

## *Message From The Director*

### **What does it mean to "have it all"?**

The other day I was at a luncheon in which Lauren Hutton was the speaker. She was introduced as the "woman who has it all." When she reached the stage, Lauren said, "I don't have it all; I was never married and I have never had children."

This reminded me that we sometimes believe that unlike us, other women have it all. It reminded me too of the importance of women describing their lives honestly. Students at Brandeis who take Women's Studies courses view "having it all" in terms of combining family and career. They are concerned about being able to do both, and many believe that the best strategy is to develop the career first, and then try to form a family. This may be a switch from what we thought in the past. Young women once believed it was beneficial to have children early and then enter the work force when their children started school.

Emerging or shrinking economic opportunities have had a major impact on how women think of childbearing.

But is having a career and family all it takes to "have it all?"

Absolutely not. Today we want to have good

jobs, be physically fit, have a wide network of friends, be involved with our families, and develop our talents. Having it all is beginning to mean "doing it all."

Women are bursting with energy, and voluntarism is up as well. Every minute is dedicated to something worthwhile. We are communicating with friends, relatives and colleagues all over the world, all day long. So having it all now means doing everything, and staying connected with everyone at the same time.

I actually heard a woman in her early 60's lamenting to someone that she had too many friends. What she probably meant was that she had too many people to keep up with!

As we enter the new millennium we will have to define what we mean by having it all, so that we can use the advances we have made in this century, without exhausting ourselves in the next. Nowadays, we no longer hang out—rather we hang in there. The information age might find it has

reached its human limits, even if it has not reached its technological limits. I think it is up to women, and to our newly educated cohorts of Women's Studies students, to pave the way and to define our limits, our priorities, and our new definition of "having it all." This newsletter is a reflection of what the Brandeis community believes "having it all" is all about.

*Shulamit Reinharz*

Shulamit Reinharz Ph.D. '77  
Director of the Women's Studies Program  
Professor of Sociology, Brandeis University



# Student Views

## I Want It All

by Seth Barron

I was born and raised in suburbia. My parents are baby boomers, and according to their generation, they have it all. I assumed I would just follow in their footsteps. But during my junior year of high school I uncovered a passion for directing theater. This thought terrified me. It seemed to contradict what I had previously believed to be the direction of my life.

Shortly after graduating from high school, another seed of dissent appeared and I finally said the words out loud, "I am gay". Little did I realize, sitting alone in my room, that my life could never be the same. Now that graduation from college is closer than I ever imagined, I still have no idea of what it means "to have it all." My parents have been understanding and supportive of my choices to be gay, to make a career in theater, and to be a male feminist. It is this last and most recently adopted label that seems to confront me now. I find myself questioning things from a new feminist perspective. For the first time in my life, I feel positive about my uncertainty. I know that I still want it all, but for now, I'll take what I have and make the best of it.

*Seth Barron is a Senior at Brandeis University, majoring in Theater Arts, with a Minor in Spanish and an interest in Women's Studies. He is currently working on a thesis about new feminist plays.*



## A Spark for Life by Barbara Browning

People keep asking me: What does life mean to you now after cancer? My consistent answer is that I feel as if I have the kind of wisdom that usually comes after someone has lived a whole life. Most important, I've learned to listen to my heart. I now know what makes me happy and am willing to put that first. I often wonder why I wasted so much energy on things that aren't important to me. Spending time with family and friends and being able to share what I am learning with others is the closest I can be to having it all.

Until I took my first course in Women's Studies, I was content as a Biology major. With the help of numerous interested professors, I earned the first Women's Studies Degree that my undergraduate institution ever awarded, and I've never looked back. I have had the opportunity to study abroad, documenting my experiences and observations of the roles and social positions of women and men in other societies. In my Masters research, I explored the various ways power works. Now as a Ph.D. candidate in Sociology, I am trying to understand women's subordination and empowerment. Cancer gave me the "burn" for Women's Studies and a "spark" for life.

*Barbara Browning is a Ph.D. student at Brandeis University and a graduate assistant in the Women's Studies Office.*

## Review of A Woman's Guide to Law School

by Judy Schvimmer

Feminism has two major goals. The first is to ensure that women have rights and privileges equal with men. The second is to encourage people to develop a system of values that improves upon what men have passed down.

Linda Hirshman's new book, A Woman's Guide to Law School, published by Penguin Putnam, Inc., addresses both of these points. Dr. Hirshman, the Allen/Berenson Distinguished Visiting Professor in Women's Studies at Brandeis University, begins her analysis with the commonly accepted law school rankings. She then shows how well women succeed in various law school environments. She covers the application process, including LSAT preparation, personal statements, and selecting the best school among those to which an applicant has been accepted. And perhaps most important, Dr. Hirshman tells women how to thrive during the famously tough first year of law school. This book is an invaluable tool for any woman considering a career in the legal field.



*Judy Schvimmer is pursuing a joint Master's Degree in Women's Studies and English Literature, and a Ph.D. in English Literature at Brandeis University.*

## Faculty Think About... "Having It All"

### Questioning the Possibilities

by Susan Markens

I feel deeply ambivalent about the phrase "having it all." I recognize that it is important that women have family and careers. I am concerned, however, about the unrealistic expectations this saying implies and the impact it has on women's decision-making and their own sense of "success."

First of all, this phrase comes from a middle-class, professional mindset that excludes poor and working class women who have always worked and raised families. Second, this phrase focuses on individuals and not on social institutions. Although paid work and mothering can be rewarding, we need a critical examination of how each institution is structured. I am concerned about the cost of trying to "have it all," and the sense of personal failure that comes when reality does not meet our expectations. Finally, the focus of the phrase is on changing expectations for women. If we want to change gender roles there have to be changes in masculine as well as feminine identities. Perhaps if we applied this phrase to men, then both men and women could come together to change our institutions and "have it all".

*Susan Markens '89 currently is a Mellon Post-Doctoral Fellow of Sociology and Anthropology at Brandeis University.*

### A Balancing Act by Mary Davis

What does it mean to "have it all"? Surely material success means little next to the demands and delights of juggling several things at once and trying to do them well. I've never been very good at definitions despite a Ph.D. in English. Now I realize that I was a "feminist" before I ever heard the word. It delighted me to be the first woman elected Student Council President in my large Midwestern high school. I am still pleased that I completed my Ph.D. when my three children were 5, 6, and 8. Now grown, my children love to roll their eyes and tell people that I went back to law school at age 45 and got a J.D. exactly 20 years after my Ph.D.

Surely "having it all" includes rearing three children as a single parent, and delighting in my four grandchildren. But it also involves pride at seeing my daughter pass the Connecticut Bar exam while seven months pregnant (a chip off the old womb?) and watching my two sons discard their original high-tech and business careers to return to graduate school to become an architectural art historian and a composer. Unfortunately, the "super-mom," the enabling employee, and the spousal helpmate all rolled into one, is not extinct! And yet I still applaud those women who try to have it all by doing it all.

Clearly their success is estimable, although it is sometimes purchased at the price of self. A small confession: I have been one of those women too. As a professor, lawyer, wife, mother, grandmother, etc., the secret of having it all lies in moderation and balance, and in collaboration with other women!

Mary Davis is an Associate Professor of Legal Studies at Brandeis University.

### Lessons from my Grandmother by Olga Davidson

My grandmother once gave me a little toy bear that waved a banner saying "I want it all." That is how she saw my life. My grandmother was a woman of great wealth, who dropped out of college to marry and live "the simple life" in New Hampshire. She preferred to do "manly" activities such as hunt for game or raise Shetland ponies. She also raised two children and loved her husband dearly. My grandmother used her wealth to improve the lives of others, donating to schools and hospitals anonymously because she disliked drawing attention to herself. She died at 85.

I was named after my grandmother. I see little fundamental differences between us. I too spend most of my time doing "manly" activities (in academia), and my patterns of giving are more "hip" than hers, but my focus is the same. Based upon my grandmother's example, I wonder, what is meant by "having it all?" Do those of us who "have it all" have the time to appreciate our blessings?

To me, having it all means being blessed with people to love who love you back. I get as much joy in having my fish pond breed, or seeing my children do something meaningful to them, as I do from my own personal accomplishments. Maybe "having it all" means having the freedom to be whatever you choose to be, and experiencing the joy in the successes of those whom you care about.

*Olga M. Davidson is a professor in Arabic and Persian Languages and Literatures, Department of Near Eastern and Judaic Studies at Brandeis University.*



# Scholars Speak Out

## Defining What "It" Means

by Nancer Ballard

There are a million ways not to have it all. I know people who make a million dollars and feel trapped, people who have a thousand fans and feel unloved. You already know that.

People often tell me, "you can't have it all, one must pick one's priorities." For a while I felt greedy for wanting to be multi-dimensional. Now I find that lots of people need multi-dimensional lives. I believe you can have it all, but you must be precise about what "it" is. "It" has a myriad manifestations, but its essence is similar for all of us. I would define the "it" as this:

Being in relatively good health. To love, be loved, and feel loved. To feel that you can, have, or will accomplish something worthwhile. And to believe that the love and accomplishments in your life will take root and grow.

I don't know anyone who feels these things simultaneously without feeling very blessed. Much of what we do is directed at trying to get these things, or to convince ourselves we can do without them because we are afraid we won't find them. It is possible to have it all, if one doesn't get too stuck on a particular form of "it".

*Nancer Ballard is a Resident Scholar in the Brandeis University Women's Studies Program, and is currently doing research on cultural definitions of success.*



## Having a Community and Having it All

by Rhoda Unger

There is something about the phrase "having it all" that bothers me. At first glance, it seems very positive. I have experienced the joys (and stresses) of many roles—both family and work-related. But I would never use the phrase "having it all" to describe myself. Some women can combine a professional career and the needs of a family, and studies show that women who combine roles are physically and mentally healthier than some others.

Unfortunately, many women no longer have the choice to combine work and family, and moreover, many have jobs rather than careers—positions with little control and low wages.

We need to recognize that while some sexism still persists, racism and classism also cannot be ignored. Some women are more privileged than others. Those of us who have options can add another definition to the equation—responsibility to the community of women as a whole. We need to work for general systemic policies that move beyond the individualistic dichotomy of career versus family. One cannot have it all unless all women (and men) have an opportunity to have it all, too.

*Rhoda Unger is a Resident Scholar in Psychology and Women's Studies at Brandeis University.*



## Many Sides of Myself

by Liane Curtis

Not having it all but finding a happy balance is my focus. This means finding a balance between the different pulls and pushes of life. I seek to find a way for my separate "selves" to coexist in a harmonious single individual. Friendships, family, career, my sense of social responsibility, my creative voice: all combine to create a whole person. Once, there were sides I didn't listen to at all, when I was running to keep up with my career. My spiritual identity and my lesbian self were long hidden. Now I listen to these other facets of myself.

I'm full of wonder at discovering myself and the impact I'm capable of in this world. And this means a focus on "doing" rather than "having." I am even discovering new identities for myself, like "cultural activist" with the emphasis on "active."

For me, the "Serenity Prayer" says so much: "to change the things we can" is

an inspiring challenge to find the ways that I can best be a positive force. While "to accept the things we cannot change" reminds me that no one, really, has it all. Understanding that is a wise lesson in personal happiness.

*Liane Curtis is a Resident Scholar in the Brandeis University Women's Studies Program. She is currently writing a book on composer Rebecca Clarke (1886-1979).*



# A Variety of Opinions

## Another Point of View

by **Mary (Missy) Carter**

"If I had known what it was like to have it all, I would have settled for less," remarked Lily Tomlin in her one-woman show on Broadway. Her statement gave voice to many women's feelings that it is impossible to be Superwoman. And, maybe they don't even want to try to be.

Many women find that a fulfilling life is one with many different roles, sometimes overlapping, sometimes sequential. Life is a process, not an end result.

As a career and stress management counselor and consultant, I suggest that you make a list of the parts of your life. Begin with school, work, family, friends, pet, children, sports, exercise, and spirituality. Add a house, an apartment, a tree house or a desert island. Make a puzzle of how these parts fit together, giving size and weight to them. When you finish, consider how the parts fit together or don't. Now "compose your life" as Mary Catherine Bateson says, and make a quilt of the way you want your life to be in the future. A healthy attitude is to think that you have what you need at this particular moment. Living in the moment, the next moment follows and the next.

"All" for me includes having enough moments and space around the daily encounters in my life. As a wife, mother, grandmother, sister, friend, counselor, activist in the community, my life is very full. Staying centered allows me to manage the now and enjoy it as well.

Mary (Missy) Carter is a member of the National Board for Women's Studies at Brandeis University.

## Content With What I Have

by **Ruth Nemzoff**

Who is a rich woman? She who is content with what she has. I have it all—good health, four bright, sensitive, productive children, a kind and successful husband, wonderful friends, professional success and financial security. For me the biggest difference between having it all and striving to have it all is that I no longer allow myself to be frustrated by what I do not have. I am too lucky to indulge in "if only's" and "could have been's." The passage of time has taught me that nothing comes without its price. I have made career compromises, but they have enabled the wonderful relationships I enjoy. I achieved what professional successes I have had because of my relationships.

Having it all still requires the energy to do it all; it still requires juggling and compromising. But it is far easier to do all the activities required of parenting, career, community, and family while I reap the rewards, than it is to work hard and not know if my efforts will pay off. Having it all means variety in all the spheres of my life. To me it means attempting to use my privilege for good ends. I hope I will have the wisdom to do so; I know I have the responsibility.

Ruth Nemzoff is a Resident Scholar in the Brandeis University Women's Studies Program.



## A New Kind of Superhero

by **Dana Kaplan**

Quicker than a speeding bullet, she runs out the door into the career world. Faster than lightning, she whisks back to the kitchen to fix dinner for her family. She sends her kids to school and writes a legal brief in a single bound. It's a bird, it's a plane, no it's the Modern Woman!

In a sense, many women nowadays do have it all. Not only do some women excel at being a mother, they have now sailed into the career world as well, opening many locked doors and expanding women's options. For many women, to have it all means to do it all, and to do it well. I believe that the woman of tomorrow will be a combination of the women and men of yesterday. Whereas in the past, men held down the career and women held down the home, today women often blend these roles. Such an accomplishment requires almost super human forces.

So these days, where is a woman's "place?" Somewhere between the kitchen and the office, and everywhere in between.

Dana Kaplan is a first year student at Brandeis University. She plans on pursuing a degree in Women's Studies with a special interest in journalism.



# Gifts To The Women's Studies Program

Received between March 23, 1999 and November 9, 1999

We wish to acknowledge the following friends who have made generous gifts to the funds listed below:

## Endowment and General Operating Expenses

*Alumnae*  
 Judy & Mark Aronson '55  
 Judith Borakove '58  
 Lori Gans '83  
 Phoebe Giddon '56  
 Lisa Goldstein '89  
 Pegah Hendizadeh '97  
 Esther Kartiganer '59  
 Jeanette Lerman-Neubauer '69  
 Louise Levesque Lopman Ph.D. '77  
 Janice Paul '82  
 Lerty Cottin Pogrebin '59  
 Roberta Pressman '59  
 Nancy Raphael '57  
 Valya Shapiro '61  
 Ellen Simon '74  
 Helaine Simmonds '64  
 Beth Sirull '84  
 Kay Stein MA '72  
 Philippa Strum '59  
 Marc Zauderer '69

## Board Members, Faculty, Parents, Scholars & Friends

Helaine Allen  
 Patricia & Richard Ames  
 Beverly & Lawrence Bader  
 Nancer Ballard  
 Frances Hill Barlow  
 Cynthia Berenson  
 Julie Berkowitz  
 Betty Ann Blum  
 Renée Burrows  
 Mary M. Carter  
 Carol Colby  
 Louise Condon  
 Betty Epstein  
 Antje Farber  
 Jane Fialkow  
 Deborah First  
 Marjorie & Max Fisher  
 S. Zeida Gamzu  
 Felicia Gervais  
 Constance & Richard Giesser  
 Carole Gingiss  
 Carol Goldberg  
 Nita Goldstein  
 Ruby Green  
 Adam Greenwald  
 Ruth Herr  
 Linda Hirshman  
 Nicole Horberg

Nina Kammerer  
 Jane Katz  
 Carol Kekst  
 Patricia M. Kessler  
 Phyllis Krock  
 Miles Lerman Family Foundation  
 Rabbi Robert Loewy  
 Irma Mann  
 Betty Ann Miller  
 Evvjean Mintz  
 Tema Nason  
 Judith Obermayer  
 Barbara Perlmutter  
 Joan Redmont  
 Jeanne Rudnick  
 Sara Lee Schupf  
 Elaine Schuster  
 Lois Silverman  
 Lois & Harry Stone  
 Katherine Wangh  
 Roberta Weiner  
 Laura Weissman Davis  
 Benjamin & Esther Weissman Fund  
 Susan Winokur  
 Louise Zachs  
 Harriet Zimmerman

## Women's Studies Research Center Alumnae

Ellen Freyer '61  
 Toby Gluckstern '59  
 Raquel Kosovske '90  
 Katherine Kraft '58  
 Annette '58 & Michael Miller  
 Arline Rotman '58  
 Robin Sherman '83

## Board Members, Faculty, Parents, Scholars & Friends

Anonymous  
 Pnina Abir-Am  
 Helaine Allen  
 Sandra & David Bakalar  
 Anaya Balter  
 Helen Bank  
 Cynthia Berenson  
 Betty Ann Blum  
 Helene Cahners-Kaplan  
 Alice Confortés  
 Annette Eskind  
 Gwen Eylath  
 Esther Feldberg  
 Norma Fink

Miriam Flamm  
 Gillerte, Inc.  
 Linda Goldberg  
 Carol Goldberg  
 Rita & Harold Hassenfeld  
 Muriel Heiberger  
 Joan Hoffman  
 Elena Lagratta  
 Barbara Perlmutter  
 Ellen Poss  
 Suzanne Priebatsch  
 Annie & Art Sandler  
 Marianne & Alan Schwartz  
 Gloria Shane  
 Lois Silverman  
 Cinda Stoner  
 Althea & Samuel Stroum  
 Rhonda Zinner

Richard Saber Undergraduate Research Grant in Women's Studies  
 Christine Jacobek  
 Northwestern University  
 Settlement House  
 Phyllis Polebaum

Women's Studies Graduate Fellowship Fund  
 Anonymous

Women's Studies Scholars Program  
 Renée Burrows  
 Ruth Nemzoff

Visiting Professorship Endowment Fund  
 Paulette Rose '59  
 Winokur Foundation

Helaine B. Allen Graduate Fellowship  
 Robert Riesman

Rapaporte Endowed Graduate Fellowship  
 Renée Burrows

Eugenia Hanfmann Endowment  
 Jill Standish '71

Phoebe and Donald Giddon Fund for the Women and Health Initiative  
 Giddon Family

## WELCOME!

Brandeis Women's Studies National Board Members:

Sally Glickman '59

Annette Miller '58

## Welcome to our Visiting Professor

This year marks the occasion of our 3rd Visiting Professor in Women's Studies. We are very fortunate to have on campus Rear Admiral Susan J. Blumenthal, M.D., M.P.A., Assistant Surgeon General of the United States, Office of Women's Health. Dr. Blumenthal has been a major force in changing Washington's attitude toward health problems of women. Famous for her "Missiles to Mammograms" program, she is inspiring students in Women's Studies and many departments around campus.



A special thanks to Lianne Finnie, Managing Editor, and to Tobin Belzer for their work on this newsletter; Irma Mann and Lori Gréco of Irma S. Mann, Strategic Marketing, Inc., our publishing angels; and John Chadis at United Lithograph for donating the printing of this newsletter.

WOMEN'S STUDIES PROGRAM, MAIL STOP 082, BRANDEIS UNIVERSITY, WALTHAM, MA 02254  
 wstudies@brandeis.edu Tel (781) 736-3042 Fax (781) 736-3044 www.brandeis.edu/wmns/main.html