

Margaret
Cuninggim
Women's Center

Give a break to others

Lauri Wright, BS, MLS
Women's Center Librarian &
Staff Writer

"The toughest spring break you'll ever love," was the poster for Alternative Spring Break (ASB) that Christina Cain (A&S 3) saw when she was a freshman here. Her first thought was "some kind of Army camp spring break." Later she read an article about ASB in *The Vanderbilt Hustler* and went to the introductory meeting. She filled out an application and asked to go to the Mexico site because of her Spanish and Latin American studies. Cain was "completely ecstatic" when she found out she had been accepted.

"The experience really gave me a new perspective. I'd read a lot about impoverished communities, but living in one for a week helps you to identify with the people. When you live in a community you let them show you what their life is like and we try to tell them what our life is like."

Cain and Margaret Horn (A&S 4) are the co-leaders of ASB. Last year Horn spent her spring break at the Cheyenne Indian Reservation in Dupree, South Dakota. "ASB was the best experience of my VU career. Everything I learned in my classes was before my eyes. I am an anthropology-sociology major and have studied the culture of poverty. Now I have lived it: eaten commodities, not able to take a shower. The experience

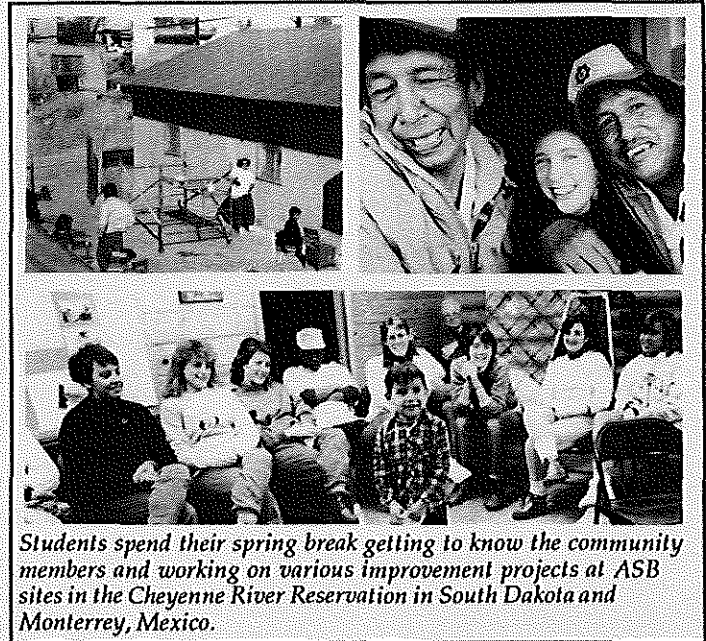
gave everything else in my life meaning."

ASB was founded in 1986 at the suggestion of Susan Wiltshire, Associate Professor of Classical Studies. Wiltshire had suggested to Omicron Delta Kappa honor society that they devise a project that enables students to experience social problems such as poverty and hunger. A steering committee made the plans for the first ASB and the program has continued with more sites and more students being added each year.

ASB sends groups of students to local, regional, national, and international sites during the week of spring break to live with and help the community in some way. The service to the community is coordinated through a local volunteer organization. Students have helped plant trees in Appalachia, replace a roof on a church in Mexico, add a wing to YMCA in South Dakota, and renovate a building for the homeless here in Nashville.

ASB is truly a student run organization. The steering committee takes applications both from groups that would like to become a site and from students who would like to participate as well as publicizing and making arrangements for ASB.

The group is sponsored by several campus offices including the University Chaplain's Office. University staff or faculty members accompany the students in order to facilitate the group experience. "We have only had one faculty member



Students spend their spring break getting to know the community members and working on various improvement projects at ASB sites in the Cheyenne River Reservation in South Dakota and Monterrey, Mexico.

accompany us," said Cain. "We encourage more faculty participation."

ASB would also like to see more male applicants. The majority of our applications come from women. "We like to send equal numbers of men and women because it's better for group dynamics and the group experience is very important," Horn said. "As a rule women do volunteer more than men but in this case I'd like to think that it's only because the men haven't heard about ASB. The communities that we work in view women and men differently. Last year when I stayed with a Cheyenne family in South Dakota, I had to eat after the women and children ate."

"We are looking for a variety of students. The most important things we are looking for are leadership skills and sensitivity to the needs of the community: someone who is will-

ing to learn about other cultures and subcultures," Cain said.

The differences in cultures became apparent as Horn recalled, "When I got back, so many of my friends misunderstood what my week on a Native American reservation had been like. They asked if I lived in a tepee. The people I lived with had a VCR and a satellite dish but they lived in a different culture than we do. Since I came back I have become less materialistic. I have a different understanding of money. I look at a \$70 sweater now and I think about what that \$70 means to poor families."

Education can happen anywhere, anytime. Students who have taken an ASB have found that spending time in a culture foreign to them not only increases their awareness and understanding of themselves and others but also allows them to

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Flight nursing: a proud tradition

Kim Ward
Manager for Air Medical Services

Flight nursing is rich with tradition. In 1943, at the height of World War II, the Army Air Corps formally established a medical evacuation unit staffed with nurses. At that time, large evacuation aircraft generally referred to as "Nightingales" were used.

Helicopters came into use in Korea and Vietnam. The first civilian flight nurses were trained at St. Anthony's Hospital in Denver in 1974. The U.S. was flooded with young Vietnam veteran helicopter pilots who had had no other career in their young lives yet wanted to keep flying. The marriage of helicopters and medicine thus formed a solid basis for the network of air ambulance programs across the country today.

At the core of nearly all helicopter teams are the flight nurses. Flight nurses are RN's who have expanded their role in health care to encompass the needs of the severely ill and injured during pre-hospital care and transport.

What is it that makes flight nurses different from their in-house counterparts?

Flight nurses usually come from emergency department or intensive care backgrounds. Such nurses usually will have top notch skills, good judgment, and are known for aggressive patient care. Nurses who are educators or managers are always good candidates, since flight nurses must combine a wide range of medical, nursing, administrative (and many times political)

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(Give a break, continued from page 1)

contribute to the world community.

Information and applications about ASB '89 can be picked up at the Sarratt Desk and are due on December 9. ■

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(Flight nursing, continued)

decisions into the care of the patient and the safety of the mission.

The flight nurse also has an important role in the overall safety of the mission. Aviation terminology and crew member duties such as map reading and surveillance for other aircraft are familiar to the veteran flight nurse; the aviation component of the job is always there.

The stresses of flight are real: the vibration, noise, communication through headsets, altitude changes, lack of humidity, and sudden intense environmental changes are all part of nursing in the air.

The career of a flight nurse is a very special one. The combination of autonomy and teamwork makes flight nursing one of the great challenges in health care today.

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In the news

Rape/Incest Abortion Aid. The Senate had agreed to permit U.S. funding of abortions for rape and incest victims, but House did not. When President Reagan said he would veto the appropriations bill for the Departments of Labor and Health and Human Services, the Senate bowed in a closed vote September 13. That was the date the National Abortion Rights Action League endorsed the Dukakis-Bentsen ticket and Supreme Court Justice Harry Blackmun told a group of Arkansas law students he sees a "distinct possibility" *Roe v. Wade* will be overturned now that Anthony Kennedy is a justice.

Women's Times,
September 20, 1988

Fund for the Feminist Majority. Expanding its focus from political power for women, the Fund for the Feminist Majority (FFM) plans to launch a "Campus Crusade" to encourage women to seek "positions of leadership throughout educational institutions including student government, boards of trustees and senior administration." The goal of the effort is to "correct the severe imbalance in campus decision-making."

Eleanor Smeal, who heads up FFM cites statistics that women are only "about 10% of tenured full professors, only 10% of college and university presidents, and only 20% of trustees." FFM says a survey it performed found that women comprise

It's your health

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

Fibroid tumors of the uterus (also called myomas or leiomyomas) are the most common benign tumors of women. They are muscle growths usually attached to the outside of the uterus but may develop inside the uterus or within the wall of the uterus. Approximately one-fourth of all women over the age of thirty-five have uterine fibroids. They tend to grow during the reproductive years but will generally decrease in size after the menopause.

Most women are not aware they have uterine fibroids until they are noted by the examiner at the time of pelvic exam. The two major symptoms that can cause problems as the fibroids grow are pain and bleeding.

Pelvic pressure or heaviness may be present. If the fibroids press on surrounding structures, such as the bladder or colon, pain can occur. Fibroids on or near the cervix may cause pain with intercourse.

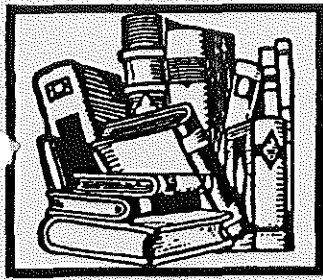
Bleeding abnormalities are seen in the form of increasingly heavy and/or long periods or bleeding in between periods. Anemia may occur over time if the blood loss is heavy and prolonged.

Physical examination usually detects the presence of fibroids, but ultrasound is often used to determine their number, size, and position. Health care providers may want to examine the woman with fibroids more frequently as rapid increases in size may signal potential damage to other organs or the rare (4%) chance of cancerous change.

If the fibroids cause few symptoms in terms of pain, bleeding and rapid growth, observation and follow up care is all that is necessary. In a symptomatic patient near the age of menopause (about the age of fifty), waiting for periods to stop may allow the fibroids to shrink or disappear entirely. Severe symptoms may necessitate surgery. Hysterectomy (removal of the uterus) is usually recommended if the woman has completed child bearing. Another option is myomectomy which leaves the uterus intact and only removes the fibroids. ■

38% of student government legislative bodies, 33% of executive boards, yet are 53.5% of college undergraduates.

Women's Times,
September 20, 1988 ■



In the library

The Man's Point of View

Real Man Tells All: Confessions of an Eligible Bachelor, Peter Nelson, New York: Penguin Books, 1988.

Why do men have "relationships" with their cars?

What is it about the "C" word (commitment) that scares men off?

What is the best way to dump a man?

Do men really prefer blondes?

What actually happens at a stag party?

The answers to these questions and many more are found in Peter Nelson's collection of essays on men, women, and romance: *Real Man Tells All: Confessions of an Eligible Bachelor*.

This "real man" is not Rambo, George Bush, or Don Johnson, but a rather ordinary man, who had a happy childhood; loves dogs, cars, and romance; and who grew up to be a writer. Nelson wrote the *Mademoiselle* "His" column and has also written for *Ms.*, *Harpers*, *Redbook*, *Seventeen*, *Elle*, and *Esquire*.

In the 80's world where many men bear the burden of not being able to share their feelings, Nelson does an admirable job of divulging his secret fantasies (dream date, dream woman); favorite activities (watching David Lettermen, laughing in bed); details of failed relationships; and tales of growing up. At the same time he attempts to help out the rest of his sex by explaining away their foibles: why men like *Playboy* and blondes, why they can't commit or discuss their emotions.

If the amount of experience credentials anyone to become an expert in the field, Nelson surely is a relationships expert. Never married, he chronicles many loves and lovers.

Nelson may not speak for all men but his funny, breezy style encases a thoughtful consideration of some of the bottlenecks in today's relationships: birth control, mothering and smothering, women making

(continued to column two)

(In the library continued)

sexual advances, and working through arguments. This book will give many women hope that there is at least one real man who is willing to "tell all." ■

In case you missed the Symposium for Women Undergraduate Leaders November 1, the women's center library has an audio tape of Nancy-Ann Min's speech to that group. She has some good advice and motivation to offer. This tape and others may be checked out.

1989-90 White House Fellowships

The White House Fellowship Program, begun in 1964, seeks to identify gifted and highly motivated Americans who are just beginning their careers - lawyers, doctors, business men and women, farmers, police, etc. It offers them first-hand experience in the process of governing the Nation and a sense of personal involvement in the leadership of the society. Fellows work and live in Washington for one year with opportunities to see first hand how government works.

There are no basic educational requirements or special career or professional categories. The diverse group is chosen from people in their early careers, thus promising to develop future leaders.

Complete information on the program as well as applications are available in the women's center library. Applications for 1989-90 must be postmarked by December 15, 1988. ■

Women in the Film Industry

Students for Women's Concerns Committee sponsors "Women in the Film Industry", a panel discussion on December 7 following the 7:30 p.m. showing of *Rikky and Pete*. This 1987 Australian film directed by Nadia Tass is part of *A Salute To Women Directors*, Sarratt Cinema film series, December 4 through 10.

Panel members include Mary Matthews producer and vice president of Studio Productions, Inc., Jane Pittman, independent producer in film and music, and Brenda Haynes, director and co-chair of the Actor's Committee of the Nashville Entertainment Association. They will discuss their experiences in the film industry. ■

Women's Center programs

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

Lunchtime Book Review will hear a review by Margaret L. Meggs of *Adam, Eve, and the Serpent* by Elaine Pagels on Tuesday, December 6, 12:15 p.m., room 138, Divinity School. Pagels explores Christian themes of moral freedom and original sin using the stories from Genesis 1 - 3. Her study incorporates changing views from earnest Christianity to Augustine.

Augustine's idea that humans are inevitably and irrevocably tainted with Adam's and Eve's sin (Augustine would have us believe, mostly Eve's) has, Pagels says, "continued to affect our culture and everyone in it, Christian or not, ever since."

Margaret L. Meggs, the reviewer, is director of Womanflight Center for Women's Spirituality and also works in the Opportunity Development Center.

Come with your lunch for a lively review and discussion. Co-sponsored by Office of Women's Concerns, Divinity School.

New Employees Brown Bag Lunch will be held on Thursday, December 8 from noon until 1:30 p.m. at the women's center. All recently hired VU employees are invited. Anyone is welcome. Bring your lunch. Hot and cold drinks will be provided.

Dissertation Writers Group will meet Thursday, December 8, 4:15 p.m. until 6:15 p.m. at the women's center. Women of all schools and disciplines are invited.

Book Group will meet Monday, December 12, 5:15 p.m. until 6:15 p.m. at the women's center to discuss *A Southern Family* by Gail Godwin. Discussion leader is Cynthia Shabb. New members are welcome. Light refreshments. ■

Going on a job interview? Come by the women's center first and pick up a copy of a Nov. 1988 *Working Mother* article entitled "The Key To A Smooth Interview." Diane Cole gives advice on how to handle touchy personal and illegal questions about age, family life, and travel. She also includes tips on researching the company, listening

Announcements et cetera

Call for Papers - The Eleventh Annual University of Kentucky Women Writers Conference will be held April 5-8, 1989.

The agenda consists of six to eight invited women writers who will present readings and discuss topics of interest to both men and women, students and teachers. Regional writers will conduct hands-on workshops for those who submit works of poetry, short fiction, and plays by February 1.

For more information, contact Patti DeYoung, Women Writers Conference Assistant, 106 Frazee Hall, University of Kentucky, Lexington, Ky 40506-0031 or call (606)257-3295.

Wise Woman Award - In honor of feminist Jessie Bernard's commitment to "feminist enlightenment," The Center for Women Policy Studies announces the Jessie Bernard Wise Women Awards. The Awards are designed to recognize those women who "inspire and empower others to believe in their own ability to make a difference and to transform their vision of an egalitarian society into reality."

Nomination letters should explain how the nominee has earned the title "Wise Woman." Mail entries prior to the April 1 deadline to Center for Women Policy Studies, 2000 P Street, NW, Suite 508, Washington, DC 20036.

Share life - donate blood. Women are special people, and the Red Cross needs them. Female donors typically have more plasma volume than males, yet women comprise only 45 percent of those presently giving blood in middle Tennessee.

A donation of one pint may sustain more than one life, since blood by products are used to benefit those who suffer from anemia, leukemia, shock, and hemophilia. In addition, demand for blood increases during the holiday season.

So you want to give the gift of life? Here's where you can donate: Thursdays from 12:30 p.m. to 5:00 p.m. in Langford Auditorium or at the Red Cross on Charlotte Avenue. Call 327-1931 for extended holiday hours.

YWCA Shelter and Domestic Violence Program 1989 Calendar makes a nice gift in addition to supporting battered women and their children. The art found on this calendar was included in an earlier fund raiser, a silent art auction. The \$10 calendar is available from the Shelter at 1608 Woodmont Boulevard, Nashville, TN 37215 or by calling 297-8756.

Edie Rice-Sauer, director of the YWCA Shelter, reminds us to consider giving a donation at this holiday time. Nearly 3,000 people are served annually through this United Way Agency.

Women's Basketball

Dec. 2-3 away at Harvard Tournament
Dec. 10 host Western Kentucky
Dec. 13 host Tennessee State
Dec. 15 host East Carolina

All home games at 7:00 p.m. in Memorial Gym. Support the Lady Commodores!

Vanderbilt Lambda Association invites you to a brown bag discussion, "Writing Fiction about AIDS," on Thursday, December 8, 12:10 p.m., Sarratt 205. Franklin Brooks, associate professor of French and Italian will be the guest speaker. ■

Penalty play

By Sylvia M. Cox
Graduate Student
San Diego, California

While waiting my turn during a recent round of on-campus interviews by corporate recruiters, I overheard a just-interviewed male student advising two others, a male and a female. He said that this particular recruiter was "really into sports," and that they should say they played on one of the school's sports teams. As an afterthought, he turned to the female student and added, "You could just say you were a cheerleader."

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.

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