

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

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HOW FAR HAVE WE REALLY COME?

Sports, Women and Media Representation

by **CINDY PEMBERTON**, IDAHO STATE UNIVERSITY; **SHARON SHIELDS**, VANDERBILT UNIVERSITY; AND **ELIZABETH GILBERT**, UNIVERSITY OF NEW MEXICO-GALLUP

"Anthropologist Margaret Mead once said that if a fish were an anthropologist, the last thing it would discover would be water. Most of us have grown up taking for granted a sea of gender bias so encompassing that, like Mead's fish, we don't even notice it." (Sadker & Sadker, 1994, p.266)

Although women and girls are competing in sports in increasing numbers disparities exist in the print media coverage of females and males in sports (Boutilier and SanGiovanni, 1983). The media is a powerful force which permeates society through a myriad of different forms, including newspapers, magazines, books, radio, television, and movies. With this in mind, it is not surprising that what the media portrays has a strong effect on public attitudes, opinions, beliefs, and values.

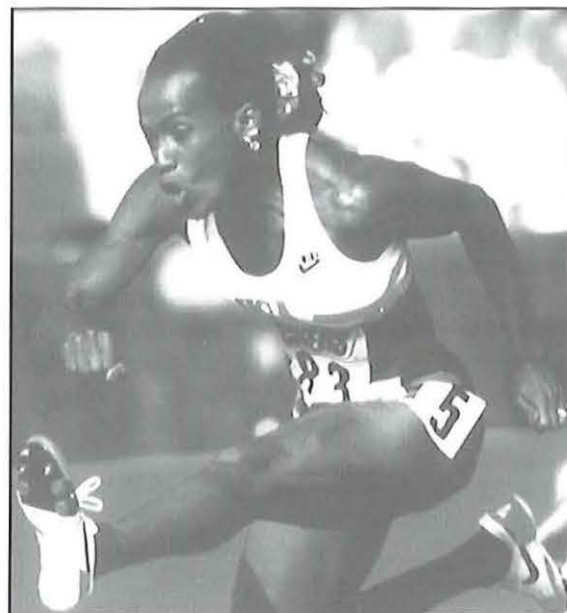
As we celebrate the National Association of Girls and Women in Sports Day on February 7, 2001, it is important that we examine how girls' and women's sport experiences and accomplishments are portrayed in the print media. After all, the media is an institution that recognizes sport accomplishments and is a powerful tool in defining for the American public what has importance and value in our culture. As we continue to strive for equity on our playing fields we should be strong advocates of equity in the sports coverage for women by the media.

We have worked together for over six years examining in much detail the print media coverage of women's sports.

Our work began as classroom assignments for students in our respective college classes related to Women in Sport. In 1996 we found that in the *Tennessean*, the *New York Times*, and *USA Today*, overall, females received 11.1 percent of the print media coverage compared with 82.1 percent allocated to male sports. This study was conducted during the month of March when men's and women's collegiate basketball were running parallel tournaments. In addition the study found that 19 percent of the men's sports articles had accompanying photographs, while only 4 percent of the female articles had accompanying photographs.

This study just added to the previous literature that found females to be underrepresented in both the quantity and quality of media sports coverage.

In the early 1970s Miller (Boutilier and SanGiovanni, 1983), analyzed photographs appearing in the *Los Angeles Times* and the *Washington Post* from July 1973 through July 1974. She found that 95% of the sports photo coverage was of males. In a later study, Duncan, Messner, and Williams (1991) analyzed the coverage of women's sports in four daily newspapers: *USA Today*, the *Boston Globe*, the *Orange County Register* and the *Dallas Morning News*. They found that "stories focusing exclusively on men's sports outnumbered stories addressing only women's sports by a ratio of 23:1." (p.3). Further, their research showed that even when men's



JACKIE JOYNER-KERSEY

baseball and football stories were removed from the mix "...men's stories still outnumbered women's stories by an 8.7:1 margin." (p.3). In addition to a quantitative advantage, (Duncan et al. 1991) found that men's sport stories received better section placement and received more and better accompanying photo coverage.

In a 1991 study by the Amateur Athletic Foundation, four of the top 10 most widely-read sports sections in the country were reviewed for gender equity. "There was a huge statistical difference in the quantity of men's and women's stories, the total number of column inches, and the number of photographs of male and female athletes." (p.10).

These examples support the percep-

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Sports, Women... *continued from page 1*

tion that female athletes are underrepresented in sport media coverage. According to Gerbner (1978, in Kane and Greendorfer, 1994), the minimal coverage of women in sport leads to the "symbolic annihilation" of the female athlete. Further, often when media attention is given to female athletes, trivialization of the female athlete occurs.

Frequently, the media focus is more on sex appeal, feminine characteristics, and/or stereotypical role perceptions of female athletes, than on their athletic ability. For example, during earlier Olympic sport coverage the media has labeled female athletes as "sweetheart," or focused on female athletes as wives and mothers rather than as serious performers (Sage, 1990).

In 1994, the Women's Sports Foundation issued "Words to Watch" in response to reporting and commentary that undercut women athletes and women's athletic achievements. "When women athletes are the subject of reports and commentary they are sometimes referred to in words that treat them differently than men, often in ways which downplay or trivialize their

achievements" (Women's Sports Foundation, 1995, p.3). Often when women's athletic achievements are talked about, the verbal commentary undermines them as harshly as exclusionary tactics (Messner, Duncan and Wachs, 1996; Koivula, 1999). Calling women "girls" or "ladies," using first names instead of last names to refer to them, and descriptions that emphasize physical appearance or skills not related to performance (such as cute, bouncy, fresh-faced, etc.) degrade women and undermine their athletic achievements (Women's Sports Foundation, 1995).

The research cited shows the persistence of the quantitative and qualitative underrepresentation and trivialization of female athletes in the media. As a result, the message sent to the public is that females in sport are weaker, less important and less valued than their male counterparts (Kane and Greendorfer, 1994).

Our most recent study has culminated in an analysis of print media coverage from the 1996 Olympic Games. The project was supported by the First Amendment Center at Vanderbilt University. Thirteen different newspapers from across the country were analyzed. In this study a total of 7,996 articles/notes or box scores were read and coded relative to the following categories: article type and placement, article author, country, gender of athlete or event, sport, pictures, and page on which the information was reported, to name a few. Among other things, the results revealed that despite the fact that the 1996 Olympics were headlined as the "Year of the Woman," male athletes and men's sports received the bulk of Olympic coverage: 43.1% of the article coverage was devoted to male athletes, 27.75% to female athletes, 19.1% to both and 10% to neither.

We also found that the majority of articles did not have accompanying photo coverage. However, of those that did, 983 (12.3%) had accompanying action photos, of which males were featured in 494 (50.3%) of the photos, while females were featured in 346

(35.2%) of the photos.

There were 437 front-page Olympic sports articles. Of those 34.5% were about males and 29.3% were about females. Of the 478 Olympic sports articles that appeared on the first page of the sports section, 42.1% were about males and 29.5% were about females. On several days in most of the newspapers reviewed, a special Olympic Sports section was inserted in the daily paper. Olympic coverage found in the sports section generally showed that males prevailed in Olympic section coverage in excess of a 2:1 margin.

It has been almost 30 years since the passage of Title IX and we are still experiencing a disparity in the quantity and quality of women's sports coverage. We cannot afford to ignore this disparity. According to Creedon (1994) and Kinnick (1998) the power of the media to shape opinion and behavior acts like a "hypodermic needle," injecting a value-laden serum directly into the bloodstream of public consciousness. We need to become advocates for increased equity in media portrayal of women's sports. The playing field needs to be leveled in this arena. On our agenda is a newly funded research project grant from Idaho State University that will enable us to conduct a comparative study of the media coverage of the 2000 Olympic Games and the 1996 Olympic Games in *USA Today*. We must continue to monitor gains, if any, that women in sport are making relative to the quantity and quality of print media sport coverage and to hold the press accountable for fair and equitable coverage of women's sports events. The observance of Girls and Women in Sports Day is a time that we each should renew our commitment to advocacy for the issues of equity in sports for girls and women.



NOTE: If you would like more information about the works cited in this article, please contact Susan Hilderbrand at 343-4367.



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Campus address: Franklin Building, 316 West Side Row.
Mailing address: Box 351513, Station B, Nashville, TN 37235. Phone: (615) 322-4843. Fax: (615) 343-0940.
E-mail address: womenctr@ctrvax.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*)
Cindy Brown, cartoonist

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“Defining Character” opens February 1

The Margaret Cuninggim Women’s Center is pleased to announce the opening of “Defining Character,” a collection of watercolor paintings and graphite drawings by Tamara Altman. While Altman’s watercolor paintings include selections from her work as an undergraduate, her graphite drawings represent her most recent work. “My passion is to bring out the inner story of each individual I draw,” says Altman. “When people have reached a certain age the story of their lives is written in their faces. Experience, struggle, pleasure, and pain are evident in each shadow and highlight. Each line from my pencil serves to illuminate the character that is written in the face of the individual.”



TAMARA ALTMAN
artist

Altman’s goals over the next few years are to continue her portrait drawings in pencil and to explore other media. She also hopes to get involved in the arts community in and around Nashville. Her long-term goal is to continue her character studies as a full-time artist.

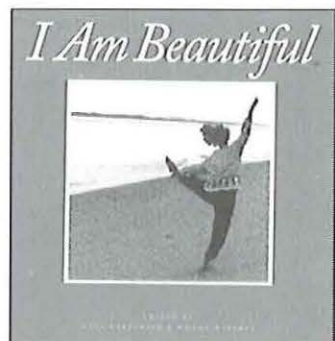
“Defining Character” opens Thursday, February 1 and runs through the end of the semester. The opening of the exhibit will be marked with an artist reception for Altman on Tuesday, February 6th from 4:30-6:00 pm. Open to the public and campus community.

Vanderbilt University Sponsors *I Am Beautiful* Presentation



WOODY WINFREE AND
DANA CARPENTER

Their programs are engaging, provocative, moving and compassionate



I am Beautiful Seminars are based on the message of the acclaimed book, *I am Beautiful: A Celebration of Women*.

The winter holidays have faded into memory, but dieting – maybe even self-loathing – among women who enjoyed the culinary treats of the season likely continues. Hints of Spring will soon arrive, but dread of the approaching bathing suit season strikes panic! Is it any wonder that America has an officially sanctioned *Eating Disorder Awareness Week* (February 25 - March 4)? To counter the one-dimensional obsession with feminine thinness, Vanderbilt University will be sponsoring the nationally recognized *I Am Beautiful* Seminar on Thursday February 22 at 7:00 pm in Wilson Hall, room 103 and a special workshop, “Naming Your Beauty: Self-Esteem through Self-Discovery,” for staff, faculty and community women on Thursday, February 22 at 12:00 noon in Sarratt room 363.

I Am Beautiful programs teach women of all ages, sizes and backgrounds to discover, reveal and celebrate the power of their own unique beauty – and to realize their full potential! The *I Am Beautiful* comprehensive, multimedia seminar covers a range of topics from the academic to the spiritual, with a mix of humor and seriousness – all designed to educate and motivate.

Based on the critically acclaimed book by Dana Carpenter and Woody Winfree, *I Am Beautiful: A Celebration of Women*, the authors’ seminars share concrete tools for uncovering the beautiful inner self and building a more confident, solid base from which to explore one’s unique purpose and value.

“Our culture convinces us that women are to be judged first and foremost for their looks, not for their efforts and accomplishments. Ironically, the super thin and youthful looks most prized today are possessed by very few,” explains Carpenter. “But there is hope,” offers Winfree, adding that their programs leave audience members with an affirming and liberating view of themselves. “Our goal is to reshape perspective, not body size!” Carpenter and Winfree are the founders of Sole Sisters, Inc., a communications and publishing firm committed to producing creative and educational works that encourage personal discovery and growth for women of all ages. To contact Carpenter or Winfree, please call (904) 247-5645 or (888) 9Beautiful.

For more information on the Vanderbilt University *I Am Beautiful* seminar/workshop, please contact Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu.



IN THE LIBRARY

BARBARA CLARKE
Women's Center librarian



"In her Footsteps" celebrates black women from around the world

Notable women of African descent from all eras are celebrated in Annette Madden's *In Her Footsteps: 101 Remarkable Black Women from the Queen of Sheba to Queen Latifah* (Conari Press, 2000). Madden decided to include women from around the world, as she learned very little about black women from other countries when she was growing up in the United States.

She has arranged the 101 short biographies in ten fields of endeavor. Sections are devoted to scientists; writers; entertainers; politicians and business-women; artists; African queens; athletes; former slaves; freedom fighters; and other accomplished women. The women profiled are as diverse as Barbara Harris, the first female bishop in the Episcopal Church; Lulu White, a legendary madam from New Orleans; Ayse Bircan, a Turkish activist; and Tiye, an ancient Nubian queen.

In the comprehensive *Maneuvers: The International Politics of Militarizing Women's Lives* (University of California Press, 2000) Cynthia Enloe explores the complex topic of militarization, which she

defines as "a step-by-step process by which a person or a thing gradually comes to be controlled by the military or comes to depend for its well-being on militaristic ideas." The term "maneu-

vers" was chosen as it most closely describes the ways military officials and their civilian supporters attempt to make the various categories of militarized women each feel distinct and special. Military women include not only those who are members of armed forces, but officers' wives, spouses of enlisted men, military nurses, peace activists, and prostitutes who work near military bases.

The writer, a professor of government at Clark University, illustrates how militarization is widespread and affects not only those in the obvious industries and services, but those in fields as diverse as advertising; motion pictures; finance; and toy, food and clothing manufacturing. Militarization is a subtle process and military values are pervasive. They often appear non-threatening, such as pasta shaped like Star Wars satellites, and fashions featuring brass buttons and epaulettes.

The volume's scope is international and covers all eras. As well as discussing women who have enlisted in the military in various capacities over the years, Enloe analyzes such topics as feminism and militarization; mothers of soldiers; family life of military women and men; why soldiers rape; camp followers of earlier eras; military nurses; and prostitution and military personnel.

Body Outlaws: Young Women Write About Body Image and Identity (Seal Press, 2000) is a revised edition of *Adios Barbie: Young Women Write About Body*

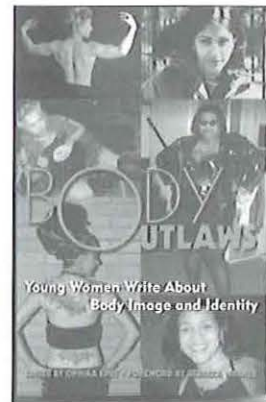
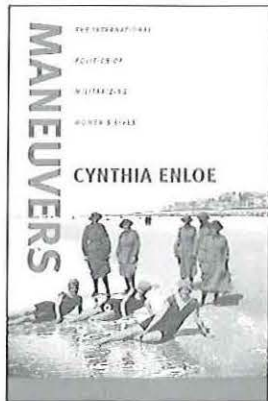
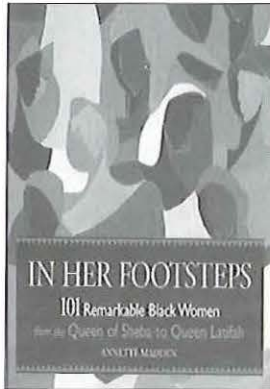
Image and Identity, which appeared in 1998. The editor, Ophira Edut, explains that the title and book cover were changed for copyright reasons. The new edition includes a revised introduction and two new chapters.

Thirty young women from diverse backgrounds celebrate their differences and explain how and why they choose to ignore society's pervasive messages about body image or the appropriate body size and shape, appearance and color. They hope to redefine and expand society's notions about beauty.

The contributors include an Asian-American athlete; women who decline to shave body hair; a Jewish woman who refuses to have her nose straightened; a woman with tattoos; and women of various ethnic groups who are happy with their bodies, which are larger than the current ideal. Several writers discuss the negative influence on young girls of the improbably-shaped, thin, beautiful and fashion-conscious Barbie.

One of the two new contributors is a biracial woman who is legally blind. The other new selection is by Kate Dillon,

who was formerly a high-fashion model. For seven years she starved herself to retain her painfully thin shape. She eventually realized that the fashion world was creating illusions that no-one could live up to and she is now happy in her new career as a plus-sized model.





**Margaret
Cunningham
Women's Center**

**Calendar
of Events**

PLEASE SAVE AND POST.

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

FEBRUARY

Tuesday, February 6, 12:00 noon - 1:00 pm

Creative Life Planning Group meets over lunch every Tuesday to share problem-solving information and provide support for life changes. New members are welcome. *Also meets February 13, 20 and 27.*

Tuesday, February 6, 4:30 pm - 6:00 pm

Tamara Altman's Artist Reception - Open to the public. *See article on page 3.*

Wednesday, February 7, 7:00 pm

Going for the Gold: How the Media Portrays Women Athletes - Wilson Hall, 126
Liz Gilbert, University of New Mexico-Gallup, and Sharon Shields, Vanderbilt University - Peabody College, will present their research about women's images in the print media related to sport, specifically the 1996 Olympic Games. *See article on page 1.*

Wednesday, February 7, 5:30-7:30 pm

Women's Songwriters Support Group *See announcement listing on page 8.*

Thursday - Saturday, February 8 - 10, 8:00 pm

The Vagina Monologues - Benton Chapel *See announcement listing on page 8.*

Monday, February 12, 5:15 pm - 6:30 pm

Book Group reads *The Prime of Miss Jean Brodie* by Muriel Spark. Deborah Riat will facilitate the discussion. New readers are always welcome.

Tuesday, February 13, 7:00 pm

The Latest in Birth Control - Anne Moore, RCN, MSN, a professor of nursing and a Women's Health Nurse Practitioner, will talk to women about the most recent developments in birth control methods. Contact Hilary Forbes at 322-6518 or hiliary.forbes@vanderbilt.edu with any questions.

Wednesday, February 14, 12:00 noon - 1:00 pm

Peri-Menopause, Part 2 - Sarratt 189

Anne Moore, RNC, MSN, will talk to staff and faculty about "the peri-menopausal woman" - health challenges and strategies for health promotion. Snacks and drinks will be provided. Please register with Hilary Forbes at 322-6518 or hiliary.forbes@vanderbilt.edu.

Tuesday, February 14, 5:15 pm

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

Thursday, February 15, 12:00 noon - 1:00 pm

Reading Sisters discuss *For Colored Girls Who Have Considered Suicide/When the Rainbow Is Enuf: A Choreopoem* by Ntozake Shange.

Friday, February 16, 12:00 noon - 1:00 pm

Living with Loss - lunch group. All students (women/men/undergrad/grad) living with the loss of a parent or caregiver are welcome to attend this monthly lunch group. Lunch will be provided. Please contact Hilary Forbes (322-6518 or hiliary.forbes@vanderbilt.edu) if you are interested in attending. Cosponsored by the Psychological and Counseling Center.

Thursday, February 22

In recognition of Eating Disorder Awareness Week, the *I Am Beautiful* project is offering:
12:00 noon Naming your Beauty: Self-Esteem through Self-Discovery - Sarratt 363
This interactive workshop explores cultural influences that diminish self-esteem and how self-discovery exercises can change that. Give yourself the gift of this workshop!

7:00 pm I Am Beautiful Seminar - Wilson Hall, 103

This lecture and slide show will look at historical concepts of beauty, today's standard of beauty and how it hurts women's potential, and how we can change ourselves and our culture through personal activism. *See article on page 3.*

Tuesday, February 27, 5:30 pm

I Am Beautiful follow-up conversation - Come to the Women's Center for dinner and a lively discussion about the *I Am Beautiful* seminar. Please register with Hilary Forbes at 322-6518 or hiliary.forbes@vanderbilt.edu. *Cosponsored by the Graduate Scholars Program.*

Tuesday, February 27, 7:00 pm

Women, Gender and the Law - Wilson Hall, 103

Professor Patricia Williams, Columbia University School of Law, will speak to the Vanderbilt community. *The Women's Center cosponsors this Women's Studies program.*



Yoga at Vanderbilt *part one of a series*

by LAURA MARJORIE MILLER, Senior Information Officer, Division of Public Affairs

You may be staggered to know that Vanderbilt has a total of five yoga teachers in its employ, and that twelve yoga classes take place each week on campus, and that on any day of the week save Friday or Sunday there will be a yoga class happening somewhere at Vanderbilt.

You may be amazed to know that Yoga has profound benefits for women's health, especially for their reproductive health. You may be astonished to learn that despite your worst apprehensions, you do not have to be freakishly flexible to take part in a yoga class. You will be impressed to find out that practically none of the other students in whatever class you take will be freakishly flexible, either.

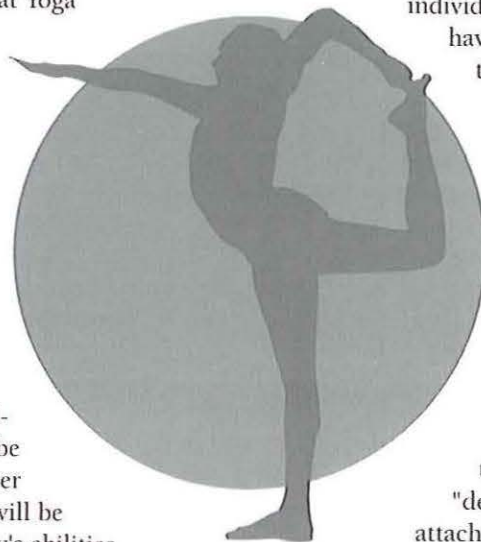
Most yoga classes are not pretzel-twisting competitions. You will not be expected to be Madonna, or any other madly vigorous ashtanga yogi. You will be challenged as you re-learn your body's abilities. You will be humbled, but you need to know that you will not be humbled in relation to your teachers or in relation to students who are "better" than you. You will be humbled before Yoga, and before the realization that no-one is ever really "good" at it. Yogis and yoginis just practice.

If you are curious about yoga at Vanderbilt but too shy to ask questions, I encourage you to try a range of classes, because choosing a teacher who has a style that works with your own is essential to your maintaining a commitment to your practice. Since Yoga is so personal, since you are so personally invested in it, and since it tends to reveal to you aspects of yourself that you had not considered before, you want to work with a teacher with whom you feel comfortable. Yoga as it is taught at Vanderbilt is not spiritualized, and if you want you can approach it from a purely callisthenic/gymnastic standpoint. However, eventually your practice will probably go deeper, so you want to align yourself with a teacher whom you feel will be a steady guide.

That you can do Yoga in the place where you work and go to school is a wonderful benefit, a wonderful perquisite. Yoga classes at Vanderbilt are offered before work hours and immediately after; and they are offered during the lunch hour. A class can be easily fitted into a regular workday. The classes offered at Vanderbilt are also either free or very reasonably priced, much less expensive than classes at a studio, and thus are ideal for a person who wants to experi-

ment without a deep financial commitment.

In the next months I will write about my experiences in different yoga classes, and about Yoga's specific benefits for women's health and wellbeing. To get you going to a yoga class, I am going to throw myself at yoga in a gonzo way, describing what the individual classes and teachers are like so that you will have a head start on choosing the class and the teacher that are right for you.



The Spaces

Health Plus' yoga room does not have a great "ambience." It is, for all practical purposes, underground; it has no windows, but it does have gray industrial carpeting (over a cement floor) and overhead lighting. It is relatively small, with a mirror on one side. I tell you of its limitations so that you will not be disappointed when you get there. However, its atmosphere will allow you to practice one of the limbs of Yoga, *pratyahara*, which means "detachment of the senses." You shouldn't get attached to your environment in such a way that it can influence your state of mind. Just rise above.

Dayani Center's yoga space is a big, well-lit room on the second floor. It has large, curved windows on both of its sides. The windows allow walkers to gape at the bizarre mystical practices of Yoga, but they also give the room a feeling of spaciousness and light, especially during the daytime classes. Dayani Center is probably the best place to do Yoga on campus - the yoga room's closets are well-stocked with props that allow even the most limited body access to the postures. Folded blankets can be used to lift the pelvis, straps can be used to lengthen the arms, chairs act as a foundation in standing and inverted poses, bolsters help to open up the body in restorative poses, and silky eyebags that smell of lavender calm the eyes and mind during times of relaxation.

The Student Recreation Center holds yoga classes on the second floor, in the Aerobics Room. This is a beautiful space for Yoga, a vast room with a hardwood floor and windows that allow the room to be naturally lit. However, the lack of adequate props is unfortunate in a facility so fine. There are no props at all save mats, and these are blue foam mats that afford no stick or traction - they are somewhat slippery, and necessitate one's doing poses on the floor. (Debbie apologized for this to one of the classes I attended, and said that the Rec would be getting proper mats soon.)

Health Plus's room at the Oxford House is also used for prenatal and childrearing classes, so it possesses the pleasant and

positive charge of a space that is used for good works. Chairs used for meetings are pulled off to the side to make room for yoga, and these same chairs may occasionally be enlisted to serve as support for sitting or balancing poses. There are no other props there save mats. Overhead fluorescent lights make the room too bright for calming; however, the instructor will turn them off for the final relaxation sequence. The greatest disadvantage of this space is its flooring, which is springy green carpet that destabilizes the ankles in standing poses. Yoga should be done on a floor that doesn't yield any more than the miniscule yieldings of hardwood. Eventually one adapts to this, and the squishiness does have the eventual effect of strengthening the ankles, but the integrity of the poses is potentially compromised from the body's having to do so much corrective and compensatory work. The floor also does not serve as sufficient support for the head and neck in shoulderstand. The Oxford House space has a good "vibe," but please act mindfully while doing Yoga there so you don't get hurt.

Vanderbilt Dance Group holds its classes in the Divinity School Refectory. This is a glorious space, with a vast and long hardwood floor, and high, vaulting ceilings. This is definitely the prettiest place to do Yoga on campus, and the class has the gentle, quiet atmosphere that is present in the Divinity School. Again, there are no props available; students bring their own mats.

The Teachers

Debbie Reale teaches at both HealthPlus sites and at the Recreation Center at Vanderbilt and also teaches private sessions throughout the community. She has been practicing Yoga since she was nineteen. It was only after she had her children, though, that she deepened her practice. She says she needed the patience that Yoga gives.

Debbie is a relatively laissez-faire teacher. She will not adjust you unless you are putting yourself in danger. She would be a great teacher for someone who had "touching issues." She has a favorite flowing sequence of poses from Tibetan Yoga that she calls "The Five Tibetans": poses which work to create energy in the body by synchronizing the spinning of the chakras, or energy centers.

Zo Newell, who teaches the night classes at the Dayani Center, also teaches at the Yoga Center, and is on the faculty of the yoga teacher-training program that is run out of the Yoga Room. She has a Master's of Divinity from Harvard, and works as a chaplain and counselor at the VA clinic.

Zo's specialty is pranayama, or control of the breath. She has a deep knowledge of yogic philosophy, and often explains the traditions and beliefs that underlie and inform a certain posture or action. She is a very gentle yoga teacher, and her classes have a comfortable and improvisational mood. She has described her teaching method as "post-Yee," meaning that like Rodney Yee (the glorious-to-behold California yogi) she incorporates other flows and traditions with more structured Iyengar-school approaches. Even though she is gentle,

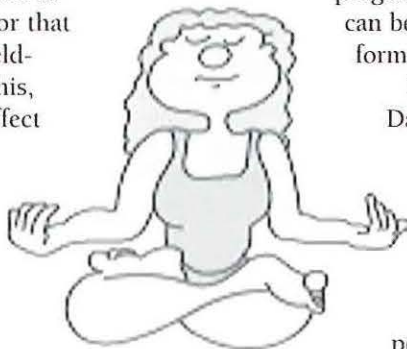
her classes will challenge you both physically and intellectually: You will learn through her that the poses have many layers to discover. She is also a whiz at guided meditation, and has an amazing voice for talking you through each pose.

Nedra Lambert, who teaches the weekday classes at the Dayani Center, also teaches at 12 South Yoga. Nedra's foundations are in the very structured and precise Iyengar school of Yoga, but she specializes in what is called Vinyasa – a program of poses that flow one into the next. (Vinyasa can be quite aerobic; it moves more than most other forms of Yoga.)

Dorinda Lee teaches classes for the Vanderbilt Dance Group and also teaches at Yoga Source.

She learned Yoga in the Kripalu tradition, which is a very compassionate school of Yoga that combines gently flowing movements with breathwork. Dorinda has had Iyengar training as well, so she is well-attuned to the proper alignment of a pose. She says that although her foundation is Kripalu, she teaches a slightly more vigorous flow than Kripalu typically offers.

Sally Dadmun-Bixby, who teaches the Saturday morning class at Dayani, is enormously funny and good-humored. She also teaches yoga classes at 12 South Yoga, at her own small studio in Kingston Springs, and at Bellevue Middle School. Sally is an Iyengar-trained teacher, and as such places a strong emphasis on bodily alignment. Her instruction is precise and subtle, and her classes are often challenging, because Iyengar Yoga demands that one keep track of many different (sometimes opposing) movements at once.



CALL FOR WORKS BY WOMEN ARTISTS

The Women's Center is accepting proposals for exhibitions for the 2001-2002 academic year. The gallery at the center is an intimate space with approximately 40 running feet. The Women's Center Arts Committee is interested in reviewing strong two-dimensional work by emerging female artists in the Middle Tennessee area who have not had much exposure. Proposals are due by March 30, 2001. For additional information, call the Women's Center office at 322-4843.

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

- Do you enjoy writing songs? Are you interested in connecting with like-minded people for support, encouragement and feedback in a non-competitive environment? The Margaret Cuninggim Women's Center is sponsoring a **Women Songwriters Support Group** which will meet the second Thursday of every month from 5:30-7:30 at the Center. Songwriters of all experience levels are welcome. Dianne Eberhard will serve as the group facilitator. Contact her at dianne.eberhard@mcmail.vanderbilt.edu with any questions.
- The Sarratt Student Center has implemented a recycling program beginning spring 2001. "Toss it, don't trash it" is the slogan for the new effort, which recycles aluminum cans, mixed paper, and plastic bottles. **Sarratt has installed recycling stations in the Stonehenge Cafe, the Sarratt Promenade, and in the third floor lobby.** For more information contact Michele Douglas at 322-2471.



The V-day 2001 College Initiative comes to Vanderbilt University this February when the Actors Bridge Ensemble presents Eve Ensler's **"The Vagina Monologues."** The event will take place **February 8, 9 and 10th** at Benton Chapel on the campus at Vanderbilt University. Proceeds from the show will benefit the Magdalene Project and the Tennessee Coalition Against Domestic and Sexual Violence. Tickets are \$20 general admission and \$10 for students with valid I.D. *who also bring a new toiletry item such as soap, lotion, shampoo or sanitary items for local women's shelters.* Tickets are available at the Sarratt Box Office or by calling the Actors Bridge ticket hotline at 341-0300. Parking for the event will be available on the street or at the Wesley Place Garage at 21st and Scarritt Place. This event is co-sponsored by the Margaret Cuninggim Women's Center, Students for Women's Concerns, and the Women's Studies Program. **Access www.vday.org**



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