pays for referees and other minor expenses. Many of these programs are co-recreational, that is, both women and men may participate.

Club Sports are clubs with officers and members. Though they are non-varsity, they can compete against other universities or town teams. They have volunteer coaches. There are no scholarships. The club gets an allotment of money for travel, gas, van, etc. The club determines how to spend the money, what teams to play, and other matters, at business meetings. This year there are about 16 active clubs for faculty, staff, and students.

For information on sports/exercise opportunities at Vanderbilt, call 2-4751. ■

Images of Women

Playboy's October issue featured "Women of the Ivy League." The models were found primarily at Yale University. Female students at Yale and other universities published a one-time issue of their own, *Women of the Ivy League*, protesting the image of women promoted by *Playboy*. The protest issue contains photographs, illustrations, poetry, short stories, and expository statements. The issue is not slick, but there is no apology from the editors who write, "The image of us you see here is a clear one, and no airbrush will obstruct your view."

From one Harvard student contributor comes the following: "Sensuality is inseparable from real physical contact with real and complicated people. *Playboy* is first and foremost a magazine of unattainable fantasy objects. Its pictorials offer a world of anatomically perfect and nearly interchangeable surfaces . . . Such fantasies, of such predictable and derivative stereotypes, are pretty meager stuff for nurturing real intimacy and affection. The models' poses—depicting their subordination and submissiveness—offer little grounds for respecting women as equals and counterparts. Pornography stunts the male imagination and helps preclude any creative alternatives to the status quo. With its puerile fantasies and its reduction of women to flat surfaces, pornography directly complements other forces of sexual repression in American society. Mutually reinforcing, they serve to dominate women, to deaden men and to denature sex itself."

A few copies of *Women of the Ivy League* are available from the Women's Center. Call 322-4843. ■

One Day In Herstory

LeAnne Schreiber becomes the first female sports editor of *The New York Times*, overseeing 60 people and a \$2 million budget. November 10, 1978.

It's Your Health

Lois J. Wagner, R.N., C., M.S.N.
Occupational Health Service

Question: Which is the greatest health threat to American women today—breast cancer or cigarettes?

If you chose breast cancer, you are wrong. As of 1985, lung cancer surpassed breast cancer as the leading cause of cancer deaths among women. Emphysema, heart disease, miscarriage, low birth weight babies, infertility and possibly cervical cancer are some of the other serious consequences women suffer as the result of smoking. In fact, a 1983 study predicted the greater life expectancy women now enjoy over men (8 years as of 1979) will soon vanish as a result of our smoking habits.

Smoking among women is on the rise. In 1935, 18 percent of all women smoked compared to 30 percent in 1983. In that same period, smoking among men declined from 52 percent to 35 percent. The sharpest rise in smoking has been among young women in their early twenties. And young white women have the highest smoking rate (40 percent) of any group in the nation. Why is this?

There are no simple answers to explain the trend of increasing cigarette use among women. Advertising certainly has a profound effect and may provide a clue. The tobacco industry noting this trend has very cleverly and effectively tapped into this pool of potential cigarette users. In 1983 cigarette companies spent \$2.56 billion on advertising, 329 million of which was used to advertise brands of cigarettes made exclusively for women. Further, the industry has deliberately chosen brand names, such as Virginia Slims, which capitalize on our culture's obsession with slimness and equates cigarette smoking with beauty and fitness. Unfortunately, these advertising strategies have worked quite well.

What can be done? November 20th marks the tenth annual Great American Smokeout. That week Vanderbilt Medical Center will sponsor educational and promotional activities to help those wishing to quit or reduce their smoking habits. In addition, the AppleWorks Wellness Program periodically offers smoking cessation classes for employees as well as students and members of the Nashville community. Student Health Service and Occupational Health Service also offer counseling, guidance, and referral services to those who are interested in stopping. As always, the American Lung Association and the American Cancer Society are great sources for educational materials and smoking cessation programs. Give it a try! It may be the healthiest decision you have ever made. ■

Free For The Asking

Free: *Guide to Nonsexist Language*, a four-page publication of the Project on the Status and Education of Women, Association of American Colleges. Page one is an introduction which begins: "with a little thought, you can use accurate, lively, figurative language . . . and still represent people fairly. Breaking away from sexist language and traditional patterns can refresh your style." Pages two and three offer alternatives to sexist terms and phrases (exampled: statesmanship — diplomacy). Page four is a selected list of resources. To get your copy, call 322-4843.

Women's Center Programs

For more information on the programs below, call the office at 322-4843. The Women's Center staff also encourages your comments and suggestions on any subject so that we can be responsive to the concerns of Vanderbilt women.

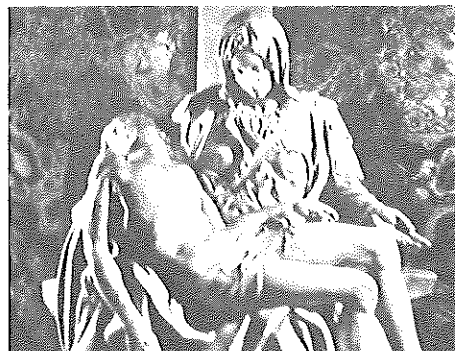
"Women and Self Esteem" is a two-session workshop by Dr. Carla Dawne Kimbrell. It will focus on self concept for women, encouraging participants to have a realistic, positive view of themselves and to discuss ways to maintain self-confidence. Lecture material, group discussion, and practical ideas. Two Tuesdays, November 11 and 18, from 6:00-7:30 p.m. at the Women's Center. \$5. Pre-register.

"Live Alone and Like It" is the title of a program by women for women. A panel of four Vanderbilt women will share their experiences of independent, quality living. Discussion will follow the panel presentation. This program is for every woman who lives or contemplates living independently. Wednesday, November 19, 5:00-6:30 p.m., the Women's Center.

The Single Mothers Group will be meeting on Tuesday, November 4th & 18th, 6:45-8:15 p.m. at the Vanderbilt Child Care Center. The group is free. Child care will be provided upon request. Call 322-4843.

Marlene Hall, Detective with Vanderbilt Police and Security, will be the guest speaker for the Dutch Treat Breakfast Club. She will be speaking on rape prevention and campus security for women. Thursday, November 20, Divinity School Private Dining Room at 7:30 a.m. for those who go through the cafeteria line for breakfast, 8:00 a.m. speech. Question and answer opportunity at 8:20 a.m. Open to faculty and staff women. Club members may bring guests, and visitors are welcome at each gathering. Coffee available free.

A new pamphlet, *Sexuality at Vanderbilt*, is available now. "After we have learned what we need . . . about human anatomy . . . it's clear that there are aspects of our sexuality which still challenge and amaze us, which evoke wonder and require choices," according to the authors. They hope to "enlarge the dimensions of the discussion to include the issues of responsibility, autonomy, and dignity which always arise in intimate relationships." Prepared and published by the Yale Religious Ministry, it was reprinted this summer by Vanderbilt's Office of University Ministry (OUM) with permission. Sections include "Seeing Ourselves Whole," "The Social Self," "God and Sexuality at Vanderbilt," and "Implications and Affirmations." Pick up a free copy at OUM and the Women's Center. ■



Michelangelo. Pieta. 1498-1500. St. Peters, Vatican, Rome.

This month's Lunchtime Seminar will be "The Mirror Without Spot: Mary and Human Possibility," presented by Christine H. Colley, Associate Professor of Fine Arts. This is the last of our fall art seminars. It will center on images of the Virgin Mary in western art: guide toward grace, and symbol of the human condition and of femininity. A two-projector slide presentation will accompany the lecture Thursday, November 20, 12:20-1:20 p.m., Sarratt 118.

The Graduate Students Group will meet on Friday, November 21, 4:30-6:00 p.m., at the Women's Center. Elisabeth Perry, Assistant Professor of History, will speak for the first half hour on conferences and professional networking as essential graduate school experiences. Informal discussion and social hour will follow. Open to all women graduate students. To get on the mailing list for each month's meeting, call 322-4843.

The Book Group will meet for the second time on Tuesday, November 25, 5:00-6:00 p.m., at the Women's Center. This group selects its own reading material on subjects relating to women. Meetings provide opportunity for lively discussion. Open to anyone interested in reading and the human condition. ■

ANNOUNCEMENTS ET CETERA

Within Multivitamins is offering a free nutrition assessment for women. To get a copy, write: The Within Multivitamin Nutrition Assessment, P.O. Box 39109, Chicago, ILL. 60639. You will be sent a form on which to record a day's food intake, and Miles Laboratories will mail back a computer analysis.

Signs, a journal of women in culture and society, has just released an index of volumes 1-10, 1975-1985, published by the University of Chicago Press. The index and journal issues are available in the Women's Center library.

The revised edition of *Women's Places: A Guide to Organizations and Services for Vanderbilt Women* will be distributed to resident advisors and campus officials in November. Chapter titles are: Vanderbilt Organizations, Educational Opportunities, Health Services, Crisis Services, Miscellaneous Resources at Vanderbilt, and Other Published Sources of Information. Some free copies will be available on request from the Women's Center. Call 322-4843.

"Women Making Connections: Our Strengths and Our Challenges" is the theme of the SEWSA conference (Southeast Women's Studies Association), March 20-22, at Vanderbilt University. Proposals are requested for panels, papers, and workshops which interpret the conference theme of connections among academic departments and institutions, and between the academic and the non-academic worlds (politics, business, community, etc.). Proposals that interpret the theme in other ways will be considered.

Only members of SEWSA can submit pro-

posals. Membership is \$3-\$12 per year. The conference will be open to members and non-members. Application forms for membership are available at the Women's Center, Box 1513, Station B, Nashville, TN 37235, 322-4843. Send proposals to Nancy Ransom, coordinator, at the same address.

The Southern Humanities (annual) Conference will be February 26-28, 1987 at the Sheraton Hotel in Nashville. The conference theme is "The Humanities: The Possibility of a Renaissance." The schedule of sections includes the humanities and Authority . . . "Who sets the standards?" Values and Relativism, Popular Culture, the Feminist Challenge, the Black Experience, Corporations and Patronage, World Peace . . . "How do we make a difference?" and a panel discussion on Interdisciplinary Faculty Development in the Humanities. For more information, contact M.A. McDonald, Department of Literature & Language, Belmont College, Nashville, TN 37203.

The National Women's Studies Task Force on Feminist Scholarship announces its annual conference, this year exploring the development and future of feminist scholarship. The theme, "Weaving Women's Colors: A Decade of Empowerment," emphasizes the intersection of race and gender. The conference will take place June 24-28, 1987, at Spelman College, Atlanta, Georgia. Contact NWSA '87, Emory University, P.O. Box 21223, Atlanta, GA 30322.

The Rockefeller Foundation announces a program which will explore long-term implications of changing gender roles in employment and

the family, and family formation patterns including minority-group populations.

Competition is open to scholars and practitioners who have completed their degree training. Awards are from \$10,000 to \$70,000. Write Gender Roles Program, The Rockefeller Foundation, 1133 Avenue of the Americas, New York, NY 10036. Pre-proposals deadline: December 1, 1986.

Vanderbilt, in cooperation with the National Institute of Health, is working on a new, improved influenza vaccine and needs 3,000 volunteers. At this point, the program has not reached that number. Each volunteer receives a shot and nose drops and has blood samples taken. \$10 for each visit. Call 322-2477. ■

Daughter-in-Law

by Marilyn Petroff
Pittsburgh, Pennsylvania

While my husband was in the hospital following an accident, one of his friends dropped by to visit. The pal was angered to learn that the person whose carelessness caused the accident had refused to pay my husband's bills.

"You gotta talk to a good lawyer," he advised.

"I have," my husband replied. "My daughter is a lawyer."

His buddy looked so surprised and shaken that my husband added hastily, "And she's married to a lawyer, too."

"Oh," said the friend, visibly relieved. "And what does your daughter's husband say?"

—Savvy
July 1986 ■

Edited by Joan Anderson

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