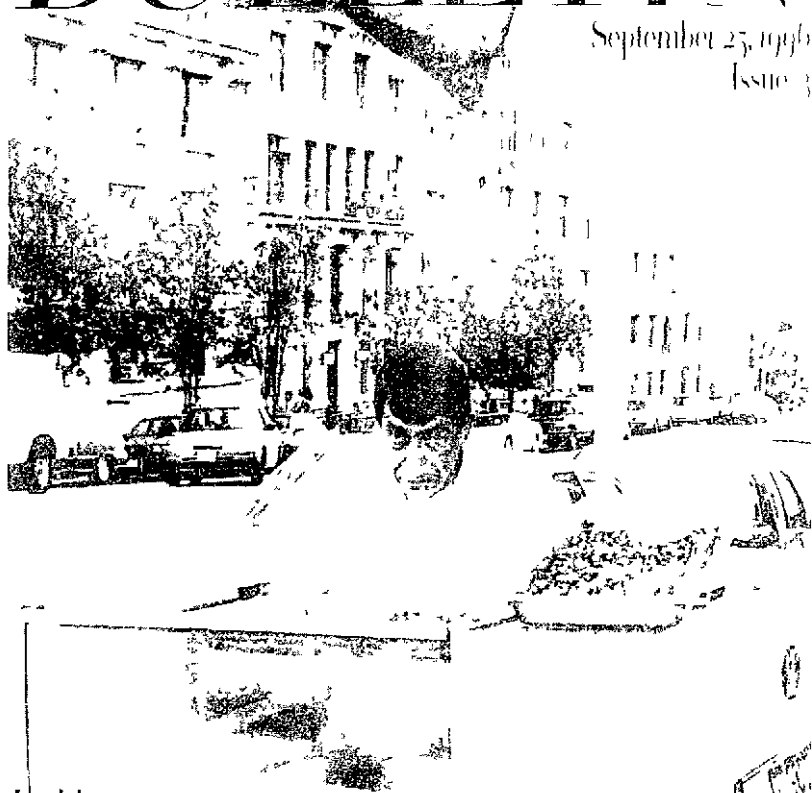


BARNARD

BULLETIN

September 25, 1996

Issue 3



Inside:

The End Strike Article

Sports at Barnard *By Elizabeth*

Rediscovery in Colorado

Student Fiction and Poetry



Barnard Bulletin

Fall 96 Issue 3
September 24, 1996

EDITORIAL BOARD
Editor-in-Chief
Dana Adams-Ciardullo

Managing Editor
Jessica Olev

Features Editor
Aunée Sims

Commentary Editor
Jessica Ullian

Music Editor
Rachel Fin

City Bodies: Our Minds
Editor
Ashley Atkinson

Columnist
Toren Roeder

ART
Photography Editor
Leigh Hill
Elizabeth Zick

Layout Staff
Ishtar Park
Jennifer Flandro
Linda Rodriguez

MANAGEMENT
Office Manager
Catherine Pakaj

Advertising Manager
Sonia Higgins

Special Projects
Melanie Vickers

Administrative Advisor
Paul Farrell

The *Barnard Bulletin* is published weekly by the *Barnard Bulletin* staff at Barnard College in New York City. Printing is done by Vanguard Presses. Subscriptions are \$20.00 per academic year. Location requests and address changes may be sent to the *Barnard Bulletin*, 1009 Broadway, New York, New York 10012. Reproduction in whole or in part is prohibited. Views of the editorial board of the *Barnard Bulletin* are published after being approved by a majority of editorial board votes. It is the policy of the *Barnard Bulletin* to accept no advertising in the college connection.

Cover photo by Leigh Hill

Voices:

A Newspaper's Got Personality, Too

Sympathetic friends and advice columnists all love to tell people in crisis how much stronger they will be when they conquer their demons, alluding to the tremendous character and personal growth which inevitably follow life's most painful trials. The *Barnard Bulletin* has seen many of your own trials recently, and while

she is still in a state of limbo between crisis and personal growth, she is beginning to develop self-confidence and personality.

Just as Barnard had to claim its own autonomy when Columbia went coed and seek its territory in

an environment where outsiders were telling her that she had no place, the *Bulletin* has to look around at times a little evaluate her role. Everyone deserves moments to sit back in awe and ask the grand philosophical question: "What the hell is this world I live in, and what is my place here?" But this crazy world of ours leaves little time, or insight and thought, so only as good as the activity follows it.

And so the *Bulletin* launches into her 96th year of publication with more of the fears and questions of college students than the wisdom

and confidence one would expect from a woman on the cusp of her centennial birthday. Whereas traditional daily newspaper reports facts and plays on the world's drama, the *Bulletin*, as a part of the College, experiences Barnard life along with students. She shares in your frustrations with mail services because she too has packages arriving.

She knows the impossibility of meeting deadlines, the fear of failing, and the burden of high expectations.

Hence the *Bulletin* is simultaneously a sympathetic listener, advisor, and reporter. Guiding and inspiring her is passion for understanding and enlightenment. Her nourishment and sustenance, the food and water that give her the means to carry on, are her readers and writers.

Every week the *Bulletin* tries to capture part of Barnard's history to inform students, and to offer a forum for lively, creative expression and exploration. We, the editors of the *Bulletin*, invite you to join us in feeling the *Bulletin* alive by passing it by, reading it, writing it down, or by sharing any other talent from which you believe the *Bulletin* could benefit.

The Bulletin launches into her 96th year of publication with more of the fears and questions of college students than the wisdom and confidence one would expect from a woman on the cusp of her centennial birthday.

Table of Contents

Departments

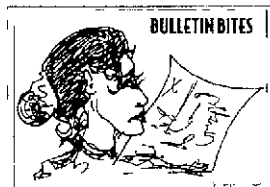
- 2 **Voices** A New Voice
- 4 **Letter to the Editor** A Strike Victim speaks
- 5 **Calendar of Campus Events**
Bear Essentials Important announcements from the Dean of Studies
- 6 **New Briefs** Fundraising effort unveiled Alum receives prestigious award



Library building

News

- 7 **Strike Resolved** The final chapter in a seven month saga
- 8 **Interview with the New First Year Dean** Find out Dean Keller's secret for success



This copy editor sucks. She keeps finding all the mistakes.

Features

- 9 **Safe Sex Lies** Peer eds host forum on controversial safe sex views
- 10 **Intramurals** Intro to fall season and news from the PE department
- 11 **First Year Ode** Jennifer Rosen captures excitement of roller coaster of first year
- 12 **Gumbo** Susan Clarke continues her story

Music

- 14 **Club Review** Sabrina Wu takes us to the Cooler
- 15 **Concert Review** Anna Akbar is hooked on Sleater Kinney

Our Bodies, Our Minds

- 17 **Well Woman Q & A** Sleepless in New York
- 18 **We Try It** Cramp relief

Commentary

- 20 **Outside In** Sara Stover climbs mountains
- 23 **All Grown Up** To pay or not to pay



Our all time library watch

ANOTHER VIEW OF THE STRIKE

Decisions are not always easy to make. The most difficult one of my life was the decision I made to cross the picket line and come back to work. Let me explain from the beginning.

When the union first called for a strike vote on February 22, 1996, I was all for it. It seemed as though the college was being completely unreasonable or at least this is what I was led to believe. We were out on strike for almost two weeks and then we returned to work for Spring Break. The next meeting was held on April 9, 1996, and there was yet another strike vote because we had to act now. Again I voted in favor of the strike. The final offer given to us by the college was like a huge slap in the face.

Somewhere along the line it became difficult to ascertain who the villain in this situation was, but it became clear that the members of 2110 became the victims. The College kept moving on issues, but nothing would make us call for a vote to go back inside. There are three sides to this saga: the Union's, the College's, and then there's the truth, which could only be told by the four walls of the

room the negotiations were held in. Am I the only one who wishes that walls could talk? I doubt it.

The negotiating committee kept giving us reasons why we needed to say out and for the most part they played up our anger at the College. Well, it worked. Finally, there was noth-

Somewhere along the line it became difficult to ascertain who the villain in this situation was, but it became clear that the members of 2110 became the victims

ing else that they could say to me. The College gave us no idea what we were asking for on the healthcare issue, and there was a lot of movement in other areas as well. I refuse to believe that the last few things that needed to be negotiated needed to be done with our members outside on a picket line. We will not get back what we lost in a vaca-

tion time, sick time, etc. When I returned to work I was harassed by some members of the Union and I expected this. But I did not expect the harassment to last as long as it did. I thought about the decision I made every single day and wondered if it was the right one. There were many times that I almost walked back outside to the picket line, but the more I was harassed the more I wanted to stay inside. I just want to say that it was the immature people of this union that made the decision to stay inside much easier.

Needless to say I was welcomed back with open arms. There are many Union members who don't speak to me now. If it blows over that would be great, but if not I will not lose any more sleep over it. I am a well-educated, mature human being, and I do not need to be treated like a child by anyone, including Union members, the negotiating committee, or this Union's president.

One last thing: the contract that was signed had a few minor differences from the one offered to us by the college in June. The difference is:
 So said
 A Strike Voted

Editorial Policy

In order to be considered for publication, Letters to the Editor must be submitted to the Editor in person or by mail to the Editor's office. Letters to the Editor must be submitted to the Editor in person or by mail to the Editor's office. Letters are printed under the discretion of the Editor. Signed letters are subject to editing. The Editorial Board reserves the right to edit letters for clarity and brevity.

The Bulletin Welcomes Letters to the Editor



BEAR ESSENTIALS

THE JONG WRITING CENTER (previously The Writing Room) is now open for the fall semester. The Writing Center's specially trained peer tutors and faculty level writing consultants can work with you on everything from First Year English papers to lab reports to your senior thesis. Sign up for conferences (up to two per week) on the door of 121 Reid Hall.

FIRST-YEAR AND TRANSFER HEALTH PROFESSION STUDENTS Dean Anu Bournoutia will offer two information sessions regarding course planning, advising, and recommendation procedures. Please attend one of the meetings: Friday, September 27, 10:30am in the James Room (1th floor Barnard Hall) or Monday, September 30, 12:30pm in 306 Barnard Hall. Representatives from the newly formed Pre Health Students Organization will also be present.

COMMITTEE ON PROGRAMS AND ACADEMIC STANDING The Committee consists of

seven faculty members and three administrators meets biweekly to review requests from students for exceptions to academic policies and procedures. Petitions may be obtained at the Registrar's Office and must be submitted by the Monday prior to the Thursday meeting in order to be considered at that meeting. Please contact your class dean if you have questions about these procedures.

STUDENTS INTERESTED IN TUTORING of Barnard courses may apply in the Dean of Studies Office (125 Milbank) to find out an email address for you. Please speak with Dean Webster.

STUDENTS WHO ARE INTERESTED IN RECEIVING TUTORING Please speak with your instructor about study assistance. We are happy to help you with your studies. Tutoring is arranged through a system of holding Study Sessions in the Study Sessions Office. They are planned several days in advance.

for September 2, thru October 1.

WED 9/25
7-9pm Public Health workshop with Anu Bournoutia, Health Officer, Adv. or Subberge Hall.

THURS 9/26
12-2pm Public health workshop with Anu Bournoutia, Health Officer, Adv. or Subberge Hall.
4pm Collette Wright Presents: *Universities As an Studies Center: The Bengali Poetry and Politics of Taslima Nasrin: One Woman's Conspiracy Against Islam*. 01 Barnard Hall.
5-6:30pm *Senior Employment Orientation in the Living Room*.
7:30pm-12:30am *Tom Sweeney, ZocPrax, Matt McCall, Lehman Auditorium*.

FRI 9/27
11-3pm *Carleton Society for Africa* in Milbank.

MON 9/30
5-6:30pm *Senior Employment Orientation in Subberge Hall*.

TUE 10/1
7-8:30pm *Advanced Writing Workshop* in Subberge Hall.

WED 10/2
1-6:30pm *Senior Employment Orientation in Living Room*.
5pm *Advanced Writing Workshop* in Subberge Hall.
6-8pm *Writing a Working Woman's Life: A Discussion and Reading from *Verity** in Subberge Hall.

News Briefs News Briefs News Briefs News Briefs

MACARTHUR AWARDS

Rebecca Goldstein, BC '82 has been named a recipient of a 1996 MacArthur Foundation genius award. This prize established in 1981 by the John D. and Catherine T. MacArthur foundation honors exceptional creativity.

Ms. Goldstein, who will receive \$285,000, majored in Philosophy at Barnard and taught in the philosophy department from 1976 to 1986. After receiving her Ph.D. in philosophy from Princeton University in 1976, she authored *The Mind-Body Problem* (1983), *The Late Summer Passion of a Woman of Mind* (1989), *The Dark Sister* (1991)

and *Martinis*. She has been an adjunct assistant professor of writing at Columbia University since 1994.

Other past MacArthur recipients from Barnard include: Eve D. Caspary, BC '75; Leslie Tharp, BC '63; Lucy Jane Barton, BC '74; Nancy Farniss, BC '69; and Irene Winter, BC '60.

BARNARD FUNDRAISING

Barnard College has increased the goal of its largest fundraising effort to \$125 million. This act comes after the successful conclusion of the first phase of The Barnard Campaign

which reached a goal of \$60 million six months ahead of schedule. Launched in 1990, the two-part fund-raising campaign was originally projected to raise \$60 million in the first phase and \$40 million in the second. However, the new assessment identified needs at Barnard in excess of the original goal.

During Phase II, The Barnard Campaign seeks gifts for five areas: faculty support and academic programs; student support facilities; information technology; and current operating support.


A timetable has been set to raise the remaining funds by June 30, 2000.

write your story

in the pages of the magazine

to the editor

WRITE A LETTER TO THE EDITOR





At Long Last, 2110 Strike Resolved

by Diana Adams Ciardullo

Eighty-six of Barnard's 2110 workers undoubtedly eager to get off the picket line and back to their jobs, voted unanimously in favor of a contract on Monday September 16 thus ending the nearly five-month long strike. The final settlement was reached at approximately 10pm the previous Friday after the negotiating teams worked out the details of the agreement.

On September 16 Barnard College and Local 2110 released a joint statement informing the Barnard Community about the resolution. The statement said:

Both sides expressed satisfaction with the contract—which achieved important gains for each—and agreed that it was time to move forward.

The final contract included wage increases of 3% for the first year of the contract beginning Monday September 17 and 3% for the final two years of the contract. In lieu of retroactive pay, a provision was made for seniority bonuses which range from \$100-\$400 per year depending on the number of years worked. Approximately 50% of the workers will receive bonuses.

Union workers will retain CHH's better health care provider but will pay a share of copay rates and contribute to premium costs. The Union agreed to a 27% reduction in

premiums, which BFA Kaufman Vice President of Finance and Administration attributes to cost containment measures. Such measures include second opinions for surgical procedures, urging management to return to in-patient and pre-certification before hospital admission, a policy that streamlines care which would be treated on an outpatient basis and thus saves costs attributed to hospital admission.

According to Kaufman, there was one employee in 2110—a CHH pool whose employees' claims were extremely high. This employee was removed from the pool. Kaufman maintains that this move shows that the [the union's] willingness to explore options that control costs.

Another component of the contract is the formation of a Labor Management Committee which will study and discuss issues surrounding health care. More specifically, members will prepare in advance for negotiations when his contract expires in January 1999. The committee will consist of 10 Union members two whom will be Barnard students and five representatives from the CHH.

A 20% cut in vacation was also agreed upon by the striking workers during the strike. However, Barnard

When asked about the effects of one going out of workers leaving, as the union workers return, Kaufman said, "It's an adjustment. Everyone will work to make it as smooth as possible but there are bound to be some awkward feelings."

Barnard College General Counsel Michael Tierman commented on the lessons learned from this strike. "I think one thing is definitely clear. In a strike, there are no winners or losers."

Diana Adams Ciardullo is a Barnard junior and Editor In Chief of the Bulletin.

AL 11

**BOOK NOW
FOR YOUR
FALL GETAWAYS!**

Washington, DC	\$ 72
Boston	\$ 72
San Juan, PR	\$ 99
San Francisco	\$175
London	\$183
Paris	\$185
San Jose, CR	\$225

CALL FOR A FREE 5-DAY TRAVEL MAGAZINE

Council Travel

Union West Sec. V.A. Mo. Inv.

http://www.counciltravel.com

EUNALPASSES ISSUED ON-THE-SPOT!



A NEW DEAN FOR A NEW CLASS

by Sheema Chaudhry

Seven hours of sleep—that's what Barnard's new First Year Class Dean Ellen Kreger prescribes for first-year students. Dean Kreger's wisdom comes from her own undergraduate experience. Kreger attended Chatham College for two years before transferring to the University of Pittsburgh where she received her BA in English Writing and East European Studies. Her previous position as Pittsburgh's Assistant Academic Advisor adds to her qualifications as counselor of the Class of 2000.

Dean Kreger explained that she learned of the open position through *The Chronicle of Higher Education*. The position was left vacant this year when Catherine Webster, former dean, resigned to complete a Ph.D. in French Literature. The position impressed Kreger because it offers room for lots of advising individual students, planning curriculum, and decision making.

The nature of Barnard and its students was also a crucial factor. Barnard is a challenging academic environment, she said, and Barnard students are well-rounded in general—in class and outside of the classroom. Kreger praised Barnard's all-women status as encouraging women to speak out in class, run clubs, and student government, and to level

up a level of confidence for the real world.

So, what did Dean Kreger have to say about pit drows, room or after no so, roundly neighbors across the street? Dean Kreger warns first-years not to heed any such anecdotal comments. She states, "When you look at a list of who graduates from Barnard where they are, and the things they do after Barnard, it's giving women an experience that is incredibly valuable."

How does one follow the path of successful alumnae like Margale Mendez, Zora Neale Hurston, and Suzanne Vega? In addition to sleep, Dean Kreger offers six pieces of advice. (1) You don't have to do everything, (2) the rest is free, (3) Don't be afraid to ask for help when you need it, (4) Own your success—no subject is a viable test, don't talk yourself down, if someone else gets an A+, (5) Always go to class, (6) Learn to take advantage of your resources, just because it's free doesn't mean it's not valuable.

As a member of a faculty that includes a former head of the United Nations, and as Dean Kreger's advisors and colleagues, she is interested in the current and new ways you can contribute to the



Ellen Kreger, First Year Class Dean

colleagues. Her favorite writers include Marguerite Duras, *The Lover*, Carol Maso, *Alice*, Lynn Emanuel, *The Day*, and Sharon Olds. Dean Kreger's favorite writers are all women because she feels a connection in a woman's voice.

Dean Kreger misses her fiancé and cat dearly. Her transition to Barnard produced feelings with which most first-years can empathize. However, she said her homesickness is getting better. Dean Kreger emphasizes that a comfortable state will occur gradually. She warns first-years not to expect everything to fall into place now.

Kreger hopes to hear from students and get more involved within six years. She emphasized that she is always there for her 2000 advice.

Sheema Chaudhry is a Barnard first-year.

Barnard Group Says "Let's Talk About Sex"

By Heather Josephs

On Wednesday, September 18 at 8pm, a group of approximately 25 people gathered in Barnard Hall to discuss the issue of how to educate and promote safer sex on the campus and HIV. The group consisted of students and teachers, Well Woman Peer Educators, Barnard Student Health Services staff, and Lynn Mintor, a Barnard graduate and columnist for *Purple* magazine. The event was co-sponsored by the Center for Research on Women. The forum centered around an article by Meghan Daum that

appeared in a January 1996 issue of *The New York Times Magazine*.

In the article Daum argues that just like our mothers whose adolescent selves were haunted by the abstract taboo against being bad girls, my contemporaries and I are discouraged from doing what feels good.

Daum maintains that trust in one's partner should be enough protection. We've entered a period where mistrust equates responsibility where fear signifies health.

The reactions to Daum's ideas were varied and these in attendance expressed many diverse opinions. One student made an analogy that using a condom is like wearing a seat belt. You wear a seat belt not because you're a responsible driver but because you don't know when you're going to die.

Cassie Harrington, Associate Director

of Mental Health Services, at the discussion leader pointed out: It's not just the risk of pregnancy, syphilis, HIV, and the risk of death that have changed our whole sense of protecting ourselves.

In contrast Daum's own article that our culture has been affected by the consequences of being us and not our behavior has stayed away from the scene. The group agreed that sexual communication and alternatives to intercourse need to be emphasized in safer sex education.

Some students suggested that perhaps safer sex education is in need of reform. They believe that more sexualization is necessary for youth who are growing up in a culture where, as Daum writes, MTV programs promote safe sex that are "bravely straightforward" and "unambiguously" documentaries about Madonna.

Harrington also addressed the need for communication. We've gotten to a point where we can't work without being sexualized.

Well Woman's next discussion will be on the topic of how they're promoting their own sexual health. The discussion will be held on October 15th at 8pm in Barnard Hall.

Heather Josephs is a Barnard first year.



Session discussion in progress



Gumbo

by Susan Clarke

A home pregnancy test followed by a visit to the doctor negated all doubts. I was pregnant. Initially, I didn't want to tell James anything. Then again, I figured that he would be overwhelmed to find out that we would be having an addition to the family. That was the first time—Ray gave me the money despite the fact that I promised to pay him back. I wasn't ready to be no mama. I dared not tell James, at least not for now. He was always talking about having a big family. I ain't never had a family except for mama and it was just the two of us. Some three or four kids would be hell.

Then there was the second pregnancy. No birth control. James always told me, "That shit ain't good for any woman's body. Haven't you read the papers?" No. But I took his word for it. Since I had been with James, life had only gotten better. If there was a time to tell him, it was then. I knew that we would be together forever because that was what James said.

That evening I made dinner and bought red wine. James arrived home at his usual time.

"Mmmm, something smells delicious. He said, walking directly to the kitchen.

"I made dinner," I boasted.

I cut the steak that sat on my plate. Pools of blood seeped out between the knife and the meat, then barked in wild rictus. I said, "You're nauseous. I could have another arm or two."

"James, I'm pregnant." I uttered before I had a chance to contemplate an abortion any longer.

To be truthful, I can't even remember what his first reaction was because I was so surprised

that I quickly the words forced themselves past my teeth and gurgled.

"Really? I'm happy," he altered, squeezing my left hand from across the table. Then he resumed eating his steak—rare and in silence—just like he was before.

When the baby first kicked in excitement, I called James over to feel. As soon as I laid his hand on my stomach, the kicking stopped.

"You can feel it next time," I said, trying with each word to breathe life back into our relationship. When it came time to buy the baby clothes, James merely left money on the kitchen table, no questions and no assistance.

From the beginning of my ninth month of pregnancy, James had been working late hours at the office. The day I went into labor, it was Ray I called and Ray who rushed me to the hospital. I teared, calling James. His response to everything was so retarded lately that he would probably arrive home in just enough time to watch the baby take its first step.

The delivery was normal. The baby was darker than most newborns and beautiful. I asked James if he would like to name her. He had no particular preference. I remember when James and I met—the newness and who I meant so much to me, especially now that it was gone. James had called me Nubia. That was her name, Nubia. I hope this would stir up old memories for James but it only seemed to do so for me.

I often sat trying to figure what had went wrong and how did my glass window end up broken when no one threw a rock. It was self-inflicted, but I grated night and day that this only would crazy glue our relationship back together. The only problem though was that the pieces were not only broken, but many were missing.





On many occasions I tried to get him to hold the baby, but in all instances he refused. When she cried, he would call me from wherever I was in the house to attend to her.

One evening James told me without forewarning that his job desperately wanted him to transfer to Arkansas to some branch that was opening out there. He would be promoted to division manager. That was the news James had said at one time or another in the past few months.

Thank God! At least New babies grow up where there are trees and flowers—cause the city ain't nowhere for a baby. I gabbled.

'No, James interrupted. You and the baby can't come yet. I have to find a place, get settled in and situated before I send for the

family. You stay here. I'll pay a few months rent and give you money for the baby, and in no less than two months I'll send for you. Be sure I do.

Mother never let me hear another word. Her name's Nellie and she's from Nubia. I had in her crib once.

That night my bed was flowered with a polypour of self pity, sorry hurt and anger. I cried myself to a resolution.

I see you first, too.

Susan Clarke is a Barnard senior.

Advertisement

**Take
a closer
look...**

**Tell Us
What You See.**
A Dining Services Survey!
**Monday Sept. 23
thru Sunday Sept. 29**

**We want to see our food and service
through your eyes.
After all, it's for you!
That's why we're conducting a survey.
Filling it out will help us
to see your view -
and get you... what you want.**

**So take a look and tell us what you
like and what you'd like to see
different.
Next time, you'll like what
you see even better.**

BARNARD
Campus Dining Services



MUSIC CALENDAR

for the week of
9/25-10/1

Rock

Wednesday, September 25

My Life With Thrill Kill Cult
(Coney Island High)
They Might Be Giants (Mercury
Lounge)
Wild Colonials Chimera Julian
Fleischer (Fez)
Loaded, Loudspeaker Angel
Rot Sto Zivrot 12 Rods
(Brownies)
Gush, Dry Heavens, Fly,
Claudes Front Pocket Blood
Everywhere (Continental)

Thursday, September 26

Less Than Jake (Coney Island
High)
Dub Narcotic Sound System
The Make Up & The Crabs
(Tramps)
New Radiant Storm King
(Mercury Lounge)
Placebo & Special Guest
Bands (Cooler)
Local H (Brownies)
Weston (CBGB)

Friday, September 27

-ism Ahmed El-Molasseem
Hassan Hakmoun & Zahar
(Cooler)
Electron Rider Dowdy Smack
Entrain Moses Soul Fish (New
Music Cafe)
Los Dudes Gelfkens Burrs
The Cheese The Ranters
(Wetlands)
Bob Mould Rasputina (Living
Plaza)

Saturday, September 28

Rhythms of Aqua (Rainy Day's
Cafe)
Lap Dog The Coopers
Folksione 10 Miles of Verus

The Cooler Heats Up

by Sabrina Wu

The Cooler sits in the middle of Manhattan's meat packing district. Once an actual meat locker, the building's original steel walls and huge antique meat procurement remain, creating a thematic decor. A daytime passerby would likely mistake The Cooler for one of the neighboring meat-picking establishments; the long lines of downtown scene-seers that form at night, however, can ask what really lies behind its walls.

The Cooler is a venue where the newest and most innovative sounds in rock can be heard. The Cooler hosts shows almost every night, boasting an impressive lineup. Recent highlights include Sleater Kinney, Lee Ranaldo, The Insteps, and Groove Collective. Ever Wednesday in Scotty's at the Sun Ra Intergalactic Lounge, featuring Sun Ra Arkestra and various special guests grace the stage.

Doors open at 5pm for most shows, and there is no cover on Monday nights. The stage is in the main room, seven feet wide by eight feet deep. The entire room, which is built to expand beyond its maximum capacity, rises quickly and to five overhead fans, reminiscent to cool the air, while leaving the walls to keep the heat in. The heat, while not unbearable, makes perfect sense with



COOLER
at Scotty's

concertgoers endure the heat in lieu of the bands.

For those who can't take the heat, there are monitors located in smaller rooms at the club. Many exercise this more comfortable option and contentedly sip their beers while watching the show from a little box. There is a steady flow of people at the bar, and some choose to listen to the music while seated at tables located in the lounge area.

Tickets for all shows at The Cooler are sold in advance at King's Supermarket, either on

4th Avenue, where tickets are \$6 or \$7, or higher if the show is a special event. For more information, visit www.coolerrock.com.

Sabrina Wu is a *Burrhead* first timer.



Sleater Kinney Melts Fans at the Cooler

by Anna Akbar

Sleater Kinney quietly took the stage as the tightly packed club patiently awaited the rip of amplified guitars. After having their Chainsaw Records debut LP in my possession for a mere few weeks, I was an X with excitement. From the first few tracks of *Call the Doctor*, I was hooked. I prepared myself for the surging guitars, caustic lyrics, powerful vocals, and solid drumming that I was about to hear live. After recording *Call the Doctor* in Australia, Sleater Kinney toured earlier this year trekking across the continent from their home town of Olympia, Washington, to play a show at The Cooler.

Sleater Kinney is the offspring of the bands *Excuse 17* and *Heavens to Betsy*, both of which are acclaimed bands in the riot grrrl movement. Corin Tucker (lead vocals and rhythm guitar) hails from Heavens to Betsy, while sidekick Carrie Bernstein (thick-up vocals and lead guitar) was formerly a member of Excuse 17.

Starting a sound that on Saturday, September 7, they played a 4-minute set that included songs from their previous releases on the Vile Vile Vile record, and their new release *Call the Doctor*. They

even introduced a few new songs to the eager crowd. With a new drummer on board, whom they introduced as Janet, they put on a tight raucous set. Their stage performance was incredible—Corin's guitar hero antics, Corin's amazing voice mixed with the eye contact she gave the crowd, and Janet's beam from behind the drum kit were mesmerizing. When Carrie announced "We only have a few more songs to go," an avid fan in the crowd replied, "Play a million more!"

Having converted a room of people into fans, Sleater Kinney retreated out of the club after talking to a few stragglers and selling two shirts. Unwound, a band on Chainsaw's sibling label Kill Rock Stars, followed up with an incredible set. Drenched in feedback and noise, Sleater Kinney named after a street in Olympia, underlines its responsibility to include so many of the women who adore their music. Rather than succumbing to the stereotypical "grrrl" image, they've created an alternative sound, a strong, firm, and powerful one.

Anna Akbar is a *Burrhead* first-year

(New Music Cafe)

Percy Hill Rugby Road Hugh Pool (Wetlands)
Blonde Redhead LaBradford Windsor for the Derby Ene (Cooler)
Big Mouth 44 (Brownies)
The Selector Skeletones Bigger Thomas (Tramps)

Monday, September 30

Lisa Germano (Brownies)

Tuesday, October 1

Poe Eels Pure (Irving Plaza)

Jazz/Blues

Wednesday, September 25

Danny Drahler (Chicago Blues)

Sam Yahel Organ Quintet (Smalls)

Billy Taylor (Blue Note)

Bill Frisell Quartet (Knitting Factory)

Jam Slam (Alterknit Theater @ Knitting Factory)

Thursday, September 26

Satan & Adam (Chicago Blues)

Bill Frisell Quartet (Knitting Factory)

Arthur Kell Trio Laila & Alexa Rodrian (Alterknit Theater @ Knitting Factory)

Friday, September 27

Bill Frisell Quartet (Knitting Factory)

The Complexity Senes with William Hooker, Mika Pohjola (Alterknit Theater @ Knitting Factory)

Jimmy Madison Quintet (Birdland)

Monday, September 30

New Legacy Orchestra (Knitting Factory)

Tuesday, October 1

Javon Jackson Quartet (Village Vanguard)



Advertisements

Give A Gift Of Life

Searched for a very special woman with love in her heart to help an interracial couple achieve the wonderful miracle of life. If you are between the ages of 21 and 35 and would like to be an egg donor and share in this unique experience, please call (781) 231-9519.

Let's Talk

Besides heartfelt gratitude you will also be compensated for your time and effort.



Do You Know What I Know Now?
Your Life, My Reward

Networking Reception for Seniors and '95 & '96 Graduates

Friday, October 11, 1996
Sullivan Center
7:00 p.m. - 8:30 p.m.

Sponsored by the
Office of Career Development

See you there!

See you there!

Artis Beauty Salon

FULL SERVICE SALON
FOR MEN & WOMEN

Special Discount
with C.U.I.D.
for Students & Staff

\$10

Haircuts

* Other discounts not
applicable

1-781-664-3124
7-11 AM - 7 PM
7-11 AM - 7 PM

1233 AMSTERDAM AVE.
BOSTON, MA 02118
BENJAMIN FRANKLIN HALL

Howard Hughes Medical Institute Predoctoral Fellowships in Biological Sciences

1997 Competition

Application deadline: 11/15/96
Interviews: 12/15/96 - 1/15/97
Fellowship start date: 6/1/97

Fellowship terms effective June 1997

- 1. 1 year
- 2. 2 years
- 3. 3 years
- 4. 4 years

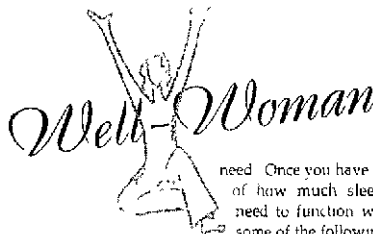
Eligibility

- 1. U.S. citizens
- 2. U.S. permanent residents
- 3. Foreign born with U.S. citizenship or permanent residence at the time of application
- 4. Ph.D. or M.D. degree
- 5. M.S. degree with research experience
- 6. B.S. degree with research experience

Schedule

- 1. Application deadline: 11/15/96
- 2. Interview: 12/15/96 - 1/15/97
- 3. Fellowship start date: 6/1/97

For Program Announcements, Eligibility
Guidelines and Applications



Dear Well-Woman,

I am a First Year student and have only been at Barnard for three weeks. Already I am having trouble sleeping. I'm not used to the noise on Broadway or in the residence hall. Also I've been staying up to talk to my friends, which is really fun, but the next day I fall asleep in class. Is there some way to get enough sleep here at college or do I have to resign myself to four years of insomnia?

Thanks,
Sleepless in New York

Dear Sleepless,

Welcome to college. As you have already noticed college is ready-made for the development of sleep disorders, but with a little planning and knowing yourself you can get a good night's sleep. First, it's important to know that while most adults (and that's you now) need between seven and eight hours of sleep, some need as much as ten and others as little as five. Try to figure out how much you seem to

need. Once you have a sense of how much sleep you need to function well, try some of the following suggestions:

- Try to establish regular times for sleeping and getting up
- Use your bed for sleep only
- If you must nap during the day, avoid evening ones
- Get regular physical activity, but get the exercise in before dinner, not after
- Take some time to make a transition between daily activities and sleep. For example, you might establish some pleasurable routines like brushing your hair, writing in a journal, reading for pleasure, or meditating
- Avoid drinking caffeine (coffee, tea, colas, chocolate) and alcohol. Both interfere with sleep
- If you find yourself ruminating over what you have to do the next day, get out of bed and make a list of everything that's on your mind, then go back to bed
- It helps to have a comfortable and pretty environment in which to sleep. Take some time to make your space attractive and inviting

Sincerely,
Well-Woman

CLASSIFIEDS

help wanted

SPRING BREAK! EARN CASH! Highest Commissions/ Lowest Prices! Travel Free on Only 13 Sales! Free Info! Call 1-800-426-7710 WWW: sunsplashtours.com

academic services

EDITING - By Columbia Ph.D dissertation specialist and academic style expert (APA, Turabian, MLA, etc.) **QUALITY WORD PROCESSING** (212) 471-1272

travel

SPRING BREAK '97 - Sell Trips! Earn Cash & Go Free. STS is *Inting Campus Reps/* Group Organizers to promote trips to Cancun, Jamaica and Florida. Call 800-648-4819

health

WEIGHT LOSS STUDY - St. Luke's Hospital seeks overweight persons. 18-60. Behavior modifications. Liquid formula diet and exercise. 1 ou fee. 212-521-4190



WE TRY IT

Men don't know about pain. Sure, they tell each other stories about getting racked in the groin, moaning sympathetically at the retelling, but they have no idea. They don't have any idea what it is to feel like your stomach's being twisted in a vise, while your head pounds and your back aches for five straight days. Every month. So, if any of you macho guys are too squeamish to read about a little blood and a little pain, stop now 'Cause we're talking about menstrual cramps, kuds, and only the strong survive them. Since even we, the loyal testers who strive to make your lives better, are subject to the crimson wave's high tide, we thought we'd fill you in on some of the ways your period can be just as painless as the rest of your month.

IBUPROFFEN

Duh. I'm sure you've all sampled this remedy and either found it to your liking or not (over to another idea). But Ibuprofen is getting cheaper every day, and it's a good idea to choose down-to-generic brand instead of paying super-high prices for Advil.

Cost: Rite Aid brand costs \$1.11 for a bottle of 200; we also priced Advil at UJM for approximately half that price for 100-count pills. You make the call.

Grade: B+ It typically works, and can be used along with several other remedies we list here.

BIRTH CONTROL

Yeah, we're sure some of you already see the cramps excuse on TV or in the newspaper (your little friends, you, huh). The pill really can make periods easier to bear. After a few pills of usage, it regulates your flow, lessens cramps, and reduces PMS. Or, hey, you can even have a worse period than the one you're trying to quit taking. The pill and I don't get along, but smoke. If you're worried about cramps, take

a lighter dosage like Lo-Ovral instead of more heavy-duty oral contraceptives like Tri-Phase II.

Cost: A 1-month supply of birth control pills can be bought at Health Services for \$7.50 after an examination. The last time we checked, most of the cost can be covered by several health insurance plans.

Grade: B- It's a little worrier about every day, but if you take it when you brush your teeth (assuming you brush your teeth every day), then it's all good.

BLOYANCY

What? I bet readers everywhere exclaim. Trust us, ladies, taking the weight off your tummys is a massive score. If you can't find a tutorial around here, anywhere, it's difficult to believe us. Take your favorite book and some medication and play around in the beach for a while. Play on the way, cause the edge of the joint hurts your ass, knees, and screws both back and stomach.

Cost: About two bucks a day, so a 50-cent scribble to attack Ballard ball, abs, otherwise, it's free.



Grade B It works, but obviously its range is limited. One tester swears she's spent entire nights sleeping in hot water when nothing else would work, but you gotta go to class sometime.

KETOPROFEN

We were a little disappointed by our experiences with this non-prescription pain reliever that's somewhat akin to Ibuprofen. The pills are new, which means they're not sold generically and cost a lot more. Incidentally, they also did nothing for our pain.

Cost: Actron, a brand of Ketoprofen, costs \$5 for 24 caplets.

Grade D Try it yourself if you wish, but have a clean bathroom handy just in case.

ORGASMS

This one's a doozy, folks. To explain it as easily as possible, orgasms theoretically cause tissues in your abdomen to contract, which during menstruation are engorged with blood and edema and other stuff. Besides that, a great stress reliever.

Cost: Whatever it takes to get you off. **Grade A** Granted, the relief doesn't last all the time, and you can't really utilize this remedy everywhere, but even so, hey, you still had an orgasm. What pain pill promises that?

MUSIC INDUSTRY INTERNSHIP

Apply Now

For more information contact:

JENNIFER CREATIVE

111 E. 11th St.

New York, NY 10003

Tel: 212 697 1111

Visit

PERIOD JEWISH CULTURE

September 30 at 8 pm

2-2 Theater at the Passaic Public Library

120 S. Main St. Passaic, NJ 07651

New York One Passaic 903 Tully-Ker-Jacob

October 1 at 8 pm

Passaic Cultural Center, 100 S. Main St.

Tel: 201 261 1111

Box Office

Tel: 201 261 1111

MERKIN CONCERT HALL

Abraham Goodman House - 129 West 47th St.

The Barnard Center for Research on Women Presents

Carolyne Wright
Asian Studies Center, Emory University

The Bengali Poetry and Politics of Taslima Nasrin: One Woman's Conspiracy Against Islam?

Thursday, September 26, 4:00 p.m.
101 Barnard Hall

Support the Barnard Center for Research on Women

Louise DeSalvo
Department of English, Hunter College

Writing a Working Woman's Life: A Discussion and Reading from Vertigo: A Memoir

Wednesday, October 2, 5:00 p.m.
Sulzberger Parlor, Barnard Hall

BEST VINTAGE CLOTHING THIS SIDE OF THE '70S

Vintage Clothing Outlet

WOMEN'S VINTAGE CLOTHING
UNUSUAL FINDS
WHY PAY MORE?

ROPA 203

September 27, 1996 (19)

All Grown Up
 "Buy Me Love"

by Taryn Roeder

My mother and I are very similar and we tend to be baffled by the same things. For instance, my mother doesn't understand my life at all and I well, I don't understand my life at all either. We talk about almost everything she's a wonderful mom.

This, of course, does not ensure that we always get along.

One of the most horrendous conversations I ever had with my mother was the one when we talked about birth control. She said gingerly (and randomly, I might add, it was at the commercial break during Party of Five)

Are you on the pill?
 My response:
 MOM!

I just thought we could talk about it.

I had to set this woman straight. Evil child that I am, I broke out. If I were on the pill I'd have to be having sex, now wouldn't I? Do you think I'm having sex? Wouldn't I be a much happier person if I were having sex?

We didn't talk about it again. I'm very touchy when I'm not getting any nookie.

In the most recent conversation I had with my mother she told me:

I know I raised you to be a strong woman and a feminist and I know you're a Barista and all but sometimes I wonder when you go out on dates, you let the guy pay for the other night. Women used to resist letting men pay because it was a sign of the disparity in wages men paid because they usually made more. Things have changed now, but sometimes it's still nice to let the guy pay. Because it's his way of showing he likes

you.

Thanks Ma.

She continued: Besides, they like to pay. They want to.

I resisted the impulse to tell her that she sounded like some sort of monetary date rapist. I could imagine myself peer-pressuring some defenseless man: Pay for my meal. You like it. You want it. Oh baby.

It is mysterious though, this problem of Who Should Pay. Especially at the beginning of a relationship—which is where I always always seem to be. However, I agree with my mother. It's pretty rude to refuse to let a guy pay if he

wants to. It gives him sort of a satisfaction to pay, and he feels

as though he's taking care of you. Of course he

has to let you pay sometimes too. Then

you get that elated feeling of control

that feeling of possession as well as

deserved physical

retroaction later — as the song goes — She

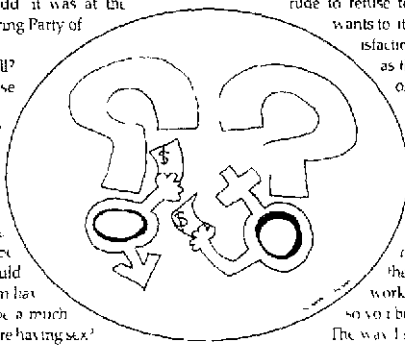
works hard for her money so you'd better treat her right.

The way I see it, there's an inherent

psychological difference between the sexes. Here's the thing: If a girl buys a guy a meal he's happy, but only because he saved money. If a guy pays for a girl she's happy because she knows he likes her.

In any case, the paying needs to be consistent. If it's one thing, it's not to be a one-night-stand. For example, I went out with my ex-boyfriend this summer and he bought me dinner.

Thanks. I can't be surprised. Are you sure?



Outside In

continued from page 7

climb. Hiking requires more stamina than is needed to huff and puff like an obsessed robot on a machine. Hiking requires more lung capacity than blackened lungs allow. I abandoned the habits of smoking and exercising in a daze shortly after and have not returned to them since.

Snow patches consumed my entire leg. Half a mile of scrambling on all fours up slippery jagged boulders diverted my attention from the oxygen depletion from which I alone was suffering. Creeping closer to the top of the mountain lightning bolts and snow flurries tried to press us back down. The last thing that I expected on an early June hike was winter snow.

The air thinned as the altitude increased. We trudged slowly until the summit snuck up in front of us.

On an elevated island the sea around me swelled with mountain peaks that kissed the insides of chalk dust clouds. Etched into the side of the mountain opposite from us Jesus's crucifix filled in with snow stared back at me. The Mount of the Holy Cross like a secret the cross whispered only to those who leaned up close enough to listen.

Your insecurity, your myopia of a life away from New York and even your heavy breathing, the view told me, brought you to my beauty.

So now I am back in New York. Pollution, noise and deadlines invade my life once again. My obstacles reconfigure into grades and perfectionism. Every day I try to surpass my limits to be a different person than I was the day before. But I don't need to climb a mountain every morning to charge. Being back in New York I do not just see black with my worries. I also see green. I know that the distant village seeps an exit of Interstate 70 even though New York is bustling. For the first time in my life I love both of these havens. Even better I now love myself.

Sara A. Ant St. Croix is a Barnard sophomore.

Taryn

continued from page 7


Yeah," he said. "You can get the next one." I thought about how our relationship had gone as he said to the rat. Actually I got the last eight so you're going to have to pay a couple more times before we're even.


I thought about doing some investigative journalism for this week's column. I was going to go out to the steps, ask some Columbia male to coffee and find out what he thought of the whole paying question. Then my brain started working and I realized that a) I don't have the money to take some random and probably short Columbia guy to coffee and b) when has a Columbia guy ever been an expert on dating anyway and c) I'm really really into my own boy right now and I don't want to go out with some Columbia guy.


On the subject of my new boy, he shall remain nameless at present but I will reveal this: he attends an extremely located in New Jersey and he pays for me, probably a little more than half the time.

On the subject of investigative journalism, I went into Cooper's and drank a cup of coffee alone.

Taryn Roeder is a Barnard senior and a *Bulletin* columnist.

WRITE FOR 

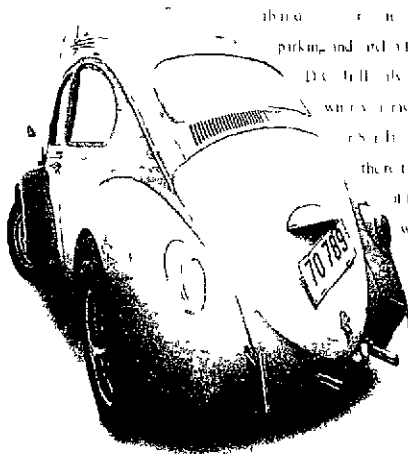
"THE BULLETIN" 

"IT'S JUST SO EASY!" 

**Pick up article assignments every
Tuesday night at 7 PM at the *Bulletin* office
128 LOWER LEVEL MAC
FREE FOOD TOO!**



With These Fares, Your Car Won't Have To Survive A Trip To Boston or D.C. Just To The Airport.



If you're like billions of other motorists, you'll have to pay for parking and fuel (10¢/gallon) to Boston or D.C. It'll only put you out \$51 when you travel Friday-Saturday. So it's more like \$0.50

**The Boston or
D.C. Roadtrip**
\$51
One Way. All Day Sat. & Sun. AM.

there's the week. Or you can buy a Flight Pack for just \$51 and we'll get you \$52 off. We'll even give you a free copy of our Flight Pack, our new car rental program. For a week, you'll want to take a membership in the car pack. Which is a real value for the money.

IS... WHY NOT?

▲ Delta \$51.50 + tax
You'll love the way we fly.

The Offices of the Dean of Studies, Career Development and the Higher Education Opportunity Program of Barnard College are sponsoring the fifth annual

Graduate School Fair

Friday, September 27, 1996

11 am to 3 pm

in the upper level of McIntosh Student Center

Representatives from over 40 graduate programs including

- Bank Street College of Education
- Columbia University Graduate School of Arts & Sciences
- Cornell University
- Fordham University
- Georgetown University
- Harvard University Graduate School of Arts & Sciences and Divinity School
- NYU School of Public Service and Gallatin School of Individualized Study
- Richmond The American International University in London Business School
- Notre Dame
- Yale University The Divinity School and School of Drama
and more with information about their schools

AND ON THE SAME DAY

Workshop: Applications, Admissions and Financial Aid

Friday, September 27

2 pm - 5 pm in 212 McIntosh

Come and get tips from the insiders. Meet with three administrators from Columbia University Graduate School of Arts and Sciences

Alison Rubin '86, Director of Financial Aid
Deborah McCoy '79, Director, Minority Affairs & Special Programs

- Robert Furness, Director of Admissions