



EQUAL TIMES

BEXAR COUNTY WOMEN'S BAR ASSOCIATION

PRESIDENT'S COLUMN

I recently had the privilege of enjoying lunch with approximately 15 female attorneys from all areas of practice for an informal lunch gathering. Looking around the table, I was inspired by the caliber of women that surrounded me. Some of them I knew and others I had heard of, while a few I met for the first time. I couldn't help but notice the various things that these exceptional women had in common. All are successful in their practice and respective fields, yet they maintain a full life outside of the profession. All are leaders in one capacity or another, yet they were interested in learning about each other. All have busy lives and a shortage of hours in the day, yet they selflessly contribute their time and talents to improving our community. These qualities are prevalent throughout the women of our profession in San Antonio and are exactly what makes our membership unique.



Emma Cano

You are what makes our membership unique. The BCWB has many events planned throughout the year to help make a difference, to network, and to just have fun. And, let's face it—women know how to have fun, whether working in the trenches or just hanging out. Encourage your friends to become members and attend an event or two with you. We are counting on you to help make these events a success. You will no doubt be reminded of the incredibly diverse, interesting and accomplished women that share our profession. We look forward to seeing you soon!

FEBRUARY 2012

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Lisa Alcantar

February Luncheon Announcement

By Lisa Alcantar

Please join us on Tuesday, February 7, 2012 at Club Giraud, as we welcome David T. Gallant. David is President of Gallant Computer Investigative Services, LLC, and will discuss “Computer Forensics and Electronic Discovery.” Comments will include preserving electronic evidence and legal perspectives on admissibility. David will share fascinating stories from his background in computer crimes investigations. CLE credit is available. Please RSVP no later than February 3 through the events website or to lalcantar@prdg.com.

March Luncheon Announcement

By Lisa Alcantar

Please join us on Wednesday, March 7, 2012 at Club Giraud, as we welcome Sara E. Dysart. Sara, who practices primarily commercial real estate, will discuss the practical challenges of Surviving as a Solo Practitioner. Sara’s presentation will provide insight for attorneys who may be looking to change their career paths or start their careers in solo practice, as well as providing insight for opposing counsel working with solo practitioners. CLE credit is pending. Please RSVP no later than Monday, March 5 through the events website or to lalcantar@prdg.com.



Lorie Blount

Monthly “Around Town” Lunches

By Lorie Blount

The exciting rumor has spread and it’s time for the official notice! Yes, there is a new opportunity for you and your BCWB colleagues to get together, network and socialize! Beginning in February, the BCWB will have casual monthly lunch gatherings at various restaurants around the city. The goal is to provide members an opportunity to meet and greet each other over some yummy lunches, in various locations that may be convenient to their work site. Our “Around Town Lunch” will be held the 4th Thursday of each month, and the location information will be provided in advance in our monthly newsletters.

Our first BCWB “Around Town” lunch will be held on Thursday, February 23, 2012, at 12:00 pm. We will be dining at Mela Indian Bar and Grill, located in the I-410 and I-10 Medical Center area of San Antonio (4987 NW Loop 410, San Antonio, TX 78229). Lunch is always a buffet, with different specialties served from day to day. Please mark your calendars and join us!



2012 Membership Renewal

By Katherine Noll



Katherine Patton Noll

The 2012 Membership Drive is in full swing! Be sure to renew your membership for 2012 so you don't miss out on the many exciting events the Bexar County Women's Bar Association and Bexar County Women's Bar Foundation have planned for the year, including the retreat, CLE luncheons, fashion show, mentor/mentee outings, community assistance programs, socials, and the always popular Autumn Affair. Whether you are female or male, a judge, lawyer, paralegal, legal assistant, student, or "friend," we invite you to join and personally invite a new member to join as well!

A new feature we have implemented for 2012 is online membership renewal. You should have received an email notifying you to renew your BCWB membership. You may complete the renewal process by visiting www.bexarcountywomensbar.org. Click on the "About Us" pull-down menu, then click on "Membership." There you will find the online as well as paper applications for 2012. You will need your user ID and password, which you should have received by email. Payment can be made online or by mailing in a check. If you have any questions, please contact me at Membership@bexarcountywomensbar.org.

Renew your membership, join a committee, and together we'll make a real difference in our community! Your membership renewal will entitle you to the following, including information on new membership activities for 2012:

- Monthly electronic copy of our newsletter, the *Equal Times*;
- Bexar County Women's Bar monthly luncheons with .75 hrs of CLE credit at a discounted rate;
- Access to the Membership Directory;
- E-mail announcements of upcoming events and activities of interest;
- Discounted tickets to legal community functions (*e.g.*, Peacemakers Gala, SABA Installation Dinner, SABA Law Day Luncheon), subject to availability;
- Profile on Bexar County Women's Bar membership website;
- Access to membership information and community postings on the Bexar County Women's Bar membership website;
- Invitations to exclusive Bexar County Women's Bar functions, many of which are complimentary; and
- Network with some of the most powerful, amazing women in the state.

Thank you for your continued participation and support! I look forward to receiving your application and sharing more details with you about the upcoming year!





Hella Scheuerman

Community Service Column

By Hella Scheuerman

Your time or treasure will be much appreciated by some very cute and cuddly pets, in need of some attention. Animal Care Services (ACS) takes in thousands of unwanted animals every year. ACS is always in need of animal lovers who can volunteer their time to bathe, groom, walk and socialize with their furry companions. Volunteers enable Animal Care Services to give their animals the care and attention they need and deserve. They couldn't do it without help from volunteers like you. If you are interested in volunteering, you may contact the volunteer coordinator at 207-6688. If you are interested in adopting a furry friend, ACS has a Buckaroo Breakfast at the Alamo Plaza on Saturday, February 4, from 11:00 am to 5:00 pm. You may check out their calendar of events for February for more details, or call 210-207-4PET (7387).

If you want to help, but cannot volunteer your time, ACS pets would very much appreciate the desired items below, which can be dropped off at their facility, located at : Animal Care Services, 4710 State Highway 151, San Antonio, Texas 78227. You can visit their website for a complete list of desired items, at <http://www.sanantonio.gov/AnimalCare/>. These cute and cuddly pets are thankful for your help!

- Dog Houses (especially the plastic “igloo” type)
- Pet Taxis (large and collapsible)
- Towels, Sheets and Blankets (large sizes are helpful)
- Paper Towels
- Kuranda beds (learn how you can donate one on-line to ACS)
- Cat Beds
- Dog Biscuits and Cat Treats
- Pet Toys (Kong toys, rope toys, etc.)
- Small Bags of Cat and Dog Food
- Grooming Supplies (Brushes, Nail Clippers, etc.)



By Invitation Only

(Shhh! Don't Tell But Everyone Is Invited)

By Gaylia Brunson

No ticket to purchase, no food to pay for, no drinks to spend your money on, only an RSVP is needed. I am hosting the BCWB Book Club meeting on Sunday, April 4th and would like to personally invite you to join me for what I hope is a lively, or at least interesting, discussion of *Unbroken* by Laura Hillenbrand. Know someone you think might be interested in joining us that is not a BCWB member? Bring them along, please. All that is required for anyone and everyone to attend is to send me a quick e-mail at gayliabrunson@gmail.com giving me a headcount of those attending. Location will be determined depending on how many of you want to join me, and food and beverages will be provided.

Watch your inbox for updates and reminders regarding time and location. And remember, the only thing you need to join the party is RSVP me.



Gaylia Brunson



Julia Mann

Volunteers Need for: BCWBA, WLA & Office of Career Services “Speed Networking Event”

Feb. 10th, 4:30 p.m. to 6:30 p.m.

By Julia Mann

The BCWBA has a strong tradition of supporting Bexar County female attorneys, from varying backgrounds and practices, through education, networking, mentoring, and social support systems. One special relationship that allows for mentoring opportunities is our partnership with the Women’s Law Association at St. Mary’s University School of Law. In an effort to prepare students for entering the job search and most particularly the entire interview process, the BCWBA is teaming with the WLA and the Office of Career Services at St. Mary’s to sponsor a “Speed Networking Event” on Friday, February 10, 2012 from 4:30 p.m. until 6:30 p.m. The Event will be held in the St. Mary’s Law Alumni Room.

If you have not participated in a speed networking event previously, this type of business networking activity and very much like speed dating it is about making initial contact with as many people as possible in a short space of time. A speed event is structured in such a way that you can introduce yourself to a small group in an allocated period of time, say 5 minutes before moving onto the group.

In order to make this event a success we need your help. For the first hour we are seeking volunteers from the BCWBA membership to lead a round-table discussion with small groups of students. The students will rotate tables every five minutes, so the general idea is to provide a brief discussion of career opportunities and specifically discuss the BCWBA member's chosen path and experience. The second hour will be a mixer format to allow the students to follow up with the BCWBA members presenting with more specific questions and discussions.

We expect approximately fifty students to attend and thus are seeking 20 BCWBA members to attend. Please contact [Julia Mann at jmann@jw.com](mailto:jmann@jw.com) or 978-7761 if you are willing to host one of the tables or simply attend to visit with students. Your participation is greatly appreciated.

Mentor/Mentee Event

Thursday, March 1st, 5:30 p.m. to 7:30 p.m., Lee’s Taco Garage

By Connie Basel

Please join the BCWBA and the St. Mary's Women's Law Association for happy hour on Thursday, March 1st on the patio at Lee's Taco Garage (on Broadway, just south of Loop 410)! This is our Spring mentor/mentee mixer, so come out and meet our wonderful St. Mary's law students. You do not need an existing mentoring relationship to attend, but please encourage your existing and past mentees to come out. Drinks and appetizers sponsored by the BCWBA. For additional information regarding this event, contact Connie Basel at cbasel@lyndworld.com.

How to Remain Heart Healthy

By ileta A. Sumner



ileta Sumner

As you may recall, February is “Go Red for Women” month, reminding all of us to get our hearts checked at least annually just as we get our other womenly check-ups conducted. Since I have developed cardiac disease, here are a few things that I have learned that I would like to share with you, my friends:

1. Omega – 3 fish oil capsules are not all that they’re cracked up to be

For years, we have been told that we should swallow a minimum of two of the foul-tasting capsules ever created, fish oil capsules (they do make flavorless ones, but they cost \$21.00 vs. \$4.00). The purpose of this was to help eliminate blockage in one’s cardiac arteries. However, recent studies have shown that those who take such supplements have no advantage over those who refuse to take such capsules. Besides, if you have any type of digestive problem (i.e. ulcers, acid-reflux, nausea, diarrhea, Chron’s Disease, etc.) the introduction of this oil in capsule form can merely exacerbate your current problem while providing absolutely no benefit to the heart itself. Instead, one is better off...

2. Eating fatty fish itself

Both your cholesterol and your heart will benefit if you get those omega-3’s directly from the fish itself. Now I ask you, which would look more appetizing on your china, two amber-colored capsules or a succulent salmon steak seasoned with fresh rosemary and garlic, surrounded by steamed broccoli? Sure, you could have the capsules with that broccoli, but it will not be all that tasty and it will not give your health a beneficial boost. In fact...

3. If you can, forgo the supplements altogether and...

...eat the real thing instead! Skip those tablets that promise to flood your blood stream with antioxidants (usually advertised during “Grey’s Anatomy” reruns on the *Lifetime* channel or in the *National Enquirer*) and eat the real food! When you make a salad, add a handful of fresh raspberries or blueberries or have a glass of 100% pomegranate juice with lunch. In addition, the heart also needs potassium to keep it beating correctly. Because I have a malabsorption problem, I need to take potassium supplements; however, for all of the healthy *homo sapiens* out there, focus on oranges (“heirloom” oranges are the wonderful type in season and are currently available at Central Market). Cherries and bananas are chockful of the mineral while the skin of white, not sweet or red, white potatoes have even more (white potatoes - I KNOW!).

4. Technology is not as advanced as I thought it was

In this world of 250G flashdrives and 3,800G ipods, you would think that one of the first types of technology that each of us ever used, the battery, would have the capability to last for decades. I am here to tell you, they do not. My first defibrillator was implanted around Christmas 2005. Around this past Thanksgiving, I started to hear this faint beeping in my home. I thought that either of my sons, both renown for losing items the day they receive them, had misplaced his watch (con’d on next page)

How to Remain Heart Healthy (con'd)

watch and its alarm was discreetly calling for me to find it. Well, one day, while looking for my own forever-lost item, my TV remote on my quilt, I realized that the beeping was coming from INSIDE of me!!! I called my cardiologist and his nurse confirmed that I am not nutty – well, not THAT nutty – but that a defibrillator and pacemaker can, and do, beep. When they do, that is a signal that either it has become detached from the heart or the battery is dying. In my case, fortunately, only the battery was dying...but shouldn't it last longer than a mere six years (did they not create an entire city in space? How did they power-up that puppy?).

Despite all of the technological advances created in the past half decade (and things have progressed oh so rapidly if you just ponder a second), 90% of my implanted device is, in fact, the battery. Therefore, because it keeps track of every single heartbeat, both regular and irregular, it does not stay charged very long. Hence, just as I did on January 12, 2012, I will have to have surgery every 5 or 6 years to replace the entire thing. Right before they put me under anesthesia, the surgical nurse asked if I wanted to keep the old defibrillator. I gagged a little. Why would I ever want that slimy piece of metal? Then the nurse told me, "Hey, you are going to have a HUGE collection of these things so you may as well keep them – they are paid for, after all!" Yep, all \$95,000 worth. So stop by and see my soon-to-be-started shadow box – it is definitely a conversation piece! Yet, more importantly, if you know someone who has either a defibrillator or pacemaker (mine is actually both in one), please tell her that if she ever hears faint beeping, 16 beeps every 6 hours to be exact, tell her to contact her electrophysiologist (the doctor who implants the device) immediately. Imagine, for years I had been the proud owner of this lifesaver and I had no clue it could beep or what it signified.

Finally, as I suggest every year, please wear red on the first Friday of February, in support of all of those of us who are surviving heart disease. It is a color that looks great on men, women, students, even babies...and it makes those of us living with the condition smile when we see you wear it, which is the best medicine of all!

ileta A. Sumner, a former President of the BCWB, was diagnosed with congestive heart failure in 2005 and given a life expectancy of 5 years.

Welcome Our Newest Members!

We would like to welcome the newest members of the Bexar County Women's Bar:

Susan Alberto	Deborah Jackson	Cassandra Ross
Shanna Castro	Leigh Levy	Jennifer Rossmeier
Diana Cavazos	Katy Lukaszewski	Karen Vowell Sales
Luz Elena Chapa	Marlene Martin	Janie Ann Shannon
Kristina Combs	Cristina Nahidi	Kelsey Sproull
Mary Esther Escobedo	Clare Pace	Lisa Tatum
Alicia Galvany	Suzanne Patrick	Heather Clement Tessmer
Angelina Garcia	Aida Rosas	Alexandra Williamson
Marissa Giovenco	Lindsay Moore Rose	Lauren Zettler-Horne

Watch your Inbox for Information about a special event in March hosted by BCWB President Emma Cano! Everyone will be invited to come welcome our new members and reconnect with those you haven't seen in awhile. You won't want to miss it!

Women's Law Association Update

By Alison R. Williams

President-Elect, Women's Law Association

Members of the Women's Law Association (WLA) have been back at school for only a couple of weeks, but the group has already experienced a wonderful event, and we are all looking forward to a very exciting and busy spring semester for the organization! On January 23, the annual WLA/Bexar County Women's Bar Association (BCWBA) joint meeting was held at St. Mary's University. The turnout for this event was strong and comprised of students, attorneys, justices and career services faculty and staff. All enjoyed a delicious lasagna lunch, compliments of the BCWBA. At the start of the meeting, President Victoria Bongat welcomed everyone and introduced the board members. Vice President Jenny Zarka gave a brief description of WLA's silent auction last November, which benefitted Family Violence Prevention Services (FVPS). Thanks Vice President Zarka's time and effort given, the board, WLA members and donors (including several attorneys and law professors), the auction was a huge success. The WLA was the single greatest donor to FVPS last year, with the charity donation totaling \$10,322.60! Julia Raney Rodriguez and Nailya Maryanchik, two attorneys with FVPS, gratefully accepted a ceremonial check at the joint meeting and informed the group that the donation came at a very appropriate time, as the center had recently experienced budget cuts.



Following President Bongat's announcements about upcoming events, the attendees were treated to a panel discussion from BCWBA members in various fields of the law. Moderator Monica Lerma asked pertinent and interesting questions of Justice Rebecca Simmons, Molly Neck and Kristal Thompson. Among the nuggets of wisdom given were: practice in a field that you are good at and you like, decide how important flex time is *before* you do a job interview and network, network, network! The panelists' insight was inspiring and encouraging, giving attendees with a better sense of how to focus their efforts and find their way in the legal profession. The WLA would like to thank the panelists, as well as Lisa Alcantar for all of her time and effort in organizing this meeting, as well as the BCWBA for partnering with us for this event. It was a great success!

Upcoming Event:

WLA and BCWBA
Speed Networking,
Feb. 2, 4:30-6:30p.m.,
St. Mary's Alumni Room

Date: Friday, February 10

Time: 4:30-6:30 PM

WLA, BCWBA and Office of Career Services present

Speed-Networking

You've heard of Speed-Dating?

Join Women's Law Association, Bexar County Women's Bar Association and Office of Career Services for our Speed-Networking...

Speed-Dating for your attorney connections event!

Business Attire is a must as you will be meeting attorneys from many different areas of practice.

Come take advantage of the opportunity to mix and mingle with essential contacts.

In order to attend this event you must RSVP on Symplicity in the Events section under Workshops!

Dinner will be served.

The event will be held in the Law Alumni Room.

Space is limited, sign-up now!