

THE WOMEN'S ADVOCATE

A CATALYST FOR 2008

Women and the Law Section Newsletter
www.txwomenlawsection.org

June 2008

Vol. 30, No. 2



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By Tonya D. Carter, Esq.

"40 TIPS FOR BETTER LIVING IN 2008"

I received an email the other day from a friend and instead of hitting 'delete' and sending it to the trash (like I do with many non-work related emails), this particular email happened to catch my eye. The email was titled "40 Tips For Better Living In 2008." Now we all have received those "feel good" emails in which friends tell you how much they love and care for you with silly and distorted pictures of people intertwined in the email. And of course, who hasn't received the infamous chain emails warning that if you do not forward the email within a certain number of minutes to a certain number of people, your life will basically be cursed forever. However, this email was different. I sat back, read the title again and pondered on the words 'better living.' I think we all strive to live our best (at least I do), but I know that I don't always take the time to do things that would make my life richer, more meaningful, and fuller. I'm not saying that my life isn't rich, meaningful, and full... but I was curious as to how a simple email could enlighten me on how to improve on that richness, meaningfulness and fullness.

After reading the '40 Tips,' I came to realize that I do many of the tips that are mentioned, but I know there are many things I could improve upon. For instance, tip #1 suggests taking a 10-30 minute walk everyday, and while you walk, SMILE. Well I can say that I walk everyday because I take my dog out for a walk, but I don't usually do it with a smile. I can say that my dog is overjoyed by the walks and he is smiling (or wagging his tail). And tip #9 tells you to 'dream more while you are awake.' I'm not certain if daydreaming counts because I find myself mindlessly drifting away from the task(s) I should be working on to think about such things as... stop working for the day, what to fix for dinner, laundry, once again stop working for the day...etc. Tip #23 advises "Don't compare your life to others', you have no idea what their journey is all about." This is so true...have you ever thought a co-worker or friend had it really going on and put together until you start swapping life stories and finding out their life is just as chaotic as yours. And of course the last tip, tip #40 told me to forward the email to everyone I cared about. Well I guess the creator of the email couldn't resist adding that little remark. Although I didn't forward the email to anyone, I am however sharing it, in hopes that maybe someone will read it like I did and ponder just for a moment on

ways they too can better improve upon their life. And who couldn't use some tips on bettering an already rich, meaningful, and full...Good Life!

Here's to a happy and better living in 2008!

40 Tips For Better Living In 2008

1. Take a 10-30 minute walk everyday. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2007.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, OR issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the NEGATIVE BLUES away.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. Remember God heals everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or email them to death!!!)
37. Each night before you go to bed complete the following statements: I am thankful for _____.
Today I accomplished _____.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
40. Please forward this to everyone you care about. I just did.



AUTHOR OF "WOMEN ATTORNEYS SPEAK OUT!" GUEST SPEAKER AT SECTION MEETING

by Carol E. Jendrzey

The Women and the Law Section is very excited to have Judi Craig, Ph.D, author, Master Certified Coach and Master Practitioner in Neurolinguistic Programming, speak at its Annual Section Meeting. Ms. Craig has coached attorneys for over ten years. She also is the author of four nationally

published books, has been interviewed on numerous radio stations, and been a guest on television programs, such as The Today Show and Larry King Live, just to name a few. Ms. Craig also will be available after the meeting to autograph copies of her most recent book, "Women Attorneys Speak Out!" Our section meeting is scheduled for Thursday, June 26, 2008 at 1:30 p.m. You will not want to miss this meeting.

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WOMEN IN THE PROFESSION TODAY – STUDY SHOWS PROGRESS AND CHALLENGES

by Alison McCall

Over the last year much of the focus of WAL – and other women’s organizations throughout Texas – has been on diversity and looking at the women of our industry. Women continue to be the minority in our profession, and many women are still significantly underpaid compared to their male counterparts. It is hard to avoid reading in the numerous sources available to us today that women continue to earn approximately 76% of the earnings of male attorneys throughout our profession.

But we are making progress, right?

The American Bar Association says we have. The ABA’s Commission on Women in the Profession has been keeping up with many statistics that point to some of the positives– and negatives – that we have seen emerge over the last decade or so.¹

This Commission, dedicated to surveying the conditions of women and multicultural women, has been studying women’s status in the legal industry since the late eighties. As their periodic reports continue to show, progress is slow, but just look at some of the statistics the members of this committee found:

1. Women attorneys represented 23% of all lawyers in the U.S. in 1994 – by the early-mid 2000’s, the rate reached 29%.
2. Today there are just as many female law school entrants as males.
3. The number of women in tenured positions at law schools increased from 5.9% to 25.1%.
4. Over a ten year period the percentage of women partners in top law firms increased from almost 13% to over 16%.
5. The percentage of women operating as general counsel in Fortune 500 companies jumped from 4% to 15%.

The Challenges Ahead

Although women stand a good chance of continually advancing in our field as part of a global push for diversity, the Commission also pointed out some issues with which women will continue to struggle:

1. Stereotypes: The commission interviews concluded that women continue to be isolated by extremes.

Women are seen as either too bossy, or too emotional. As well, more often than not sexual harassment cases are singled out as a “woman’s issue,” thus isolating women in their fields.

2. Men still dominate in the rainmaking and business development. Women – particularly multicultural women – are behind the eight ball when it comes to contacts and getting into “the game” of getting business. Many women in the ABA study confessed that it was hard to break into a traditionally male circle when it came to referrals.
3. Work-Life Balance is Still a Challenge. More and more firms are becoming “family-friendly,” with shorter work weeks, less billable hour requirements, and other perks available to accommodate all employees desiring to increase that work-life balance. But many women attorneys still complain about “schedule creep” when work weeks are supposedly shortened, yet the “balance” of career and home life are still considerably out of sync. As well, other women attorneys confess to the fear that any advancement is questionable once they have chosen the alternative style of working. Some consider they are viewed as less-than-loyal if they don’t give their full attention and schedules to their firms.

As more organizations like the Commission on Women in the Profession continue to survey and report, no doubt we will see continued progress for women in the areas of compensation and advancement. Closer to home, it is good news to see the on-going support that women’s organizations like WAL provide to keep women abreast of what is happening in our industry – awareness is the key to progress.

¹ All statistics and findings conveyed in this article can be found in *Charting Our Progress – The Status of Women in the Profession Today*, available at <http://www.abanet.org/women/ChartingOurProgress.pdf>.



WOMEN AND
THE
LAW SECTION

CONGRATULATES

**2008 SARAH T. HUGHES AWARD
WINNER**

JANETTE JOHNSON

AND

2008 MA'AT JUSTICE AWARD WINNER

DEBRA TSUCHIYAMA BAKER

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PLEASE JOIN US

WOMEN AND THE LAW SECTION

ANNUAL SECTION MEETING

THURSDAY, JUNE 26, 2008

At the State Bar Annual Meeting

(1:30-2:30 p.m./ Room TBA)

- Short Section Meeting
- Ma'at Justice Award Presented to Debra Tsuchiyama Baker of Houston
- Sarah T. Hughes Award presented to Janette Johnson of Dallas,
- Presentation "*The Biggest Dilemma: Work/Life Balance*"
Presented by Author/Lecturer JUDI CRAIG
(book sale & signing to follow Section Meeting)

AND....



WAL SECTION HAPPY HOUR

(AND BOOK SIGNING WITH AUTHOR/SPEAKER JUDI CRAIG)

Thursday June 26th (5pm-7pm/Downtown Hilton, Room 330)

*Free drink ticket(s) for our members and wannabe members of WAL Section
Come to our Section meeting (Thurs. 1:30-2:30 p.m.) and get your free drink ticket(s)!!

COME JOIN US!

WOMEN AND THE LAW SECTION



ANNUAL MEETING

HAPPY HOUR

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next to the Convention Center
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