

## Women and the Web

*Cruising the Internet may be easier than you think*

by Dawn Wilkins, Ph.D. (Vanderbilt '95),  
Assistant Professor of Computer Science  
at the University of Mississippi

The world is undergoing a technological revolution — that fact has become the understatement of the '90s. The trappings of the Computer Age are showing up everywhere: on the covers of magazines, on television news programs, even in our children's classrooms. And of all these hi-tech ubiquities, it seems, none is so inescapable as The Internet.

Since its inception in 1969, the Internet — a vast array of international computer networks — has grown dramatically. According to The Internet Group, there are currently about 25 million users in 125 different countries around the world.

The Net has, in fact, become the backyard fence of the microchip generation. The most avid users don't make phone calls or (heaven forbid!) write letters; instead, they correspond via electronic mail. They don't run next door for a recipe or help with their tax return; instead, they turn to *Usenet*, a collection of online bulletin boards. And they don't visit the local library to look things up in books. Instead, they "access the web" — the World Wide Web, or WWW.

The web is the fastest growing portion of the Internet. On the WWW, individuals and organizations can "publish" information (pages) which can be accessed by others on the web. This information is multimedia — it can take the form of text, sound, graphics, photographs or even video. Moving about the web is

as easy as pointing and clicking a mouse. You can "visit" the Louvre in Paris, read *Time* magazine, check out the latest news from CNN, or even see a sneak preview of the latest Disney movie, all without leaving your home or office.

As hugely popular as the Internet is, one wonders why women still constitute such a small percentage of subscribers (only about 10%-15%, according to most sources, although it

### 1. "There's nothing out there for me."

The Internet has information on almost every topic you can imagine. Whether you are looking for information to help you professionally or personally, you will almost certainly find something — probably *too* much! In fact, resources have been developed specifically for women, by women, and these are increasing as more women take the plunge into the Net. Topics include domestic violence, reproductive rights, sexual harassment, women's health, women and politics, feminism, family and work issues, support groups, gender and sexuality, women's studies programs and women's centers.

In fact, the question no longer is whether the Net offers something of interest to you; the real concern now is whether you can find it. Luckily, in the last year or so, several powerful search utilities have been developed. Pages can be found on the web with a simple keyword search — just like in most libraries — only now your library is the entire globe.

Perhaps the biggest problem with doing research on the web is that since individuals can "publish" at will, the information found must be carefully scrutinized. However, this seems a small price to pay for having such a tremendous amount of information at your fingertips.

### 2. "It's too hard."

With the availability of point-and-click software, maneuvering around the web is a breeze. In a recent survey by Interactive Publishing, relatively few women currently online cited technological difficulties as a



is believed to be growing). Observers cite at least four likely reasons why women are not taking advantage of this technology, and I will address (and try to dispel) each one in turn.

problem. Going online is similar to learning to drive a car — it can be tricky at first, but once you learn, the places you can drive are endless.

### 3. "It takes too much time/money."

This may be the most valid reason for not going online. Users must monitor their hours carefully. If you enjoy tracking down elusive references in the library, you will find that it is even more tempting to do so online. It's astonishingly easy to forget what you logged on for in the first place.

Moreover, depending on how you access it, the Internet *can* get expensive. There are three standard ways to gain access — through a commercial online service (such as America Online or Prodigy), through a local Internet service provider (ISP), or through a university computer center (such as Vanderbilt's CTRVAX).

For most readers of *Women's VU*, the "free" way is through a university. At Vanderbilt, all students and faculty are eligible for CTRVAX accounts. Software, basic support and short classes are all available through the computer center. "Personal pay" accounts (for access from a home computer) are also available at low cost: the required \$25 deposit lasts many

users an entire semester or more. In contrast, the fee to use a commercial service or ISP can run \$10-\$50 a month, depending on which services the subscriber uses, and for how long.

### 4. "The Net isn't friendly to women."

Women *have* encountered problems on the Internet. First, as with any form of written communication, emotions are missing. It is sometimes hard to tell when a person is joking or being sarcastic. In addition, though subscribers may use their names, the Internet tends to be profoundly faceless. At times this anonymity encourages users to say things online that they would never say in person.

Anonymity also encourages what amounts to cyber-harassment, ranging from snide remarks to overt propositions to "trolling for babes." Trolling is the childish activity of collecting pages of "babes" (some online users include a personal photograph on their homepage). Women have also reported instances of "gender swapping," in which a man uses a woman's name to create a false online persona.

As for the reported abundance of pornographic material online — it's true. There's plenty of smut in cyberspace. Generally speaking, however, you'll encounter pornography only if you go in search of it.

My advice is this: use common sense. Explore only those sites where you feel comfortable, and don't encourage dubious conversations. When you go online, "lurk" for a while (that is, read and watch, but do not actively participate). The online community has been self-regulatory from the start, and you will soon get a feel for the territory. If you do not follow network etiquette (netiquette), someone is certain to point out the error of your ways.

In summary, the Internet is an exciting medium for communicating, exploring and researching. It gives users access to journals, databases, reference materials and libraries worldwide. The Internet is all about communication, and women tend to be better communicators than men, so we should all be taking advantage of this exciting new technology. ■

## Women and the Web: a short list of resources

- Women's Guide to the Internet**  
<http://mevard.www.media.mit.edu/people/mevard/women.html>
- Women's Resources on the Net**  
<http://sunsite.unc.edu/cheryb/women/wresources.html>
- Cybergrrl**  
<http://www.cybergrrl.com/>
- Feminist Activist Resources on the Net**  
<http://www.igc.org/women/feminist.html>
- Feminist Majority Online**  
<http://www.igc.org/women/feminist.html>
- A Collection of Women's Links**  
<http://www.feminist.org>
- Yellow Pages: Women and Business**  
<http://www.cba.uh.edu/ylopges/ywomen.html>
- Feminism and Women's Resources**  
<http://www.ibd.nrc.ca/~mansfield/feminism.html>
- National Organization for Women**  
<http://now.org/now/home.html>
- Women's Net**  
<http://www.igc.apc.org/womensnet/>
- World Wide Women**  
<http://www.euro.net/5thworld/women/women.html>
- TAP (The Ada Project)**  
— primarily for women in computer science, but lots of good links  
<http://www.cs.yale.edu/HTML/YALE/CS/HyPlans/tap/tap.html>



*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@ctrvox.Vanderbilt.edu](mailto:womenctr@ctrvox.Vanderbilt.edu).

**Nancy A. Ransom**, director

**Judith Tefft Helfer**, assistant director for programs

**Marjorie Davis**, editor (direct dial 343-4367)

**Barbara Clarke**, librarian

**Gladys Holt**, office manager

**Cindy Brown**, cartoonist

This is a copyrighted publication. Articles may be reproduced with permission of the editor. Letters to the editor are welcome. Send them (typed, signed, and with a daytime phone number, please) to the above address.

# “NEWS QUOTES”

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

## *Chromosome damage in the lab tied to dietary supplement*

Chromium picolinate, a dietary supplement popular among fitness buffs and people trying to lose weight, has been shown in laboratory tests on cells to cause severe damage to chromosomes. Although no animal studies have been done, the genetic changes suggest that this widely sold supplement could be carcinogenic.

Chromium is being promoted as an aid to losing weight without having to exert willpower and to losing fat without losing lean body mass. It is said to curb the appetite and favor the buildup of muscle tissue, though neither of these claims has been tested in a systematic, scientific way. ...

Chromium is found in a variety of foods, including liver, cheese, whole-grain breads and cereals, dried beans, peanuts, apples and some vegetables.

*New York Times*  
Oct. 25, 1995

## *Woman to head U of Iowa*

"The campus is just thrilled," reports a woman administrator at the University of Iowa, that its 18th president is a woman with top academic credentials and accomplishments. The Iowa native topped a field of 325 candidates.

Mary Sue Coleman, a biochemist, will move from provost and VP of academic affairs at the University of New Mexico on December 31 to lead Iowa's flagship university of 27,500 students.

*Women in Higher Education*  
November 1995

## *Weight study gets pounded*

Findings of The Nurses' Health Study — that the lowest mortality rate for middle-aged women is found at weights at least 15% below the national average — have ignited a firestorm of criticism.

Some of it came from frustrated women who felt their ideal weight was unrealistic. The study used body-mass index (BMI) as a measure of health; nurses with the lowest risk of death had BMIs below 19.0. (To roughly calculate your BMI, multiply your weight by 700 and divide that figure by the square of your height in inches.)

Other critics pointed out that the study, published in the Sept. 14 *New England Journal of Medicine*, didn't pay enough attention to the nurses' body shape and didn't take their percentage of body fat into account. Once the dust settled, several points stood out:

--It can't be denied: Obesity is risky business. Of the 115,195 nurses in the study, those who were obese (with BMIs greater than 29.0) had double the mortality rate of the leanest nurses.

--Mildly overweight women aren't home free. Even though mortality rates didn't rise sharply until BMIs reached 27.0, increased cardiovascular and cancer risk began to show up as the nurses' BMIs rose above 19.0. ...

All told, perhaps the best advice came in an editorial that accompanied the study: "Without regular physical activity, weight control can usually not be achieved. Conversely, regular physical activity can improve longevity, even for those with BMIs in the 'overweight range.'"

*Women's Health Advocate*  
November 1995

## *Active old may outrun youth*

Based on the latest federally sponsored state-by-state analysis of physical activity among older Americans, they are coming closer than younger adults to achieving the Surgeon General's goals for the year 2000.

*New York Times*  
Oct. 4, 1995

## *Women managers not just different — better*

According to a recent study by Lawrence A. Pfaff and Associates in Kalamazoo, Mich., female managers are indeed better than their male counterparts at the "softer" skills: communication, feedback and empowerment. But they're also more decisive, better at planning and better at facilitating change. ...

Conducted over 14 months in 1993 and 1994, the study included 676 male and 383 female managers from 211 organizations. It attempted to measure each manager's ability in 20 different skill areas, including setting goals, planning, technical expertise, coaching, communication, teamwork, resourcefulness and decisiveness.

Perhaps the biggest surprise is that women rated higher no matter who was doing the evaluating: bosses, employees or the managers themselves.

*Working Woman*  
November 1995

## *Career advice for seniors — from the pros*

Graduating Vanderbilt women are invited to take advantage of an unusual mentoring program designed to give them a leg up in their chosen (or contemplated) careers.

Called "Career Connections," the program pairs Vanderbilt seniors with local professional women who are already well established in the student's field of interest. These volunteers, all members of the Nashville Women's Breakfast Club, offer advice, anecdotes, networking leads and other insider information gleaned from years of on-the-job experience.

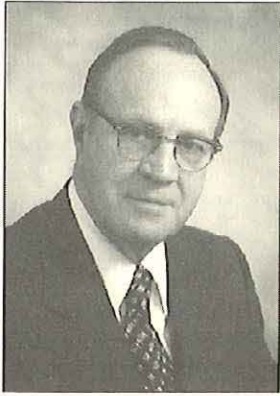
In at least one instance, the mentor even helped her student partner land her first job after college.

Interested students should pick up an application form at the Career Center or the Cuninggim Women's Center, or call 322-4843 for more information.

## Longtime supporter Merrimon Cuninggim dies

Merrimon Cuninggim, a life member of the Vanderbilt Board of Trust, was a strong supporter of the work of the Women's Center, which is named for his sister, and generous in his financial contributions to the Margaret Cuninggim Lecture endowment. Above all, he believed that the Women's Center can contribute to improving the climate at Vanderbilt not only for women, but for everyone.

Merrimon Cuninggim died on November 1 in Maryland, where he and his wife, Whitty, had lived for the past several years. His life and work were devoted to education. He was honored early in his career for his intellectual achievements:



Merrimon Cuninggim

Phi Beta Kappa and a Rhodes Scholarship are but two examples. He earned his bachelor's degree at Vanderbilt and his doctorate in education and religion at Yale. His accomplishments were many and varied: professor of religion, chaplain for the U.S. Navy from 1944 to 1946, executive director of the Danforth Foundation from 1960 to 1973, and advisor on program management to the president of the Ford Foundation.

When I proposed endowing a lecture in memory of his sister Margaret, who had been Dean of Women and Dean of Student Services at Vanderbilt between 1966 and 1975, Merrimon was here to launch the fund-raising. When the Vanderbilt Board of Trust surprised him by naming the Women's Center after her, he was genuinely delighted.

In 1988, when Merrimon Cuninggim was speaking at a tenth anniversary of the Women's Center, he predicted that many present would live to see the day when we no longer need women's centers to further equality of the sexes. Several years later, reminding me and another audience of those words, he observed, "How naive I was."

Merrimon Cuninggim was a wise man, a gentle man, a scholar and a lover of learning. The Women's Center has lost a true supporter and I have lost a good friend. He will be sadly mourned and sorely missed.

--Nancy A. Ransom

## Birthdays of Notable Women December

- 3 1766 Barbara Frietschie, who defied Confederate soldiers in Frederick, Md.
- 4 1837 Angelia Newman, missionary who fought polygamy in Utah
- 6 1927 Patsy Mink, first Japanese-American congresswoman and the author of the Women's Educational Equity Act
- 11 1862 Mary Sherman, who helped establish the National Park Service in 1916
- 12 1928 Abstract painter Helen Frankenthaler
- 14 1916 Shirley Jackson, author of novels and short stories, including 1948's "The Lottery"
- 20 1867 Jessie Bancroft, who pioneered physical education and gymnastics exercises in New York public schools

### Group changes and updates:

#### Writers Group

No meetings until further notice. Watch upcoming newsletters for related events, including a mid-January workshop on freelance writing.

#### Women's Learning Forum

No longer meets at the Women's Center. For information about the group, contact Shannon Cunningham at 343-7878.

#### Early Birds

Next gathering is December 14. Stop by the Center for coffee and continental breakfast from 8-9 a.m.

### Women's Center director wins women's history award

#### "Write Women Back Into History Award"

presented to

Dr. Nancy A. Ransom

Vanderbilt University, Tennessee

for your outstanding contribution to the

National Celebration of the

75th Anniversary of Woman Suffrage

1920-1995

presented by the

National Women's History Project

*Molly Murphy MacGregor*  
Molly Murphy MacGregor, Executive Director

August 26, 1995

In making the award, NWHP Executive Director Molly Murphy MacGregor cited Dr. Ransom's "work, time, caring, and cooperation with others" in helping mark this year's 75th anniversary of woman suffrage. According to MacGregor, the year-long celebration drew an estimated 175,000 people to 1,000 events nationwide and helped renew public interest in "the most overlooked, long-endured, nonviolent movement for political change in our nation's history."

The citation reproduced here was presented recently to Nancy A. Ransom, director of the Margaret Cuninggim Women's Center, by the California-based National Women's History Project.

# D E C E M B E R

## Calendar of Events

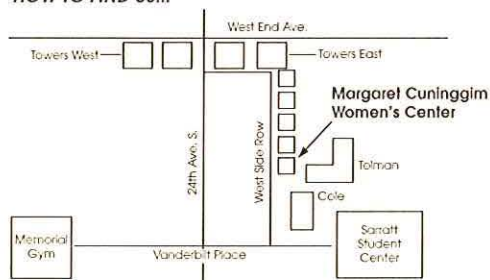
Margaret  
Cunningim  
Women's Center



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

- December 1 (Friday)  
**International Social Hour.** McTyeire International House. 11:30 a.m.-1 p.m. The Women's Center co-sponsors this week's social hour with the Women's Studies Program and the Opportunity Development Center.
- December 3 (Sunday)  
**Body Image and Eating Disorders Discussion Group** meets Sundays (except during holidays) at the Women's Center. 4:30 p.m. For more information call Christa, 421-6646, or e-mail mcdermc@ctrvax.Vanderbilt.edu. *Also meets Dec. 10 and 17.*
- December 5 (Tuesday)  
**Creative Life Planning Group.** Noon to 1 p.m. New members welcome. Call Judy Helfer at 322-6518 for more information. *Also meets Dec. 12 and 19.*
- December 10 (Sunday)  
**Body Image and Eating Disorders Discussion Group.** 4:30 p.m.
- December 11 (Monday)  
**Book Group** meets to discuss *Body of Evidence* by Patricia Cornwell. Facilitator is Elaine Goleski. This meeting will be held off-campus, beginning at 5:15 p.m. Call 343-4701 (daytime) or 371-5355 (evenings) if you plan to attend.
- December 12 (Tuesday)  
**Creative Life Planning Group.** Noon to 1 p.m.  
  
**Proposal Writing Group.** 4-6 p.m. For more information call Nancy Ransom at the Women's Center, 322-4843.
- December 14 (Thursday)  
**Early Birds.** 8-9 a.m. Continental breakfast and conversation at this informal gathering for students, faculty and staff. Men are welcome. Every second Thursday at the Cuninggim Center.
- December 17 (Sunday)  
**Body Image and Eating Disorders Discussion Group.** 4:30 p.m.
- December 18  
**Dissertation Writers.** 4:30-6:30 p.m.
- December 19 (Tuesday)  
**Creative Life Planning Group.** Noon to 1 p.m.

### HOW TO FIND US...



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

## In the library...

### Anita Hill's first essay since the Clarence Thomas hearings

Barbara Clarke,  
Women's Center  
librarian



Anita Faye Hill and Emma Coleman Jordan are the editors of *Race, Gender, and Power in America: The Legacy of the Hill-Thomas Hearings* (Oxford University Press, 1995), a volume resulting from a conference sponsored by the Georgetown University Law Center. The contributors discuss how issues of race and gender influenced the Clarence Thomas Senate confirmation hearings and show the effects of the hearings on American society.

Four of the authors were members of Anita Hill's emergency legal team, and the book includes the first essay published by Hill since the hearings. She describes the effects of marriage and patronage on black women and on the Hill-Thomas decision.

Contributors include Adele Logan Alexander, who discusses stereotypes and the denigration of black women over the centuries. Orlando Patterson's chapter is devoted to gender relations among African-Americans and Judith Resnik discusses the importance of race, gender and ethnicity on legal decisions. Other topics include the impact of the hearings on sexual harassment law and public awareness of harassment; racism, sexism and black sexuality; and the effects of televising the hearings.

In *Beyond the Double Bind: Women and Leadership* (Oxford University Press, 1995) Kathleen Hall Jamieson analyzes the pitfalls that confront women in the workplace and shows how these obstacles can be overcome. Jamieson, dean of the Annenberg School for Communication at the University of Pennsylvania, interviewed hundreds of women from diverse backgrounds.

Many of these women realized that

they faced a double bind — that they had a choice of false options. For example, women who look and act in a stereotypically feminine way are not considered competent, while those who seem capable are not believed to be feminine. Another bind concerns women and assertiveness: females who remain silent are ignored or dismissed, while those who speak up are considered to be deviant.

The writer devotes a chapter to each of the five major binds she identifies, and discusses their origins and the reasons they persist in today's world. Jamieson is critical of victim feminism and of those who give up easily; she admits that many women have played a part in maintaining the binds. Many of the women she interviewed describe how they managed to surmount obstacles confronting them.

Included is a chapter on Hillary Rodham Clinton and the double binds she has faced. Jamieson also illustrates how the mass media perpetuate stereotypes and thereby impede the progress of women.

*One Woman, One Vote: Rediscovering the Woman Suffrage Movement* (NewSage Press, 1995) edited by Marjorie Spruill Wheeler is an engrossing history of the struggle for women's suffrage in the United States. About 20 writers have contributed selections to the volume, which begins with the Seneca



Falls Convention in 1848. The contributors discuss prominent suffragists; black women and voting rights; women's suffrage in the Western states; anti-suffrage women; the passing of the Nineteenth Amendment in 1920;

and the effects on society of women's suffrage and participation in politics.

Most of the articles were previously published and were written in recent years by notable historians, including Linda K. Kerber, Nancy F. Cott and Alice S. Rossi. However, part of the material on the Seneca Falls Convention originally appeared in 1881 in the classic "History of Woman Suffrage," while Jane Addams wrote her article on suffrage for *The Ladies' Home Journal* in 1910.

This book is a companion volume to the television documentary "One Woman, One Vote," a videotape of which is also in the library.

In *Kidding Ourselves: Breadwinning, Babies, and Bargaining Power* (BasicBooks, 1995) Rhona Mahony discusses the double shift and the reasons so many women, even feminist, career-oriented women, find themselves doing most of the housework and child care. Even when couples agree to divide this work equally, women often find they do most of it. Mahony, a lawyer and writer, shows that women do so because of choices they make, especially about education and careers, when they are young.

The writer believes that women will not achieve real equality or reach their potential in the workplace until men do half of the child-rearing. Although women who earn more than their husbands have an advantage in bargaining, Mahony shows how women in both traditional and nontraditional marriages can negotiate with their partners to distribute the duties at home equally. Mahony feels that society needs to discard stereotypes about the sexual division of labor in the home, and illustrates how we would benefit from having more men involved in child care. Women's efforts to achieve fair distribution of household tasks are hindered by myths concerning the differing skills of men and women, maternal instinct and male aggression. ■

PHYSICAL FITNESS ♀ RECT ♀ SOCIAL SUPPORT ♀ GOOD DIET ♀ SELF-CARE ♀ FUN ♀



CINDY BROWN

MEDICAL CARE ♀ SPIRITUALITY ♀ AWARENESS ♀ LOVE ♀ INTELLECTUAL INTERESTS

## Health matters

### *Holiday nourishment — from within*

by Nan Allison, M.S., R.D., and Carol Beck, R.D., partners in the Nashville firm of Allison & Beck Nutrition Consultants

Surprise!? This is not one more article full of tips about what you should and shouldn't do with food during the holidays. Beginning with Halloween, holiday tips and advice will abound in women's magazines, newspapers and TV shows, right along with recipes for the lowest-fat desserts and the highest-fat hors d'oeuvres. In this weight-obsessed era, such tips have become as predictable as reruns of *White Christmas*:

"Never go to a party hungry!"

"Re-wrap those rich food gifts and give them to your boss!"

"Between cups of eggnog, drink a sugar-free soda!"

All of these perky bromides may help. But they may also accentuate the problems of holiday eating and divert us from finding a solution for a deeper struggle, a struggle which many men and women wage during the months of November and December. This article is about what's at the root of our struggle with food during this seasonal onslaught of high fat, high emotions and high hopes.

Food and alcohol are primary players during this season because they alter emotions. In most cases we set ourselves up, with society's help, for a "no-win" conflict centered around food. You show up for a party, or merely for work, and immediately are expected to join in, be a part of the crowd and the mood, and eat whatever is there. If you *do* eat what's offered, you fit in: your colleagues feel comfortable; they have company. If you

don't eat, you may feel "righteous" or "right," but you may also feel ill at ease, guilty, because you're not doing what you "ought." Thus, the "no-win" conflict of the holidays.

Few of us emerge from this annual feeding frenzy with a sense of success about what we have chosen to eat. Yet this holiday conflict with food is often a metaphor for another holiday conflict: that of participating in seasonal rituals and activities, not because we *want* to, but because we are *expected* to by our family, friends and coworkers. "Doing the expected" often leaves us feeling frustrated, drained, inadequate, powerless, angry, empty and unnurtured. And since fulfilling these obligations rarely "feeds" us, we feed ourselves — with food.

We do what is expected, believing it will provide us with warm, fuzzy, close connections with family and friends — the Currier & Ives model of Christmas. When we don't feel these close connections, we use food to create the warm fuzzies. In contrast, spending time with people we genuinely like, or taking part in activities we truly enjoy, *does* nurture, satisfy and "feed" us. The reason, oddly enough, lies not in our hearts or our taste buds, but in our brains. Both activities — eating food we like, and doing things we enjoy — create changes in brain chemistry that affect our moods.

#### The food / mood connection

Eating certain foods causes changes in brain chemical concentrations that alter moods and emotions. Sugary and starchy foods cause an increase in levels of the brain chemical serotonin, which makes us feel full,

sleepy and calm. Sugars and fats act upon endorphins to heighten pleasure and reduce stress. Fats and proteins have similarly dramatic effects.

#### A word about alcohol

Alcohol alters brain chemistry in an even more profound way than food, and so it, too, is often "used" heavily during the holidays when stress levels are high and feelings of loneliness are accentuated. Unfortunately, alcohol makes the struggle with food even harder because it interferes with the liver's ability to process sugars, starches and proteins, so these foods are not as available to balance brain chemistry. Therefore, the day after drinking, people often have a heightened appetite for sweets and starches or foods high in fat proteins.

#### What you can do

✓ Recognize that your struggle with food often has at its root a larger conflict, the tug-of-war between doing what YOU want to do and what you think OTHERS want you to do, not just in matters of food but in the whole aggressively happy holiday season.

✓ If necessary, seek professional help to get you through the holidays in ways that fully "feed" you.

✓ If you find yourself feeling angry about your eating behavior, try to look past the food and identify the "I want" versus the "I'm expected" conflict. Berating yourself only keeps you stuck. To dull the anger, you eat more, which in turn makes you feel more angry, and the cycle continues.

✓ Eat what your body needs throughout the day to keep it well-fueled. Healthy eating minimizes cravings and out-of-control eating at parties because it balances brain chemistry.

✓ Finally, list the holiday gatherings and rituals that truly give you pleasure — and those that do not. Identify which events you take part in because you *want* to, and those you take part in because you're "expected" to. Then, as you attend each event, note how you're feeling about your eating: Do you feel you're eating too much? Are you satisfied? Later, you may be able to detect a pattern — a link between your eating behavior at each event, and the motives that got you there in the first place. ■

# Announcements

## Conferences

**Women in Higher Education's 9th Annual Conference** is Jan. 4-7 in El Paso. Topics include starting a women's resource center on campus. Fees are \$195 for non-presenters, \$145 for students. (Add \$10 after Dec. 8.) Contact UTexas, 915-747-5142/5538 fax.

**Crossing Horizons Together**, a Women's Leadership Conference for women college students, is March 8 at MTSU. Keynote speaker is Harriet Woods of the National Women's Political Caucus. \$15 includes lunch. Call MTSU's Women's Center at 898-2193.

**Celebrating Difference, Exploring Commonality: Women's Studies in the '90s** is the 1996 conference of the South Central Women's Studies Assoc., March 29-30 at the University of Oklahoma. Contact the Women's Studies Program, 528 Physical Sciences Center, Univ. of Okla., Norman, OK 73019. Tel: 405-325-3481/5068 fax.

**6th International Interdisciplinary Congress on Women** is April 22-26 in Adelaide, Australia. Contact Festival City Conventions, P.O. Box 986, Kent Town, South Australia 5071 Australia. Tel: 61-8-363-1307/1604 fax. For travel information, contact Australian Conference Travel toll-free at 800-77KOALA (800-775-6252).

## Internships

**Legislative Assistant Internships** with NOW's Legal Defense & Education Fund provide 10-12 weeks tracking legislation, drafting articles, etc. \$10/day plus great experience. Contact Vivian Lovell, NOW LDEF, 120 Maryland Ave., N.E., Washington, DC 20002. Tel: 202-544-4470.

**The Nation Internships** offer budding journalists experience in research, fact-checking, etc. *Deadline for summer 1996 is April 8.* Contact Peter Meyer or Sandy Wood, The Nation Institute Intern Program, 72 Fifth Ave., New York, NY 10011. Tel: 212-242-8400.

## Calls for papers

**Women and Aging: Bodies, Cultures, Generations.** April, Milwaukee. Kathleen Woodward, 414-229-4141.

**The Enduring Spirit: Women As We Age.** April, Omaha. 402-595-2355 or e-mail to mmacchietto@unomaha.edu.

## Programs

**The Assault on Affirmative Action**, led by Pat Pierce of the Opportunity Development Center, is the Dec. 2 program of the Middle Tennessee Women's Studies Assoc. It's at 10:30 a.m. in the faculty-staff dining room of Belmont Univ.'s Gabhart Student Center. For info: Jan Rosemergy, 322-8240.

## Etc.

**Fun & Fitness Camp** for women is Dec. 3-8 at Fall Creek Falls S.P. \$300 includes lodging, 15 meals, exercise classes, hikes, wellness talks, etc. For info, call Tennessee State Parks at 532-0016. To register, call 423-881-5281.

**Anonymous 4**, an all-woman *a capella* medieval music ensemble, performs Hungarian Christmas chants Dec. 5 at 8 p.m. in Langford Auditorium. Tickets start at \$16 (discounts for VUfolks). Call Sarratt desk at 343-3361.

**Sisters' Grace**, a string/piano quartet, performs classical music, jazz and African American spirituals Dec. 10 at 4 p.m. in TPAC's Polk Hall. Funds support programs for inner-city youth. For tickets (\$20 & \$25) call 255-8757 or TicketMaster at 741-2787.

**Director needed** for the 1996 Antioch Comparative Women's Studies in Europe Program. Contact Idella Burmester, Antioch College, Yellow Springs, OH 45387. Tel: 513-767-6366/6469 fax.

**Scholarly essays and poems** related to women of African descent are invited for possible publication by *Abafazi*, African-American Studies, Simmons College, 300 the Fenway, Boston, MA 02115. Tel: 617-521-2256/3199 fax.



printed on recycled paper

Vanderbilt University is committed to principles of equal opportunity and affirmative action

### Women's VU

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

Newsletters (published monthly except July and August) are sent free upon request to all students and contributors. Faculty and staff subscriptions are free to a campus address. Off-campus subscriptions are \$8 a year, \$15 if mailed first class. Please include your check, payable to Vanderbilt University, with your subscription.

Name \_\_\_\_\_ First Class (\$15) \_\_\_\_\_

Dept./Address \_\_\_\_\_  
(please print)

\_\_\_\_\_ Med Ctr 4-digit ZIP \_\_\_\_\_

Student \_\_\_\_\_ Staff \_\_\_\_\_

\_\_\_\_\_ (school & class)

Faculty \_\_\_\_\_ Administrator \_\_\_\_\_ Contributor \_\_\_\_\_ Other \_\_\_\_\_

### Margaret Cuninggim Women's Center

Vanderbilt University  
316 West Side Row  
Box 1513, Station B  
Nashville, TN 37235

Address Correction Requested

NON-PROFIT ORG.  
U.S. POSTAGE

**PAID**

NASHVILLE, TN  
PERMIT NO. 293