

Margaret
Cuninggim
Women's Center

A Message to VU graduates from the Career Center

Francene Gilmer, Assistant Director, The Career Center.

In the next few weeks, career centers around the country will be saying farewell and good luck to May graduates. In addition to being a graduate, it is another achievement when a student successfully completes a job search. The transition from college to the world of work is a new challenge. The world of work is very different from college life. Some students succeed, some don't. Those who are most prepared for the



The women's center is passing the hat! For the first time the annual Faculty/Staff Campaign will include the Margaret Cuninggim Lecture Fund among the designated accounts to which faculty members and staff may contribute.

Shortly after Margaret Cuninggim died in 1986 the women's center established this lecture on the general theme, women in culture and society.

The inaugural lecture was delivered last fall by Matina Horner, President of Radcliffe College, as one of the events celebrating the tenth birthday of the women's center. At the same time, the Board of Trust named the center for Margaret Cuninggim.

The Margaret Cuninggim Lecture Fund presently stands at the half-way mark to the goal of \$50,000. Any member of the faculty or staff who wants to support this lecture fund may designate a contribution or part of it to the Margaret Cuninggim Lecture Fund. The names of contributors are retained by the women's center and are listed on the lecture program each year.

transition are the most successful.

It is natural for students to have high expectations of their first job; after all, four to five long years and thousands of dollars have been spent preparing for a career. A bachelor's degree, however is not the same as job training. The first job after graduation serves as the "proving ground" for future employment.

The transition from college to career has enormous ramifications for new college graduates. Can you remember when you were a college freshman? You were away from home in a strange place, perhaps for the first time. As you step into the professional world, the first days and months may bring back those same insecurities. You will once again be in unfamiliar territory. You may feel your way around as if you were in a maze. There will be important people with different names you must quickly learn to pronounce; you may be faced with the unavoidable urge to ask questions in response to vague instructions; you may or may not be asked to join "the group" for lunch.

"Assignments" are now *job* assignments. "Due date" becomes *project deadlines* (without mention of acceptable late dates.) Happy hours with the group become responsible drinking sessions where you listen and learn the politics of the office. The work day begins at 7:45 and ends at 5:15 *everyday*... not a MWF schedule of 10-12 and TR of 1-4. Spring break occurs after one year on the job and that is the week's vacation you have earned. Sick days can be used after one year also, so you are spared one year of not being ill. Instead of the two week winter break you've been used to, Christmas holiday is maybe December 24 as well as Christmas day.

One of the most welcome changes for new professionals is the salary. You are



Francene Gilmer

paid for what you have learned instead of paying to learn. That regular pay check offers promises of independence, but needs to be handled responsibly. A wise person pays off debts and begins to save early.

When all else fails and the transition is just too hard to bear, remember "*Francene's Alphabet of Career Survival*": **A**ttend to meet the expectations of your supervisor with a good attitude; **B**elieve that you can do and be anything you want to; **C**ommunicate clearly your goals, desires, and objectives with confidence; **D**etermined and disciplined with your decisions; **E**xcellence in your endeavors; **F**uturistically; **G**row with the times; **H**umor; **I**nsight you gain from your experiences; **J**udgment; **K**nowledgeable of the surroundings; **L**oyal to yourself (if you don't, who will?); **M**entor who will provide sound advice and wisdom; **N**etwork of those who can offer assistance along the way, and **R**ead newsletters and newspapers of the trade; **O**ptimistic outlook, **T**ake ownership of your accomplishments; **P**rofessional, **P**ersevering, **P**ositive, and **P**rogressive in your endeavors; **Q**ualifications and maintain your standard of quality; **R**ealistic, **R**eady for challenges, **T**ake risks, **G**et results; **S**trategies, be smart and **S**trong in the face of adversity; **T**iming is everything; **U**nique; **V**isualize your dreams into reality; **B**e

(continued page 2)

Women's VU Readers Survey Report

Reader's opinion about *Women's VU* (survey distributed in the January issue) ranged from "I really enjoy *Women's VU*. Good job!" to "I like the health tip articles." About 10% of readers returned the questionnaire. The editor and the advisory board evaluation committee want to thank those 200 respondents.

The majority of respondents are women (88.9%). More than half are staff or administrators. About 16% are faculty and another 16% are students. Fifty percent of respondents work or study in the University Central area; 26% are associated with the Medical Center.

We asked six questions about the reasons for reading *Women's VU*. The box below contains the summary of responses to these questions.

	almost always	sometimes	almost never
1. Do you read <i>Women's VU</i> :			
a. to obtain information about programs sponsored by the women's center?	66%	32%	2%
b. to obtain information about books, tapes, and other materials available at the women's center library	27%	43%	30%
c. to learn about campus and community events and activities not sponsored by the women's center	44%	43%	13%
d. to learn about current issues from a feminist perspective?	74%	23%	3%
e. to become more informed on women's health issues?	69%	25%	6%
f. to keep up with other persons who are interested in women's issues.	51%	36%	13%

These responses are very helpful to the director and the editor in planning future issues of *Women's VU*. In addition, the written remarks provide specific information about readers' interests. Eighty-five respondents offered suggestions for additional material that they want to see in *Women's VU*, and 61 wrote general comments.

The suggestions fall into several categories. The most frequent recommendation (23 respondents) was for *Women's VU* to run profiles of persons: Vanderbilt women, women of local and national reputation, and feminist men. The second highest recommendation (21 respondents) is for more articles on health. Sixteen respondents want more attention to issues that reflect relationships, personal development, and practical concerns such as auto repairs.

Less frequent requests include attention to women's status at Vanderbilt, in Tennessee, and in the nation (12 respondents). A variety of other themes is suggested by fewer readers: minority women, law and politics, career development and employment issues, literature, safety, spiritualism, and publication of letters and articles by Vanderbilt women. Three readers would like *Women's VU* to publish more humor, so would the editor.

There were also many compliments and some constructive criticism of the format and content. Letters to the editor always are welcome and will be published. Some of the suggestions may exceed the space available, while others may prove beyond the particular mission of the women's center. We already have selected topics for May and June that are among the ideas found in the survey. All recommendations are being considered seriously for next year. ■

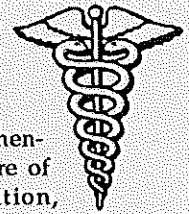
As they age, women tend to get more wrinkles than men. That's because most men have the thicker dermis (the layer just under the surface), which may stay elastic longer than a woman's.

University of California, Berkeley
Wellness Letter, February 1989

It's your health

A look at the menopause myths

Beth Colvin Huff, RN, MSN
Dept. of OB/GYN



In the same way that many girls approach menstruation with a mixture of dread and anticipation, women approach menopause. The cessation of menstrual periods, just like their onset, marks a transition in a woman's life. Although there is an increasing amount of lay literature available on menopause, many myths still persist.

Myth: Menopause is the beginning of the end. In the 1900s the average life expectancy for women was only about 48 years. Since most women stop having periods around age 50, menopause was an event that occurred at the end of life. In the 1980s, life expectancy is now up to about 80 years. That means women are now living at least one-third of their lives after menopause. For most women, those are healthy, productive years, and are by no means "the end."

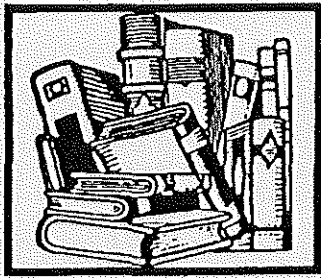
Myth: Calcium supplements will prevent osteoporosis. Thinning of the bone occurs naturally as we get older. Our bones are the most dense in our thirties and gradually begin to lose that density as we age. Risk factors for osteoporosis include white race, thin build, diet low in calcium, cigarette smoking, excessive alcohol use, sedentary lifestyle, and family history. Calcium supplements along with exercise will slow the rate of bone thinning, but nothing will prevent it entirely.

(continued on page 3)

(Message continued from page 1)
serious about work, remember that people are watching you; use x-ray vision to see the unforeseen of tasks; know that you can do it; encounter each challenge with zeal!

The organization with which you become affiliated will dictate your demeanor. Entering a new environment will create a certain level of anxiety and stress. If you anticipate the first day jitters with some of these suggestions tucked away in the back of your mind, you will survive and reach your goals. *Good Luck!*

For more information on adapting to career changes or making transitions in the world of work, visit the Career Center, 110 Alumni Hall. ■



In the library

Survey response: We have what you're looking for

Lauri Wright, BS, MLS
Women's center librarian

Many readers asked for informational articles about specific subjects that can be found in the women's center library.

Many readers want information about child care and coping with children and a career. We have recently started a subscription to *Working Mother* magazine. It combines child care and career information. *Working Mother* is really *Parent's*

(Health continued from page 2)

Myth: Estrogen replacement will keep me from aging. Let's be a realist - nothing will keep us from aging. Some women believe that estrogen keeps their skin from wrinkling and their breasts from sagging, but studies have never supported these claims. Wrinkles and sags occur from the effects of heredity and gravity. Keeping our minds and bodies in good shape are still the best antidotes to aging.

Myth: Sexual interest declines after menopause. Because so many factors contribute to sexuality all through our lives, it is unfair to attribute major changes to menopause alone. For every woman who feels "less of a woman" once her reproductive life is over, there are other women who feel freer to express their sexuality without the concerns of birth control and monthly periods. Women's partners may experience a decline in sexual interest, or there may be difficulty in finding a sexual partner due to death or divorce. Vaginal dryness may cause pain or irritation with intercourse, and sexual excitation may take longer to achieve for both partners. Caring, understanding, and a good water-soluble lubricant (not Vaseline) can help with many of these problems.

These are just a few of the questions women ask about menopause. Next month, the use of hormone replacement therapy will be discussed. ■

Magazine for working moms, guaranteed not to make moms feel guilty.

Many readers requested more career related articles. They will find lots of career information in the current and back issues of *Working Woman* and *Savvy*.

Many magazines like *Ms.* and the career magazines contain articles about recent achievements by women. We also keep a file with clippings about notable women, women from other countries, and women who have been successful in various fields.

Lots of readers want more information on health, contraception, and stress. Our vertical files contain articles and pamphlets about many women's health problems; and we also have copies of *The New Our Bodies Ourselves* and *Ourselves Growing Older* on our reference shelf.

For those wanting auto maintenance tips we have the book, *Auto Repair for Dummies* (no offense intended). This book was written by a woman in easy to understand language.

We also keep a file of government officials' addresses and phone numbers; one reader requested these.

For those readers looking for more humor, we have several comic strip books. "Sally Forth" fans should check out our copy of one of Greg Howard's earliest "Sally Forth's." Readers who know "Sylvia" will be happy to note that we have several of her strip books.

We have a great deal of information in our library. We try not to duplicate items that can be found in the Heard Library and to keep a balance of scholarly and popular materials. Readers who have a particular issue that they are interested in should stop by our library to look at the materials we have. ■

Women's center programs

Call 322-4843 for further information on the programs listed below.

Visit to VU by Soviet women. On April 4 a group of five Soviet women will be visiting the campus. They will be in Nashville for ten days as guests of Peace Links. The women's center has organized their campus visit with the help of other departments and groups. *Women's VU* readers who would like to meet the visitors while they are on campus may attend a panel discussion at McTyeire from 4:30 p.m. until 5:15 p.m. followed by a reception. International Services and the Women's Political Caucus are in charge of this event.

Dissertation Writers Group will meet on Thursday April 6, 4:15 p.m. until 6:15 p.m. in Godchaux Living Room, first floor. (Please note the change in location.) Women of all schools and disciplines are invited to join this ongoing group.

Dismas House Discussion will be held on Thursday, April 6, 4:30 p.m. at the women's center. Students (undergrads and graduate students) are invited to hear about this unique community living/learning experience. Dismas House, located just minutes from campus on 16th Avenue, is a home where students and volunteers provide family support for former prisoners. Dismas offers reasonable rent, home cooked meals, and an unmatched learning experience. Dismas residents and staff will share their experience of life at Dismas House and ways to be a part of their project, either as a full-time living experience or as a volunteer cook a few hours a week.

(continued page 4)

Antoinette Brown Lecture

The annual Antoinette Brown Lecture sponsored Vanderbilt Divinity School will be given by Eleanor Scott Meyers, dean of the Saint Paul School of Theology, Kansas City, Missouri. Her lecture entitled, "The Power of Women and the Power of God," will be given in Benton Chapel, Vanderbilt Divinity School, on Monday, April 10 at 7:30 p.m.

Additional events in conjunction with the lecture on April 10:

12:00 noon-lunch in Tillet Lounge (Faculty Dining Room) provided by Vanderbilt Divinity School/Graduate Dept. of Religion Women's Community

1:00 p.m.-informal discussion, "Telling Our Stories", Tillet Lounge

5:30 p.m.-buffet dinner, cost \$8, for reservations call Barbara Simpson at 322-4205.

Child care during the lecture will be provided free of charge from 7 p.m. until 10 p.m. at Vanderbilt Child Care Center (Stallworth Building, Appleton Street, Peabody Campus). Please call 322-4205 by Monday, April 3 for child care reservations. This service will not be available for those who have not made reservations by that time.

(women's center continued)

Book Group will meet Monday, April 10, 5:15 p.m. until 6:15 p.m., at the women's center to discuss *Their Eyes Were Watching God* by Zora Neale Hurston. Discussion leader is Karen McMunger. New members are always welcome. Light refreshments.

Writing A Woman's Life by Carolyn G. Heilbrun will be reviewed by Phyllis Frus, Asst. Professor of English, at the Lunchtime Book Review on Tuesday, April 11, 12 noon in Sarratt 205. Heilbrun, who also writes mystery novels under the pen name of Amanda Cross, has written an astute and provocative book of "wise and witty essays" according to the *New York Times Book Review*, January 8, 1989. The *Times* goes on to say, "Ms. Heilbrun provides positive female models for a wide range of experiences -- from friendship to courtship, from marriage and other social and erotic arrangements to solitude and aging." The author blends feminist theory with details from the lives of independent and ambitious women. Bring your lunch and join in a stimulating discussion of feminism.

Match with a Mentor is an opportunity for women in the pre-med or biomedical science track to meet with potential personal mentors from the medical school faculty. Dr. Mary Ellen Clinton, Assistant Professor of Neurology, along with some of her colleagues, will attend a reception at the women's center to become acquainted with undergraduate women who want to link up with a faculty member for on-going advice and consultation, Wednesday, April 19, 4:30 p.m. at the women's center.

Self-Esteem Workshop led by Nancy A. Ransom, director of the women's center, will be offered on April 25, Furman 217. This workshop is designed to provide information about the meaning of self-esteem and mechanisms for maintaining a realistic and positive self-concept. Pre-registration is required and can be handled by calling the women's center at 322-4843. Cost \$5. Light refreshments will be available at 5:00 p.m. with the workshop running from 5:30 p.m. until 7:30 p.m. ■

Announcements et cetera

Margaret Cuninggim Women's Center Advisory Board will meet on Wednesday, April 12, 4:00 p.m. in Carmichael Towers East, room 208. Chair, Christine Kreyling, will preside over the meeting.

Nominations for the 1989 Mary Jane Werthan Award will be accepted from now through the summer. The recipient will be a person who has made a noteworthy contribution to women at Vanderbilt. For additional information call the women's center, 322-4843.

Sarah R. Weddington, counsel for the petitioner in the landmark 1973 Supreme Court case of *Roe v. Wade*, will be the guest speaker for the Spring Banquet of the Lawyer's Association for Women, on April 6, 6:00 p.m. at the Stouffer Hotel. This event is open to the public. Cost for the cocktail hour and dinner is \$35; \$30 for law students. Call Katherine M. Allen at 244-5200.

Sarratt Gallery will feature the Margaret Ecker Solo Exhibition, an exhibition of mixed media works, April 9 - May 25. An opening reception will be held in the gallery on April 9th from 5:00 p.m. until 7:00 p.m. For more information contact JoEl Loguidice, Asst. Director for Arts, Sarratt Student Center, at 322-2471.

The Association for Women in Development announces a call for presentations for its Fourth Women in Development Conference, November 17-19, 1989, in Washington, D.C. The 1989 conference focuses on women's empowerment for sustainable development in political and economic life, educational access, and cultural expression. Deadline for proposals is April 28. A complete brochure is available in the women's center library.

Making it in Academia: Tips on How to Get Your Work Noticed, a wine and cheese reception and workshop for women, sponsored by the Women's Faculty Organization will be held on Monday, April 17, 4:00 p.m. until 6:00 p.m., Godchaux Living Room. Child care provided by Vanderbilt students. RSVP 2-4705 by Wednesday, April 12.

For the record



In their textbook *Oh! Pascal!*, used extensively by the Vanderbilt Computer Science Department, Doug Cooper and Michael Clancy offer this explanation for the use of feminine personal pronouns throughout the book, "After hundreds of years of 'he' and 'his', a few decades of 'she' and 'her' shouldn't bother anyone."

Edited by JUDITH T. HELFER

To receive each issue of *Women's VU* (published monthly except July and August), return the form below or call the Women's Center, 322-4843. Newsletters are sent free upon request to all students. Faculty and staff subscriptions are free to a campus address.

A yearly subscription to off-campus addresses (except students) is \$3.00. Please make checks payable to Vanderbilt University.

Name _____

Department _____

Address _____

Campus phone _____

Student (please give school and class)

Staff _____ Faculty _____ Adm. _____ Other _____

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