

Women's VU

Margaret
Cunningim
Women's Center

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

VOLUME XXIII:3 NOVEMBER 2000

COMING IN NOVEMBER

President of NOW Legal Defense Kathy Rodgers to speak

The Margaret Cuningim Women's Center is pleased to sponsor a lecture to be given by Kathy Rodgers, President and Executive Director of NOW Legal Defense and Education Fund. Rodgers' speech, entitled "One Nation Indivisible: Can Women Survive States Rights?" will take place Wednesday, November 8th in Wilson Hall.

During the program, Rodgers will focus on the future of civil rights for women in this country in light of an alarming trend which has developed in the 1990s in which the Supreme Court has struck down federal laws or created new state immunities from the application of federal law. This trend manifested itself in May of this year in *U.S. v. Morrison*, a case in which a college student from Virginia Tech who attempted to sue two football players who had raped her in a dorm room during the beginning of her freshman year. In its 5-4 ruling, the court ruled against a key provision of the Violence Against Women Act which gave women the right to sue their attackers in federal court. The court ruled that "it is up to the states, not Congress," to give such help to women victimized by violence.

In a statement following the court's

decision, Rodgers, who helped represent the plaintiff in this case, explained how this decision was a complete setback for women's civil rights. In light of the dozens of studies Congress documented which showed that women who seek damages from their attackers face huge

obstacles from state judicial systems that regard sex offenses as "unworthy of serious attention," Rodgers argued that the federal government must maintain a standard of civil rights for women: "In passing the Violence Against Women Act in 1994, Congress recognized that gender-motivated violence is a national problem and created a federal remedy to deal with the unequal enforcement of such crimes. By striking down this remedy, the Court has usurped the legislative function of Congress, ignored the facts they

found, and substituted its own views for theirs.

"A woman's basic right to be free of violence should not depend on what state she lives in or whether she crosses state lines. The genius of American democracy is that fundamental rights cannot be subject to the whims or biases of individuals or individual states. The federal government is not a necessary evil, as our opponents claim, but must be a tool to insure uniform protection of civil rights for all."



KATHY RODGERS
President and Executive Director
NOW Legal Defense and
Education Fund

In her speech, Rodgers will discuss the political and legal questions surrounding this important case and the strategies the NOW Legal Defense and Education Fund will take in light of this set-back. More generally, Rodgers will discuss the future of civil rights in this election year, when the composition of the Supreme Court could drastically change.

A lawyer, educator and activist, Rodgers joined NOW Legal Defense and Education Fund in 1995. The organization, celebrating its 30th year, has played an instrumental role in framing and defending legislation that advances the rights of women and girls. Under Kathy Rodgers' leadership, the organization has expanded in size and scope and developed new programs that focus on violence against women, childcare, and economic justice. Rodgers and her staff served as the principal technical advisors to Congress and led a 2,000 member task force to support passage of the Violence Against Women Act. This act, which includes the provision of 3.3 billion dollars for the fifty states to use to help victims of domestic violence and sexual assault and to fund programs to end violence against women, was recently reauthorized by the Senate.

Please join us in welcoming Kathy Rodgers to Vanderbilt University and Nashville by attending a reception in her honor, to begin at 5:30 pm, in the lobby of Wilson Hall and her lecture, to begin at 6:30 pm, in room 103 of Wilson Hall. A question and answer session will follow Rodgers' speech. Contact Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu if you have any questions.

Irvin paints vivid picture of the Far East through photography

In this three-part series, "Women's VU" will spotlight the travels of Stacey Irvin (B.A. 1998) as she journeyed through



Stacey Irvin

China, Tibet, Nepal and Pakistan in the course of four months in the spring of 2000. Winner of the Margaret Stonewall Wooldridge Hamblet Award in March of 1999, Irvin received a \$16,000

grant to use toward a year of travel and artistic exploration. In order to win the award, Irvin competed with 10 other students in a juried exhibition which also included slide submissions and a written proposal detailing an itinerary and budget. A complete exhibition, featuring full color photographs of Irvin's trip will be shown January 11-February 1, 2001 in the Fine Arts Gallery at Vanderbilt University.

3-1-00 I am in Taipei! I just endured a 13:30 hour flight from LAX and the sun is rising over an overcast and humid day. Hong Kong is only a couple of hours away!

3-2-00 As I was leaving the U.S., I had an extreme desire to curl up in the fetal position. I was about to embark on a life dream and this acute fear bewildered me, but was so real that it could not be

denied. I wanted so badly to leave the airport and go home. I missed everything so badly already. The world was suddenly such a scary place. What was I getting myself into? How on earth did I decide to do this?

3-3-00 Hong Kong is unreal! It's like the whole world crammed onto one beautiful mountainous island! And people everywhere from all over the world! The boats in the harbor never stop coming and going! My friend John Guider, a professional photographer and artist from Nashville, is traveling with me for the first month. He and I enjoy walking down back alleys. The light is wonderful and the people

are even more nice and happy to see you than the people on the streets.

3-6-00 I am now in mainland China. I can't believe this is the beginning of our

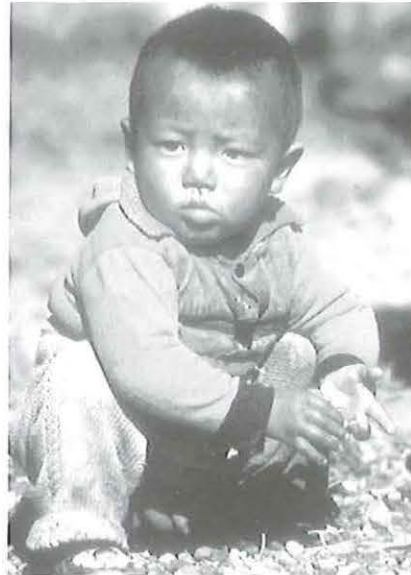
second week! John and I entered China via train to Guangzhou. It is so polluted—smog everywhere and with six million people, the traffic was like a turbulent ocean. Taxis, buses, cars and motorbikes weave amongst people on

foot and bicycle and carts! We passed part of the old city of Canton and the buildings were so photogenic, very run down and covered in soot, but bright laundry hung from the windows and old wooden shutters reminded me of the French Quarter in New Orleans. China is another world. I am definitely aware of being in a communist country.

While cell phones ring all around me, it still feels like I've gone back in time 50 to 100 years!

3-9-00 Well, the cell phones have all but disappeared for now. We

took the Li River Cruise from Guilin to Yangshuo today. Spectacular scenery. The karst (limestone) formations are just like all of the paintings I've seen,



Chinese toddler in the village of Baisha near Lijiang, Yunnan Province

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 Campus address: Franklin Building, 316 West Side Row.
 Mailing address: Box 1513, Station B, Nashville, TN 37235.
 Phone: (615) 322-4843. Fax: (615) 343-0940.
 E-mail address: womenctr@ctr.vax.vanderbilt.edu.

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

Linda Manning, director
 Hilary Forbes, assistant director for programs
 Sandra Harrell, coordinator for outreach and services
 Barbara Clarke, librarian
 Gladys Holt, office manager
 Susan Hilderbrand, editor (direct dial 343-4367)
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This article contains journal selections and photographs from the first two months of Irvin's travels through the villages of south-east China. Irvin traveled by car, rail, plane and by boat to arrive at the various destinations.

especially in the misty rain and clouds that have accompanied us. Last night in Guilin, John and I took a walk down a few back streets. The dim lights and wet streets were incredible and everyone was cooking dinner in their storefronts and riding bikes on their way home. I didn't feel that it could be possible to be where I was, seeing what I was! And this just continues.... We are now south of Guilin in Yangshuo and the faces, vehicles, homes, markets and food are just so vivid and different. Unfortunately, I saw what I'd hoped to avoid: dogs in cages waiting to be sold for dinner. This makes me so sad. I try not to think too much about it.

3-19-00 Today we arrived in Dali from Kunming and set out for an island on Lake Urhai that has a fishing village. We ended up on the wrong boat in a tourist-trap temple and managed to escape down a road that led us to a priceless experience. We saw a boat and family on shore down a hill, so we went to check it out. We ended up helping bring in their net and spent the rest of the day with them until we had dinner at their house, eating the day's catch! It was moving, exhilarating, frustrating, uplifting, humorous and genuine. I did what I love to do and what (in the last few years) I've made a priority in my life

I live on *both* sides of the camera! I jumped in that boat to talk to the two young daughters and take a few photos, but I also jumped in to see what it felt like to engage them on their turf, maybe even get to take part in their lives. When the mother started bringing the net in the boat, I knew what I wanted and I went for it: the chance to take part in the actual activities of a Chinese fishing family. The work was very hard -- they are such strong people! And initially the catch was very disappointing to me: only one big fish (the other one got away) and a bucket of smaller ones. I learned later that the thousands of tiny white translucent fish mixed up in the seaweed were actually the most prized part of the catch. These "silver fish" are a popular delicacy in other parts of China and Japan. This family works tremendously hard every single day -- their lives depend on it. I bet they hadn't expected to catch two great big unusual American fish today! I live for

these experiences. This is what my life must be. I must use my photography, my curiosity, and my energy to do some good for people. How can I take these experiences and help people? Right now, all I can tell is that I'm the luckiest person I know. 4-6-00 Now I'm on the "Silk Route" and it is pretty darn incredible too! After John left to return to the U.S., I took a train from Xian west toward a town called Tianshui and then met up with a guide and driver for the trip to Xiahe. The drive was like most drives in China -- you just have to hang on and pray. My guide, Rose, doesn't speak very good English at all, so that's been tough. But, ~~Am~~ dealing. In fact, I taught her a fun

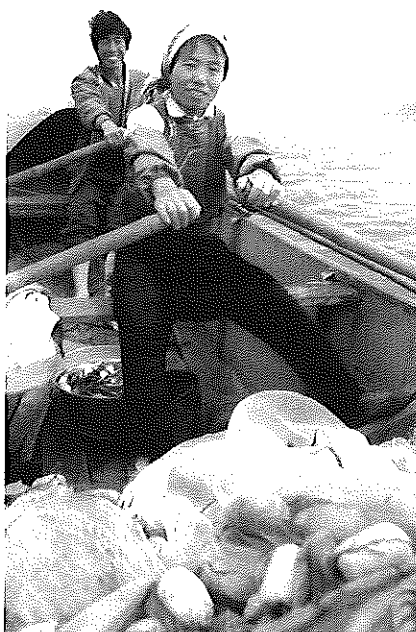
nervous because they thought that I wanted to be in the photos with them.. Apparently they still harbor fears from the Cultural Revolution. Having a photo with a foreigner could get them into real trouble back then.

One of the men lived on the cliff-side literally inside one of the cave-shrines! His bed was right next to an altar for the Daoist god of medicine. His job was to tend to the large Buddhist shrine above. The other man wore a pair of large slightly shaded spectacles and had brought along his 5-year-old grandson, a little guy with wide eyes and a runny nose. Later, we went and visited his nearby bee farm! He

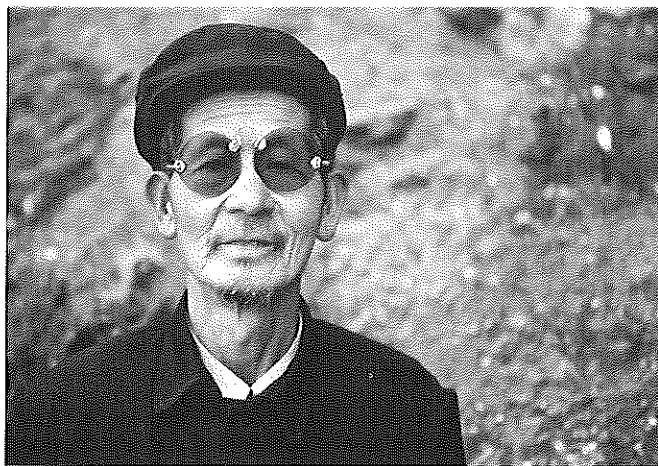
was so proud of his bees and the flowering tree in his garden and wanted to be photographed with them. My guide and I were given hats with netting over our faces and I could tell that she was really frightened. I was just so happy to be there that I didn't worry that much! I was a little nervous, but just kept snapping. He wanted me to take a picture of him and his bees next to a flowering tree and I did. He picked out a section of bees from one of the boxes and there were thousands of them everywhere! I wanted to know if I could buy a

jar of honey from him, but he seemed more interested in giving us all sips of his homemade "Prince's Honey Rice Wine" made from the prince bee's honey! Wow! It was sweet and strong! We all had a couple of sips; he had several and gave his grandson several too.

Next stop, the Tibetan town of Xiahe in Qinghai Province....



The Chinese fishing family row Stacey and John back to the village where they enjoy dinner together.



The bee keeper and honey rice wine connoisseur in Gangu.

card game and she taught the driver too! Now we can all play!

In a town called Gangu I visited a Buddhist shrine way up on the side of a cliff! It is home to the second largest Buddha sculpture in Gansu Province. The fun part was meeting two old men who invited me for tea and let me photograph them. At first they were quite

Knowledge is power when it comes to car maintenance

Most women have some kind of horror story to tell related to car maintenance. They've either been overcharged for services, lied to about what is really wrong with their vehicle, or patronized by a male mechanic who refuses to educate them about the status of their own car. The best way to beat these people at their own game is to educate oneself as much as possible about one's own car. On September 28, Pat Claybaker co-owner of "The Workshop," came to do just that. Below are the highlights of her talk.

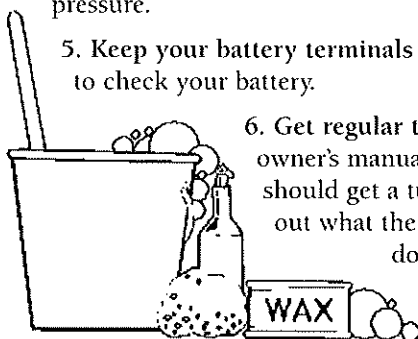
1. Read your owner's manual. Your owner's manual contains important information specific to your vehicle. It will explain of all the features of your car, underneath the hood and in the interior. It provides maps and diagrams to show you where to check your oil and other fluids under the hood, and will explain how to perform regular maintenance work. Keep a record of the work performed on your car by using the blank pages in the back.

2. Change your oil and filter regularly every 3,000 miles. This is particularly true if you do a lot of stop-and-go driving, which most of us do if we live in an urban area. Be sure you are getting the correct oil filter specific to your car (consult your dealer if you are not sure) and that you use the appropriate oil.

3. Check fluid levels on oil, antifreeze, power steering fluid, brake fluid, and automatic transmission fluid (if you have that) at least once a month. Consult your owner's manual to find out how and where to check these fluids.

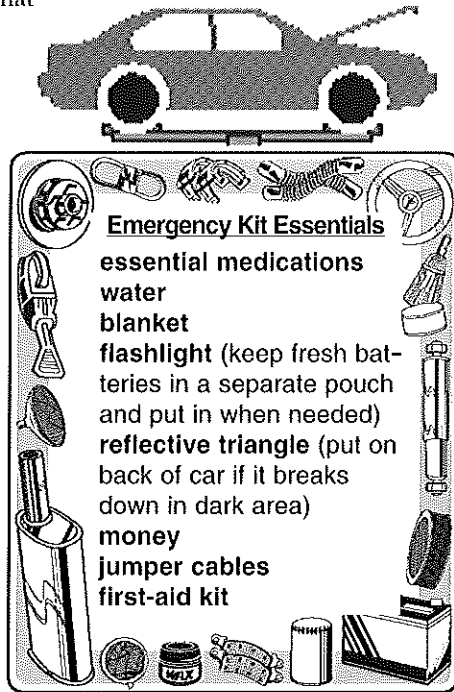
4. Keep an eye on tire pressure and the general condition of your tires. There should be a sticker stuck to the inside of you glove compartment or on the inside of the driver's door that will tell you how many pounds per square inch of pressure your tires need. Consult with your dealer or check in your owner's manual if you are not sure. Failure to keep your tires properly inflated will shorten the life of your tires and may cause an accident. Invest in a tire gauge to check the pressure.

5. Keep your battery terminals clean. See box on how to check your battery.



6. Get regular tune-ups. See your owner's manual for how often you should get a tune-up. Be sure to find out what the mechanic will actually do to your car before you decide on where you want to take it. For

a good tune-up a mechanic should change plugs, change air filter, change fuel filter, adjust valves (if applicable), check belts, change spark plugs, test drive the vehicle, test the brakes and check all belts, hoses and fluids.



7. Look under your car for leaks and make a note of color of fluid and location of where you see drips. If you are not sure, run a sheet of newspaper under your car and pull it out after a few hours. This will give you an idea of where the leak is located and what color it is.

8. Know where your spare tire is and how to change a flat. Most cars have a spare in the trunk along with a hydraulic jack. Get a friend to help walk you through it or consult your owner's manual.

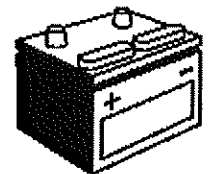
9. Keep the inside and outside of your car clean. This will cut down on rust and erosion. Bird droppings, for example, contain acids which can wear through the paint of your car.

10. Be comfortable with your mechanic and dealer. If your mechanic patronizes you or refuses to explain what's wrong with your car, find another dealer.

How to check your battery

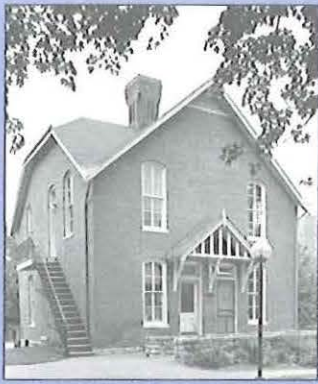
Caution! Never strike a spark near a battery. Always wash your hands with soap and water after touching a battery. Wear eye protection while cleaning a battery.

Open the hood of your car and see if there is a lot of powdery looking greenish debris (corrosion) on the terminals of your battery. If so, make a paste of baking soda and water and glop it on the terminals with a spoon or old toothbrush. It will bubble and fizz. When it stops fizzing, rinse well with water. If you don't have baking soda handy, a Coke will also work. Next, check to see that the cables are tight on the posts. If not, you need to tighten them. A generic pair of pliers should work until you can get a better tool or replace the cable ends if necessary. If your battery has removable caps check the water level in the battery. If you have a sealed battery check to see if the indicator light is green. Wash your hands when you are finished!



ABOUT THE AUTHOR

Pat Claybaker and her husband Larry own the auto repair shop, "The Workshop" on 4th Avenue in Nashville, which they began almost twenty years ago. Pat has learned the car business first-hand by repairing and supervising the repair of cars and has been giving car maintenance seminars for the Women's Center once a semester for several years.



Margaret Cuninggim Women's Center

Calendar of Events

PLEASE SAVE AND POST.

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

NOVEMBER

Thursday, November 2, 7:00 pm

Cancer Conversation: Coping with the Loss of a Parent - Students Erika Callaway (Divinity School) and Lauren Duncan (Peabody) will lead this discussion about losing a parent to cancer and share their personal stories. This event is co-sponsored by Delta Sigma Theta sorority in connection with their Health and Happiness Week.

Sunday, November 5, 9:00 am - 1:00 pm

Race for the Cure - Cool Springs Galleria

The Margaret Cuninggim Women's Center and Alpha Kappa Alpha, Delta Sigma Theta, and Zeta Phi Beta sororities are registering students, staff and faculty to participate in this annual fundraiser and awareness campaign for the Susan G. Komen Breast Cancer Foundation. Team registration is \$12.

The event will take place at the Cool Springs Galleria. Walkers and runners are welcome to join us. Contact Hilary Forbes 322-6518 or hilary.forbes@vanderbilt.edu to register.



Monday, November 6, 5:15 pm

Book Group - *In the Time of the Butterflies* by Julie Alvarez will be facilitated Sarah Walker.

Tuesday, November 7, 12:00 noon - 1:00 pm

Creative Life Planning Group - Christy Dornlan, volunteer coordinator from the Martha O'Brian Center, will speak about the volunteer program at the Martha O'Brian Center.

Wednesday, November 8, 5:15 pm - 6:15 pm

Women, Spirit & Poetry - Linda Manning and Jan Rosemergy will lead this month's discussion on "Sacredness of the Ordinary" from *Cries of the Spirit: A Celebration of Women's Spirituality*.

Wednesday, November 8, 5:30 pm

Reception for Kathy Rodgers - Wilson Hall lobby
Kathy Rodgers, president and executive director of NOW Legal Defense and Education Fund, is the guest of honor for this reception, prior to her talk. Everyone is welcome.

Wednesday, November 8, 6:30 pm

One Nation Indivisible: Can Women Survive States Rights? - Wilson Hall, room 103
Kathy Rodgers will address the issue of civil rights for women and what impact states' rights will have. This evening is co-sponsored by Women's Studies Program, the YWCA, the Rape and Sexual Abuse Center and the Nashville chapter of NOW. See article on page 1

Thursday, November 9, 4:00 pm

Barbies and Boycotts: Feminism in the 21st Century - Wilson Hall, Room 103
Amy Richards and Jennifer Baumgardner, co-authors of *Manifesta: Young Women, Feminism and the Future*, will speak to the Vanderbilt and Nashville communities about the new face of feminism and how younger generations of women connect with it. The Women's Center is co-sponsoring this program offered by the Women's Studies Program.

Tuesday, November 14, 12:00 noon - 1:00 pm

Creative Life Planning Group - Carol Stein, owner/operator of the Cumberland Gallery, will speak about how to run an art gallery.

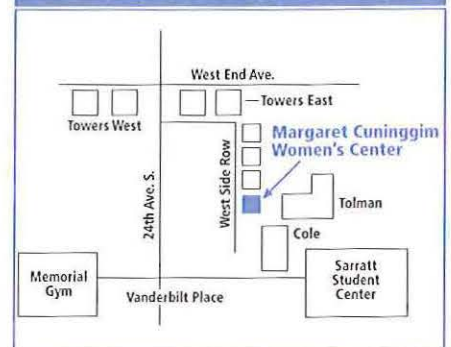
Thursday, November 16, 12:00 noon - 1:00 pm

Reading Sisters - *Don't Block the Blessings: Revelations of a Life-time* by Patti Labelle and Laura B. Randolph. Contact Hilary Forbes at 322-6518 with any questions.

November 28, Tuesday, 12:00 noon - 1:00 pm

Creative Life Planning Group - Issues Week for personal sharing. *No meeting Nov 23rd*

How to find us . . .



The Cuninggim Center is located in the Franklin Building at 316 West Side Row.



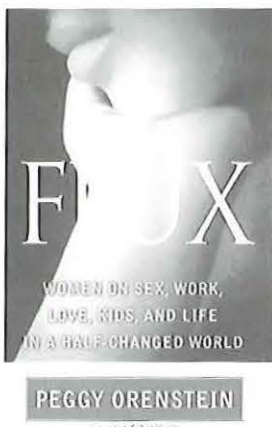
IN THE LIBRARY

BARBARA CLARKE
Women's Center librarian



Study focuses on conflicting messages women receive

While traveling around the country lecturing on self-esteem to groups of women and girls Peggy Orenstein noticed certain themes in the remarks made by many of the women she encountered. They seemed confused by conflicting messages and expectations about how they should balance their professional and personal lives. Orenstein felt that it would be very beneficial for women to share their experiences, and *Flux: Women on Sex, Work, Kids, Love, and Life in a Half-Changed World* (Doubleday, 2000) is the result of four years of research. The writer interviewed and observed over 200 women, mostly college graduates, who were aged from 25 to 45; they were of diverse backgrounds and from many areas of the country.



Most women of this age grew up believing that they could have it all. Young women expect to have the same opportunities as their male counterparts; they have freedom that did not exist for earlier generations of females. Yet many women feel anxious and confused about this freedom, the variety of choices open to them and the potential costs of professional success. Most women eventually feel pressure to marry, have children and care for those children.

The women discuss their careers and ambitions and how their job aspirations evolved over time; the pressures they feel; and their decisions about whether to marry and to have children. They share details of their regrets and anxieties; their relationships and their concerns about sexuality; and motherhood

and the division of housework and child care.

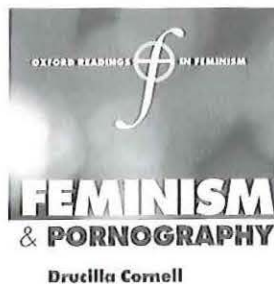
Orenstein hopes that this volume will help women and men reflect on their lives, consider the benefits of making changes and become happier and more fulfilled.

Pornography is a controversial and divisive topic. *Feminism and Pornography* (Oxford University Press, 2000), edited by Drucilla Cornell, is a collection of articles illustrating the complexity of the subject and the wide variety of opinions on it. The editor, a professor of law, political science, and women's studies at Rutgers University, aims to present a balanced and comprehensive

picture and has chosen 39 articles presenting a wide range of views. Most of the selections have been published previously and among the contributors are Andrea Dworkin, Catharine A. MacKinnon, Alice Walker, bell hooks, Judith Butler and Audre Lorde.

The writers discuss the definitions and varieties of pornography; why it is or is not harmful to girls and women; why it should be legal or illegal; pornography through the ages; prostitutes and other sex workers; lesbian pornography; the

worldwide distribution and consumption of pornography; and human rights



and sexual exploitation.

Most working women must continually juggle their work and family dreams and feel torn in many different directions. In *Working Women in America: Split Dreams* (Oxford University Press, 2000) sociologists Sharlene Hesse-Biber and Gregg Lee Carter illustrate how women have worked in a wide variety of occupations from colonial times to the present. While the percentage of women who work outside the home has increased greatly in recent decades,



women have worked for pay for centuries. This had been true particularly for poor and minority women and those who were widowed or single.

The writers identify many factors, including the socialization of females, that lead to gender inequality in the workplace and to the pay gap. They examine the pressures faced by women today and their experiences of juggling multiple roles at work and at home. There is often a discrepancy between the ambitions of young women and the eventual reality of their lives. The writers suggest that there are many personal and institutional solutions to the problems women faced by women and they feel that "to solve the work/family dilemma, we as a nation need a coherent approach to corporate and public policy, as well as a radical shift in cultural values and attitudes."



by Linda Manning, Ph.D., Director of the Margaret Cuningim Women's Center

Stress is a part of our lives. All of us experience it. But as women, we seem to have more than our share. And it seems to be increasing.

In 1999, 39% of female college freshmen (twice as many as the male college freshmen) responded to a UCLA survey that they frequently felt "overwhelmed by all I have to do." The survey also suggests that the women spent more time than the men studying, volunteering, and participating in student activities. Women faculty and administrators often do a greater share of service, committee work, and mentoring as well. And the burden is even heavier for women of color since there are fewer of them in the academy and more demands on their time.

Many of us are all too familiar with the "second shift" that employed women with families experience once they get home from the job. And some studies suggest that stay-at-home Moms may be the most stressed of all since few parents have the luxury of extended family help with raising children in today's mobile society. Single or married, women and men alike deal with the stress brought on by longer working hours and a faster pace of life. And women confront the glass ceiling, lower wages, and sexual harassment in the workplace as well.

How can we cope effectively with all of this stress? We need to work toward changes in laws and policies that affect women's wages, work environments, and limit their chances for promotion. We need to change gendered expectations that leave women feeling disproportionately responsible for relational, nurturing and support tasks in the academy, the office, and the home. Unfortunately, the work of creating these changes also falls mostly to women, and can add to our stress as we attempt to relieve it. How do we care for ourselves while we are working for the revolution?

If you stop reading right now and close your eyes, can you feel the effects of stress in your body? Do you notice a tension in your shoulders or your lower back? Is your jaw tight? Do you have frequent headaches or heartburn? Are you tired all the time? How often do you lie in bed, vainly trying to sleep, while your mind rehearses all of the tasks left undone on your "to do" list? How many times do you replay a conversation or interaction in your mind, looking for all you did "wrong" and all you "should" have done differently? Can you feel the effects of stress on your spirit? Do you find it hard to relax, to calm and soothe yourself when you are upset? Is it difficult to truly love and care for yourself? Do you find it hard to feel a sense of belonging, or connect with a deep sense of meaning and purpose in life?

Two of the most effective forms of self-care that I have dis-

covered are yoga and meditation. Not only do these practices relieve the negative effects of stress in my life by stretching, toning and relaxing my body and calming, soothing and centering my mind, but also, when I practice regularly, I find a connection to my core spiritual self, to meaning and purpose in life, that helps to prevent stress as well. To speak of yoga and meditation as separate is really inaccurate. In the west, we mostly think of yoga as a physical exercise. In reality, yoga is the term for a whole system of spiritual practices. The physical poses and the practice of meditation are two branches of this system. The others include wisdom or knowledge, service, and devotion to the Divine. But whether you use yoga and meditation as a temporary stress reliever or as part of your spiritual practice, the benefits are enormous.

In the book *Yoga and the Search for the True Self*, Stephen Cope asserts, "Yoga is probably the world's most perfect form of exercise. It cultivates cardiovascular health,

and musculoskeletal strength and flexibility, without the painful and damaging side effects of high impact aerobics. It tunes up every organ system – respiratory, digestive, reproductive, endocrine, lymphatic, and nervous. It cultivates the body's capacity to relax and dramatically reduces the negative effects of stress. With regular yoga practice we breathe better. We sleep better. We digest our food better. We feel better... The benefits of practice are immediate."

Yoga strengthens and opens the body and prepares the mind for meditation. It helps us to integrate body, mind, and spirit. Meditation is recommended and practiced in virtually every spiritual tradition, though it is sometimes called by a different name, such as centered prayer in the Christian tradition. People who claim no spiritual tradition also practice it. Meditation is the process of getting quiet, going inward, and turning down the "noise" of the mind. There are many "techniques" for accomplishing this. Some people focus on their breathing; some focus on an image or picture; some repeat a phrase or mantra. The point is simply to be still, to be present in this moment rather than worrying about the future or dwelling on the past, and to be aware. When thoughts appear that take us away from this moment and awareness, rather than follow them, you simply acknowledge their presence and let them go. In this way we find peace. And if we can bring to the practice an attitude of curiosity combined with loving kindness rather than judgment, we can develop compassion for ourselves and for others. Spiritual practitioners believe that meditation allows them to connect with the Divine within all of us.

Please turn to page 8 for information about yoga classes.



A N N O U N C E M E N T S

Susan Ford Wiltshire, Professor of Classics, gave the twenty-first annual Bancroft Memorial Lecture at the U.S. Naval Academy in Annapolis on Tuesday, October 10. Her title was "Socrates as Leader: Courage and the Common Good." The lecture is named for George Bancroft, historian and founder of the Naval Academy in 1845. It is the primary lecture in history and humanities at the Academy each year.

The Lloyd's of London/Wattles Fellowship
This fellowship program is available to Senior women who are looking for a unique year-long work study experience at Lloyd's of London. The deadline to submit applications is Tuesday, November 14. The initial screening interviews for applicants is Saturday morning, December 2. For additional information please contact B.J. Taylor at the Career Center at 322-3213 or b.j.taylor@vanderbilt.edu.



Hand in Hand Training
Friday,
November 3
through
Sunday,
November 5

Hand in Hand is a trained volunteer group of students, staff and faculty who help students make informed decisions about services and options available to them related to relationship violence, sexual assault or stalking. If you would like to join this group please contact Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu to learn more.

- Yoga classes are offered in several different areas on campus (Sarratt Vanderbilt Dance Group classes, the Student Recreation Center, Health Plus, and the Dayani Center) and in the community (e.g., The Yoga Center, 12 South Yoga, Yoga Source, and the YMCA). There are many wonderful books that teach and describe the practice of meditation. Some of Linda's favorites are *Being Peace* by Thich Nhat Hahn and *The Wisdom of No Escape* and *When Things Fall Apart* by Pema Chodron. Linda would be delighted to start a meditation group at the Women's Center. Let her know by e-mail at linda.g.manning@vanderbilt.edu or by phone at 322-6519 if you are interested.



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