# Momen's Center Women's Center

V A N D E R B I L T U N I V E R S I T Y

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#### **ALCOHOL ON CAMPUS**

## Women narrow gender gap in binge drinking

by NINA KUTTY A&S Junior

female student wakes up one morning in an unfamiliar room. Sleeping beside her is a young man she does not recognize. Their clothes are scattered around the floor. After a closer look at her companion, she remembers him from one of her classes. She had never spoken to him in her life before last night. As she quickly gathers her belongings, she decides to ask her friends what happened the night before.

Another student wakes up on the floor of a friend's room beside a trash can placed there for her. Her headache is intolerable. Searching for aspirin, she notices a half-full bottle of tequila on the desk. As she fumbles with the aspirin bottle, she realizes she consumed the empty portion of the tequila. Maybe she shouldn't drink so much on the weekends.

These true stories are told by two Vanderbilt women, one an independent and one a sorority member. Experiences like theirs cause concern among college administrators all over the country. The amount of dangerous alcohol consumption — instances in which students are admitted to hospitals for excessive drinking — is increasing. And statistics show that the gap between male and female binge drinkers is closing steadily: In 1975, the difference was 13%; in 1993, it was 8%.

The increase in binge drinking by college women has had tragic results. Just over a year ago, Leslie Baltz, a senior honor student at the University of Virginia, died after becoming drunk at a party and falling down a flight of stairs. Her blood alcohol level was .27, more than double the legal standard for intoxication.

Experts on the subject say women



are more susceptible to peer pressure in choosing to drink. "Women perceive drinking as the cool thing to do when they enter college," says Nancy Anderson of the Psychological and Counseling Center. "And the fact that they have more of a tendency [than men] to want to be cool and immediately fit in plays into their alcohol consumption."

Mary Beth Carroll, program coordinator for the Office of Alcohol and Other Drug Education, believes women drink for three specific reasons: "First of all, they drink to feel more social. Everyone is doing it, so they might as well join in. Secondly, it gives them something to do, whether they are mingling at a party or trying to kill time before they go out. And they also drink as a diet aid, which is a scary concept in itself. Some women think that they can drink their calories and lose weight simultaneously," Carroll said.

Binge drinking is typically defined as five drinks in one sitting for a man and four drinks for a woman. There are several biological reasons why women "get

continued on page 2

#### Women and alcohol: facts & figures

- Women become intoxicated after drinking roughly half as much as men and suffer more quickly from long-term effects of alcohol, such as liver disease.
- Women in college are more likely to binge drink than those of the same age who are not in college (33 percent vs. 25 percent).
- 48 percent of college women reported drinking "to get drunk" in 1997, up from just 10 percent in 1977.
- 55 percent of date rape victims have been drinking prior to the incident.

— Data from the Harvard School of Public Health College Alcohol Study and the National Center on Addiction & Substance Abuse at Columbia University

### Women and alcohol continued from page 1

drunk faster" than men. Women are smaller than men and have a higher ratio of fat to water in their bodies, decreasing their ability to dilute alcohol in the bloodstream. Also, women have lower levels of an enzyme called alcohol dehydrogenase (ADH), which is involved in metabolizing alcohol. Because of these differences, a woman will have a higher blood alcohol level than a man from the same amount of alcohol, even allowing for differences in body weight. In some women, hormone levels during ovulation and premenstrual phases also affect their ability to metabolize alcohol.

"There is so much more liver disease, breast cancer and violence amongst heavy drinkers," says Carroll. "Half of domestic violence is alcoholrelated and women are generally on the receiving end of that. And it is known that alcohol is a strong factor in college rape situations, with either one or both the man and woman intoxicated during the crime."

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Visit our web site at: www.vanderbilt.edu/WomensCenter/womenctr.htm

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Another aspect of the alcohol debate is the difference in alcohol consumption between Greek and independent women. Both Anderson and Carroll believe drinking is more common in sororities than among independents. These beliefs are confirmed by national surveys that consistently show sorority members have higher rates of binge drinkers.

"Realistically, Greeks do drink more than non-Greeks," says Carroll. "These men and women belong to a social organization where drinking and partying is part of their culture. They like to have a good time, and in many cases, alcohol accompanies the social scene and allows them to really loosen up and enjoy themselves.'

Sandy Stahl, Assistant Dean of Students and Greek Advisor, agrees that "the statistics do indicate that Greeks have a higher alcohol consumption due to the fact that the parties and social events they schedule create more opportunities for drinking."

She also believes, however, that consumption is a universal component in the social life of all students - Greeks and independents. "Most of the fraternity parties are open to everyone, and if you step inside a frat house, you'll find that everyone is drinking. Alcohol is not a social staple indicative of only the

Greek students at Vanderbilt. Everyone likes to relax and enjoy a few drinks at parties."

Greek and non-Greek women at Vanderbilt view alcohol consumption as a universal problem on campus.

"It might be easy to blame the Greeks, and, honestly, I can see how most people see the Greeks as the heavy drinkers on campus," one independent female student said. "But if I just look at all of my independent friends, and the fact that we hide ourselves in our room and drink so much before we go out, I can see that saying Greeks are the center of the problem is such a hypocritical statement."

"I wouldn't blame just the Greeks on campus," says a Greek female student. "I would look at the whole social scene at Vanderbilt before I suddenly started pointing fingers."

The truth, according to Stahl, is that "alcohol will continue to be pursued as a crucial part of the social scene as long as the media continues to portray alcohol as fun, cool and sexy. It can be fun . and it can be the reason why people do enjoy themselves, but it must be done in moderation for real enjoyment to commence. Otherwise, as many students here have probably already realized, alcohol will just lead to a mess, and nobody wants that in their lives." [[[]]

### Theologian Mary Daly brings irreverent style to Vanderbilt

by GAY HOUSE WELCH

In 1967 Mary Daly wrote a book called *The Church and the Second Sex* (an obvious play on the title of Simone de Beauvoir's well-known treatise on woman's nature) criticizing the Catholic Church's treatment of women. In that book she discusses the male dominance of church doctrine and practice, the ordination of women, the theological roots of sexism and women's second-class citizenship.

She subsequently wrote Beyond God the Father (1973), having given up on Christianity as a vehicle for female redemption; Gyn/Ecology; and later Pure Lust; a feminist dictionary/"wickedary" (see excerpt); and Outercourse, all spiraling refinements of her increasingly radical philosophy.

Daly has moved in her anything-butboring writing from being a relatively mild reformist critic of the Catholic tradition to an incredibly (and sometimes incomprehensibly) complex and linguistically prolific weaver of pro-female, lifeaffirming "revolting" visionary prose.

Whatever you think of Mary Daly's work or her politics or her assault on patriarchal knowing and be-ing, if you are a student of women's studies, a seeker after truth(s), or a creature alive on the planet, it won't hurt you to take a few hours to encounter this one-of-akind prophet.

Her latest book, *Quintessence*, set in the year 2048 B.E. (Biophilic Era), is, in the author's words, "a challenge hurled Out to Daring women everywhere, anywhere, who are struggling to break free of the cages and prisons of patriarchal deadspace. Its purpose is to en-Courage us all to Spiral on. It is a Passionate invitation to whirl into the work of expanding our Magnetic Courage, reclaiming our own Space, reconnection with ourSelves." I invite you to accept Daly's invitation and come hear her for yourself.

Welch is University Chaplain and assistant professor of religious studies.

ary Daly, who describes herself as a radical feminist and a pirate/voyager, will speak Thursday, Jan. 28 at 7:30 p.m. in Wilson 103. Her appearance is part of the speakers series, Celebrating the Struggle: 150 Years of Change. The series marks the 150th anniversary of the women's rights movement and is sponsored by the Women's Center, the Women's Studies program, the Opportunity Development Center and Students for Women's Concerns.

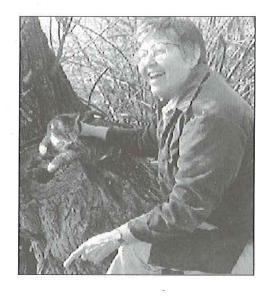
At noon on Friday, Jan. 29, Daly will join a group of undergraduate and graduate students at the Women's Center for lunch. If you are interested in participating, please contact Hilary Forbes at 322-6518 or e-mail <a href="mailto:hilary.forbes@vanderbilt.edu">hilary.forbes@vanderbilt.edu</a>.

#### Wicked Words

Excerpts from Websters' First New Intergalactic Wickedary of the English Language by Mary Daly

**academentia** *n* : normal state of persons in academia, marked by varying and progressive degrees; irreversible deterioration of faculties of intellectuals

**androlatry** *n*: the worship of maleness, which is the fundamental dogma and commandment of all patriarchal religions. *Example*:



"One hundred women are not worth a single testicle."—Confucian proverb. See *phallicism* 

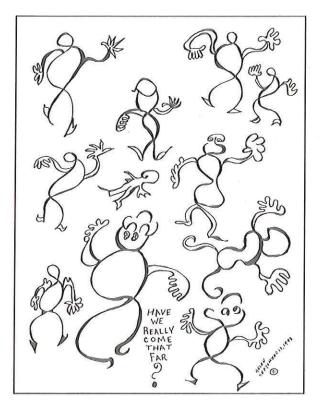
**bored, chairman of the** *n* : any bore-ocratically appointed bore who occupies a chair—a position which enables him to bore others all the more

**gross national product** *n*: any lethal or toxic commodity produced by a phallotechnological nation. *Examples:* pesticide-poisoned produce, pornography, nuclear weaponry

**housebroken** *adj*: condition of women taught/trained to "live" in the Domesticated State: state of being tractable, polite, tamed, subdued, heart-broken, spirit-broken

**jock** *n* : an athletic supporter; a well-developed jerk

**snool** *n* : normal inhabitant of sadosociety, characterized by sadism and masochism combined; stereotypic hero and/or saint of the sadostate. Examples: Adam; saint Paul; the Marquis de Sade. *Canny Comment:* "Remember all Men would be tyrants if they could." —Abigail Adams (1776)



#### Works by folk artist Helen Lewis on display

Folk artist Helen Lewis takes a look at how people react to today's technologically advanced society in "Have We Really Come That Far?" — an exhibit opening at the Women's Center Jan. 7.

Born in a sawmill shack near Franklin, Lewis worked as a hospital technician for 32 years before turning to art.

"I cannot profess to being self-taught for the simple reason that the work flows through me, and I never know what direction it is going to take," Lewis says. "The only conscious decision that I have, for the most part, is picking the subject and from there it is a loose cannon."

Although the piece from which the exhibit draws its title is a black and white sketch (*shown at left*), most of Lewis'



HELEN LEWIS

work is extremely colorful and lavishly detailed, reminiscent of the work of other folk artists such as Howard Finster.

The opening of her exhibit will be marked with a reception for the artist Jan. 7 from 4:30 to 6 p.m. Lewis' art will be on display at the Women's Center weekdays through Feb. 26.

## Coming up in January at the Women's Center

#### Black women authors

A roundtable discussion held at the Women's Center gave birth to the idea of offering a monthly book group that highlights fiction and nonfiction written by black women. This group is open to everyone - students, staff and faculty. If you are interested in attending an organizational meeting to discuss possible books to read and a monthly time to meet, come to the Women's Center on Thursday, Jan. 14 at 4 p.m. If you are not able to attend the meeting, but want to participate, contact Cynthia Young at cynthia.r.young@vanderbilt.edu or Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu.

#### Sunday study breaks

The Women's Center will be open on the third Sunday of each month for study breaks. Students are welcome to hang out, socialize, and watch movies at the Women's Center from 2 to 5 p.m. The first study break will be Jan. 24. Snacks and drinks will be provided. We want to know which movies you would like to see. Keep in mind, this is the Women's Center, so we want to show films that focus on women — Asian, black, disabled, Latina, lesbian, Native American and white — and their life experiences. Send suggestions or requests to Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu.

#### Dissertation writers

The Women's Center sponsors a Dissertation Writers Group each semester to provide problem solving, trouble shooting and moral support for women who are writing doctoral dissertations. The group is organized at the beginning of each semester and the organizational meeting for the spring semester will be held Wednesday, Jan. 13 at 4 p.m. in the Women's Center. Dr. Darlene Panvini, assistant director of the Center for Teaching, serves as facilitator for the group. Those attending the meeting should bring a typed abstract of their dissertation, including name, school, department, address and phone. If you are interested in joining the group, but are unable to attend the meeting, send

your abstract to Panvini in care of the Women's Center, Box 1513, Station B.

#### **Evaluating grad school**

The Women's Center is offering a series of programs for undergraduate women who are considering graduate or professional school. These programs will give students the opportunity to speak with a panel of women currently working on advanced degrees in various schools at Vanderbilt. They will speak about their personal experiences, academic challenges, financial issues, and professional development. Programs, to be held at the Women's Center, include:

- Wednesday, Jan. 20 at noon Humanities and Education
- Wednesday, Jan. 27 at noon Science and Engineering
- Thursday, Jan. 28 at 4 p.m.
   Business School
- Wednesday, Feb. 3 at noon Law School
- Thursday, Feb. 4 at 4 p.m. Medical and Nursing School



## Calendar of Events

## January 1999

#### Tuesday, January 5

**Creative Life Planning Group** meets over lunch every Tuesday to share problem-solving information with other women and provide support in life changes. New members welcome. Noon to 1 p.m. *Cuninggim Center. Also meets Jan. 12, 19, and 26.* 

**Students for Women's Concerns** meets every Tuesday to raise awareness of women's issues on campus and in the local community. 7:15 to 8:30 p.m. *Cuninggim Center. Also meets Jan.* 12, 19 and 26.

#### Thursday, January 7

**Artist's Reception** for Helen Lewis, whose exhibit will be on display at the Women's Center through Feb. 26. 4:30 to 6:00 p.m. *Cuninggim Center. See article, page 4.* 

#### Monday, January 11

**Book Group** meets to select books for the new year. New members welcome. 5:15 to 6:30 p.m. *Cuninggim Center. See article, page* 7.

#### Wednesday, January 13

**Brown Bag Lunch for Lesbian and Bisexual Women.** Monthly meeting for faculty, staff and graduate students who identify as lesbian or bisexual. For information, contact Hilary Forbes at 322-6518 or e-mail <a href="mailto:hilary.forbes@vanderbilt.edu">hilary.forbes@vanderbilt.edu</a>. 11:45 a.m. to 1 p.m. *Cuninggim Center. See also Jan.* 27 listing.

#### Wednesday, January 20

**Graduate Programs in Humanities and Education.** The first in a series of programs for undergraduate women who are considering graduate or professional school. Noon. *Cuninggim Center. See page 4 for more information.* 

#### Thursday, January 21

**Talking to Your Children About Sex.** Karen Silien and Rhonda Venable of the Psychological and Counseling Center present an informative program for parents. 5 p.m. *Cuninggim Center. See article, page 7.* 

#### Sunday, January 24

Study Break/Movie. 2 to 5 p.m. Cuninggim Center. See page 4.

#### Tuesday, January 26

Women's Center Advisory Board meets. 3:30 p.m. Sarratt 118.

#### Wednesday, January 27

Graduate Programs in Science and Engineering. Noon. Cuninggim Center. See page 4.

Afternoon Tea for Lesbian and Bisexual Women. 4 to 6 p.m. Cuninggim Center.

#### Thursday, January 28

Graduate Programs in Business. 4 p.m. Cuninggim Center. See page 4.

**Quintessence:** A Radical Elemental Feminist Manifesto. Speech by Mary Daly, ground-breaking feminist theologian, followed by book-signing and reception. 7:30 p.m. *Wilson* 103. See article, page 3.

#### Friday, January 29

**Lunch with Mary Daly.** Undergraduate and graduate students are invited to join Daly for lunch and discussion. Noon. *Cuninggim Center.* Space is limited. To participate, call Hilary Forbes at 322-6518 or e-mail <a href="mailto:hilary.forbes@vanderbilt.edu">hilary.forbes@vanderbilt.edu</a>.

#### **PLEASE SAVE AND POST**

For more information on the events listed, call 322-4843.

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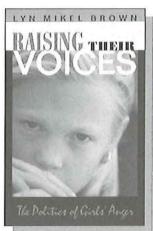
## Hearing the rebellious voices of today's teenage girls

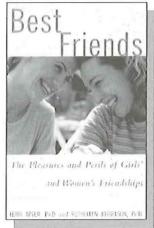
Lyn Mikel Brown makes a significant contribution to our understanding of adolescent girls in *Raising Their Voices: The Politics of Girls' Anger* (Harvard University Press, 1998). Brown, a psychologist and anthropologist who teaches at Colby College, has written extensively on young girls, often in collaboration with Carol Gilligan.

Brown feels that many people have glossed over earlier research showing that, although girls do suffer a drop in self-esteem around the age of puberty, they also strongly resist conforming to traditional gender roles and stereotypes. This work shows in which ways and to what extent girls resist conforming as they mature; it also shows the important role played by social class in the attitudes and behavior of adolescents. The writer illustrates "how a small number of outspoken white girls from two very different cultural communities fight for the life of their minds and the presence of their bodies." For a year Brown studied groups of young white girls aged from 11 to 14 in two differing towns in Maine; the girls in one community were from working-class or working poor backgrounds while those in the other town were from middle- or upper-middle-class families.

As the writer had expected, the girls from working-class families resisted and rebelled to a greater extent against the pressures to conform to middle-class notions of femininity and appropriate female behavior; they were more inclined to express the anger they felt about their prescribed roles as young women. While there have been some well-publicized cases of young girls

actively protesting against sexism, the working-class girls in this study rebelled in less dramatic ways. They readily and frequently expressed anger and were tough, bold, outspoken, comfortable with female sexuality and not averse to fighting. The middle-class adolescents, whose lives were less stressful in some ways, were more likely to adapt to expected sex roles and less apt to express openly their anger or frustration.





Psychologist Terri Apter and psychotherapist Ruthellen Josselson examine a long-neglected topic in *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships*(Crown, 1998). Friendships between females usually differ from those between males. While boys tend to be less emotional about friendship, to be more competitive, and to settle differences physically, girls' friendships are intense, passionate and of great importance to them and to their development.

Close friendship involves intense emotions, though these differ from romantic feelings. To lead normal and happy lives humans need friends; through friends we "satisfy our psychological hunger to explore different thoughts and feelings, to expand our understanding of our social and emotional worlds, and to exchange insights born out of that understanding."

The nature of friendship among women differs little from that between girls, and the feelings of bonding, support, possessiveness, betrayal, envy and power can be almost as intense. However, adult women are more likely to

avoid confrontation and to be more selective and tolerant.

Apter and Josselson show that women too can be quite devastated by being betrayed or abandoned by women they had considered to be good friends. As more women have entered the workplace, they have discovered that the advantages and hazards of friendship have reemerged there. Friendships among female co-workers are very important to the workers' happiness and well-being.

While the writers believe that it is difficult to give advice about friendship, they hope that this volume will encourage readers of all ages to discuss and to learn more about the nature of female friendship and of human relationships. Many readers will be reassured to see that their own experiences of friends and friendship are not unusual.

Other new acquisitions include:
Career Strategies for Women in Academe:
Arming Athena edited by Lynn H.
Collins, Joan C. Chrisler and Kathryn
Quina and Yours in Sisterhood: Ms. Magazine and the Promise of Popular Feminism by Amy Erdman Farrell.

## Book group members share insights on works by women

#### By JANE GIBBS DUBOSE

Any avid reader has a huge library of favorite books. Mine seems especially blessed, since it's filled with more than 10 years of selections from the Women's Center Book Group.

It has spilled out of the main bookshelf in my house into auxiliary ones. I have loaned the books to my husband,

mother-in-law, friends, neighbors and, I hope, one day to my fiveyear-old daughter.

That is one of the things that makes this book club special. We read something that practically everyone would like. Our library ranges from Edith Wharton to Barbara Kingsolver to Amy Tan and Dorothy Sayers. We've read classics, biographies, science fiction and poetry.

Some have been page turners, others just plain fun, and some, unfortunately, have been duds. At least a fourth of the titles have

been made into movies, which many club members love to analyze all over again. Stacked together, these books form an impressive group with one thing in common: they've all been written by women.

Elaine Goleski, a library staff member who has attended the book club since it began in 1986, says reading only women authors has proved to be a wonderful advantage. "By limiting ourselves to women, we have investigated that field and have ranged pretty widely. I

find these books illuminate reality and provide a wonderful reading experience I wouldn't have otherwise encountered."

She says her favorites are Possession: A Romance by A.S. Byatt and Shipping News: A Novel, by Annie E. Proulx. I would add A Door into Ocean by Joan Slonczewski, The Liar's Club by Mary Karr and The Patron Saints of Liars by

Ann Patchett.

Several authors we've read live in Nashville, which was convenient last year when one club member simply phoned Cathie Pelletier and asked her to talk about *Beaming Sonny Home*. Pelletier readily agreed, and she charmed our group with her wit.

Like any book club, we all benefit from our collective insights. But we're not stuffy by any means. We're all ages and from many walks of life. We'd love to have new members. We have only a few rules:

Female authors. Paperbacks (to keep down costs). And we try to read an author only once, although we do make exceptions. The club also varies the kinds of books. We work in one mystery, several non-fictions, fictions and a "classic" each year. And we'll even read the bizarre (*Geek Love* by Katherine Dunn).

It's comforting to know that on the second Monday of each month, there's a refuge with friends who share my passion for books. Won't you join us?



#### Reading Women

The Women's Center book group has met regularly for more than 12 years to discuss works by women authors. The group meets the second Monday of each month at the Women's Center and is open to all interested readers. New members are invited to join the group on Jan. 11 at 5:15 p.m., when reading selections for the coming year will be chosen.



## Helping parents handle discussions about sex

Does your four-year-old want to know why your neighbor's stomach is big and where babies come from? Does your 11-year-old come home from school declaring she is in love? Then you can benefit from an upcoming program, "Talking to Your Children About Sex."

Come to this fun and experiential session, with Dr. Karen Silien and Dr. Rhonda Venable from the Psychological and Counseling Center, in which your tough questions will be entertained. Role plays will help demonstrate how to talk to your children about sex. The program will be held Thursday, Jan. 21 from 5 to 6:30 p.m. at the Women's Center and is open to all members of the Vanderbilt community. To register call Hilary Forbes at 322-6518 or e-mail hilary.forbes@vanderbilt.edu.

## New body image group seeks women students

The Psychological and Counseling Center is offering an eight-week structured group that will address issues of body image and self-esteem for undergraduate women students. The group will explore personal and cultural dynamics of body image problems. Techniques for enhancing feelings of self-esteem and a positive body image will be introduced.

The group is open to Vanderbilt undergraduate women and will be led by Karen Silien, Ph.D. and April Berrian, MFCC. If you are interested or would like additional information about the group, please contact Silien or Berrian at 322-2571. A screening interview is required and the group size will be limited to 8-10 participants. All screening interviews must be completed by January 29.

## Writers workshops slated

#### Writing A Woman's Life

Award-winning author Karen Essex will lead two writing workshops at the Women's Center this spring, including a new session on "Writing A Woman's Life," a popular workshop she began last fall.

"Writing A Woman's Life" is a ten-part series for fiction and non-fiction writers that focuses on bringing authentic female experiences to the page. The workshop will meet Monday nights, 7 to 9 p.m., from Feb. 1 to April 5. Cost is \$175 for Vanderbilt students and \$225 for others.

Essex will also lead a more intensive workshop on alternating Saturdays focusing on the specifics of craft, style and form. This group will meet from 10:30 a.m. to 1 p.m. every other Saturday from Feb. 6 to May 15. Cost is \$195 for Vanderbilt students and \$245 for others. Space is limited; contact Essex at 269-8675 to reserve a spot.

#### Finding the Deep Voice

Poet and songwriter Diana Darby is planning an eight-week class for women poets and writers to begin in February at the Women's Center. Darby, who has written four books of poetry and been a staff writer for Warner Brothers, will work with each participant to find her own voice through the use of a journal to discover how a poem works. Writers will focus on image, moment and the transformation line as a mechanism for finding the deep voice. Cost is \$110 for students and \$160 for others. To register or for more information, contact Darby at 353-1420.

#### **Announcements**

- The Nashville Chapter of NOW is hosting a candlelight vigil Jan. 21 to remember women who have died from illegal abortions and service providers who have been killed by anti-abortionists. The vigil precedes the Jan. 22 anniversary of Roe v. Wade, the 1973 Supreme Court decision which confirmed abortion rights. Participants in the quiet vigil will gather downtown at the War Memorial Plaza from 5 to 6 p.m. The Women's Center is among the co-sponsors of the event.
- Volunteers are needed for DECISIONS, an eight-week course which teaches decision-making and life-planning skills to inmates at the Tennessee Prison for Women.
   Volunteers work with an inmate/partner for one-hour weekly sessions during the eight weeks, Feb. 1-March 22. Volunteer training is scheduled for January 23-24.
   For more information, call Kathy Masulis at 352-7218.
- The Middle Tennessee Women's Studies Association will hold its Founder's Day meeting Saturday, Jan. 30 in Massey 400 at Belmont University. The program will focus on women playwrights, with a performance of an original one-act play and discussion of today's hottest women playwrights. Coffee begins at 9:30 a.m., with the program at 10:30 and lunch at 11:45. For information, contact Jan Rosemergy at 322-8240.



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