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The Dickinson College

Women's Resource Center Newsletter

Carlisle, Pa.

Vol. 2 No. 3

Women: Their Growing Awareness of FITNESS

Running, tennis, raquetball, dance -- everyone seems to be getting into the act. More and more women are becoming physically active and aware of the need for regular physical activity. To live long and live well, according to Professor Lehman of the Dickinson College athletic department, you must be aware of your body and be fit.

Professor Lehman noted that it is becoming more acceptable for a woman to be involved in sports and to be athletic. This is partially due to the explosions of myths regarding the health of women athletes. For example, the belief that it is medically harmful for women to be physically active and aggressive is completely fallacious. Many individuals falsely believe that strenuous exercise of contact sports can be injurious to a woman's reproductive system. In fact, however, active women are more healthy than non-active women. Women can be physically aggressive, because we have as much inner protection as men.

Another fallacy that has kept women from participating in sports is the myth that women athletes develop bulk muscles. Actually women do not build those "Mr. America" bulk muscles, even by lifting weights. In-

terestingly enough, men may not build concentrated muscles from weightlifting either. In order to develop bulk muscles, one must lift a heavier amount of weight for only a few repetitions. To condition, on the other hand, one must lift a lighter amount of weight more times. Weight lifting is a great way for women to prepare for many sports such as swimming or gymnastics.

According to Professor Lehman, the trend towards increased physical activity and awareness is rapidly expanding. Americans have substantial leisure time on their hands. In the past, we were content to be idle, watching sport activities on television rather than participating ourselves. This resulted in obesity and health problems for many individuals. Now, however, there is a new awareness of health and the body. Many of the larger companies, in fact, are starting programs (such as arranging lunch-time activities and providing athletic equipment) for their employees. We are more aware that the body and mind are closely inter-related. Your mind is more alert when your body is active.

Professor Lehman mentioned the possibility of a new gym course which would be offered second semester next year. The course will be an exercise/body-awareness program designed to expose people to different kinds of exercise options and programs. Areas to be explored will include identification of body types, individualized attention to those "problem areas" of the body, and instruction on the correct way to walk up stairs, sit, lift objects, and generally take care of one's body. Aerobic dance and slimnastics may also be part of the program. A course such as this would be invaluable to "sedintary" college women or the woman beginning a new career and lifestyle. Many women risk the danger of becoming overweight and inactive from the eight hour office job.

Healthy is a beautiful look. We are in a new era of fitness, and it is the physically fit body that is in

style. A well toned body is more popular and appealing today. Being in good condition enables any woman to have a more attractive appearance. Fitness is not a fad. It is here to stay. ♀ by Gail Borjeson

Outstanding Women in History

by Mauri Baumann

The study of law today is a field open to both men and women in the United States. In fact, a career in law is now one of the most sought-after positions by both. But in 1869 this was hardly the case. Women may have studied law, but the thought of a woman lawyer at that time was inconceivable. Arabella Mansfield, the first woman to be admitted to the bar in the United States changed this concept.

Arabella Mansfield was born in 1846 near Burlington, Iowa. Her interest in law began when her brother was studying it, but after his admission to the bar she did not pursue this field of study for a career. Instead, after graduation from Iowa Wesleyan University, she undertook a teaching career, first at Simpson College for one and one-half years and then at Iowa Wesleyan. By this time, Arabella had married John Mansfield, also a teacher at Iowa Wesleyan. John was also interested in the field of law, and with him Arabella resumed her former study of the subject.

She was admitted to the bar in 1869 without much struggle for the judge reviewing her qualifications was a man known for his liberal attitudes. At the time of her admittance, he interpreted the word "men" in the state law in such a way as to include women in decisions.

Suprisingly enough, the precedent that Arabella Mansfield established that day received very little widespread attention. There were several articles that ridiculed the action, and feminist leaders Susan B. Anthony and Elizabeth Cady Stanton cheered the news of her success. Continued on p. 7

EQUAL RIGHTS

Speaking at a Salute to the Congress dinner sponsored by the Washington Press Club, Rep. Millicent H. Fenwick recalled: "When I was a member of the New Jersey State Assembly, making a speech proposing an Equal Rights Amendment, one of my male colleagues rose and, with real anguish, said, 'I just don't like this amendment; I've always thought of women as kissable and cuddly and smelling good.'

"The only answer, of course," Mrs. Fenwick continued, "was, 'That's the way I've always felt about men, and I hope, for your sake, that you haven't been disappointed as often as I have.'" - Reader's Digest Calendar 1978.



*Maybe if we were driving, this thing
wouldn't be in reverse!*

From - The Not-So-Helpless Female by Tish Sommers and
drawings by Genny Guracar, David McKay Company, Inc.,
New York, 1973.

Book Review & Reflections by Cathy Andriadis



The growing interest in women today has spurred much literature in the form of handbooks on how-to's relating to jobs, education, and everything else from birth control and sex - to fixing cars and light sockets.

One such book has all of these qualities and much more. The WOMAN'S ALMANAC - 12 How-to Handbooks In One, edited by Kathryn Paulsen and Ryan A. Kuhn, not only gives advice on these and many more topics, but also deals with emotional matters. Contributing editors make up much of the material in the form of short, to the point articles that answer questions geared to Women of all ages. If it is a question of job placement or even belly dancing, this book has it. And, if you have questions about women's rights or other legal matters, there is a section titled "The Legal Advisor" that should answer many questions.

Chronological facts run through the book at the bottom of each page. Each outlines an interesting event or fact concerning women and their involvement. Another interesting feature is the Woman's Directory at the back of the book. This provides the reader with information concerning health services, legal aid, publications and other reference material.

This Almanac doesn't give a step by step lesson on how to become a better woman. It merely suggests and advises women on things they should know about or want to know about. Want to organize a union? Thinking about setting up your own business some day? What does a job interviewer look for, and what should you look for? Want to find out more about ERA? Thousands of questions like these are answered in this 624-page manual. Even if you have a particular question about health, children or marriage, you'll get candid, well written articles from leading authorities.

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SEPARATING THE WOMEN FROM THE GIRLS

BY GAIL BORTJESON & ELLEN PALZER

Setting: Snowball fight in any backyard

Action starts with a snowball thrown dangerously close to a window.

Mary: "Hey. Watch where you're throwing it, you may hit a window!"

John: "Oh you girls, you always worry."

Mary: "Well, if one of you boys hit a window, we'd all have to pay for it."

John: Boys.. How dare you call me boy.?"

Mary: "Well you called me girl; why can't I call you a boy?"

John: "Because I'm a man."

Mary: "Aren't I a woman?"

John: "Well..."

Why is it that female persons past the age of puberty are frequently referred to as "girls", whereas a male of the same age becomes highly offended when referred to as a "boy"? Perhaps it is because men are more aware of their maturity and adulthood than women are.

"Boy" denotes immaturity and childishness, just as "girl" does. Have you ever noticed how many terms are used for females? Lady, girl (and a variety of other terms which are found unacceptable) are often used instead of woman, Women are kept childlike through a number of measures - isn't terminology one of them? Maybe this is a matter of "semantics", but sexist semantics is the cause of measures now being undertaken to review and reverse the U.S. Code. Remember we are women not girls. Be proud of that fact and don't lower yourself to being referred to as a girl. ♀

Poet's Corner

Loser

Your lifted face
is a blatant disgrace.
You coped with that pain
because you felt you were plain?
Those inflated breasts
protrude like two quests,
yet, no man wants skin
which holds no grace within.
As for the streaks in your hair-
I don't really care,
for when beauty is feigned,
nothing is gained.

Susan Trimper

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Despite possessing the law degree, Mrs. Mansfield never practiced law. Her first love was for teaching. It was in this field that she remained for the rest of her life. In addition to teaching, she also played an important role in the woman's rights movement, establishing an Iowa Woman Suffrage Society and serving as its recording secretary. ♀
source- Notable American Women -1607-1950. Vol.2.

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For any woman interested in her mental and physical make up, the Almanac is worth looking into. It's truly an invaluable reference tool for today's woman. Suggested price is \$6.95 and is available at most stores. ♀

EDITOR'S CORNER

Women as leaders: Getting Better and Better

On Saturday, March 31st, a leadership conference will be held in Bernard Center for all Dickinson women. Sponsored by Pan Hel, the conference is designed to help women improve their leadership skills. Workshops such as assertiveness training, college/community interaction, basic skills for running an effective meeting and fighting apathy at Dickinson, are just a few that will be held throughout the day. The featured speakers include Dickinson alumni and administrators who have attained leadership positions in the college and community. A luncheon will also be held during the day.

Got a Car? We, along with Dean Carson, have set up an Automechanics Workshop to be held March 27 & 29 and April 3 & 5 from 7-9pm. It will be open only to a minimum of people with a cost of \$3 per person. A similar workshop was held last year and was a great success, so sign up in Student Services soon.

WOMEN'S STUDIES CONFERENCE, this year, is to be held at F&M College on March 10th. Last year Dickinson College sponsored the conference, which was extremely interesting and informative. Lunch is provided at a cost, but box lunches can also be brought. Please contact me if you are interested in going, for we are now in the process of organizing car pools.
Ellen Palzer Box 1180.

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