

## BUILDING GIRLS' FUTURES

# Warning: Daughters at Work

by Rachel Tallman  
WOMEN'S VU INTERIM EDITOR

It is predicted that by the year 2005, 48% of the work force in the United States will consist of women. If today's girls and young women choose to take part in this work force, will they be intellectually and emotionally prepared?

In 1991, the American Association of University Women (AAUW) published "Shortchanging Girls, Shortchanging America," a now-famous nationwide poll that questions whether or not the answer can be a confident "Yes." Nearly 3,000 girls and boys aged 9 through 15 were surveyed on their self-esteem, their school experiences, their interest in math and science, and their hopes for careers. This influential study reports "that as girls reach adolescence, they experience a significantly greater drop in self-esteem than boys experience ....[and] a growing body of research that indicates girls are systematically, if unintentionally, discouraged from a wide range of academic pursuits – particularly in math and science."

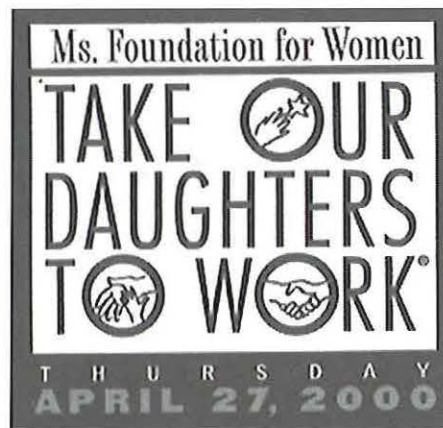
Such results have brought widespread concern about the future of the girls of this nation. Lawmakers included gender equity provisions in the 1994 federal education reform act. In the same year, two new books delved deeper into the experiences of pre-adolescent and adolescent girls. Clinical psychologist Mary Pipher, using her teenage clients in Nebraska as her subject matter, offered *Reviving Ophelia: Saving the Selves of Adolescent Girls*. Journalist Peggy Orenstein wrote *School-girls: Young Women, Self-Esteem, and the*

*Confidence Gap* after spending a year "hanging out" with and interviewing girls at two junior high schools in California. Around the same time, the Ms. Foundation introduced the first national Take Our Daughters to Work® Day as a pro-active step in helping to combat the loss of confidence in adolescent girls.

Both Pipher and Orenstein cite the importance of concerned, caring adults, (both male and female) acting in girls' lives to help them develop into strong, confident women. Take Our Daughters to Work® Day is such an opportunity. By taking a young girl (ages 9 to 15 recommended) to the workplace for a day – and engaging in discussions before and after – adults can help girls broaden their scope of options and make informed decisions about their choices.

While Vanderbilt University does not have an established Take Our Daughters to Work® Day, Allison Pingree, Director of the Center for Teaching, plans to get an early start by taking her 6-year-old daughter, Emma, to work with her for part of the day on Thursday, April 27. Emphasizing the experiential nature of the day, Pingree claims, "Such active and concrete exposure to real-life career situations can't help but make a much more vivid and long-lasting impression in girls' minds than simply reading about them or seeing them on TV."

Pingree believes that to enhance the impact of the experience, girls' own desires and curiosity should shape the day. She also advises asking the following questions: What is the girl interested in learning about, and why? What are the initial impressions or ideas about



this work that she brings with her? What additional information might she need beforehand to help her understand and take best advantage of the day?

Kate Birmingham's daughter, 10-year-old Hillary, has experienced many informal Take Our Daughters to Work® days. On snow days and in emergency situations, Hillary has donned scrubs and a lab coat to accompany Dr. Virginia Eddy, a surgeon in the Surgical Intensive Care Unit, on her rounds. (Note: Confidentiality of patients was not violated.) Birmingham, formerly a study coordinator for AIDS clinical trials at The Vanderbilt Clinic and currently a protocol analyst for the Institutional Review Board, has also brought her daughter to her own workplace. She believes that without girls "relating on such a real level," many career options "are not going to be real to them." By involving many adults, Birmingham ensures that Hillary has a very strong village to help her become the best she can be.

To find out more about Take Our Daughters to Work Day®, call 1-800-676-7780 or visit [www.ms.foundation.org](http://www.ms.foundation.org).

# Why Should Women Vote?

*The Tennessean* recently reported that the current presidential candidates recognize women as a crucial constituency and are shaping their campaigns to attract female voters. Yet many non-voters claim a lack of time, a lack of knowledge about candidates' positions on issues important to them, or disbelief that their vote will make a difference as reasons for not casting a ballot. *Women's VU* asked Lyndi Hewitt, a 1999 Vanderbilt graduate and former DC-based Staff Assistant for U.S. Congressman Bob Clement, to discuss the importance of women voting.

**VU:** As a young professional woman who has worked for a U.S. Congressman, what are your thoughts on the importance of voting, particularly women voting?

**LH:** The right to vote is a privilege that is too often taken for granted. Many times, people forego this right because they feel their opinions can't make a difference... "my one vote won't matter" kind of thing. That's an understandable feeling, particularly from populations who may be marginalized (such as women, racial and ethnic minorities, the poor) and feel ignored by the establishment. But that makes it all the more

important for those people to exercise their right and make their voices heard.

It is especially important that women recognize the influence they can have. We can't expect "Washington" to look out for us; it's up to us to force our lawmakers to listen. Issues like sexual harassment, the wage gap, and child care might never be addressed if it weren't for women taking part in the process.

Additionally, I think we need to be more active in supporting female politicians who are currently in office or running for office. Unfortunately, there are still a lot of people out there who refuse to vote for women, which makes it more difficult for them to get elected. If we want a government that truly represents our interests, then that government must include more diversity.

**VU:** Have your views changed any since moving from the academic to the professional world? If so, how?

**LH:** I don't think my views have really changed, maybe just intensified. After seeing the various factors that play a role in how members of Congress vote, I am more convinced than ever that women must go beyond just voting in elections. Mobilization efforts are key. Politicians feel pressure all the time from groups like the NRA or AARP, and they respond to that pressure. I think women, in particular, need to realize the importance of voting and speaking out as part of a collective, rather than just as individual citizens.

*To register to vote, non-Tennessee residents can visit upcoming voter registration stations on campus or go to the website [www.fec.gov/votregis/vr.htm](http://www.fec.gov/votregis/vr.htm). Residents can find registration forms at public libraries or high schools, the Department of Motor Vehicles, or the County Clerk's office. To help make your presidential vote an informed one, match your opinions to the candidates' at [www.govote.com](http://www.govote.com). Additionally, [www.womenvote.org](http://www.womenvote.org) provides access to information on various issues and the opportunity to compare your views to those of your representatives and senators.*

## A Very Fond Farewell



Lynn Green, former editor of *Women's VU*.

The Margaret Cuninggim Women's Center has been admired, locally and nationally, for our monthly publication, *Women's VU*. We owe much of our recognition to one woman, Lynn Green. She served as the newsletter editor for the past four years and made it appear so effortless. Lynn brought women's issues related to economics, family, health, and safety to our attention. She helped us celebrate the accomplishments and talents of women at Vanderbilt and in Nashville, while also reminding us of all the work yet to be done to reach true gender equity.

Sadly we must say good-bye to Lynn. We wish her well as she takes on another exciting opportunity and new challenges at BookPage.

Lynn - we cannot thank you enough for all you have done for the Women's Center and *Women's VU* during your tenure. Good luck and keep in touch.

As one door closes, another opens, and we extend a warm welcome to Rachel Tallman, our interim *Women's VU* newsletter editor. Not a stranger to the Vanderbilt community, Rachel worked for over three years with Break Away, a national non-profit organization which recruits, trains, and supports colleges with their alternative spring break programs. A "long-time fan of *Women's VU*," Rachel is excited about having this opportunity to be directly involved with the publication and the Women's Center. We welcome her to the staff.



**Women's VU** is published monthly September through June at the Margaret Cuninggim Women's Center, Vanderbilt University, Nashville, Tennessee.  
Campus address: Franklin Building, 316 West Side Row.  
Mailing address: Box 1513, Station B, Nashville, TN 37235.  
Phone: (615) 322-4843. Fax: (615) 343-0940.  
E-mail address: [womenctr@ctrvax.Vanderbilt.edu](mailto:womenctr@ctrvax.Vanderbilt.edu).

Visit our web site at:  
[www.vanderbilt.edu/WomensCenter/womenctr.htm](http://www.vanderbilt.edu/WomensCenter/womenctr.htm)

Linda Manning, director  
Hilary Forbes, assistant director for programs  
Barbara Clarke, librarian  
Gladys Holt, office manager  
Rachel Tallman, interim editor (direct dial 343-4367)  
Cindy Brown, cartoonist

This is a copyrighted publication. Articles may be reproduced with permission of the editor. Letters to the editor are welcome. Send them to the above address or e-mail the editor at [rachelatallman@hotmail.com](mailto:rachelatallman@hotmail.com).

# APRIL PROGRAMS

## TAKING CONTROL, PLANNING AHEAD

### Taking Control: Planning for Long-Term Care

Current statistics suggest that women will spend more years taking care of older family members than they do raising their own children. Projections are that in the next 30 years, almost 4 out of every 10 elderly will be dependent upon someone else for their care. At an average of \$40,000 per year, that care can be very expensive. The federal government is also encouraging us to start preparing for our own long-term care.

For these reasons, the Women's Center will host a program addressing various aspects of planning for, managing, and financing long-term care. The luncheon will include a panel of industry experts on aging and long-term health care on Friday, April 14, 11:30 am, at the University Club at 2402 Garland Avenue. These experts will discuss the costs of nursing home care and the roles of the government and insurance companies in providing for long-term care. The seminar will also address ways to protect retirement savings from the rising cost of long-term care.

The panel will include Gabriel Heiser – attorney and certified specialist in estate planning, Jana Lisle – investment advisor and Certified Financial Planner for J.C. Bradford & Company, and James Vandiver – director of community relations for LifeTrust America, which provides residential and community-based senior services. Glenda Copeland, Regis-

tered Representative with John Hancock Life Insurance Company, will facilitate the panel discussion to address concerns and questions related to providing long-term care for parents, grandparents, and oneself.

Reservations are requested by calling Hilary Forbes at 322-6518 or by e-mail to [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu) by April 10. There is a charge of \$12.00 per person for the luncheon program. Checks (made payable to Vanderbilt University) received in advance will insure your reserved space.

### Transition to Retirement

Melanie Dean, with Morgan Stanley Dean Witter, will discuss the financial challenges faced by us all as we think about retirement – and it never too early to consider these issues. Estate planning can help us fulfill our dreams for a comfortable and profitable retirement. Dean will address how to identify our retirement options and how to evaluate them to make sure they are appropriate. Making decisions now, while still having time to make changes if necessary, is paramount to maximizing our lifestyles. Otherwise we can find ourselves in a position of forever limiting options. Join us Wednesday, April 5 at 12 noon at the Women's Center. Contact Hilary Forbes, 322-6518 or [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu) with questions.

## Women's Studies - Fall 2000 Schedule

Course #	Course Title	Cross-List	Instructor	Days	Time
WS 115W-10	Fr Sem: Contemporary Gender Issues	SOC 115W-02	Kilbourne, B	MWF	10:10-11:00
WS 115W-11	Fr Sem: Afro-Caribbean Women's Lit	ENGL 115W-49	Smith-McCoy, S	TR	1:10-2:25
WS 115W-15	Fr Sem: Toni Morrison	ENGL 115W-55	Goddu, T	TR	9:35-10:50
WS 115W-16	Fr Sem: Dislocations	ENGL 115W-61	Chen,	T TR	11:00-12:15
WS 115W-17	Fr Sem: Women Poets in America	ENGL 115W-71	Daniels, K	TR	9:35-10:50
WS 104	Men and Women in American Society	SOC 104/AMST 104	Boyd, E	TR	1:10-2:25
WS 150-01	Images of Women	HUM 156-01	Staff	MWF	10:10-11:00
WS 150-02	Images of Women	HUM 156-02	Staff	MWF	11:10-12:00
WS 150-03	Images of Women	HUM 156-03	Staff	TR	11:00-12:15
WS 150-04	Images of Women	HUM 156-04	Staff	MWF	12:10-1:00
WS 150-05	Images of Women	HUM 156-05	Staff	TR	9:35-10:50
WS 185-01	History of Gender and Sexuality	HIST 185-01	Crawford, K	MWF	10:10-11:00
WS 201-01	Perspectives on Women in the World	SOC 203-01	Dicker, R	MWF	12:10-1:00
WS 224-01	Women and the Law	SOC 224-01/AMST 223-01	Steinberg, R	MWF	11:10-12:00
WS 230-01	Women and Religion	RLST 230-01	Welch, G	TR	11:00-12:15
WS 232-01	Feminist Interpretations of Scripture	RLST 232-01/DIV 3169/	Levine, A.J.	TR	9:00-10:50
WS 240-01	Women's Health	REL 3169	Salisbury, M	TR	2:35-3:50
WS 245-01	Psychology of Women		Manning, L	TR	11:00-12:15
WS 252-01	Human Sexuality	PSY 252-01	Smith, L	TR	9:35-10:50
WS 256-01	Race, Gender and Sport	SOC 256-01	Dodoo, F	MWF	2:10-3:00
WS 257-01	Gender, Sexuality and the Body	SOC 257-01	Steinberg, R	MWF	1:10-2:00
WS 259-01	Reading and Writing Lives: The Stories We Tell		Sasson, D	TR	1:10-2:25
WS 267-01	Seminar on Gender and Violence	SOC 267-01	Piepmeyer, A	W	2:10-4:40
WS 286-01	Wmn's Exp. in America - Colonial Times - 1880	HIST 286-01	Staff	TR	9:35-10:50
WS 289-01	Independent Study		TBA	TBA	TBA
WS 295-01	Sel Top: The World of Edith Wharton	ENGL 274	Tichi, C	TR	1:10-2:25



## Advertising exerts negative influence on women

Advertising, one of the nation's most powerful industries, exerts enormous influence on everyone. For many years Jean Kilbourne has been exposing advertising and its negative impact, particularly on women and girls. Her latest book is *Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising* (Free Press, 1999), a well-illustrated and comprehensive study of the industry; psychologist Mary Pipher contributed the foreword.

Advertisements can be found everywhere: from jeans and shopping carts to Internet sites and bananas. Kilbourne, who produced the documentary *Killing Us Softly*, estimates that the average American is exposed to about three thousand advertisements every day. Advertisers, who are well versed in psychology, encourage consumers to develop relationships with products, which can be relied upon when people fail to live up to expectations. This is a particularly attractive proposition for many women and girls, who are assured that unhappiness and emptiness can be cured by purchasing and using goods and services. Women are particularly vulnerable to the messages of advertisers.

Kilbourne discusses sexism in advertising, how the industry has depicted female bodies over the years and to what extent women and girls are affected by these images. She is particularly concerned about ads for alcohol and cigarettes and how the industry aims to create addicts. She also focuses on violence and pornography, and on advertisements for food, cars and diet aids. Advertisers promise to cure the symptoms of many of society's public

health and social problems with products, according to the writer, who suggests that instead the underlying problems should be solved.

Michael S. Kimmel, one of the leading scholars in the field of gender studies, has added two excellent new volumes to the literature, including the comprehensive *The Gendered Society* (Oxford University Press, 2000).

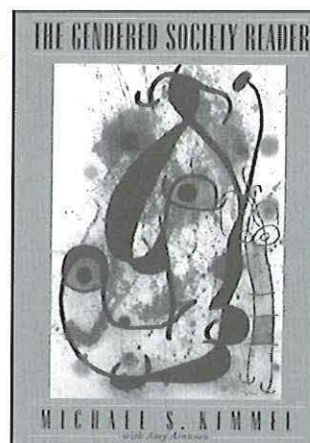
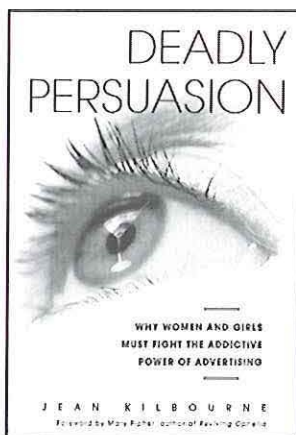
Kimmel believes that women and men have more similarities than differences and that "gender difference - the assertion of two qualitatively different natures - is the result of gender inequality, not its cause. Gender inequality produces difference, and the differences produced are then used to justify gender inequality."

Many researchers consider that the reverse is true. The writer, a professor of sociology at the State University of New York at Stony Brook, explains that while sex refers to the biological differences between women and men, gender refers to the meanings societies attach to these differences. Gender pertains to sex roles and issues of power, inequality and hierarchy. All cultures differentiate and discriminate on the basis of gender; they divide work, resources and power unequally and value men's work more highly.

The writer illustrates how gender inequality leads to assumptions of gender difference and how strongly gender has influenced all spheres of

life in all eras and places. He analyzes gender development, the gendered family, gender and violence, and gender in education and in the workplace.

Kimmel is optimistic about the future and believes that the apparent differences between men and women will lessen as gender inequality decreases. Rather than advocating androgyny or the degendering of humans he considers that traits and attitudes should be degendered. Men and women will still be different but they will be more equal when differences are not used as bases for discrimination. All individuals will feel more complete and fulfilled when they are free to be themselves and their behavior and emotions are seen just as typically human.



*The Gendered Society Reader* (Oxford University Press, 2000), edited by Michael S. Kimmel with Amy Aronson, is designed as a companion volume to *The Gendered Society*. While the *Reader* is aimed mainly at college students, most readers will find it very interesting. The 27 selections are by such scholars as Margaret Mead, Carol Tavris, Judith Lorber and Joan Acker.



# APRIL

**Tuesday, April 4, 12:00 noon - 1:00 pm**

Creative Life Planning Group, Issues Week for sharing. Also meets April 11, 18, and 25.

**Wednesday, April 5, 12:00 noon - 1:00 pm**

Estate Planning - Melanie Dean with Morgan, Stanley, Dean, Witter Free and open to the public. See article on page 3.

**Wednesday, April 5, 3:00 pm**

Women's Center Advisory Board Meeting - Sarratt 189

**Thursday, April 6, 3:00 pm -5:00 pm**

Survivors of Violent Crime - Panel Discussion, Sarratt, room 116

In recognition of National Crime Victims Rights Week, the Women's Center and the Violence Against Women Task Force are cosponsoring a panel discussion with a domestic violence survivor, Gina Hull, a child sexual abuse survivor, Charlie King, an acquaintance rape survivor, Beverly McCaden, a stranger rape survivor, Sandy Madson, and a therapist from the Rape and Sexual Abuse Center, Lee Murphy. Andrea Conte, president of You Have the Power, a local victims' rights organization, will moderate the program. Contact Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu if you have questions or need directions.

**Monday, April 10, 5:15 pm**

Book Group will discuss *Harry Potter and the Sorcerer's Stone* by J.K. Rowling, facilitated by Elaine Goleski. New readers always welcome.

**Thursday, April 13, 12:00 noon - 2:00 pm**

Dissertation Writers Group for Women  
Dr. Darlene Panvini, Assistant Director of the Center for Teaching, serves as facilitator. Also meets April 27.

**Friday, April 14, 11:30 am - 1:00 pm**

Taking Control: Planning for Long Term Care - University Club

Glenda Copeland, John Hancock Life Insurance, will facilitate a panel discussion on this important topic. See article on page 3.

**Wednesday, April 19, 11:45 am - 1:00 pm**

Brown Bag Lunch for Lesbian, Bisexual, and Transgendered Women's Issues

"Living a Both/And Life in an Either/Or World: Bisexual Women's Issues" will be the next topic for this monthly meeting open to all students, staff, and faculty. Contact Hilary Forbes at 322-6518 or hilary.forbes@vanderbilt.edu with any questions.

**Thursday, April 20, 12:00 noon - 1:00 pm**

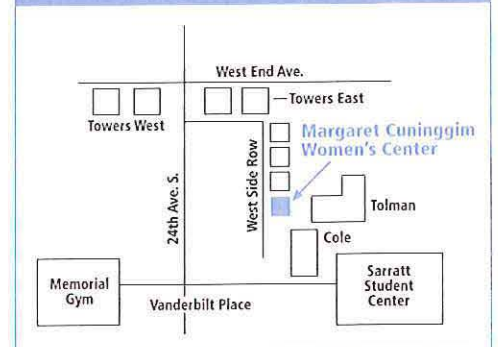
Reading Sisters book group focuses on the writings of black women authors and will read *Sisters of the Yam: Black Women and Self-Recovery* by bell hooks. Everyone is welcome to participate - students, staff, and faculty. Books available at the VU bookstore.

## Margaret Cuninggim Women's Center Calendar of Events

### PLEASE SAVE AND POST.

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

### How to find us . . .



The Cuninggim Center is located in the Franklin Building at 316 West Side Row.

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

## *Make a Difference*

The first step in tackling the problem of violence against women is determining the needs and concerns of various constituencies on campus: students, staff, and faculty. The Violence Against Women Task Force will host a series of focus groups to learn what issues are central to different populations on campus. We are not looking for experts on the topic, just people who want to talk. Men and women interested in participating may contact Hilary Forbes at 322-6518 or send email to [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu).

## *Call for Papers*

The American Association of University Women Educational Foundation will hold its first international biennial symposium, "International Perspectives: The Political, Social, and Economic Impact of Education for Women and Girls" on November 17-18, 2000 at the Wyndham Hotel in Washington, DC. The deadline for receipt of proposals is May 1. Send proposals to International Symposium Coordinator, AAUW Educational Foundation, 1111 16th Street NW, Washington, DC 20036 or fax to 202-463-7169.

## *Why Women Don't Write*

Karen Essex, an award-winning author who has led several writers' workshops at the Women's Center, is planning a weekend session for writers next month titled, "Why Women Don't Write." The group will meet Saturday, May 6 from 10:00 am to 5:00 pm and Sunday, May 7 from 1:00 to 6:00 pm. Sessions will be held at the Women's Center. The workshop will focus on identifying and breaking down barriers to the writing life. Cost is \$175. To register, send a \$75 deposit with your name, address, phone, and e-mail to Karen Essex, P.O. Box 150244, Nashville, TN 37215.

## *In the Light of the Goddess*

Three Vanderbilt women were nominated for the 10th annual Athena Awards. Deborah German, M.D., Associate Dean of Students, School of Medicine; Chris Norris, Instructor, Vanderbilt University School of Law; and Patricia Pierce, Director, Opportunity Development Center were honored at a ceremony at the Parthenon on March 30. Nominees are recognized for using wisdom, skill, and courage to help themselves and others excel.



Printed on recycled paper

Vanderbilt University is committed to principles of equal opportunity and affirmative action

## *Women's VU mailing list*

*Women's VU* is sent free, on request, to all Vanderbilt students and to faculty and staff at a campus address. Subscriptions are available to off-campus readers for \$10 per year. Please include your check, payable to Vanderbilt University, with your subscription.

- Please send my free subscription to a campus address. (Student subscriptions are free to any address.)
- Please send my subscription to an off-campus address. Payment is enclosed.
- Please correct my name on your mailing list.
- Please remove my name from your mailing list.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student (specify school & year) \_\_\_\_\_

Staff  Faculty  Administrator  Other

Clip and mail to the Women's Center, Vanderbilt University, Box 1513 Station B, Nashville, TN 37235

Margaret Cuninggim Women's Center  
Vanderbilt University  
316 West Side Row  
Box 1513, Station B  
Nashville, TN 37235

**RETURN SERVICE REQUESTED**