

The lesson of the suffragists

The greatest threat to democracy is apathy

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

This year, 1995, marks the 75th anniversary of "woman suffrage."

Susan B. Anthony and Elizabeth Cady Stanton look into the future ...



If this is a landmark date for women throughout the U.S., it is even more so for those of us who live in Tennessee, for it was in Nashville — on August 26, 1920 — that Tennessee became the 36th and final state needed to ratify the 19th Amendment, granting American women the right to vote. The Amendment passed the Tennessee House — during a recount! — by a single vote.

As I consider the profound social, economic and political changes made possible by that decision, I wonder: how many women who read this newsletter vote? How many have joined a political organization or contributed to a candidate's campaign? How many have run for public office? And finally, I wonder: how would we feel if we could NOT vote, could NOT make political contributions, could NOT run for office?

In this anniversary year of woman suffrage, these are not idle questions. Having political rights is empowering only if one acts politically. Democracy's greatest enemy is apathy — a political

void that tyrants are only too happy to fill. In many recent elections, however, fewer than half the registered voters have gone to the polls. And while it is true that more women serve in Congress today than ever before, the numbers are painful reminders of how slowly change

has occurred: only eight women Senators, and only 47 women in the House. A mere ten percent of Congress is the same sex as 51 percent of the population!

Surveys show that women are more likely than men to want to serve others. Unfortunately, too many citizens today believe that politics are incompatible with service. Yet if we all participated in the political process on behalf of those whom we wish to serve, then we would make politics responsive to service.

In 1923 Nancy Astor, an Ameri-

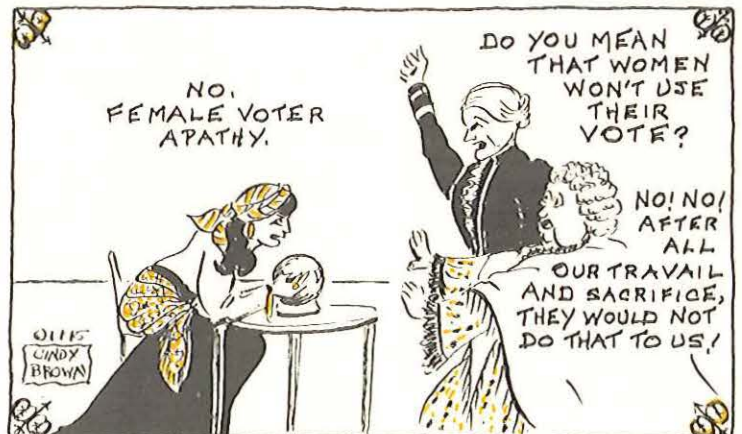
can woman who sat in the British parliament, wrote: "Women are young at politics, but they are old at suffering; soon they will learn that through politics they can prevent some kinds of suffering."

While Lady Astor may have been overly optimistic about women's political activities, women ought to know that political involvement can prevent suffering.

In the 50 years immediately preceding woman suffrage, thousands of U.S. women worked collectively, through voluntary associations, to "prevent suffering": that is, to influence legislation for the common good. Their efforts, as historian Anne Firor Scott has eloquently documented, shaped the country's social policy in the first half of this century. The poor, and children in particular, benefitted from their activism, especially from progressive labor laws that introduced fair labor practices and abolished child labor.

Once women had the vote, they were able to influence public policy directly. For example, in 1970 Edith Green (D-Oregon) held congressional

—continued on page 2



hearings on sex discrimination in educational institutions. Passage of Title IX has been widely attributed to the efforts of Representative Green and Senator Birch Bayh.

Today women of every nation in the world seek political rights, personal autonomy, and the freedom of expression that we enjoy in the United States. The Fourth World Conference on Women, set to take place in China this month, attests to the universality of women's longing for empowerment. For some women, political access may mean that they no longer must walk many miles a day to get water. For others it may mean the right to divorce an abusive husband without sacrificing custody of their children. For women everywhere, real political empowerment means that women's voices are heard, and women's concerns are addressed, within legislatures, government agencies and other policy-making bodies.

Women must act. Every woman of voting age should be registered to vote. If you are not registered, register! If you are registered, vote. If you have voted, send money to a woman whose politics are consistent with yours. One dollar can make a difference.

If you have enough money, join one of the Political Action Committees (PACs) that support women. The Democratic party PAC is called EMILY's List ("Early Money Is Like Yeast"); the Republican PAC for pro-choice women is called the WISH List (Women in the Senate and House). In Tennessee, there is a women's PAC called WIN that funds women of any party who support racial equality and reproductive rights. *is a strategy*

If you want to run for public office or encourage other women to run, join the National Women's Political Caucus. NWPC membership includes national, state and local affiliation. At the state level, the Caucus trains women who want to run for office.

In fact, one of the chief goals of the National Women's Political Caucus is convincing capable women that they can and should enter political races. To support this effort, the Caucus recently commissioned a study which clearly demonstrates that women who run for public office are winners. The myth that women cannot win arose from past studies which failed to control for incumbency. The NWPC study shows that women and men are equally likely to win elections when they

are not running against an incumbent.

Political rights confer political responsibility. We are lucky to have a democratic government. But it will remain democratic only as long as citizens (of both sexes!) participate in democratic processes.

Nor does one have to wait until after graduation. Vanderbilt undergraduates have many opportunities to become politically active, both on campus and in the community (see the list below). Many students, in fact, are politically active without knowing it. Student organizations of all kinds involve activities that are similar to political activities. You don't have to be an officer of SGA to gain political experience. You can be an officer or committee member in any group and learn valuable political skills and insights.

As "newcomers" to the political games, women bring new perspectives to the arena. Women's opinions and positions on issues cover the entire spectrum — just like men's. But as historical outsiders, women are more likely to identify with those who cannot speak for themselves. Women still can hope to prevent some of the suffering. ■

Women's VU is published monthly September through June at the Margaret Cuninggim Women's Center, Vanderbilt University, Nashville, Tennessee. Campus address: 316 West Side Row. Mailing address: Box 1513, Station B, Nashville, TN 37235. Phone: (615) 322-4843. Fax: (615) 343-0940. E-mail address: womenctr@ctr.vax.vanderbilt.edu.

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GET INVOLVED!

campus

Student Government Assoc.
151 Sarratt; 2-8742

College Democrats
Taylor Brooks, 1-7441

College Republicans
Scott Farmer, 1-2761

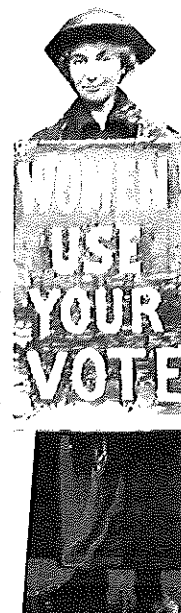
Vanderbilt Civil Liberties
Robert Wiley, 320-7142

Young Americans for Freedom
Erik Johnson, 1-6734

state

League of Women Voters of TN
1701 21st Ave. S.
Nashville, TN 37212
615-297-7134

TN Women's Political Caucus
P.O. Box 25211
Nashville, TN 37202
615-664-3382



WIN

P.O. Box 50452
Nashville, TN 37205

national

EMILY's List

1112 16th St., NW, # 750
Washington, DC 20036
202-887-1957

League of Women Voters

1730 M St., NW
Washington, DC 20036
202-429-1965

WISH List

3205 N St., NW
Washington, DC 20007
202-342-9111

Women's Political Caucus

1211 Conn. Ave., NW, # 425
Washington, DC 20036
202-785-1100

“NEWS QUOTES”

...a compilation of news excerpts from the national press. Some stories have been edited for clarity, consistency or brevity...

Many women find themselves without retirement income

Although the poverty rate among older Americans has declined over the last 25 years, a significant portion of women over 65 nonetheless are poor.

Because they've tended to be homemakers, sporadic participants in the work force or employees in predominantly lower-wage jobs, many women are losing out in company-sponsored pension plans. For the same reasons, their Social Security checks are significantly lower than men's, and many have little or no savings....

But working women often don't fare any better. Only 13% of women receive a private pension, compared to 33% of men.

Tennessean
July 21, 1995

Ruling clears way for Faulkner

A federal judge's decision in late July could allow Shannon Faulkner to become the first woman in the Citadel's Corps of Cadets.

Federal District Judge C. Weston Houck ruled that there was not enough time before August 12 to hold a trial on South Carolina's proposal to keep Ms. Faulkner out of the all-male, public military college. A federal appeals court ruled in April that South Carolina had to admit Ms. Faulkner to the Citadel on August 12 — the start of the fall semester — unless the district court approved a plan to provide comparable education elsewhere.

Chronicle of Higher Education
August 4, 1995

New pill may offer a safer estrogen-replacement therapy

In their search for safer alternatives to estrogen-replacement therapy, scientists have discovered intriguing new uses for an old class of compounds: anti-estrogens.

Initial tests suggest that these experimental drugs may prevent four of the most devastating diseases of older women: osteoporosis, heart disease, breast cancer and, in some cases, uterine cancer. "It's potentially very exciting," says Gregory Mundy, professor of medicine at the University of Texas' health-science center in San Antonio. Anti-estrogens, he says, "do all the good things estrogen does without some of the problems."

The potential benefits of anti-estrogens lie in the fact that they mimic estrogen in some organs, such as the liver and bones, while blocking estrogen's cancer-promoting effects in other tissues, such as the breast and uterus.

Wall Street Journal
August 2, 1995

Scientists star as pinups

Scientists have long suffered the reputation of being geeky. But a soon-to-be published calendar aims to change that.

Called — no kidding — Stud-muffins of Science, the 1996 calendar will feature photos of the "dozen most delectable doctorates in science today," says Karen Hopkin, producer of the calendar.

The models, all male, are clothed in the pictures. They were photographed doing athletic activities like running, skating and biking. Smaller photos show researchers at work in their labs, and biographical blurbs list such details as "favorite subatomic particle" and "favorite bacterium."

Not everyone was amused by the idea. "Why would you limit this to male scientists?" one e-mail critic asked Ms. Hopkin. "I would urge you not to design any media project that projects a male-only image of science."

Wall Street Journal
July 28, 1995

Project Dialogue presents:

Anita Hill

"Reflections on Race and Gender Issues in the Nineties"

8:00 p.m.

Wednesday, September 13
Langford Auditorium
Free and open to the public

Ever since her highly-charged testimony before the U.S. Senate in 1991, questioning Clarence Thomas' nomination to the U.S. Supreme Court, University of Oklahoma law professor **Anita F. Hill** has been speaking and writing widely on sexual harassment, as well as more general matters of race and gender. In this special mid-week appearance sponsored by Project Dialogue, Ms. Hill will share her reflections on the current status of race and gender issues in America.

Discussion to follow:

On Friday, the Margaret Cuninggim Women's Center, the Black Cultural Center and Students for Women's Concerns will host a follow-up discussion of Professor Hill's lecture.

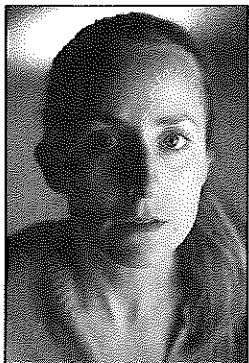
12:00 noon
Friday, September 15
Bishop Johnson
Black Cultural Center

A buffet lunch will be served. There is no charge but planners need to estimate attendance. Please make reservations if you plan to come for lunch by calling Judy Helfer at the Women's Center, 322-6518, no later than September 14 at noon.

For more information, call:
Ben Papa, Project Dialogue,
343-0350, or
Judy Helfer, Women's Center,
322-6518

Artist's photographs "give reverence to childhood memories"

The Women's Center art gallery opens the fall semester with an exhibit of photographs by Nashville artist Tamara Reynolds. "Homage to Memories" begins August 29, with a reception for the artist on August 31 from 5-6 p.m.



Tamara Reynolds

Reynolds manipulates her images to give them an impressionistic, almost surreal quality. "Cardinal" for instance, features the male bird, deep red against a muted red background, and enclosed by a ringlet of black-eyed susans. The red background appears to be a patterned fabric, perhaps a quilt.

Such images, says the artist, are "a study of color, light and composition. I like to incorporate universal meaning in the photos but the results are mostly personal. The personal involvement comes from objects collected or objects reminiscent of my childhood. I consider the process an exploration of myself and my evolution into adulthood while giving reverence to childhood memories."

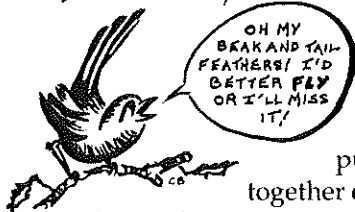
Reynolds studied photography at Middle Tennessee State University, graduating in 1983 with a bachelor's degree in fine arts. She has been featured in numerous one-person and group shows throughout the mid-state area.

The exhibit runs through October 10. For more information, call 322-4843. ■

All-new Early Birds begins Sept. 12

For those of us who need a little added incentive to get moving in the morning, the Cuninggim Center now offers Early Birds, a once-a-month gathering for coffee, croissants and conversation.

All
Early Birds



If you typically get to campus before 9 a.m., then this new event is for you. Women's Center staff will open the doors at 8:00 in hopes of luring early risers on their way to class, shop or office. All members of the university community are invited (men, too!) and best of all, it's free. There's no charge for the continental breakfast, and as for the informal camaraderie — who can

put a price on that? The first Early Birds flock together on Thursday, Sept. 12, from 8-9 a.m. Further dates for the fall semester are Oct. 12, Nov. 9 and Dec. 14.

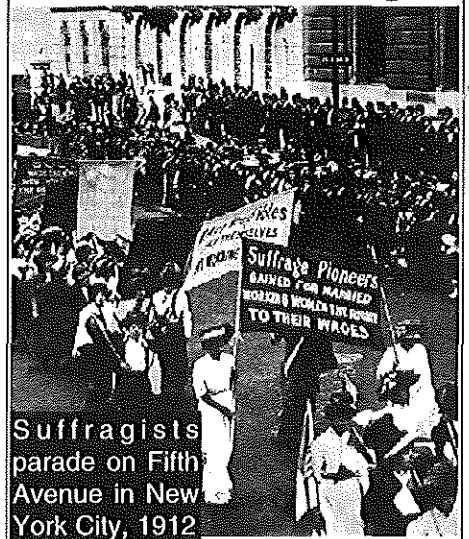
and don't forget ...
staff/faculty brown bag

Starting Sept. 8, and every second Friday thereafter, the Women's Center resumes its popular noontime get-togethers for faculty and staff. This is a great time to get better acquainted with the Center and what it has to offer. Bring your own lunch; we'll provide drinks, from 12-1 p.m. Subsequent dates: Oct. 13, Nov. 10 and Dec. 8.



Staff/Faculty
Brown Bag

Celebrate Suffrage!



Suffragists parade on Fifth Avenue in New York City, 1912

1995 marks the 75th anniversary of women's right to vote, and women around the country have been celebrating in a big way. In Washington, a three-day festival features a parade, commemorations and a symposium at the Smithsonian Institution. Planned Parenthood is conducting a national voter registration drive. In Rochester, N.Y., hometown of Susan B. Anthony, volunteers have recreated Anthony's trial for "illegally" voting in the presidential election of 1872.

Here in Nashville, festivities have included a reenactment of the historic vote in the state legislature; a one-woman play called "The Yellow Rose of Suffrage": a commemorative parade from Union Station to the Capitol; and numerous lectures, receptions and luncheons. At press time, these are the remaining events:

"The Perfect 36"

Saturday, August 26, 8 p.m. at the Tennessee Performing Arts Center; \$26; buy tickets through Ticketmaster, 737-4849
This multimedia musical dramatizes Tennessee's vote for ratification.

"Women in Action: Rebels and Reformers, 1920-1980"

Through September 3 at the Tennessee State Museum
This traveling exhibit (featuring Nashville's Martha Ragland) explores the impact of women's activism in the years following ratification.

S E P T E M B E R

Calendar of Events

Margaret
Cuninggim
Women's Center



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

August 29 (Tuesday)

"Homage to Memories." Photography exhibit featuring Tamara Reynolds opens in the Women's Center gallery (see related story on page 4). Runs through October 10. A reception for the artist is August 31 from 5-6 p.m.

Creative Life Planning Group. This weekly group focuses on ways to improve problem-solving skills and make life changes. Today's topic is *The Celestine Prophecy* by James Redfield. New members welcome. 12-1 p.m. For more information call Judy Helfer, 322-6518.

Open House at the Women's Center. Come by the center between 1-4 p.m. for information and light refreshments.

August 31 (Thursday)

Artist's Reception for Tamara Reynolds. 5-6 p.m.

September 4 (Monday)

Women's Time Out. This monthly group at the Women's Center offers a forum to reflect on women's issues, life enhancement and personal growth. Topic: practicing assertiveness. 5:15-6:30 p.m. No need to register. For more information call Nancy Ransom, 322-4843.

September 5 (Tuesday)

Creative Life Planning Group. Deborah Narrigan, certified nurse-midwife, discusses alternatives to hormone replacement therapy. New members welcome. 12-1 p.m. Call Judy Helfer at 322-6518 for more information.

September 8 (Friday)

Brown Bag Lunch for Staff and Faculty. The second Friday of each month is designated as a time for guests to meet the Cuninggim Center staff and learn about activities and programs. Men and women are invited to bring a lunch from 12-1 p.m.

September 11 (Monday)

Book Group discusses *The Piano* by Jane Campion. Facilitator is Carroll Young. New members welcome. 5:15-6:15 p.m.

September 12 (Tuesday)

Creative Life Planning Group. The group begins work on personal mission statements. 12-1 p.m.

Women's Health Q & A addresses "Women: Fastest Growing AIDS Population in the United States" with Lois Wagner, R.N., M.S.N., F.N.P., and Coordinator of the AIDS Vaccine Evaluation Unit. 5-6 p.m.

September 13 (Wednesday)

Writers Workshop meets on the 2nd and 4th Wednesdays, 5:15-7:15 p.m. Writers of all genres bring their writing for others to critique. New members welcome.

Women's Learning Forum. Reorganizational meeting. This bi-weekly group fosters growth and self-empowerment through education and discussion. Discussions address local, national and personal issues and often are facilitated by a guest speaker. 6:30 p.m.

September 14 (Thursday)

Early Birds. This is a new gathering, offering continental breakfast and conversation for students, faculty and staff. Mark your calendar for the second Thursday of each month, 8-9 a.m.

Dissertation Writers Group Orientation. Two groups provide trouble shooting and moral support for women beyond the proposal. Nancy Ransom is the advisor for the monthly meetings. 4:30-6:30 p.m. *A new group for proposal writing holds its organizational meeting September 26, 4-5 p.m.*

the calendar is continued on the next page . . .

S E P T E M B E R

Calendar of Events

continued

Calendar of events, continued

September 18 (Monday)

Dissertation Writers. 4:30-6:30 p.m.

September 19 (Tuesday)

Creative Life Planning Group. The group continues work on personal mission statements. 12-1 p.m.

Women's Center Advisory Board meeting. Sam McSeveney, chair. Rand Faculty Dining Room. 4:10 p.m.

September 20 (Wednesday)

Healthy Dating Relationships: Things Your Parents Never Told You. A video segment is followed by a panel discussion featuring Sgt. Mark Wynn, Detective Sergeant, Metro Domestic Violence Unit, and Carol Etherington, Clinical Nurse Instructor in Community Health, Vanderbilt School of Nursing. The discussion focuses on open, healthy communications, mutual respect, and how to avoid control and manipulation in a relationship. Sarratt Cinema. 5 p.m. Co-sponsors with the Cuninggim Center are Panhellenic Council, IFC, SGA and Residential & Judicial Affairs.

September 25 (Monday)

Dissertation Writers. 4:30-6:30 p.m.

September 26 (Tuesday)

Creative Life Planning Group. 12-1 p.m. New members welcome. Call Judy Helfer at 322-6518 for more information.

Proposal Writing Group Organizational Meeting. 4-5 p.m.

September 27 (Wednesday)

Writers Workshop. No need to register. New members welcome. 5:15-7:15 p.m.

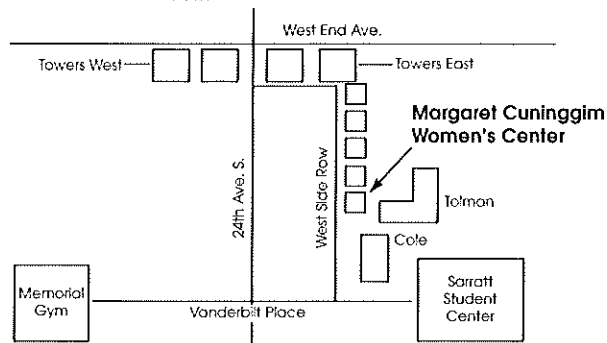
"ABCs of Car Maintenance." Pat Claybaker, co-owner of The Workshop, offers tips on how to be a smart consumer of car maintenance. Light refreshments at 5:30, program 6-7:30 p.m. Sarratt Student Center, room 205. Identical program October 17.

Women's Learning Forum. 6:30 p.m.

September 28 (Thursday)

Stress: Who Needs It? A workshop on stress management for women. Nancy A. Ransom, director of the Cuninggim Center, discusses the connection between gender and stress. The group will practice stress reduction techniques and learn coping and planning strategies for life-long stress management. Refreshments at 5 p.m.; workshop 5:30-7:30 p.m. Furman 109.

HOW TO FIND US...



Unless stated otherwise, all programs are held at the Cuninggim Center, Franklin Building, 316 West Side Row. For more information, please call 322-4843.

1995-96 Margaret Cuninggim Women's Center Advisory Board

Executive Committee

Sam McSeveney, chair
Joel Covington, chair-elect
Darlene Panvini, programs
Lynmarie Posey, art committee
Martha Young, awards committee
Lois Wagner, nominations
Janie White, evaluation
Sheila Thomas, recording secretary

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Administration

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Frank Gladu
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Virginia Pitts
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Dawn Delaney
Deborah German
Amy-Jill Levine
Elaine McIntosh
Michele Salisbury
Julie Sharp

Graduate students

Suzanne Bost
Rob Cutler
Vanessa Davis
Maryaltani Karpos
Leslie Kirby
Dianne Mortimore
Eleni M. Myers
Anne O'Byrne
Judy Porter
Kim Vaden

Undergraduates

Matt Dudgeon
Ranya Hahn
Michelle Hinerman
Melinda Lewis
Anne Mason
Kathy Mead
Kevin Moore
Kimberly Rawls
Mary Elizabeth Traylor

Staff

Michele Douglas
Susanne Koellein
Darlene Thomas
Anne Webster

Students for Women's Concerns

All students interested in voicing their opinions and suggestions for 1995-96 are invited to the first collective discussion on Tuesday, Sept. 12, from 7-8:30 p.m. in 118 Sarratt. Co-chairs for this year are Nyree Ramsey and Denise Lasprogata. For more information, call 322-4843.

Funding available for women in physics

"Funding resources for women in physics," appearing in the Summer 1995 issue of the *CSWP Gazette* (the newsletter of the American Physical Society Committee on the Status of Women in Physics) lists some 28 grants and fellowships.

The awards range from \$10,000 plus tuition for a year of graduate study with the National Physical Science Consortium at New Mexico State University, to the Clare Booth Luce Professorships, valued at up to \$500,000 for five years of service.

The *CSWP Gazette* is on file in the Women's Center library for those who want to review the complete listing. ■

Help Wanted!

The Women's Center has student work-study jobs available for the 1995-96 academic year:

- ◆ library assistant
- ◆ program assistant (requires computer & layout experience)
- ◆ general clerical helpers (2)

Applicants must be able to work on weekdays between the hours of 8:30 a.m. and 6 p.m. (until 5 p.m. on Fridays), and should be able to work a minimum of two hours at a time.

**To apply, call 322-4843, or
stop by our booth at the
Student Job Fair
Sept. 6
10-5
Stadium Club**

Birthdays of Notable Women **September**

- 2 1838 Liliuokalani, Queen of Hawaii, who opposed annexation and wrote "Aloha Oe"
- 7 1860 Primitive artist Anna Mary "Grandma" Moses
- 8 1914 Tish Sommers, founder of the Older Women's League
- 10 1852 Indian chief Alice Davis
- 14 1879 Birth-control pioneer Margaret Sanger
- 15 1890 Mystery writer Agatha Christie
- 22 1829 Emeline Cleveland, first woman in the U.S. to perform major surgery (1875)
- 28 1839 Frances Willard, head of the Women's Christian Temperance Union, 1879 to 1898

Affirmative Action Awards Nominations Sought

Nominations are being accepted for the university's ninth annual Affirmative Action Awards Program, to be held Oct. 18 at 3 p.m. Affirmative Action Awards recognize outstanding efforts on behalf of the general AA program at Vanderbilt, or of persons with disabilities. The top four honorees will each receive \$200; others will receive certificates of recognition.

Nominees should be regular, full-time staff, faculty or students, or groups of such individuals. Self-nominations are not accepted.

Nominations should include your name and phone number, the nominee's name, title, department, supervisor and supervisor's phone number, and a description of the nominee's contributions to affirmative action at Vanderbilt. Send to the ODC, Box 1809-B, no later than 4:30 p.m. Sept. 20. For more information, call 322-4705. ■

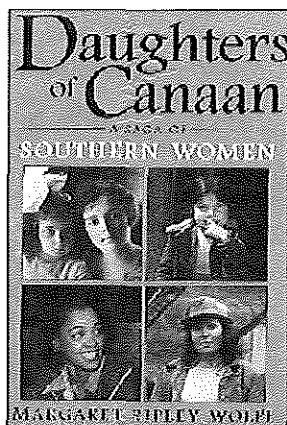
In the library...

A new book looks at the power and promise of Southern women

Barbara Clarke,
Women's Center
librarian



Margaret Ripley Wolfe, a professor of history at East Tennessee State University, has written a lively new volume entitled *Daughters of Canaan: A Saga of Southern Women* (University Press of Kentucky, 1995). The "Canaan" in the title is a symbol of promise, and Wolfe feels that the South, especially for activist women, "has been as much promise as fulfillment."



This work traces the history of southern women over the past 400 years, and covers women of all classes and ethnic groups and from all the southern states. The writer dis-

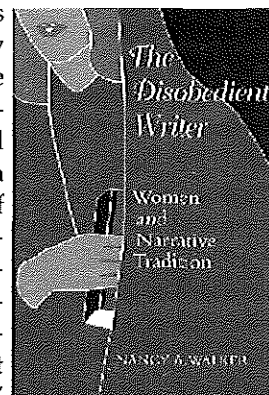
usses women and poverty, education, medical care, racism, crime, politics, literature, suffrage, music, theater, civil rights and many other topics. Wolfe describes the achievements of many notable southern women, including Pocahontas, Ida B. Wells, Tallulah Bankhead, Adelia Acklen, Mary McLeod Bethune, Jacqueline Cochran, Wilma Mankiller and Hillary Rodham Clinton.

Skin Deep: Black Women & White Women Write About Race (Nan A. Talese/Doubleday, 1995) is edited by Marita Golden and Susan Richards Shreve, who believe that race is a subject that most whites try to avoid but that blacks cannot stop addressing. The editors hope "that women of whatever color, who have carried the responsibility for the continuation of the race, will address our differences; that the issue of race in our children's generation will be, in fact, skin deep."

Among the selections are several works of fiction, and all but three of the articles are published here for the first time. The contributors include Naomi Wolf, bell hooks, Eudora Welty, Toni Morrison, Joyce Carol Oates and Alice Walker.

Jeanine Basinger's *A Woman's View: How Hollywood Spoke to Women, 1930-1960* (Wesleyan University Press, 1993) was recently reissued in paperback form. The writer, chair of the film studies program at Wesleyan University, examines dozens of old films aimed at women and discusses the mixed messages about women's roles that these movies gave to their audiences. Basinger describes how these films portrayed stereotypical females, heroic women, gender roles, glamour, rules of behavior, marriage and motherhood. She also discusses the lives and roles of many female movie stars of this era and the images of these actresses presented to women by fan magazines.

Nancy A. Walker's most recent book is *The Disobedient Writer: Women and Narrative Tradition* (University of Texas Press, 1995). Walker, director of the women's studies program and professor of English at Vanderbilt, examines works by women writers in order to show that revisionary thought has been used by many female authors in different eras and that it forms an integral part of women's narratives. A "disobedient" reading "resists sexist and racist formulations"



and results in a new text "that attempts to overturn these formulations while remaining sufficiently referential to the original to make clear its point of origin." Walker discusses works by Virginia Woolf, Fanny Fern, Margaret Atwood, Ursula Le Guin, Anne Sexton and others.

Alan Covey is the editor of *A Century of Women* (TBS Books, 1994), an illustrated history of women in the U.S. over the past 100 years. The chapters are arranged under three headings: Work and Family, Sexuality and Social Justice, and Image and Popular Culture. The book is a companion volume to a three-part television series that first aired in 1994 and that is available on videotape. The Margaret Cunningham library has the set of tapes. ■

New Library Hours

Monday-Thursday: 8:30 a.m. - 6 p.m.

Friday: 8:30 a.m. - 5 p.m.

Saturday-Sunday: closed

Vertical Files

Anyone writing a paper or doing research on gender or women's issues should find our vertical files very useful. We keep up-to-date files of articles published in major newspapers and magazines; we also collect pamphlets, brochures and booklets. We have information on such topics as eating disorders, sexual harassment, employment, women's health issues, sex discrimination, women's history, affirmative action, education, the family, battered women, child care, rape, and women in the military. We also have a full-time librarian who can assist you. Stop by!

PHYSICAL FITNESS ♪ REST ♪ SOCIAL SUPPORT ♪ GOOD DIET ♪ SELF CARE ♪ FUN ♪



MEDICAL CARE ♪ SPIRITUALITY ♪ AWARENESS ♪ LOVE ♪ INTELLECTUAL INTERESTS

Health matters

Exercise is still the best Rx for good health, and Vanderbilt offers plenty of opportunities

by Sam Hirt, Director of Campus Recreation

A Vanderbilt education has always been considered superlative. But more and more, academic excellence is held to be only part of the package. True wellness also includes physical fitness, as well as emotional and spiritual health. This holistic view of education can be especially critical for women undergraduates, who in general exercise less than their male classmates, suffer more from eating disorders, and worry more about gaining weight. But studies show that older women also reap the benefits of regular exercise, from reduced risk of heart attack to increased stamina and muscle tone. Here at the Office of Campus Recreation, we are committed to helping students, faculty and staff alike establish life-long patterns that are healthy choices for today and tomorrow.

Exercise opportunities for women at Vanderbilt are increasingly diverse, whether they want to work out individually or as part of a team. Currently available are 23 intercollegiate sport clubs (such as sailing, rugby and fencing); 45 intramural activities (such as softball, swimming and ultimate frisbee); and more than 20 scheduled outdoor recreation trips, from dayhiking at Radnor Lake to backpacking in the Grand Canyon. There are also frequent "free-choice" activities, including wall climbing, scuba diving and Tae Kwon Do instruction. Here in the Student Recreation Center we also offer multiple levels of aerobics and weight training clinics; certification

programs in advanced life saving, CPR and first aid; and an extensive inventory of outdoor equipment which users may borrow or rent, from canoes and kayaks to sleeping bags and climbing ropes.

All of these resources are available to every campus user, not just students (who pay a mandatory fee for the service) but also faculty, staff and alumni, who may opt to pay a modest annual charge for membership.

We have also been expanding our Student Wellness program, which we now call our Student Wellness Resource Center. Here, you can be tested with ergonomic equipment, receive a professional evaluation, watch a health-related video or read a self-help brochure. You can request individual counseling; and if you like, staff will recommend, develop and monitor a personalized wellness program for you. All information, of course, is held in strictest confidence. (A similar Wellness program for faculty and staff is offered at Memorial Gym through the Human Resources Department.)

As director of campus recreation for 32 years, it is a real pleasure for me to work amidst such a wealth of resources. The picture was not always so rosy, however. I remember when, in the not-so-distant past, intramural athletes often had to wait until collegiate teams finished practicing before they could use the limited facilities. Sometimes these intramural games didn't start till nearly nine o'clock at night! Such overcrowding presented serious problems, not only of space

and scheduling, but also of safety and equity.

Fortunately in the past five-and-a-half years, access to programs and facilities has increased dramatically. Women now represent a major force — roughly 40 percent of all users — in our established programs. This increase is due in large part to the opening, in January 1990, of the Student Recreation Center adjacent to the outdoor track on Natchez Trace. With the creation of this 132,000-sq. ft. facility, programs that I had merely dreamed of, finally became reality.

Today, students and staff have a sports complex that is attractive, clean, safe and available more than 99 hours a week for exercise and recreation. Among its many state-of-the-art amenities are a nine-lane swimming pool, three multi-purpose play courts, six racquetball courts, an elevated track, a large mat room, a huge dance and aerobics hall, a weight/fitness room and a climbing wall. Outside are a volleyball and basketball court, horseshoe pits and a patio with gas grills. Virtually everything is handicapped-accessible.

Since it opened, the Center has twice been recognized as one of the top ten student recreation centers in America. This position is even more remarkable when one considers the intensity of the competition: Virtually every other educational institution in the country now recognizes the recruiting and retention benefits of a quality recreation facility.

As we continue to try to meet the needs of the diverse community that makes up Vanderbilt University, I hope all students will consider making the Student Recreation Center part of their regular campus life. Our activities are varied, our hours of operation are generous, and our programs are designed to welcome every level of interest and ability.

Student Recreation Center hours are:

Mon - Fri	7 a.m. - 11 p.m.
Saturday	9 a.m. - 8 p.m.
Sunday	1 p.m. - 9 p.m.

Call 322-PLAY or 343-6627 for more information.

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Announcements

Conferences

Gateway to Opportunities: Gaining Competitive Advantage is the third annual "Women Mean Business" conference, to be held Sept. 14-15 at the Civic Center in Frankfort, Ky. To receive a brochure, call 606-257-7661.

The Fate of Feminism: Is There a Next Generation? is the topic of a Sept. 30-Oct. 1 conference at Southern Connecticut State Univ. Contact Women's Studies, EN271, SCSU, 501 Crescent St., New Haven, CT 06515.

Women Leading the Way into the 21st Century, the 1995 conference for women in higher education, meets Oct. 5-6 at Tennessee State Univ. in Nashville. Contact Robbie Kendall-Melton, UT-Martin, 237 Gooch Hall, Martin, TN 38238 or e-mail her at RKendall@UTM.EDU.

Prisms of Gender, the 1995 conference of the Organization for the Study of Communication, Language and Gender, meets Oct. 5-8 in Minneapolis. Contact Barbara Werner, Univ. of Wisconsin, KFA-B24, River Falls, WI 54022. Tel: 800-228-9126.

Women in Education: Old Pathways, New Directions, Oct. 13-14, is the 9th Annual Women's Studies Conference at Western Kentucky Univ. bell hooks

and Jean Fox O'Barr are featured speakers. Contact the women's studies program at WKU, 203 Wetherby Administration Bldg., Bowling Green, KY 42101. Tel: 502-745-6477; fax: 502-745-6861; e-mail: Sharon Walker@WKU.EDU.

The Everyday Art and Act of Teaching is the theme of the Univ. of Wisconsin's 20th Women's Studies Conference, Oct. 26-28 in Madison. Contact Nancy Worcester, UW-Madison, Lowell Hall, 610 Langdon St., Madison, WI 53703. Tel: 608-262-3635.

Grants

Newman's Own supports projects that foster equal education in the schools (math, science, arts, environment). Grants range from \$500 to \$35,000. Contact Ursula Hotchner, Sr. V.P., Newman's Own, 246 Post Rd. E., Westport, CT 06880. Tel: 203-222-0136.

Calls for proposals

Evolving Pathways: Educating for the New Millennium, the 1996 conference of the National Assoc. for Women in Education (Feb. 28-Mar. 2 in Chicago) seeks program proposals exploring new "pathways" to discovery (technology, ethics, pluralism, etc.) *Deadline is Sept. 15.* Contact Mary Abrams, Jefferson Comm. College, 1000 Community College Dr., Louisville, KY 40272.

Special events

A Walk-a-thon to End Domestic Violence, sponsored by the YWCA and the Project to End Abuse Through Counseling and Education (PEACE) is set for Oct. 21, 8:30 a.m.-1 p.m. (Rain date is Oct. 22.) Entry fee is \$15. Meet at Legislative Plaza for music, food and speakers, then walk to the Metro Police Domestic Violence Unit and back. For info, call 255-0711.

Shaping A State: The Legacy of Tennessee Women is Oct. 28 at the TSU downtown campus, with an evening reception at Fisk University on Oct. 27. The symposium is free, but if you wish to order a box lunch (\$10) you must do so by Oct. 14. Call 322-4843 for registration material. The deadline for hotel reservations is Sept. 20.

etc.

Decisions teaches life-planning skills to women prisoners. Volunteers work one-on-one, one hour a week, from Sept. 18-Nov. 13. Training is Sept. 9-10. For information, contact Sonya Robinson at 352-7218, fax 352-8591.

Mammography Facility Locator Service of the National Cancer Institute provides callers with names of FDA-certified facilities. Call 1-800-4-CANCER (1-800-422-6237), 9 a.m. to 8 p.m. EST, weekdays.



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Women's VU

To subscribe, return this form to the Women's Center or call us at 615-322-4843 (fax: 615-343-0940).

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