

Girls with guitars

One woman's journey through Music City

by Kate Wallace

Women seem to be right in the forefront of the music scene these days. They're at the top of the charts in some areas, including pop and alternative formats. So it appears that women are making strides — not just as artists, but in every aspect of the music business. Here in Nashville, however, what's going on is a bit of a different story.

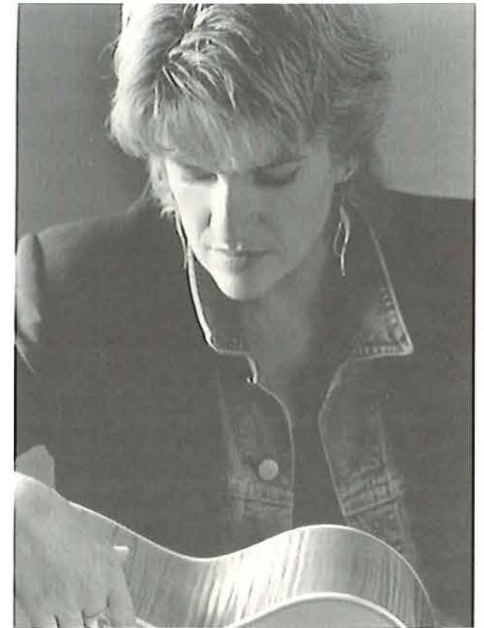
No sweeping statements can be made about what it's like to be a woman in the music business. If you asked 15 different women, you'd probably get 15 different answers. It would depend on who you asked and which part of the business she was in. I will share some of my own observations about life as a woman in the music business, primarily from the perspective of the singer/songwriter, although I have had the opportunity to wear many hats. I am or have been a publisher, staff songwriter, recording artist, producer, song plugger and performer.

But first, a little history. I came to Nashville nine years ago from Southern California after several close calls with "The Biz" in that part of the world. After my arrival, believing that I was going to set Nashville ON FIRE, I was given great advice by two

of the wisest and most experienced women in the world of music — Janis Ian and Wendy Waldman. They said, "Take your time — don't jump into anything. If you can, spend a year looking, listening and playing every singer/songwriter night in this town before signing any recording, publishing or any other kind of deal. Don't go looking for them. When you're ready, they will come to you." Hmm. This was hard to hear for someone with a fire in her belly to become the next big thing. However, having a deep respect for both of these women (each remarkably talented and independent), I heeded their advice. Ultimately, that patience brought me every goal I ever set (except one — winning a Grammy, and I'm not dead yet) but not in ways I could have ever predicted.

I certainly have gotten an eyeful along the way. The journey during this nine-year period has been complicated and winding. While I did not become the next big thing, I have had the joy of working with some of the

finest artists, writers, engineers, producers and players in the world. Ninety-five per cent of them are men. I remember when I got my first publishing deal. It was at Polygram



Kate Wallace is a performer and songwriter whose songs have been recorded by Billy Ray Cyrus and Neal McCoy. She recently started her own publishing / recording company, New Pair O' Dimes Music.

*Come and hear
the artists behind the music*
**Celebrating Songwriters:
A Feminist
Singer/Songwriter Circle**
featuring
*Kate Wallace, Sally Barris,
Carol Elliott and Tom Kimmel*
Tuesday, March 24 • 7:30-10:30 p.m.
St. Augustine's Chapel

Continued on page 2

Women in Music City *continued from page 1*

friendly (read: a babe); have a modicum of talent (it's really only necessary to have a passable singing voice; lack of stage experience and songwriting ability are not obstacles); and do whatever they tell her.

Lately, there seems to be a big rush to sign 15- and 16-year-olds. It's easier to re-make their image, tell them what to sing, say, wear, etc. (From the girl next door to Lolita after only one image consultation!) I love what Bonnie Raitt has been heard to say: "In the 70s, all these earthy women were getting record deals. You didn't have to be some gorgeous babe. There's been some backsliding since." What a gift for understatement.

For a woman who is interested in being an artist — who has spent time developing skills like songwriting, performing live, playing an instrument well, producing — it can be a very different road. Especially if that woman wishes to keep some creative control of her career. Here's the difficult truth for the woman who would be artist: Sadly, image and appear-

ance have a swift lead on artistry here in Nashville. And it's not the music "nice," it's the music "business," so it's about making money.

Right now, image is making money. Radio is all about selling advertising. Advertisers like the ditty. Especially if it's sung by a babe.


"I have had the joy of working with some of the finest artists, writers, engineers, producers and players in the world. Ninety-five per cent of them are men."

The competition is very stiff to be signed by a record label, get a record on the chart or get booked by good management companies and booking agencies. And the mainstream doesn't care about artistry. So, if you are an artist or a writer and a woman, the question really becomes, "Why do I want to be in the music business?" The answer to this question will determine not only your staying power, but also your ultimate reward. What will keep you going during the frustrating days of rejection will be your ability to be utterly honest and deeply acquainted with what is really important about the music.

Before a woman even thinks about choosing a life in the music business, she'll have to figure out if it's the money, the fame, and the attention that motivate her — or if it's the sheer power and grace of being able to create a song and move someone with her voice.

Anyone can get lucky. But the more common experience is that it takes stamina and hard work to be successful.

Like other professions (except possibly clerical staffs and nursing), the music business requires women to hustle faster, work harder and make fewer mistakes.

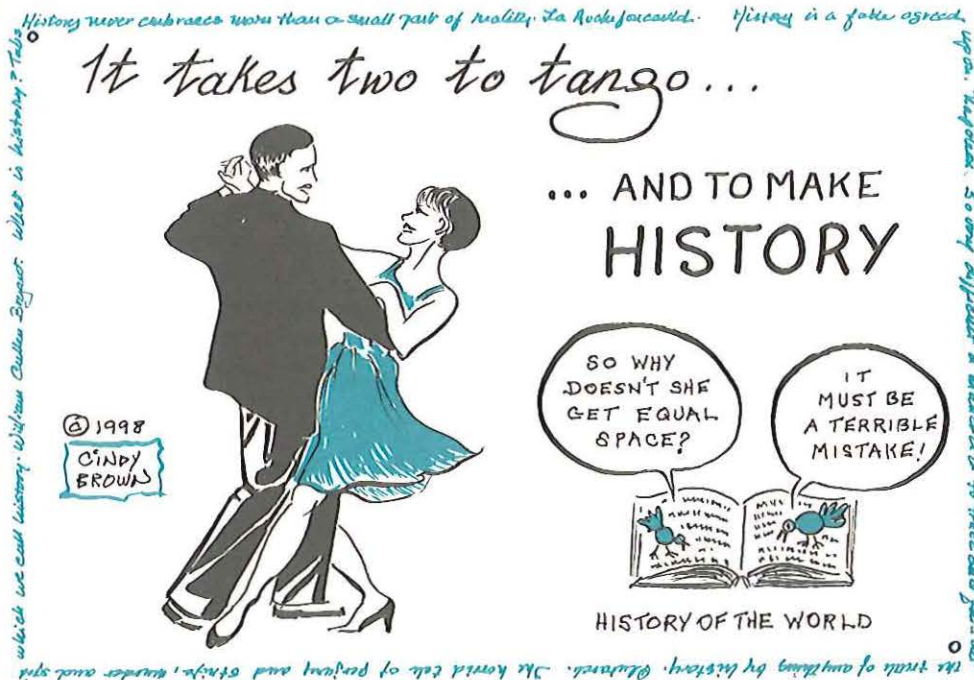
Here's the good news: The growing success of women in all areas of the pop world is undeniable. I know the numbers will begin to change in this town, too. I would never discourage a woman from choosing a life in the music business. I would just hope that she would enter it with eyes wide open and her heart in the right place, believing that what really matters is music that makes a difference, and let the business follow as it will. 



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Ellie Smeal urges political activism for young feminists

by Nina Kutty

In a recent appearance at Vanderbilt, women's rights advocate Eleanor Smeal urged young women to envision a feminist future in which they are free to make choices in their lives.

Smeal, whose Feminist Majority is working to form alliances with college women's groups, warned that women's rights are being compromised in the U.S. and around the world.

"The whole issue of reproductive choice is threatened right now because the power of the political right wing is cutting back access to abortion," Smeal said. "Extremists are terrorizing women who are simply trying to exercise their constitutional right. And these aren't just abortion clinics they are destroying. In the process, they are taking away services for women and the poor such as cancer screenings, gynecological services and cheaper forms of family planning."

"We need to galvanize young people to help them understand that their choices are strained but they are not helpless as to what they can do about it," Smeal said. "Young feminists need to be encouraged to change the political environment."

Smeal believes college campuses are a stronghold of feminist support.

"College women and men are the most supportive group for women's equality. If you walk down the street, you'll find that most women want to be professionals, not housewives. And the men believe that females participating in professional jobs frees their lifestyle: They no longer have to be the sole provider for the house. It's more than a money issue these days — it's a way of living."

Students for Women's Concerns, which works to raise awareness of women's issues at Vanderbilt, has joined the Feminist Majority Alliance. The group meets every Tuesday at 5:30 p.m. at the Community Partnership House. All interested students are welcome to attend.



Every past winner of the Mary Jane Werthan Award has been surprised and delighted in recent weeks to receive a check for \$1,000. The award has been given by the Women's Center since 1988 to honor members of the university community whose efforts have contributed to the advancement of women on campus. Mary Jane Werthan, in whose honor the award was named, recently set up an endowment so that past and future winners will receive a prize of \$1,000. Dale Johnson, professor of church history at the Divinity School, is shown receiving his check from Judy Helfer, assistant director of programs for the Women's Center.

Karen Campbell named winner of Women Center's Mentoring Award

Karen Campbell, associate professor of sociology, has been selected to receive this year's Mentoring Award, presented annually by the Women's Center to honor an individual who works to foster the professional and intellectual development of Vanderbilt women.

The committee that selected Campbell cited her years of work in support of women in the sociology department. "Especially notable was Karen's mentoring of both students and faculty, particularly junior faculty, and the fact that she's been doing this a long time," said Cynthia Cyrus, selection committee chair. "As one member of the committee remarked, mentoring isn't a one-time thing, it's a lifestyle."

Gary Jensen, professor of sociology and former chair of the department, describes Campbell as a "behind-the-scenes worker" who has served not only as a positive

role model but a steadfast supporter of younger women in the department. Campbell came to Vanderbilt in 1985 and when Jensen arrived at the sociology department in 1989, she was the only woman on the faculty. Today there are six women on the sociology faculty, and Jensen credits Campbell as being a "major factor" in the improved climate for women.

The award presentation and a reception for the nominees will be held at the Women's Center March 17 from 4:30 to 6 p.m.



Karen Campbell will receive the Mentoring Award March 17.

Photographer portrays "Inexact Locations"

For photographer Buffy Holton, the precise detail in a sharp, glossy color photograph made with a 35mm camera often fails to convey the mood and meaning of the scenes she shoots.

Instead, she has begun working with handmade pinhole cameras to create very different, and evocative, images.

Holton's exhibit of photographs, "Inexact Locations," will be on display at the Women's Center from March 12 through the end of April. The center's first-floor gallery at 316 West Side Row is open Monday through Friday from 8:30 a.m. to 5 p.m.

"A pinhole camera injects elements of chance and surprise into the photograph," explains Holton. "The framing and point of view are unexpected — like having a stranger shoot the picture for you. Sometimes the resulting images are meaningless to me, but others are a wonderfully inexact record of the place and moment."

A pinhole camera can be made with any light-tight container that uses a small hole as a lens. One of her cameras is a six-sided container with six pinholes, which can project images onto a cylindrical film plate.

In addition to her pinhole pictures, Holton also uses hand-colored black and white prints to depict her view or recollection of a location. Her exhibit will include beautiful hand-colored silver prints of such outdoor scenes as a waterfall and a salt marsh.

A Vanderbilt graduate, Holton says she first became interested in photography through her experience with animated film in high school and col-



Pinhole perspective

Photographer Buffy Holton, shown (above) in a pinhole self-portrait and (at right) on location at a North Carolina beach with her six-sided pinhole camera.



lege. She has worked in commercial photography and video production and has taught photography classes at the Sarratt Student Center, where she is studio manager. Her work has been selected for several juried exhibits, including the "Best of Tennessee Crafts" (1994 & 1996). Holton will be honored with a reception at the Women's Center March 12 from 5 to 6 p.m.

Civil Rights Commission chair to speak on race and gender

Dr. Mary Frances Berry, chair of the U.S. Commission on Civil Rights, will speak at Vanderbilt Wednesday, March 11 in an appearance sponsored by the Women's Studies Program.

The 7 p.m. speech in Light Hall, room 208, is titled "Gender, Race and Politics in the 21st Century: Lessons from History."

Berry is a Nashville native who rose from an impoverished background to become a prominent



Dr. Mary Frances Berry

scholar, academic administrator and civil rights advocate. She helped to launch the "Free South Africa" movement, which held demonstrations at the South African embassy in Washington to protest apartheid. Berry was arrested and jailed several times for her participation in the protests.

In 1980 she was appointed by President Carter to a seat on the Civil Rights Commission. When President Reagan

later fired her from the commission for criticizing his civil rights policies, she sued him in federal court and won reinstatement.

Berry was the first black woman to head a major university in the U.S., serving as chancellor of the University of Colorado at Boulder. She is currently the Geraldine R. Segal Professor of American Social Thought at the University of Pennsylvania, where she teaches history and law. Berry holds bachelor's and master's degrees from Howard University, a doctorate in history from the University of Michigan and a law degree.

Women's Center bids farewell to retiring staffer Judy Helfer

For many of our visitors and program participants over the past decade, the Margaret Cuninggim Women's Center has had a personal face.

The warm and welcoming presence of Judy Helfer has greeted many of those who have come through our doors on West Side Row or attended our workshops, lectures and exhibits.

Judy, who has served as the assistant director for programs at the Women's Center since 1987, used her creative and organizational talents to develop a wide range of programming for women at Vanderbilt. Her abilities — and her nurturing spirit — will be missed by her many friends on campus when she retires at the end of June.

Nancy Ransom, director of the Women's Center from 1978 to 1997, remembers that Judy came on board when the staff consisted of a secretary and a student intern. In the early days, she juggled two responsibilities: pro-

gramming and editing *Women's VII*, which she enlivened with her ability to persuade experts in all fields to contribute articles on women's issues.

Nancy notes that Judy has a rare combination of gifts that made her ideal for her job. "One of Judy's great assets is her friendly, outgoing personality. She is comfortable talking with everyone and makes others feel comfortable, too," Nancy says. "She introduced the Women's Center to many students by developing programs with them and for them."

When Linda Manning assumed the director's role last fall, Judy's experience provided her with a valuable link to the center's traditions. "I, personally, am very grateful to Judy for staying on through this year to help with my transition into the Women's Center. I have been fortunate to have the opportunity to benefit from her experience and expertise," Linda says. "Judy has a strong commitment



Judy Helfer

to women and women's issues. It is obvious her heart is in her work."

With her ability to manage many different activities at once, Judy is well-equipped to enjoy retirement. We wish her the best in her new endeavors and bid farewell to a co-worker whose grace and kindness enriched us all.

—Lynn Green

J U N E



Margaret Cuninggim
Women's Center

CALENDAR OF EVENTS

June 1-30

Art Exhibit of kiln-fired glass pieces by artist Kathy E. Greer is on display at the Women's Center weekdays from 8:30 a.m. to 5 p.m.

Tuesdays: June 2, 9, 16, 23 & 30

Creative Life Planning Group continues to meet throughout the year to share problem-solving information with other women and provide support in life changes. New members welcome. Noon to 1 p.m.

Thursdays: June 4, 11, 18 & 25

Group on Body Image & Self-Esteem for women staff, faculty and graduate students meets weekly through July 9 with facilitators Karen Silien, psychology intern, and Charissa Camp, clinical psychologist. *Registration for the group has closed.*

Monday, June 8

Book Group will discuss *Hiding My Candy: The Autobiography of the Grand Empress of Savannah* by The Lady Chablais. Facilitated by Deborah Riat. 5:15 to 6:15 p.m.

Monday, June 15

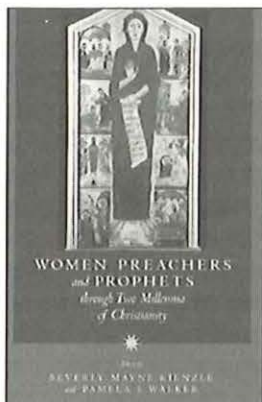
Dissertation Writers Group. 4:30 p.m. Facilitated by Darlene Panvini.

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



Rediscovering women leaders in the Christian church

Scholars in several disciplines from Europe, Great Britain and the United States have contributed articles to *Women Preachers and Prophets through Two Millennia of Christianity* (University of California Press, 1998), which is edited by Beverly Mayne Kienzle and Pamela J. Walker.



The selections illustrate the many ways women have played leadership roles in Christianity over the centuries.

Prohibitions against women being priests or prophets have

existed since the beginning of the Christian era and even today some denominations bar women from becoming religious leaders or clergy. The contributors show that there have always been some female preachers, even when a narrow definition of the term is used. Some of the women preached because they were believed to be divinely inspired; others were sanctioned by their communities and a few by the hierarchy of their church.

The articles cover such diverse topics as the early Christian *orans*; the role of women in the medieval Cathar church; the saintly Rose of Viterbo in 13th century Italy; preaching in 18th century British Quakerism; the ministry of women in the Salvation Army; and Mother Leaf Anderson and black Spiritual churches in New Orleans.

Inside Ms.: 25 Years of the Magazine and the Feminist Movement (Henry Holt, 1997) is written by Mary Thom, who worked in various capacities at *Ms.* from 1972 until she left to write this volume. She began as a

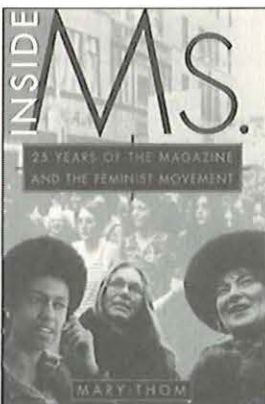
Barbara Clarke,
Women's Center
librarian



researcher and eventually became the magazine's executive editor.

The writer obtained many oral histories for this book and had access to the journal's archives at Smith College. She commences her lively narrative with an explanation of the events that impelled a group of feminists to publish a magazine; among the founding editors were Gloria Steinem, Patricia Carbine and Letty Cottin Pogrebin. A preview of *Ms.* was included in an issue of *New York* in late 1971 and the first issue appeared in the spring of 1972.

Thom traces the development of the magazine and of the feminist movement over the years. She discusses the arrival and departure of various employees, including Alice Walker and Robin Morgan. We see how decisions about topics and contributors were reached and how staff members participated in and influenced the women's movement.

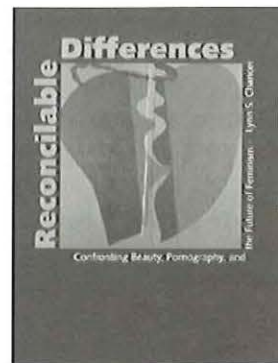


The writer also describes the atmosphere in the editorial offices, where children frequently came to work with their mothers; the publication's circulation and business problems; and the decision in 1990 to move to the present form of the journal, which is free

of advertisements and appears bimonthly.

Lynn S. Chancer, an assistant professor of sociology at Barnard College, makes some interesting proposals in *Reconcilable Differences: Confronting Beauty, Pornography, and the Future of Feminism* (University of California Press, 1998). After pointing out the important differences between sex and sexism, she discusses at length both sides of the debates over pornography, prostitution, beauty, sadomasochism, and rape and victim feminism.

Chancer does not take either side of these issues but stresses the need for acceptance and recognition of commonality; this will accomplish more than will hostility. Women can fight against sexism while recognizing that they have a right to enjoy sexuality as they see fit. She proposes a revitalized form of feminism which "would incline toward developing more synthetic political positions to which large numbers of women could relate across other social divides."



Other new acquisitions include: *Confronting Rape and Sexual Assault* edited by Mary E. Odem and Jody Clay-Warner; *Women's Rights in the U.S.A.: Policy Debates and Gender Roles*, 2nd ed., by Dorothy McBride Stetson; *Ending Domestic Violence: Changing Public Perceptions/Halting the Epidemic* by Ethel Klein, Jacquelyn Campbell et al.; and *Feminist Thought: A More Comprehensive Introduction*, 2nd ed., by Rosemarie Putnam Tong. 

M A R C H

National
Women's
History
Month

Calendar of Events

Margaret
Cunningim
Women's Center



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

Tuesday, March 3

Creative Life Planning Group meets weekly to share problem-solving information with other women and provide support in life changes. New members welcome. Bring your lunch, drinks are provided. *Also meets March 10, 17, 24 & 31.*

Monday, March 9

Book Group will discuss *The Divine Secrets of the Ya-Ya Sisterhood*, a novel by Rebecca Wells. Melissa Garcia will facilitate. New members welcome. 5:15 to 6:15 p.m.

Tuesday, March 10

Creative Life Planning Group will discuss the book, *A Home for the Heart: Creating Intimacy and Community with Loved Ones, Neighbors and Friends* by Charlotte Sophia Kasl, Ph.D. Chris Germino will lead the discussion. Noon to 1 p.m.

Wednesday, March 11

Mary Frances Berry will speak on "Gender, Race, and Politics in the 21st Century: Lessons from History." 7 p.m., Light Hall, room 208. Sponsored by Women's Studies Program with numerous co-sponsors including the Women's Center.

Thursday, March 12

Artist's Reception for Buffy Holton from 5 to 6 p.m. Holton's photography exhibit, "Inexact Locations," will be on display through April. *See article, page 4.*

Monday, March 16

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

Wednesday, March 18

"**The Role of Women in the Middle East**" is the topic of a brown bag lunch program at the Women's Center in conjunction with the International Awareness Festival. Bring your lunch; drinks and dessert provided. Noon to 1 p.m.

Thursday, March 19

"**Tax Tips for the Savvy Woman Investor,**" brown bag information session led by Joyce Harper, Director of H&R Block Premium. Bring your lunch and your questions; drinks provided. Noon to 1 p.m.

Monday, March 23

"**Prime-Time Politics: Television and Sexuality,**" lecture by Bonnie Dow, University of Georgia, 7 p.m. Location to be announced. Co-sponsored by Women's Studies and the Communications Department.

Tuesday, March 24

Celebrating Songwriters: A Feminist Singer / Songwriter Circle featuring Kate Wallace, Tom Kimmel, Sally Barris and Carol Elliott. 7:30 to 10:30 p.m., St. Augustine's Chapel. *See article, page 1.*



Members of the Creative Life Planning Group celebrated the birthday of long-time member Virginia Naylor Smith at a recent meeting. Enjoying the cake are (front row, from left) Martha Gerdeman, Smith, Lois Brown, (back row) Judy Swagler, Cindy Brown and Chris Germino.

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



Handbook offers practical advice for women in crisis

Solutions: The Woman's Crisis Handbook (Houghton Mifflin, 1997) is a volume of practical advice for women seeking information about or facing almost any type of problem or crisis. The writer, Lauren Hartman, was assisted by professionals from many fields. Among the topics included are mental health, aging parents, infertility, divorce, health problems of all kinds, difficulties at work, sexual harassment, abused and troubled children, disabilities, dying and violence against women.

In the first part of the volume Hartman presents advice on each particular subject: she defines and explains each situation clearly, suggesting what actions might be taken, what costs are likely to be incurred and where to turn for further assistance. Prominently featured on the first page of each chapter is a section entitled: "What's in This Chapter?" so that one can tell at a glance what is covered there. While some addresses and telephone numbers are provided in the first part, most are included in the second section, the Resource Directory. This provides information about the resources, goals and web sites of appropriate agencies and organizations. There is an extensive bibliography of popular books, pamphlets and periodicals for readers looking for further information.

In *The Gender Bias Prevention Book: Helping Girls and Women to Have Satisfying Lives and Careers*

Barbara Clarke,
Women's Center
librarian



(Jason Aronson, 1996) teacher and writer Montana Katz points out that much of the sex bias today is quite subtle and that many people assume that discrimination has become fairly rare. Many women and girls know otherwise, though they not infrequently blame themselves in situations where sex bias is the real cause of their problems.

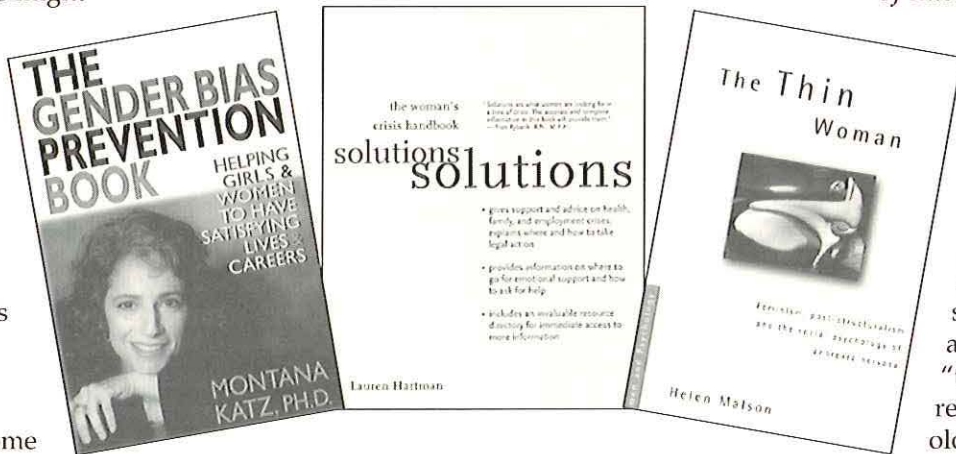
As we follow Emily's life we see that, though the climate has improved considerably, girls and women frequently encounter subtle prejudice and discrimination, as well as great pressure to conform to "traditional" gender stereotypes in the home, in the workplace, and at school and college. The "Gender action" sections at the end of each chapter contain suggestions for combating gender bias and thereby improving life for half of the people in the nation.

Psychologist Helen Malson's *The Thin Woman: Feminism, Post-Structuralism and the Social Psychology of Anorexia Nervosa* (Rout-

ledge, 1998) is a scholarly contribution to the field of eating disorders. The writer applies post-structuralist and psychoanalytic theory to her study of society, gender and anorexia. Her aim is "to develop a theoretical and methodological framework which is critically opposed to mainstream positivist and quasi-medical conceptions of 'anorexia' as a distinct *individual*

clinical entity."

Malson devotes part of her work to the history of eating disorders in the western world. For her analysis of the growing problem in modern society she interviewed 23 women with anorexia. Excerpts from these interviews illustrate the extent to which girls and women are influenced and harmed by the standards of contemporary culture. ■■■



New in the library: These books and many others in the Women's Center collection on gender and feminism are available to all members of the university community for research, reference and reading.

To illustrate her theories Katz traces the life of "Emily," a fictional American female, from her birth to eventual career and motherhood, illustrating typical biases that girls and women encounter. Since Emily is a healthy heterosexual girl born to a two-parent middle-class family and does not belong to a religious or ethnic minority, she faces much less prejudice than some other women.

Spring break sun-seekers:

There's no such thing as a healthy tan

by Amy L. Kauffman

Despite the knowledge that the sun can be harmful to our skin, why do many young people not take that information seriously? Do desires for short-term changes in appearance outweigh desires for long-term health?

Although our culture and media portray tans as healthy and desirable, there is, in fact, no such thing as a healthy tan. Our sun-worshipping habits have pushed skin cancer to the top of the list as the most common malignancy in humans. Each year in the U.S., an estimated one million cases are diagnosed, and the incidence is rapidly increasing.

Having had one or more severe sunburns during adolescence at least doubles the lifetime risk of melanoma, the most deadly form of skin cancer. College students, most of whom are in their late teens and early 20s, can greatly reduce their lifetime risk of skin cancer by exercising caution in the sun. Studies show that by the age of 21, an individual has already received 50 to 80 percent of his or her lifetime sun exposure.

The ultraviolet radiation (UVR) in sunlight is the primary preventable cause of skin cancer. The short-term effect of ultraviolet radiation is sunburn. But the long-term effects are much more insidious: skin cancer, weakening of the immune system, degenerative changes and eye damage. UVB and UVA are two types of radiation that affect the skin. UVB has a short wavelength and causes redness and skin cancer. UVA has a long wavelength and was once thought to be less harmful. It is now believed that UVA causes wrinkling and premature aging, promotes skin cancer, penetrates deeper into skin tissue, and weakens connective tissue.

Individuals with fair skin, fair hair, and blue eyes are particularly susceptible to the effects of UVR. Also at risk are those with a tendency to form freckles and moles.

Many people incorrectly think sunlamps and tanning beds are safer than the sun and that getting a "base tan" will provide better protection from the sun. Sunlamps emit primarily UVA, which causes premature aging; may induce light-sensitive skin problems such as cold sores; and may be linked with melanoma, which is a more serious form of skin cancer. UVA from tanning beds and sunlamps actually increases the damage caused by the sun by thinning the skin and decreasing its ability to heal. The intensity of UVA from the lamps

is five times greater than that from the sun, increasing especially the risk to the eyes. Other artificial tanning aids, such as tanning pills and accelerators, may also be dangerous and are not approved by the FDA.

The following is a list of preventive steps you can take to help protect your skin and lower your risk of cancer:

1. Avoid the sun. The sun's rays are the strongest between 10:00 a.m. and 3:00 p.m., so avoid being outside during this time if possible. Clouds block only about 20 percent of UVR, so do not assume you are safe when the skies are gray. The rays also penetrate three feet into the water, so even though you feel cool in a pool, UVR may still be reaching your body.

2. Use sunscreen. Sunscreen with a sun protection factor (SPF) of 15 or higher effectively filters 93% of UVB. Look for sunscreen stating that it is "broad spectrum," protecting against both UVA and UVB. Apply a liberal amount of sunscreen (one ounce) 15-30 minutes before going outside and reapply every two hours. Sunscreen should also be reapplied after swimming or

sweating. Although it's especially important that children use sunscreen, it is not recommended for babies younger than six months because the chemicals are too strong for their bodies.

3. Wear a hat. A three-inch brim helps to protect face, eyes, ears, and neck.

4. Wear sunglasses. Excessive exposure to

UVR increases the risk of cataracts. Choose sunglasses that block 99 to 100 percent of UVA and UVB.

5. Avoid artificial tanning.

6. Cover up. Lightweight, loose-fitting, long-sleeved clothing helps to protect your skin. Avoid wet clothing because UVR can penetrate it more easily.

7. Inspect skin regularly. The best time is after a bath or shower. Use mirrors to help inspect the back and other areas which are difficult to view. Look for changes in the size, shape, and color of blemishes. Other warning signs include scaliness, oozing, and blistering. If you notice any changes or have any questions, see your health care provider or dermatologist. ☞



“Many people incorrectly think sunlamps and tanning beds are safer than the sun. . . .”

Kauffman is a student in the nurse midwifery program at the Vanderbilt School of Nursing.

Announcements

Awards

Women's Studies Prize

The Women's Center has announced plans for a new \$100 prize to honor the best paper written for Images of Women, a course offered by the Women's Studies Program. The prize will be awarded each semester; a committee of faculty will make the selection. The deadline to submit a paper this semester is April 24. For more information, contact the Women's Center.

The Maria Mitchell Association has established an annual **Women in Science Award** to honor an individual or organization that encourages girls and women to pursue studies and careers in science and technology. Maria Mitchell (1818-1889), the first woman astronomer in the U.S., served as a teacher, mentor and role-model for many women. The award in her honor will recognize special initiatives designed to foster interest and participation in science for girls and women. Deadline for nominations is March 16. For information, call 508-228-9198 or consult the group's web site at www.mmo.org.

Programs

Letty M. Russell, a leading feminist theologian and professor of theology at Yale Divinity School, will give the 24th annual **Antoinette Brown Lecture** Thursday, March 19 at 7:30 p.m. in Benton Chapel. The lecture is named for the first ordained woman in America and focuses on concerns for women in ministry. Russell's speech is titled "Practicing Hospitality in a Time of Backlash." For information call 320-3918.

In recognition of National Women's History Month, **Travellers Rest** is hosting a series of five Sunday afternoon lectures. Each lecture will be held from 2 to 4 p.m.; tickets are \$5 in advance and \$6 at the door. **March 1:** "20th Century Women: Putting Politics into Practice," Carole Bucy; **March 8:** An afternoon with Lorraine Johnson-Coleman, African American cultural preservationist and storyteller; **March 15:** "The Ladies' Rest Room: Gender, Consumerism and Rural Reform in Early 20th Century Tennessee," Dr. C. Van West; **March 22:** "Life in the 1860s as Seen by a Lady," a dramatization by E.J. Nealey; **March 29:** "The History of Motherhood," Dr. Elizabeth Rose, assistant professor of history at Vanderbilt. For more information, call 832-8197.

Feast for Freedom, a community meal promoting dialogue and understanding, will be held Thursday, March 26, at 5 p.m. in the Branscomb South Dining Room. Organized by the office of University Chaplains and Affiliated Ministries. Reservations are required; call 343-9808.

The **Free-lance Writers Group** is no longer holding monthly meetings at the Women's Center. Any active writers interested in re-forming the group and committing to regular meetings can contact Judy Helfer at 322-6518.

Conferences

Each year the Women's Center sponsors students who are interested in attending the **National Conference of College Women Student Leaders**. The meeting of college women from across the country will be held June 4-6 on the campus of Georgetown University in Washington, D.C. The conference gives women students a chance to network with one another and to attend speeches and workshops on a variety of leadership topics. For information, contact the director of the Women's Center, Dr. Linda Manning, at 322-4843.



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