

LAW MATTERS

February 2022

Volume XXXIII No. 9



**Lutie Lytle was the second black woman lawyer in America.
She was the first black woman to practice law in the South.
She passed the Tennessee bar 1897.**

In This Issue

President's Message	2
Sympathy Note to Judge Barbara Haynes' Family	3
Save The Date—Annual Meeting and Awards Banquet	4
LAW Awards Nomination Reminder	6
November Membership Meeting Recap	7
Founder's Spotlight: Mary Parker	8
Past President's Spotlight: Anne Arney	9
Board Member Spotlight: Newsletter Editor Hannah Kay Freeman	10
Member Spotlight: Linda Knight	11
KUDOS	13
Citizen Engagement: A Catalyst for Change in the World of Politics	14
I'm Not Listening	16
Sustaining Members	17

PRESIDENT'S MESSAGE

by Kimberly Faye



"Empowered women empower women", is a powerful quote with an unknown origin, that is commonly quoted. For me, I have always interpreted empower to mean support. Merriam-Webster dictionary defines "empowered" as "having the knowledge, confidence, means, or ability to do things or make decisions for oneself." After reading that definition, it is clear that true empowerment requires a lot more than support. I initially questioned whether I am empowered based on that definition, because let's be honest, I definitely do not always have the knowledge, confidence, means, or ability to do things or make decisions for myself. However, in my self-reflection, I added the word "always" to the definition, which thankfully is not the standard to be empowered. Instead, for the times and areas where I do feel empowered, those are the experiences and knowledge that I should share with other women to empower them, and vice versa.

There are so many simple ways that we can empower each other. For example, validate women's self-expression, compliment her mind and achievements-not just her body, offer support to all women, including the "strong" ones, disagree without dismissing, and when women support you, return the favor. Another great way to empower women, nominate them for awards like LAW's Martha Craig Daughtrey Award and Rising Star Award! Shameless plug, but still true.

The Martha Craig Daughtrey Award recognizes active LAW members who model personal and professional achievement in the practice of law. Like Judge Daughtrey, recipients of this Award have promoted the visibility of women in the legal field and have personally encouraged female lawyers to excel. Recipients of this Award have a minimum of fifteen years of legal work experience, are held in the highest professional esteem, and demonstrate a career-long commitment to personal, professional, and community responsibilities.

The LAW Rising Star Award recognizes active LAW members who truly are "ones to watch" because of their contributions to the profession, the association, and the community. Recipients of this Award have less than fifteen (15) years of legal work experience, are held in the highest professional esteem, and show promise of leadership in the future.

I am fortunate to have so many women in my life that empower me, many of whom I met through LAW. I hope that I am doing the same for others, but I know I can always do more. I challenge myself and you to continue empowering women and to celebrate those women that are empowering you.

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LAW Matters is a monthly publication of the Lawyers' Association for women—Marion Griffin Chapter, P. O. Box 210436, Nashville, Tennessee, 37221-0436. Voicemail: 615.708.1827
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*With Deepest Sympathy to the
family of
Judge Barbara Norman Haynes
Please click [here](#) to review the
January 2012 issue
of LAW Matters
Dedicated to Judge Haynes on her
retirement.*



SAVE THE DATE

LAWYERS' ASSOCIATION
FOR WOMEN
ANNUAL MEETING AND
AWARDS BANQUET

APRIL 21, 2022



MUSIC CITY CENTER, DAVIDSON BALLROOM

more details to follow

**NOMINATE AMAZING LAW MEMBERS TODAY FOR
THE
MARTHA CRAIG DAUGHTREY AWARD
AND THE
RISING STAR AWARD**

CLICK [HERE](#) TO ACCESS THE NOMINATION FORM

Nominations due at midnight March 6, 2022.

Strategies for Dealing with Difficult Opposing Counsel

By Devon Landman

On January 18, 2022, at noon CST via Zoom, Butler Snow hosted an array of seasoned professionals who spoke on a panel to provide attendees with best practices and strategies on how to deal with difficult adversaries.

The panel included John Drake, Chief of Police for the Metropolitan Nashville Police Department, Lora Barkenbus Fox, Associate Director of Law for the Metropolitan Government Department of Law, and Dr. Evelyn Frye, a PHD clinical psychologist in Nashville. The panel was mediated by Jenny Charles, an Assistant District Attorney for Davidson County.

This diverse panel, who has dealt with conflict in many different types of situations, provided attendees with strategies to overcome conflict with extremely contentious adversaries. Specifically, each speaker provided the following advice:

John Drake. Metro Police Chief Drake vocalized that it is important to be open to others' perspectives. He emphasized that letting the adversary know that you hear his or her point of view and understand where he or she is coming from will help the adversary feel more comfortable and inclined to hear your position as well. Chief Drake further mentioned that sometimes the end result is going to be agreeing to disagree, and that is okay.

Lora Fox. Ms. Fox stressed that one cannot change others' behaviors; one can only change his or her own behavior. When dealing with more contentious situations, Ms. Fox arranges a weekly check-in with her co-workers who are also on the case, so Ms. Fox can ensure that her colleagues agree that she is continuing to make the right call. Moreover, Ms. Fox underscored the importance of the phrase, "I'm sorry." To Ms. Fox, "I'm sorry" goes a long way because it shows that one is not too proud, and it also shows the good-faith effort being made to resolve the conflict. However, Ms. Fox stressed that with the more egregious situations, one may have to resort to just communicating in writing with the adversary, and this is also okay.

Dr. Evelyn Frye. Dr. Frye highlighted that being physically present enough to know when one loses his or her center is very important, and if that happens, it is best to take a time out and disengage communication with the adversary to cool off. Dr. Frye also recommended listening to what opposing counsel is saying, repeating his or her statement, and then following up and asking, "Did I hear you correctly?"

The event concluded with Ms. Charles ensuring that attendees left with succinct takeaways to prepare for a situation that he or she knows will be contentious and extremely adversarial:

"Be mindful of your body." –Ms. Charles

"Concede to agreeing to disagree and call it an impasse before resorting to arguing." -Chief Drake

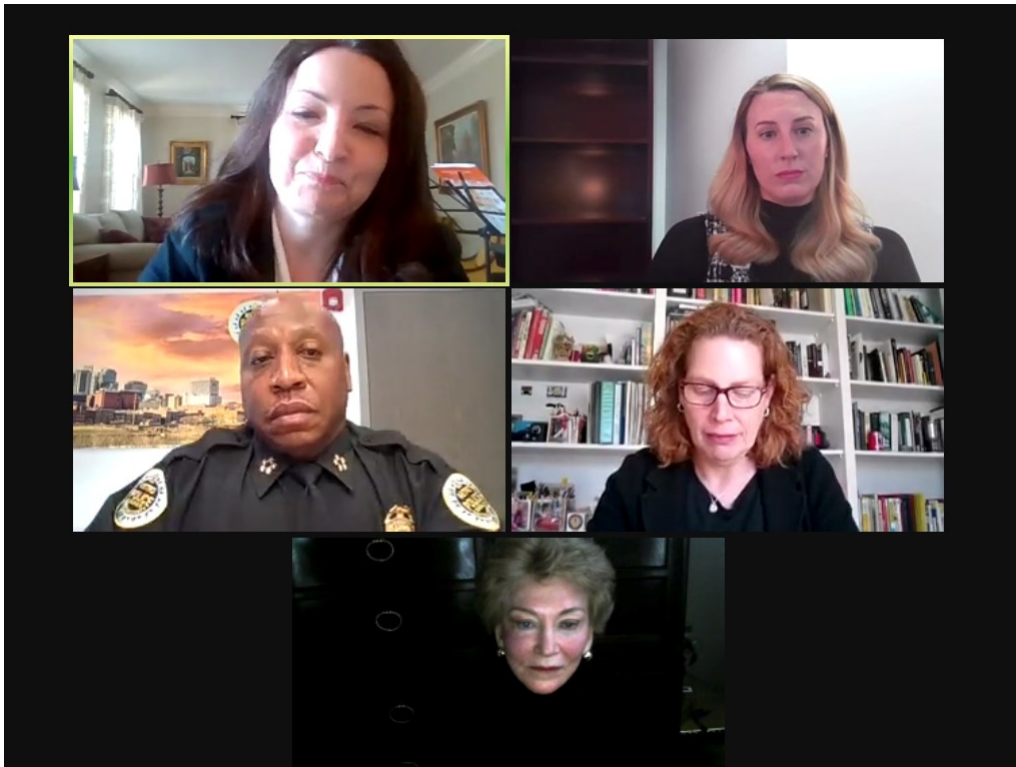
"Know what your hot buttons are, and ask yourself 'WHY am I so worked up?'" -Dr. Frye

"Exercise and visualize the situation to prepare beforehand." -Ms. Fox.

The advice provided above can certainly be utilized to strengthen one's relationships and communication skills with difficult adversaries, which are both extremely important aspects of practicing law.



Devon is a 2021-2022 Newsletter Editor. She is a personal injury and complex civil litigation attorney at Whitfield Coleman Bullock, PLLC.



Founder's Spotlight

Mary Parker



What were you doing in your career at the time the Marion Griffin chapter of LAW was founded? I had just hung out my own shingle, after about a year in the D.A.'s office, renting office space from a criminal lawyer (paid for in billable hours for his clients). He referred me his domestic calls and a lot of civil cases that he was not interested in, and I took cases of any sort from court referrals to passing out cards anywhere I could.

How did you become one of LAW's founders? I'm not quite sure about how I was contacted, but there were so few women in the Bar at that time, that I think, probably, every one of us was a part of the group.

What memories do you have about the formation of LAW? The first meeting that I recall, where we seriously discussed the formation and the mission of LAW, included about 6 or 8 of us sitting in Martha Craig "Cissy" Daughtrey's Criminal Court of Appeals office. As a new lawyer, I was so impressed and honored to be sitting in that office with a judge that I had such admiration for, and, then, being welcomed to call her by her first name!

What did you envision as the goal or purpose of LAW when it was founded? I felt like the purpose was to have a group of women that we could turn to for support, with a strong goal of seeing that women were included in political movements, specifically in getting women elected to the judiciary.

What's a favorite memory from your time with LAW? The 40th anniversary reunion! Thank you to all of you who put that together. It was so incredible to reconnect and celebrate the history and successes of the organization and the individual successes through the years of its original members.

What has your membership in LAW provided for you over the years? My interests moved from local involvement to becoming a founder, board member and eventually, president, of a non-profit law firm, The Trial Lawyers for Public Justice (TLPJ) in D.C. LAW gave me the encouragement to move forward in organizational politics, in a world apart from my LAW team. That was such a major commitment of time and energy that, although I sat on the LAW Board for a couple years, I was not a major contributor to LAW through the years.

What do you consider to be the greatest accomplishment of LAW? Getting women judges on the bench and helping women be recognized as just as capable as men lawyers. But the personal aspect of having a group for support as a solo practitioner was critical!

What do you think LAW has provided to the Nashville legal community since it was founded? At first, it was comradery and support to each other, while working diligently and successfully to get women elected and appointed to important positions. It grew to doing CLE with issues important to women, that were not always being given much treatment in other Bar associations' CLEs.

What has changed about LAW and/or the Nashville legal community since LAW was first formed? Now, it's a large and expansive group of women and men, that provides a wide variety of benefit to its members.

How has the practice of law changed for women since LAW was founded? From my perspective, I started out as a trial attorney, one of very few at the time that did criminal and civil jury trials. When I was a prosecutor in 1978 and 1979 in the 21st Judicial District (Cheatham, Humphries, Dickson, Houston and Stewart Counties), people would literally show up in the Courtroom on my assigned days, to sit in the back and watch the "girl lawyer". There was one Judge that called the DA, wanting a "real" lawyer in his court, which meant a non-female. OK – that was the country! But even when I started doing criminal defense

work and civil litigation in Nashville in 1979 and thereafter, I could be in a Courtroom with 50 male lawyers on motion day, with a hum of chitter-chatter going on throughout the back (Courts were a little less concerned about lawyers talking back then), and when I went to the podium to speak, there was dead silence, because they wanted to listen to me, the lone female. Over the next several years, sexist comments were not rare and judges asking you back to chambers just to ask you out was, unfortunately, not that unusual either. Sharing specifics with the LAW team meant there was backup and support, and problems were dealt with effectively. I could write a book about the discriminatory and sexist experiences that many of us had to deal with. Having that team of women at LAW to share and figure out how best to deal with those issues was invaluable.

What do you hope LAW does in the next 40 years? The organization now has such a talented team of fabulously capable young lawyers, that I will leave this answer to them. Given the current political environment, I have no doubt that they will have insurmountable hurdles to face to protect the rights of women, and this team will leap over those hurdles. I will enjoy watching as they continue to thrive!

**Join the leadership of middle Tennessee's
premier women's bar association!**

**Applications are now being
accepted for the Executive Board and
Committee Co-chairs for the upcoming
2022/2023 membership year which begins May 1st.**

Click [here](#) to apply for an Executive Board position.

Click [here](#) to apply for a Co-chair position.

**For a list of committees and their descriptions please click
on the “About” tab on the website.**



Board Spotlight

Newsletter Editor

Hannah Kay Freeman

Where are you from? Tell us about your path to practicing law. I grew up in Bell Buckle, Tennessee about an hour south of Nashville. Only 405 people live in Bell Buckle—and that number hasn't changed in the 20+ years that my family has lived there. It truly is an idyllic place to grow up with all of the small-town nostalgia and eccentricities that likely come to mind.

I took a roundabout path to practicing law—law school was not in the cards until my mid-20s. I have always had a knack for writing and have always sought to find a meaningful career. While in college at Wake Forest, I decided that these two factors equated to a career in journalism. I went full-throttle—becoming editor-in-chief of a campus periodical, climbing the internship ladder (at one point I believe I calculated that I had completed nine internships), and taking advantage of every networking opportunity available. This landed me in New York City, journalism's hub, after graduation. I worked at Food Network's magazine for a few years and even attended an evening culinary school intensive to be able to better speak the language of the food industry. But I wanted to live in the South and to pursue more meaningful work (editing cupcake recipes could get a little old). After months of soul-searching, lots of research, and connecting with professionals in several fields, I decided to go to law school.

At the time, I was acutely aware of the fact that many of the other English majors in my class at Wake had gone to law school, and I understood that the more hard-hitting pieces I had researched and written involved a similar process as researching and writing a legal document. This correlation became more and more apparent to me while practicing as a commercial litigation attorney at Butler Snow for the first several years of my legal career.

What do you do professionally, and what is your favorite part of your job? I recently joined Louisiana-Pacific's legal department as Senior Corporate Counsel. Thus far, I have really enjoyed getting to work with and help all facets of the business.

What leadership roles have you had with LAW? I am in my second year as a co-editor of LAW's newsletter. Before that, I was a networking committee co-chair.

What is your favorite part of LAW? I love how LAW brings together women across industries and practices, of all different ages, in a truly supportive environment. I've really enjoyed how much crossover I have with LAW members in other groups I'm involved with—it really does foster a sense of community.

It's a Saturday night in Nashville—what are you up to? Like a lot of people here in Nashville, I love the restaurant scene and try to go to a fun restaurant most weekends I'm in town. Otherwise, I've been spending a little more time at home lately since we recently got a Golden Retriever puppy. I've never had a bigger dog and am still adjusting to his never-ending energy!

Facebook or Instagram? I wish neither! But I use both, mainly to keep track of local events, happenings, and businesses.

Phone call or text? I feel like I'm giving such a lawyer answer by saying "it depends," but it really does depend! I love catching up with friends and family on the phone, but otherwise I do most everything via text.



Member Spotlight

Linda Knight

Where are you from? Tell us about your path to practicing law. I'm from Jackson, Tennessee, a fine hometown. I first became interested in the law through my father's encouragement. My parents spent infinite time with me, an only child, showing me that my companionship was important to them. He constantly taught me by word and example, and shared words of wisdom, including, "Get all the education you can. No one can ever take that away from you, and you will be able to make your way in the world." He specifically emphasized becoming a lawyer. Also, there were a woman lawyer (Anne Schneider!) and doctor in Jackson, so it never entered my mind that a woman couldn't be a lawyer. Anne was a family friend and my Sunday School teacher when I was in high school. I shadowed her for a day as she went about her practice (including going to General Sessions Court, where the judge thought I was a defendant). Until I was 8, we lived in the house where she had grown up, so maybe she left some good vibes there. I enjoyed reading and was a good student. On due consideration, after I outgrew wanting to be a cowgirl like Annie Oakley and Dale Evans, I decided that the law would be a great career.

What do you do professionally, and what is your favorite part about your job? I'm a member of Gullett, Sanford, Robinson & Martin. My practice is primarily in insolvency and commercial litigation. Our bankruptcy practice is largely in Chapter 11 cases, representing any constituency in such a case – debtors, secured creditors, creditors' committees, lessors, purchasers of assets, parties to bankruptcy litigation, etc. We have 33 lawyers, the perfect size to handle any kind of civil matter, and still know everyone in the firm.

There is not just one favorite part of my job. The work itself is always interesting. There are no cookie-cutter cases; each matter is different, interesting, and deserves full attention. I really enjoy research, analysis and writing.

I also love interacting with my law partners and other members of the bar and the bench. It has meant a lot to me to be active in a number of professional organizations, including serving as a hearing officer for the Board of Professional Responsibility. It has been very fulfilling to serve on a couple of state agencies to which I was appointed, the Tennessee Economic Council on Women and the Tennessee Ethics Commission.

What brought you to Nashville? As soon as my husband and I met while we were in college, we both stated that we wanted to become lawyers. We married when I had just graduated, and he was already a young Army officer. Two years later, when he completed active duty, we started law school in Birmingham. For four years, we practiced there. I was the first woman associate with the firm now called Balch & Bingham, and he was in the Law Department of a life insurance company based there. Then, he was offered a position in the Law Department of a large insurance company headquartered in Nashville. We embraced the opportunity to come to my home state, and to the capital city, where I had attended my last 2 years of undergraduate school. We are glad that we moved to Nashville!

My first position here was as a law clerk to the late Justice Frank Drowota, an absolutely fantastic job with an extraordinary person. I then went into practice with the firm of Martin & Cochran, which later merged with Gullett, Sanford & Robinson to become Gullett, Sanford, Robinson & Martin. I've been very happy with my career.

What's your favorite thing to do in Nashville? My husband and I belong to various community organizations, and we really enjoy attending (andsometimes planning and hosting) their events and doing volunteer work for them. We cherish friendships that we have made through our interests.

Why (and how) did you first get involved in LAW? When our daughters, both of whom are lawyers, were little, I did nothing besides go to work and go home to be with our family. My husband fully shared in parenting! Several other Martin & Cochran lawyers also had young children, and parenthood was a high priority for all of us.

When our daughters were about 10 and 12, they were ready to be a bit more independent, so the time was right for me to join some organizations. My recollection is that my husband had a conversation with Margaret Behm, probably at the suggestion of Martha Trammell, who was in his Law Department when we moved here. Margaret urged him to get me to join LAW. I've been a member since the late 1980's or early 1990's. Participating in LAW and other bar organizations is very important to me.

Tell us about your family. As I mentioned, my husband is also a lawyer. We had a fantastic time going through law school together. We always wanted children, and our first daughter was born about a year after we took the Alabama bar exam. We were blessed with our second daughter two years later. Both of them are lawyers.

Our older daughter is Vice President, Chief Legal Officer, and head of HR & Corporate Governance at Mitsubishi Motors North America, Inc. She and her husband live in Williamson County and have 6 Australian Shepherds.

Our younger daughter practices remotely with a Dallas law firm. After practicing in Dallas for a few years, she moved to Rome, Italy, where she had lived and worked between college and law school. She is married to an Italian gentleman, a statistician with an international company. They have a son (named after my husband!) who is almost 2, and are expecting another baby in April.

I am also forever grateful to be part of my husband's wonderful family.

What are your hobbies? My hobbies include spending time with my husband, traveling, reading, gardening, and participating in the nonprofit organizations I mentioned earlier. Honestly, a fair amount of time is taken up by daily chores and errands! Someday, I will continue with volunteer work and pick back up with hobbies I have deferred, such as regular exercise (maybe ballet), needlework, art, cooking, and organizing family records and archives.

What is your favorite quote, piece of advice, or a motto you try to live by? There are lots of them, including my father's wise words I mentioned, but a nice, pithy saying that I use pretty often is, "The only dumb question is the one you don't ask."

What woman inspires you and why? As you can imagine, there are many women in my life who have inspired me – certainly, my mother, first and foremost. And our daughters, my grandmothers, my mother-in-

-law, and my sisters-in-law.

I must recognize the many teachers and professors, Sunday School teachers, mothers who gave the time to be Brownie and Girl Scout leaders, haul carpools and host spend-the-nights, and women who were basketball coaches, youth choir directors, dance and piano teachers, camp counselors, and naturally, our wonderful woman lawyer friend, Anne Schneider, all of whom set examples of how to live accomplished and well-rounded lives.

Then, there are the outstanding women in history, who endured hardships, persevered, and accomplished great things, from discovering radium to crossing the ocean and later the prairie.

That brings me to the women I know today (some of whom are lifelong friends) who live lives of character, accomplishment, and excellence, and who are also friendly and lots of fun to be with.

I will not leave out the many fine men who have inspired me . . . my father, my dear husband, his father, and many teachers, professors, colleagues, friends, relatives and public servants. The world is full of wonderful women *and* men.

KUDOS



To Christen Blackburn on her appointment to the Tennessee Lawyers' Fund for Client Protection for a three-year term. The Fund is an agency of the Supreme Court of Tennessee that provides reimbursement to clients for losses caused by dishonest conduct committed by attorneys practicing law in Tennessee. The Fund was established in 1981 by Tennessee Supreme Court Rule 25 to promote public confidence in the administration of justice and the integrity of the legal profession.

To LAW members who were elected to the board of the Nashville Bar Association: First Vice President Judge Melissa Blackburn, Second Vice President Liz Sitgreaves, President-elect Gulam Zade, First Vice President-elect Lora Fox, Second Vice President-elect Marlene Moses. Additional board members elected include Christen Blackburn, Mandy Floyd and Marie Scott.

Citizen Engagement: A Catalyst for Change in the World of Politics

By Devon Landman



Devon is a 2021-2022 Newsletter Editor. She is a personal injury and complex civil litigation attorney at Whitfield Coleman Bullock, PLLC.

The opinions in the article are those of the author and do not represent the opinions of LAW as an organization.

The truth is, at some point in your life, you probably have questioned whether your voice can make a difference to mitigate ever-changing, complicated, and serious issues constantly faced by our country. Some tend to question the impact of their voices especially when it comes to the world of politics. To that end, many of us have been conditioned to think that engaging with the process of being a citizen of this country can only be done by the simple act of voting.

Although exercising one's right to vote is incredibly important, to obtain our fullest potential as the aspirational country that we are, it's going to require work that is more than just voting.

Other ways to utilize your voice besides voting can be attending a town hall meeting, donating money to a cause, or peacefully protesting, to name a few examples, but why not just reach out to the people in power directly?

Sounds silly, I know. In what universe would a presidential administration acknowledge *my* concerns? It can happen, and it did for me on December 23, 2021. In response to my concerns as a citizen of the United States, I received a letter from the White House.

When you receive an email signed by the President of the United States, you automatically assume it is junk mail. Or a bot. Or something not real. But after further examination, the letter was in fact real, and it came directly from the Biden Administration.

It certainly would be an understatement to say that the President of the United States and his or her administration are charged with executing extremely important decisions on behalf of our country. Because of this, as citizens of the United States, we should strive to ensure that any current administrations' actions comport with our country's morals and values. Part of ensuring this includes the arduous task of working with those who share different values, but this is a skillset that we all must acquire as lawyers, irrespective of politics. Acquiring this skillset allows us lawyers to make effective changes with opposing forces, and maybe, just maybe, you will find that there is more common ground between the opposing side after all.

The Letter from the White House encourages me "to remain an active participant" and to help "write the great next chapter of the American story." I have been striving to attain these goals and will continue to do so. Why? Well, there would not have been any changes in this country were it not for citizens advocating for what they believe, on both sides of the aisle.

It all starts with a voice. The truth is, it is what we do with that voice, that actually matters.



THE WHITE HOUSE
WASHINGTON

December 23, 2021

Dear Ms. Landman, Esq.,

Thank you for taking the time to share your thoughts with me. Hearing from passionate individuals like you inspires me every day, and I welcome the opportunity to respond to your letter.

Our country faces many challenges, and the road we will travel together will be one of the most difficult in our history. Despite these tough times, I have never been more optimistic for the future of America. I believe we are better positioned than any country in the world to lead in the 21st century not just by the example of our power but by the power of our example.

While we may not always agree on how to solve every issue, I pledge to be a President for all Americans. I am confident that we can work together to find common ground to make America a more just, prosperous, and secure Nation.

As we move forward to address the complex issues of our time, I encourage you to remain an active participant in helping write the next great chapter of the American story. We need your courage and dedication at this critical time, and we must meet this moment together as the United States of America. If we do that, I believe that our best days still lie ahead.

Sincerely,

A handwritten signature in black ink, appearing to read "Joe Biden". The signature is written in a cursive style with a large, sweeping initial "J".

I'm Not Listening

By Kierstin Jodway

I'll never forget being told my 1L year by a female professor to lose the nose ring and dye my hair for an oral argument competition. "You look like a bartender," she said. Or my 3L year being told by another female professor to wear a skirt, not pants, to our mock trial tournament or she'd disqualify my team. "The male judges are old fashioned and will deduct points from your team if you wear pants," she said. These are just two of the two billion times someone took the liberty of commenting on my appearance without my permission. And these women, along with others, and men, and media, and diet culture, really cemented the idea in my mind that I needed to look and be a certain way if I wanted to be taken seriously.

And so I listened. I lost the nose ring, dyed the hair, and wore the skirts. I tamed my strong personality, spent a gazillion dollars on cute work clothes, and played with a curling iron until my hair looked perfectly beach wavy every morning. And because I had absolutely no time to hit the gym, I skipped most meals. More time + less calories = the hack of all hacks.

I--like most women in the world--did my very best to achieve the impossible standard of beauty and character for women: look put together and professional, but not perfect or you'll come across as fake and disingenuous; be nice and polite, but get this case settled for next to nothing; and bill 1,800 hours with a smile on your face. Not to brag (because ~~god~~ society men forbid a woman to brag), but I pretty much nailed it there for a few years. Comments about how great I looked when I lost weight and "you look tired" anytime I forgot mascara reminded me of the lesson I started learning the day I was born female.

While I was thriving in my career, I felt hollow inside and my personal relationships weren't what I'd wanted. In Spring of 2020, I went into a therapist's office self-diagnosed with burnout and came out actually diagnosed with anorexia. I was six years into an eating disorder and had no idea. Within weeks I was admitted into residential treatment. I spent the majority of 2020 surrounded by women just like me. Smart and ambitious but crippled by and literally dying because of society's expectations for women. Convinced that their worth was tied to their body. The whole experience was equal parts magical and heartbreaking.

The truth I learned way too late in life is this: My Body Is The Least Interesting Thing About Me. And the same is true for whoever is reading this. If you think someone isn't going to take you seriously because of the way you look, *they* aren't worth taking seriously. And a person shallow and hurting enough to chalk you up to what you're wearing or the size of your clothes isn't going to care about your law degree, experience, or anything else that actually makes you who you are, regardless of how close you are to society's "ideal woman."

The other truth I learned is that nothing is going to change if we don't demand the change. If we keep listening and manipulating our bodies and personalities, then this impossible, deadly standard will persist. Easier said than done, I know. I don't have all of or many answers for how to change something so entrenched in our culture, but here are a couple of things I'm trying:

First, I'm not listening when someone tells me what to do with *my* body or personality. For starters, I smile when I want to and don't when I don't. Same for laughing. I also re-pierced my nose and someone has yet to ask me if I'm a bartender. And most importantly, I'm taking lunch breaks and eating the amount of food my body needs. I also wear house shoes out in public but that probably has nothing to do with this.

Second, I've stopped treating my body and other people's bodies like a topic of conversation. We never know when our well intentioned "did you lose weight" is reinforcing an eating disorder. Plus, there are so many more interesting things for us women to talk about than fad diets, gyms, clothes, and our weight. Let's really get to know each other.

Lastly, I've made my mental health my number one priority. Above my marriage, kiddo, and work. If you're reading this, you've spent a good majority of your life working your ass off. People depend on you and it's both a blessing and exhausting. So take time for you. Treat yourself. Being your best self requires it, and everyone around you will thank you for it.

I went back to read my treatment journal while writing this and found an exercise we did one day where we were supposed to write a note to our younger self. I didn't know at the time that we were going to go in a circle and read them out loud, but here is mine and I'll close on this very professional note: "F%#@ them all, do you."



Kierstin is a co-chair of LAW's DE&I Committee. She is a labor and employment attorney at Waller Lansden Dortch & Davis, LLP.

**Thank you to our Sustaining Members who support the programs,
Mission and purposes of LAW above and beyond the Sliding Income Scale categories.**

Audrey Anderson	Sherie Edwards	Meg Mazzone	Dianna Shew
David Anthony	Judge Ana Escobar	Judge Amanda McClendon	Kristen Shields
Anne Arney	Amy Everhart	Chancellor Carol McCoy	Judge Marietta Shipley
Kristy Arth	Doreen Farthing	Susan McGannon	Emily Shouse
Gail Ashworth	Kimberly Faye	Ellen Bowden McIntyre	Elizabeth Sitgreaves
Katherine Austin	Judge Mark Fishburn	Elise McKelvey	Laura Smith
Catie Bailey	Mandy Floyd	Kate Melby	Yanika C. Smith-Bartley
Laura Baker	Marcus Floyd	Laura Merritt	Leslie South
Cindy Barnett	Shana Fannesbeck	Casey Miller	Kimbra Spann
Kathryn Barnett	Grace Fox	Amy Mohan	Joycelyn Stevenson
Mollie Gass Bauer	Hannah Kay Freeman	Elizabeth Moreton	Maria Stewart
Annie Beckstrom	Victoria Gentry	Marlene Moses	Mariam Stockton
Margaret Behm	Jessica Gichner	Chancellor Patricia Moskal	Judge Jane Stranch
Katie Bennett	Elizabeth Gonser	Barbara Moss	Rachel Zamata Swanson
Rachel Berg	Jennifer Griffin	Ann Murphy	Rachel Taylor
April Berman	Danica Grosko	Margaret Myers	Scott Tift
Paige Bernick	Melissa Gworek	I'Ashea Myles	Elizabeth Tipping
Judge Cheryl Blackburn	Shellie Handelsman	Karen Scott Neal	Martha Trammell
Christen Blackburn	Corey Harkey	Leighann Ness	Judge Aleta Trauger
Judge Melissa Blackburn	William "Paz" Haynes	Magistrate Judge Alistair Newbern	Byron Trauger
Chancellor Claudia Bonnyman	Laura Heiman	Christina Norris	Robert Tuke
Jan Bossing	Lisa Helton	William O'Bryan, Jr.	Vanessa Vargas-Land
Amanda Bradley	Candi Henry	Courtney Orr	Kimberly Veirs
Dewey Branstetter	Lynda Hill	Larry Papel	Erica Vick
Hunter Branstetter	Kyonzte' Hughes	Rebekah Parkhurst	Emily Warth
Mary Barrett Brewer	Joelle Hupp	Joelle Pepper	Elizabeth Washko
Judge Thomas Brothers	Kimberly Ingram	Barbara Perutelli	Malaka Watson
Josh Burgener	Michele Johnson	Bart Pickett	Bernadette Welch
Taylor Caleb	Judge Kelvin Jones	Erin Polly	Karen Williams
Judge Sheila Calloway	Judge Lynda Jones	Sara Anne Quinn	Susan Neal Williams
Chancellor Rose Cantrell	Brendi Kaplan	Phillis Rambsey	Emeritus Dean Melanie Wilson
Dr. Tracey Carter	Quynh-Anh Kibler	Jimmie Lynn Ramsaur	Tyler Yarbro
Kay Caudle	April Knox	Candice Reed	Helena Walton Yarbrough
Jenny Charles	Dean William Koch, Jr.	Lauren Roberts	Jane Young
Will Cheek	Nina Kumar	Jennifer Robinson	Mandy Young
Nancy Krider Corley	Christie Laird	Tabitha Robinson	Gulam Zade
Brooke Coplon	Lauren Lamberth	Linda Rose	
Judge Patricia Cottrell	Devon Landman	Abby Rubenfeld	
Jan Margaret Craig	Ed Lanquist, Jr.	Jennifer Rusie	
Chelsea Curtis	Courtney Leyes	Amber Rutherford	
Cynthia Cutler Moon	Wendy Longmire	Joyce Safley	
Carrie Daughtrey	Joy Longnecker	Maria Salas	
Ashonti Davis	Kim Looney	Julie Sandine	
Rebecca Demaree	Alexandra MacKay	Caroline Sapp	
Jacqueline Dixon	Monica Mackie	Carolyn Schott	
Margaret Dodson	Nancy MacLean	Lindsey Shepard	
Brenda Dowdle	Chambre Malone	Michael Sheridan	
Meredith Eason	Chancellor Anne Martin	Cynthia Sherwood	
Sunny Eaton	Henry Martin		