President’s Column

This weekend, San Antonio will experience an event never before seen here... two major league baseball teams will not only play an exhibition game, but play in the Alamodome which has traditionally been a venue for football, concerts and conventions. An interesting connection to our city is the fact that both of the teams, the Texas Rangers and the San Diego Padres, have been the parent club of a San Antonio minor league team.

Professional minor league baseball is not new to San Antonio and goes back to the San Antonio Missionaries (1892, 1895), Gentlemen (1898), Bronchos (1896-1899, 1907-1918), Aces (1919), Bears (1920-1928), Indians (1929-1932), Bullets (1963-1964), Brewers (1972-1976), Dodgers (1977-1987), and Missions (1933-1942, 1946-1962, 1968-1971, 1988-Present). Numerous baseball players who have played for these San Antonio teams, such as Brooks Robinson, Billy Williams, and Joe Morgan, have attained Major League Baseball Hall of Fame status recognition and many other San Antonio players have been “called up to the majors.”

Another interesting tie to our city is the fact that, since 2006, baseball players on the San Antonio Missions baseball team are affiliated with the San Diego Padre organization. So, put on your favorite shirt, grab a mitt and enjoy this historic (con’d on next page).

Law Day Luncheon: April 9, 2013, Noon to 1:00 p.m., Plaza Club

By Carmen Samaniego and Greta McFarling

Please join us at this month’s luncheon, the annual Law Day Luncheon! The students of Fox Tech High School are preparing their submissions for the Law Day Contests. This year’s Law Day theme is “Realizing the Dream: Equality for All.” Students may enter three contests: the Photography Contest, the Poster Contest, and the Editorial Contest. Contest winners will be announced at the Luncheon. Attorney Celina Moreno from Texas RioGrande Legal Aid, Inc. will speak on civil rights.

RSVP for the luncheon by emailing Events@bexarcountywomensbar.org or Greta McFarling at greta.mcfarling@txcourts.gov or Carmen Samaniego at carmensam@mac.com.

The students are looking forward to the luncheon and the opportunity to meet practicing attorneys.

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Picnic at the Missions Event
April 6, 2013
See last page for registration form

President’s Party
April 18, 2013
See last page for details
President’s Column (con’d from p. 1)

If you miss this opportunity, another chance to catch a spring baseball game is on April 6, when it’s time to go out to Wolff Stadium for the “BCWBA Picnic at the Missions.” Enjoy time with family and friends during a picnic style dinner, baseball game and fireworks show.

Other events that may interest you this month include the BCWBA Law Day lunch with Fox Tech students at the Plaza Club on April 9, Julian Gold fashions and mentee mixer on April 10, and the BCWBA Member’s Party on April 18 at the Pearl Brewery Boiler House. Other opportunities for camaraderie include an informal 5K walk/run at the AT&T Center on April 13 and the informal April “Around Town Lunch.” Be on the lookout for your emails announcing more information.

Bring a friend to any of these events and encourage a new membership!

Julian Gold Event

By Shari Y. Mao

Join us at Julian Gold on Wednesday, April 10, from 5:30 pm to 7:30 pm for a fun evening of drinks, lite bites, and shopping! Mentors, your mentees have been invited to this event. Visit with them and see how their semester is going! Catch up with existing friends, meet new friends, and take advantage of the spring sale. Save the date on your calendar today!

Wellness Column

By Connie Arambula

Individual Registration: Please join the BCWBA at this event by registering individually at $20 a person online at walkforautismsa.com or between 7:30 and 8:00 a.m. on April 13, 2013.

Event day: The Start/Finish is at the AT&T Center. Packet pick-up is at the event. Look for Connie Arambula at 8:00 a.m. near the registration booth. She will be wearing a black BCWBA t-shirt.

Following the Event: Join the BCWBA for breakfast and networking at a tbd location.

Attire: Wear your BCWBA t-shirt and/or comfortable walking attire.

Please contact Connie Arambula for further details at carambula@lyndworld.com or (210) 379-1025.
A Few Soft Drinks During the Week:
Are They Really All That Bad?

By Connie Arambula

Yes. A 2005 longitudinal study done by Sharon P. Fowler and others at the University of Texas Health Science Center followed 1,550 American women over a period of 7-to-8 years. They found that of these women, one third became overweight or obese. This weight gain was correlated to soda drinking. The study found that the risk of being overweight or obese was:

- 26% higher for those who drink 1/2 can of regular soda each day
- 30.4% higher for those who drink 1/2 to 1 can of regular soda each day
- 32.8% higher for those who drink 1-2 cans of regular soda each day
- 47.2% higher for those who drink more than 2 cans of regular soda each day

Don’t think diet soda is without its dangers, either! In fact, drinking diet soda seems to have even more dire consequences. The study found that the risk of being overweight or obese was:

- 36.5% higher for those who drink 1/2 can of diet soda each day
- 37.5% for those who drink 1/2-1 can of diet soda each day
- 54.5% for those who drink 1-2 cans of diet soda each day
- 57.1% for those who drink more than 2 cans of diet soda each day

It’s important to note that this study doesn’t show causation, just correlation. In other words, diet soda drinking is linked to obesity, but doesn’t necessarily cause obesity. However, researchers speculate that diet soda drinkers may use the calorie-free drink as a “free pass” to include other unhealthy, calorie-dense foods on their plates. Interestingly, it may be that offering your brain something sweet, that is not actually backed by calories, could cause future cravings that lead to actual binge eating. Soft drink consumption over time has also been linked to a higher risk of osteoporosis, diabetes, heart attack and stroke. Water is the best alternative to soft drinks. If you do partake in a sugary beverage every day, do your best to minimize your intake.

References:
2. UT Health Science Center News Release (2011): www.uthscsa.edu

April Around the Town Luncheon

By Shari Y. Mao

On Wednesday, April 17, at noon, join Shari Mao for lunch at the Copper Kitchen in the Southwest School of Art at 300 Augusta. Copper Kitchen is a limestone lined café nestled within the Southwest School of Art. The café serves soups, salads, sandwiches and comfort food specials. The dining room is filled with a hodgepodge of antique wooden chairs and tables and is an oasis at the center of downtown. No RSVP is needed – just show up, pick up your food at the counter, and join your fellow members for a respite from the daily hustle and bustle!
WLA Update

By Julia E. Null

What an incredible month for the Women’s Law Association! On March 7, WLA and BCBWA teamed up with St. Mary’s Hispanic Law School Association and Hispanic Law Alumni Association for a mentor/mentee mixer. This event was an excellent opportunity for local attorneys, judges, and students to meet and mingle while dining on delicious food and drinks.

WLA President Alison Williams and HLSA President Juan Castro competed in the Embry Mock Trial Competition, hosted by St. Mary’s Board of Advocates. With an honorable panel of local judges, and excellent student advocates, the competition was high. Alison and Juan won the competition and made both WLA and HLSA very proud! Congratulations to both.

In honor of Women’s History Month, St. Mary’s hosted two moot court proceedings on March 19. Set in the Nicholas L. Ribis Courtroom, two panels of the Fourth Court Justices heard the arguments. After the exciting visit from the Justices, they joined WLA and St. Mary’s community for an afternoon reception for the presentation of the Alma Lopez “Women in Law” Leadership Award. The award is for a student’s involvement in Community and Pro Bono Service. Each year during St. Mary’s Women’s History Month, the law school presents the “Women in Law” Leadership Award to a female law student who represents Chief Justice Alma L. Lopez’s life experience and contribution as a lawyer and as a Chief Justice for Bexar County. As a lawyer, she worked with those who could not afford legal services, and as Chief Justice she actively engaged in efforts to promote justice and peace.

This year the nominees for the award received “Women in Law” certificates, including members of the WLA board, Alison Williams, Anietie Akpan, Elizabeth O. Gutierrez, and Julia E. Null. During this inspiration event, our speakers included WLA President Alison Williams, Sister Grace Walle, Chief Justice Catherine Stone, and Retired Chief Justice Alma Lopez. At the end of event, Elizabeth O. Gutierrez and Elizabeth Germano received a $500 check as recipients of the Alma Lopez Award.

The month ended with a bang! WLA 1L Senators have been working together throughout the spring semester planning the WLA Service and Social Event. On March 23, WLA had a service event at Love For Paws. This nonprofit is funded through public donations. Several WLA members spent the day cleaning out the animal facilities, organizing donated items, walking the dogs, and spending quality time with the animals. After a fulfilling day of volunteer work, we ended the day with a barbecue and social event at Aspen Heights. Truly a bonding experience, the day was filled with getting to know other students while giving back to a local community organization.

April is going to be an exciting month for WLA. Elections for the 2013-2014 board will occur during the first week of April. The new board will be announced at our Half Wit on April 5. Social Chair Jennifer Zarka has worked hard to create the perfect casino night. The following week, WLA members will join BCWBA for the Julian Gold event. We look forward to seeing you there!
Looking for a rewarding experience? Have you been feeling like you want to do more for the community? Do you need CLE hours? On May 14, 2013, the BCWBA will participate in the Community Justice Program ("CJP"), with volunteer attorneys providing free legal services to individuals who may not otherwise have access to the legal system. Volunteers at the upcoming CJP clinic will likely be assigned an uncontested divorce case, with assistance available from CJP legal staff. The clinic starts at 5:30pm and is held at Texas RioGrande Legal Aid, 1111 N. Main Ave, San Antonio, Texas 78212. If you would like to volunteer, please contact Gaylia D. Brunson at gayliabrunson@gmail.com or 210-271-1524 by May 5, 2013.

Gaylia D. Brunson

Chief Justice Catherine Stone, Justice Patricia Alvarez & Diana Geis at the March BCWBA Luncheon