

Haunted by fear

Stalking victim can't escape her pursuer

by Linda G. Manning
Director, Margaret Cunningim
Women's Center

I just received a letter from an old friend. Since we usually keep in touch by phone and e-mail, her letter surprised me. In fact, it was the first letter I have ever received from her. After reading the first line, I began to understand why she was writing. "It's 4:30 in the morning here and I woke up from a nightmare a little while ago. I can't get back to sleep and it's too late to call. . . ."

After reading the letter, my feelings of anger, sadness, and helplessness about her situation returned. I hate hearing that the nightmares are back, but I am not surprised. Even though the man who has terrorized her is now in jail, it is not easy for her to feel safe again. As she says in her letter, people don't realize that "just because major incidents aren't happening *now*, my life is still a wreck and the havoc will return the minute that he's free again."

According to a Justice Department survey, one million women are stalked each year. Fifty-nine percent of these women are stalked by spouses, former spouses, partners, or dates. Eighty percent of those were also physically assaulted by the stalker. Twenty-eight percent of female homicide victims were killed by a spouse, former spouse, or boyfriend.

As my friend's experience shows, the nightmare of stalking and relationship violence can happen to any woman, including someone who is

bright, well-informed and well-educated. I remember when I first met Carol (not her real name). She came to interview for an internship. From our first conversation, I was impressed with her enthusiasm and intelligence. Later I would learn of her compassionate heart and her commitment to helping others. During my career in college counseling centers, I supervised many interns, more than 50 in all. But there were only two whom I actively recruited to work for me, and Carol was one of them. She became a friend as well as a colleague over the next few years.

I was thrilled when she decided to return to school to pursue her doctoral degree, even though I knew she would go on to another job once she

"You'll pay for ruining my life. You can run, but you can never get away because I know where you work."

had finished. I realized how much that degree meant to her. As an undergraduate, Carol had been discouraged from pursuing a graduate degree. A professor had told her that as an African-American she shouldn't bother to apply. And in spite of the

fact that she had been accepted in a prestigious graduate program and had earned her master's degree with a 4.0 grade point average, she still wondered if she could be accepted in a doctoral program.

She was in the middle of her first semester when I first learned of the trouble. We all knew that she had

broken off her engagement to

Tom (also not his real name) in June. We knew that she was concerned about his alcohol problem and that he had refused to get help. We knew that he had responded with anger and then threats of suicide, but we thought the trouble had subsided. In October we learned the truth. The terror had begun slowly

with a series of "small" incidents. Carol began to have frequent flat tires. She received many phone calls (five or six a day) from an unknown source — first only on weekdays and later on weekends as well.

Tom alternated between begging her to return to him and threatening her. Carol said he had told her, "You won't have to worry about me much longer because you'll be dead. . . . You'll pay for ruining my life. You can run, but you can never get away because I know where you work."

And then for a while, Carol said, Tom returned to normal behavior. He apologized for his angry period and told her that he did not blame her for leaving him. He told her that he had

continued on page 2



stopped drinking and was seeing a therapist. Thinking that he was over his anger, Carol began spending time with him again, trying to be friends.

One evening while Tom was visiting, Carol received a phone call from a male friend. Tom became enraged, and they argued. Carol told him that he frightened her and she never wanted to see him again. He told her that she was making a big mistake.

During the next few months, clothing, makeup and books disappeared from her home. Tom denied taking anything but later "found" the clothing after Carol reported it stolen to the police. The hard drive on her home computer crashed. She changed her phone number twice, but still received numerous venomous messages from him and numerous hang-ups from an unknown caller. Messages were deleted from her answering machine, and her caller ID unit with more than 40 saved "unknown" calls was mysteriously erased. Her hot water heater was tampered with, her home security unit was sabotaged (a tissue was covering the beam to make the motion

Remembering the victims

April 19-25 is National Crime Victims' Rights Week, during which local and national events will be held to focus attention on the needs and rights of individuals hurt by crime.

detector inoperable and the wires to the siren had been cut), her car died on the freeway and the brakes did not work. A mechanic later confirmed that an unknown contaminant had been found in the gas tank. Windows were found unlocked all over her house and the padlock on the back gate was missing. Some nights she received more than 20 phone calls in a row — the caller would hang up after hearing her voice.

Carol pursued every legal option available to her. In early October, she filed for a protective order. She called the police when Tom violated that order in late October by coming to her house and later shooting at her with a slingshot and ball bearings. They went to court in mid-November, but Tom got a continuance. In early January the case was heard, and Tom was sentenced to four months in jail. A week later they were back in court because Tom was requesting house arrest (being released from jail and wearing a monitoring device) or work release (being allowed to work during the day and return to jail at night). His request was denied.

That gave Carol four months to make her plans for the future. On the advice of her attorney and the local battered women's shelter, she began planning her escape. She knows that spending time in jail will only further enrage Tom. She has withdrawn from her doctoral program, she is quitting her job, she is selling her home, and she is moving. I don't know where. She is afraid to tell anyone. She is petitioning to have her name changed and her social security number changed.


Maybe, after all of this, she can feel safe again and the nightmares will go away.

There are still charges pending against Tom. He is facing a second charge of violating the protective order and also a stalking charge based on Carol's numerous reports to the police. He could get six more months in jail for violating the protective order, but she can't count on it. Her attorney tells her that the stalking charge may not go to trial for a year. She can't wait.

When I asked for Carol's permission to write this story, she responded with enthusiasm. "I think it is a wonderful idea and readers might see some of the signs of a potential batterer that I chose to ignore or make excuses for: blaming, verbal abuse, destroying personal property, promising to get help [e.g., go to AA, go to church], inducing guilt, threatening suicide or homicide, playing mind games, manipulating, denying. Literature from the battered women's shelter pointed out all these behaviors as well as the fact that battering begins long before the woman is ever physically hit. Every last one of the warning signs I listed happened to me," Carol said.

"Also, please write that women should keep fighting for their safety and for justice even when they are feeling frustrated, defeated, and not believed," my friend told me. "Every incident and feeling associated with it *must* be reported; this could help them later. Eventually, *somebody* will hear their cries for help."

The crime of stalking takes a tremendous toll on its victims, even those who are able to escape physical harm. One study showed that about one-third of stalking victims seek psychological treatment. One-fifth of stalking victims said they lost time from work, and seven percent of those *never* returned to work.

April 19th is the beginning of Crime Victims' Rights Week, during which the nation remembers those who have been victims of violence. I will be thinking about my friend Carol and the nightmares that still haunt her. 



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Muliebrity Prize honors student's involvement in women's issues

Bronwen Blass, president of Students for Women's Concerns, has been named the 1998 winner of the Muliebrity Prize for her commitment to women's issues.

The prize was presented at the Kudos ceremony March 27. It is given annually to honor an undergraduate who has been a leader in promoting women's interests and gender equity.

The award was established with a gift from graduates of the class of 1993 who edited a feminist student newspaper, *Muliebrity* (a term derived from the Latin word for womanhood). The prize includes a certificate and an award of \$100.



Bronwen Blass

Blass, a sophomore from Ormond Beach, Florida, has taken an active role in women's issues since she arrived on the Vanderbilt campus. Her leadership has helped to revitalize Students for Women's Concerns, which recently became part of a national alliance with the Feminist Majority. The campus group meets weekly to discuss issues affecting women, hear speakers and plan events.

As a freshman student in a political science seminar, Blass polled 200 Vanderbilt undergraduate women on their ideas about feminism. Her resulting paper generated praise from her professor and interest from many others on campus. Last summer, she was one of the Vanderbilt representatives at the National Conference for College Women Student Leaders in Washington, D.C.

Did you know?

Tennessee ranks 50th among the states in the number of women owning their own businesses.



Law school groups plan abortion debate

Political and legal experts will come together on the Vanderbilt campus April 2 to debate the ramifications of the nation's abortion policy.

The debate will focus on the constitutionality of the Supreme Court's *Roe v. Wade* ruling and the political repercussions of opposing stands on abortion by the Republican and Democratic parties.

Those slated to participate in the debate include: Anne Stone, president of Republicans for Choice; Rebecca

Brown, Vanderbilt professor of law; Jay Sekulow, president of the American Center for Law and Justice; and Carmen Pate, president of Concerned Women for America.

The debate is sponsored by several law school organizations and will examine closely the legal issues involved in the *Roe v. Wade* decision.

The event will be held at the Stadium Club. Watch for posters on campus concerning time and ticket distribution.

Noted author Naomi Wolf to speak at VU

Naomi Wolf, a highly acclaimed voice of feminist thought, will speak at Vanderbilt April 1 on "The New Female Power."



Naomi Wolf

Wolf's 7:30 p.m. appearance in the Social Religious Rotunda at Peabody College is sponsored by the Speakers Committee.

Her speech is free and open to the public.

Wolf is the author of several best-

selling books with feminist themes, including *The Beauty Myth* and *Promiscuities*.

Her 1993 book, *Fire with Fire: The New Female Power and How It Will Change the 21st Century*, advocates a new "power feminism" in which women move away from considering themselves victims. She urges women to overcome their fears of using power and to accept the fact that both women and men have feelings of aggression and competitiveness. In her book, Wolf recommends that women of the 21st century use money, the electoral process and the mass media to achieve ultimate equality.

Graduating student reflects on diversity at Vanderbilt

by Adriane Sheffield

Many cultures are enriched by colorful tales of folklore and history. These tales teach a lesson to those who listen closely enough. As these tales are passed down from generation to generation, the names and settings of the story are sometimes changed. One storyteller may add a few lines here and there to make the story fit the audience. No matter what changes happen, over time or across individuals, one thing remains the same: the truth of the lesson to be learned. This is one of those stories. If you listen closely, you will learn.

I grew up in a small town in Alabama. I lived with my mom, dad and little brother. However I was raised by my whole community. On any given afternoon, you could find the kids in the neighborhood drifting from house to house, laughing and playing. For an outsider, it would have been hard to figure out who lived in which house. Our families celebrated together, struggled together and grieved together. We were one large family.

On Sunday mornings, I heard stories of the civil rights struggle from the ordinary heroes who actually lived through it. I don't call them ordinary because they were insignificant or plain. These were everyday people, whose names didn't make it into the history books, but who had a huge impact on my history.

I remember spending the summers and evenings with my grandparents. Both my maternal and paternal grandmother were full of wisdom and freely shared that wisdom with

me. I was a teenager before I truly learned to hear and fully receive their wisdom. They were both strong, God-fearing women who loved you until it hurt. They were willing to make any sacrifice for the safety and security of their loved ones.

I attended a fairly racially mixed school in my community. Even in the first grade, I was acutely aware of racial differences. I didn't make an issue of it, but I always knew there was a difference. In elementary school, it wasn't a big deal. Nobody really cared. I could be friends with anyone I chose, regardless of their race or sex.

As I entered junior high, I was confronted with the typical preteen identity struggles. My situation was exacerbated by the fact that I was one of two black students, in a school of 800, chosen for the gifted

program. I found myself in an awkward position. I wasn't accepted by the white students in the program because I was black. I wasn't accepted by the black students because I was intelligent and considered a "wannabe". All the while, my mother stood by me, whispering words of encouragement and sharing her strength.

I was given the opportunity to attend a special high school for the gifted students in the county. While my mother was a bit concerned about the move, she supported me all the way. After school, I'd stop by my grandmother's for a rich dose of her wisdom and whatever fixings she had in the kitchen.

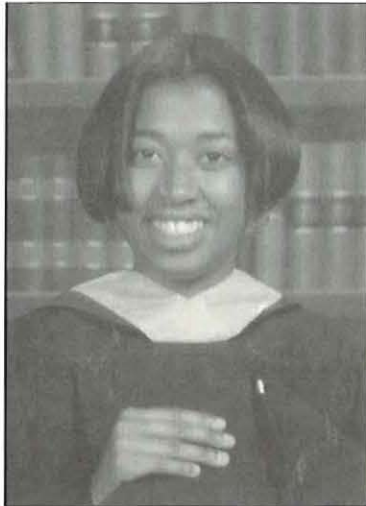
In high school, I finally began to find my own voice. Here I could

reveal as much of myself as I chose. I discovered a fiery passion and determination within me that I did not even know existed. As this new voice developed, my mother and grandmother continued to nurture and love me. Their quiet strength became my quiet strength. Their faith in God was the foundation for my faith. Their deep love for family taught me how to love. From them, I learned my most valuable lessons. I learned to stand firm in my beliefs, to speak my mind despite what others might think of me and to love my family with gentleness and strength.

As I prepare to receive my second degree from Vanderbilt University, I feel the need to leave a message for this community. While Vanderbilt has done much to *celebrate* diversity during my tenure here, there are times when little is done to *accept* diversity. The Vanderbilt community will never know or understand its richness until we learn where we come from. I don't mean our home states or even our family names; we must know our individual histories. I was blessed to be surrounded by my history all my life. Some people are not that fortunate. That is why it is so important for Vanderbilt to help students discover their history. Then they can truly celebrate and accept diversity.

As I cross the stage on May 8th to receive my master's degree in special education, my stride and smile will be my acceptance speech. To my mothers, biological and spiritual, my heart will cry out with deep gratitude. To those who have challenged me along the way, I will say thank you for the resistance I needed to fly. As I look to the challenges and triumphs that lie ahead, I say to the world, "I am a strong, black woman, Watch me soar!" **WWS**

After receiving her master's degree, Sheffield (GPC '96) will work as a research assistant for Ann P. Kaiser, professor of special education and psychology.



Adriane Sheffield

"The Vanderbilt community will never know or understand its richness until we learn where we come from."

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

A P R I L

Calendar of Events

Margaret
Cunninggim
Women's Center



Wednesday, April 1

Fire with Fire: The New Female Power, lecture by author Naomi Wolf. 7:30 p.m., Social Religious Rotunda, Peabody College. Presented by the Speakers Committee.

Tuesday, April 7

The Political Economy at War with Women, lecture by Ronnie Steinberg, professor of sociology and director of Women's Studies, 5 p.m., Wilson 126. Steinberg is an expert on employment issues, including comparable worth and gender wage gaps, and has written and lectured widely on economic discrimination against women.

Wednesday, April 8

Women's Center Advisory Board, chaired by Dr. Deborah German, meets from 4:10 to 5 p.m. in the Branscomb Private Dining Room.

Monday, April 13

Book Group discusses *Between Friends: The Correspondence of Hannah Arendt and Mary McCarthy*. Facilitated by Jane DuBose. New members welcome. 5:15 to 6:15 p.m.

Tuesday, April 14

Challenging Some Myths of Childbirth, led by Penelope P. Wright, RNC, MSN-OB/GYN Care Coordinator. This popular program for individuals and for couples awaiting or planning the birth of a baby discusses fears associated with childbirth and compares birth as depicted in popular culture with real labor and childbirth. 5 to 6:30 p.m. Limited to 20. For information and registration, call 322-4843.

Wednesday April 15 & Thursday, April 16

Stress Reduction Strategies led by Linda G. Manning, director of the women's center. Spend your lunch break learning techniques to reduce stress. Bring your lunch; drinks provided. Noon to 1 p.m.

Friday, April 17

Consumer's Guide to the Pap Test, by Beth Colvin Huff, R.N., M.S.N., coordinator of the Vanderbilt Colposcopy Clinic. One of a series on Women's Health Topics, the program includes a continental breakfast at the University Club and discussion afterward. \$5. Registration required by April 15 to Judy Helfer at 322-6518 or e-mail judith.t.helfer@vanderbilt.edu. See article, page 7.

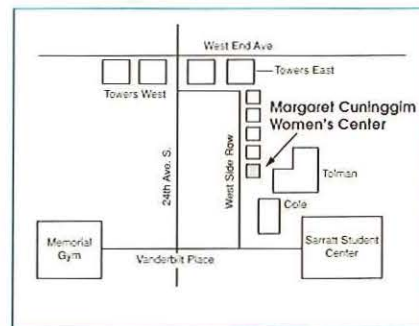
Monday, April 20

Dissertation Writers Group. 4:30 to 6:30 p.m. Darlene Panvini, facilitator. New members accepted only at the beginning of each semester.

Thursday, April 23

Take Our Daughters to Work Day is observed across the country. Started by the Ms. Foundation for Women in 1992, this national event has brought millions of girls into the workplace to boost their practical knowledge, their self esteem and their dreams. Show your daughter all she can be!

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.





Self-defense: adding muscle to feminism

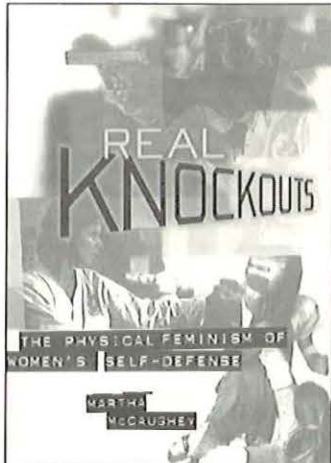
In *Real Knockouts: The Physical Feminism of Women's Self-Defense* (New York University Press, 1997) Martha McCaughey discusses "how self-defense training transforms the female body" and analyzes in a broader sense how it empowers and liberates women from fears of sexual violence.

McCaughey, an assistant professor of women's studies at Virginia Polytechnic Institute and State University, describes in detail her experiences with a variety of self-defense courses, including one on the use of firearms. She illustrates how these classes enable women to better defend them-

selves from aggression, which tends to come from men. Women learn to overcome the limitations imposed on them by femininity and usually find the classes to be invigorating.

While some feminists recommend self-defense courses for women, many others feel ambivalent about or even opposed to them. Some feminists do not approve of any type of violence and others see females as powerless victims who are inherently non-violent. The writer shows how self-defense classes challenge some of the assumptions feminists have about sexuality, rape and the body. Few of the women who teach or participate in self-defense programs identify themselves as feminists.

Since many people consider women to be naturally passive, they are uncomfortable with the idea of women learning to defend them-



Barbara Clarke,
Women's Center
librarian



selves; the concept of aggressive females poses a challenge to the gendered social order. McCaughey argues, however, that it is irresponsible for women to adopt a position of pacifism "that will only cause their further victimization." By learning to defend themselves, women can successfully challenge the culture of violence that oppresses them.

The Last Time I Wore a Dress (Riverhead Books, 1997) by Daphne Scholinski with Jane Meredith Adams is a chilling account of the three years a teenage girl spent in mental institutions, though she was not mentally ill. She was a moderately troubled girl from a dysfunctional family and was admitted to the first of three institutions in 1981, just after she turned 15. A social worker had recommended her admission, due to the teenager's antisocial behavior, truancy and poor schoolwork.

The girl's doctors identified several disorders, but the diagnosis that really concerned them was that of "gender identity disorder," or the failure to act and dress in the manner deemed appropriate for females. Scholinski had always been considered a tomboy. Psychiatrists prescribed therapy to turn her into a more "normal" girl. She was urged to

wear make-up and shown how to apply it; she was instructed how to wear more feminine clothing and hairstyles, and encouraged to interact more with male patients and staff. Eventually she was discouraged from having close friendships with other girls.

The teenager's hospitalization cost about \$1 million and was covered by insurance. She was released a few days after her insurance expired on her 18th birthday.

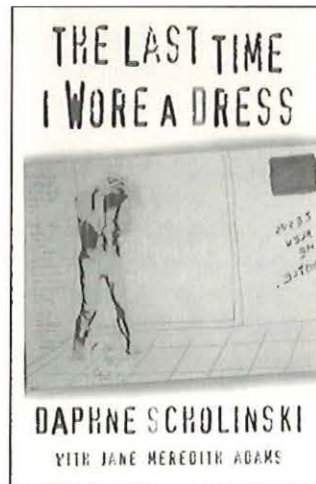
Today Scholinski is an artist and an activist who speaks out about the psychiatric abuse of lesbian and gay teenagers.

Perimenopause: Changes in Women's Health After 35 (New Harbinger, 1997) was written by physicians James E. Huston and L. Darlene Lanka to assist the record numbers of women now in their 30s and 40s.

While perimenopause is generally considered to encompass the four to six years before actual menopause, subtle changes are taking place in women's bodies from the time they are about 35.

This book is a self-help guide designed for women from 35 to about 50; the writers explain in everyday lan-

guage exactly what is taking place in women's bodies, the symptoms that they might expect and the treatments available. The volume covers such topics as contraception, fertility, hormone replacement therapy, cancer, premenstrual syndrome, osteoporosis, stress, sexuality, weight changes and alternative therapies.



Pap tests

New techniques for old test demand more knowledge by women consumers

by Lynn Green

A few years ago, a woman needed to remember just one thing about the Pap test — to have it annually.

Today, this important test for cervical cancer presents women with many more choices and questions to discuss with their health care provider.

A woman who is seeing a gynecologist for an annual exam may be asked, for example, what type of Pap smear she prefers and whether she wants computer screening of her cell sample.

To help women make better informed decisions about these questions, the Women's Center is sponsoring a Women's Health Topic breakfast this month to focus on the Pap test.

Beth Colvin Huff, R.N., M.S.N., will lead the program, "Consumer's Guide to the Pap Test," on April 17 from 7:30 to 9 a.m. at the University Club.

Huff is colposcopy clinic coordinator at the Vanderbilt Clinic, helping to oversee patient contact and resident education. The colposcopy is a diagnostic procedure most commonly used for patients whose Pap smears have shown abnormalities.

"Because it's been in use over 50 years, the Pap test is something we take for granted. It's part of our regular care," Huff says. "And yet there are some newer things that have happened that have changed the way we should approach this test."

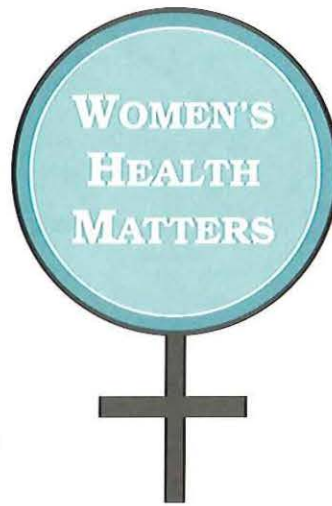
When the Pap test was introduced, Huff

notes, it was considered only a screening test, not a diagnostic one. The "false negative" rate of 5 to 10 percent was considered acceptable for such a test. In recent years, however, a few cases have been widely publicized in which women with cervical cancer were incorrectly told their Pap test results showed no abnormalities. Some of these women later died of the disease.

Computer screening. As a result of these cases, the FDA has approved two systems (PapNet and AutoPap) for computer screening of Pap smears. The companies that sell these tests have actively marketed them to consumers, as well as physicians. In her breakfast program, Huff will review the terminology and methodology involved in laboratory evaluation of pap smears. With this information, women will be better prepared to decide whether to request computer screening of their own tests.

In addition, Huff will discuss the "Thin Prep" method of placing cervical cells in liquid for evaluation. This costs more than a standard Pap test, but most insurance companies now cover the higher cost. She will also review what an abnormal Pap test means and what treatment options are available.

The Pap test has saved many lives over the last 50 years by detecting cervical cancer in early, treatable stages. With new techniques and refinements, it will continue to be a vital part of every woman's health care.



Consumer's Guide to the Pap Test

by Beth Colvin Huff

Friday, April 17 • 7:30 to 9 a.m.

University Club

Join us for a continental breakfast and informative discussion. To register, call 322-6518.



Expert gives realistic picture of childbirth

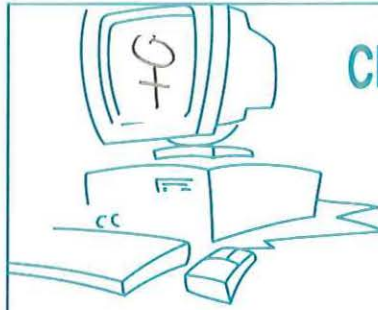
Continuing a popular tradition, the Women's Center is offering a program April 14 for individuals and couples who want to learn more about childbirth. *Challenging Some Myths of Childbirth* has been offered annually for many years and usually attracts a full house of interested participants. In the photo at left, audience members listen to program leader Penelope Wright during last year's session. Wright, a nurse who serves as OB/GYN care coordinator at Vanderbilt Medical Center, will lead the program again this year. Her 90-minute presentation includes videotapes of labor and delivery and discussion of myths and misconceptions about childbirth. To register for the 5 p.m. program call 322-4843.

Announcements

The Center for Entrepreneurship at Belmont University will hold a program for **women entrepreneurs** on May 27 from 5 to 9 p.m. Keynote speaker will be Sally Helgesen, author of *Everyday Revolutionaries*, which documents the role of women in changing the American economy. After the keynote address, clinics will be held on topics such as accessing capital and building mentoring relationships. Cost of the program is \$50; seating is limited and early registration is encouraged. For information, call 460-5901.

The Nashville YWCA will hold its 100th Annual Meeting on April 23 from 11:30 a.m. to 1 p.m. at the Renaissance Hotel. The meeting will include a symbolic ground-breaking for a new domestic violence shelter to be built on a site donated by the city. The shelter and a new youth services center are to be funded by a capital campaign launched as part of the YWCA's 100th anniversary celebration. For information, call the YWCA at 269-9922.

Wrestling with Angels: Painting from the Soul is the topic of a program to be held at the Scarritt-Bennett Center in April. Karla Kincannon, an artist and founder of Spirit-Art, will lead participants in using art as a tool for spiritual growth. The workshop will be held on Wednesday nights, April 8, 15 and 22, from 6:30 to 8:30 p.m. Cost for the three sessions is \$60. For information, call 340-7557.



Check out our web site

The Women's Center has an expanded and redesigned site on the web, thanks to the efforts of T.J. Hillinger (A&S '00), our graphics and computer specialist.

Consult the site for information on programs and groups meeting at the center, news announcements, and articles from recent editions of *Women's VU*. The address is:

www.vanderbilt.edu/WomenCenter/womenctr.htm

Or from Vanderbilt's home page (www.vanderbilt.edu), click on *Site Index* and then on the alphabetical listing for *Margaret Cuninggim Women's Center*.

Keep it coming!

Graduating seniors are automatically removed from the *Women's VU* mailing list unless they request otherwise. If you'd like to continue receiving news about women at Vanderbilt, call us at 322-4843 with your new address and we will retain you as a subscriber.



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