

Equal Times



April 2013

Bexar County Women's Bar Association

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



Suzanne Dapra Oliva

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.

Inside this issue:

Julian Gold Event	2
Wellness Column	2
A Few Soft Drinks: Bad for You?	3
April Around the Town Luncheon	3
WLA Update	4
Call for CJP Volunteers	5
Ads for Upcoming BCWBA Events	5

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)

event.

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



Shari Y. Mao

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



Connie Arambula

By Connie Arambula

Please join the Bexar County Women's Bar Association at Any Baby Can's 9th Walk for Autism! The walk is on Saturday, April 13, at 8:30 a.m. This two-mile walk begins and ends at the AT&T Center. Local fitness resources will be available after the walk to provide information on ways to keep your family healthy and active.

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?



Connie Arambula

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



Shari Y. Mao

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

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:

1. 8. Fowler, S.P. 65th Annual Scientific Sessions, American Diabetes Association, San Diego, June 10-14, 2005; Abstract 1058-P. Sharon P. Fowler, MPH, University of Texas Health Science Center School of Medicine, San Antonio. WebMD News: "Drink More Diet Soda, Gain More Weight?"
2. UT Health Science Center News Release (2011):

www.uthscsa.edu

3. Harrington S. The role of sugar-sweetened beverage consumption in adolescent obesity. *J Sch Nurs.* 2008 Feb; 24(1):3-12. PubMed
4. Ebbeling CB, Feldman HA, Osganian SK, Chomitz VR, Ellenbogen SJ, Ludwig DS. Effects of decreasing sugar-sweetened beverage consumption on body weight in adolescents. *Pediatrics.* 2006 Mar; 117(3):673-80. PubMed
5. Schulze MB, Manson JE, Ludwig DS, Colditz GA, Stampfer MJ, Willett WC, Hu FB. Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *JAMA.* 2004 Aug 25; 292(8):927-34. PubMed
6. Montonen J, Jarvinen R, Knekt P, Heliövaara M, Reunanen A. Consumption of sweetened beverages and intakes of fructose and glucose predict type 2 diabetes occurrence. *J Nutr.* 2007 Jun; 137(6):1447-54.
7. Tucker KL, Morita K, Qiao N, Hannan MT, Cupples LA, Kiel DP. Colas, but not other carbonated beverages, are associated with low bone mineral density in older women: The Framingham Osteoporosis Study. *Am J Clin Nutr.* 2006 Oct; 84(4):936-42. PubMed
8. Kristensen M, Jensen M, Kudsk J, Henriksen M, Molgaard C. Short-term effects on bone turnover of replacing milk with cola beverages. *Osteoporos Int.* 2005 Dec; 16(12):1803-8. PubMed

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!





Julia E. Null

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 HLA very proud! Congratulations to both.

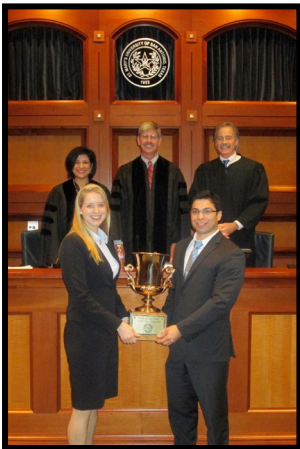
In honor of Women's History Month, St. Mary's hosted two moot court procession on March 19. Set in the Nicholas L. Ribis Courtroom, two panels of the Fourth Court Justices heard the arguments. After the exciting visit from the Justices, they joined WLA and St. Mary's community for an afternoon

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 IL 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 barbeque 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!



Alison Williams & Juan Castro

Elizabeth O. Gutierrez,
Retired Chief Justice
Alma L. Lopez
& Elizabeth GermanoWLA members with Justices of the Fourth
Court of Appeals

WLA Service & Social Event

Community Justice Program (CJP) Clinic – Mark Your Calendars!



Gaylia D. Brunson

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.



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

Suzanne Oliva,
President of the Bexar County Women's Bar Association,
cordially invites you to the annual


BCWBA President's Party
honoring our newest members

Thursday, April 18
5:30 to 7:30 in the evening
Boiler House Texas Grill & Wine Garden
at the Pearl Brewery
312 Pearl Parkway, Building 3

Please join the BCWBA for wine and small bites, as we kick off Fiesta and welcome these new members.


Justice Patricia O. Alvarez Cheryl L. Auster Caroline L. Bertuzzi Ashley Barr Jeffrie Boysen Stacy T. Castillo Barbara Celaya Candice P. Garcia Jennifer Georg Nicole Goza Sheila Grigar Caroleene Hardee Cecilia Hellrung Kathleen H. Jarmiolowski Cristina Corbo Jennings	Lea Lucas-Jones Justice Rebeca Martinez Molly Elizabeth Neck Jessica A. Newill Katie E. Payne Melva Perez Cassandra J. Pruski Elisa B. Reinsmith Serina Rivela Alexis A. Scott Erika M. Specia Celina Warren Allyson E. Winslow Ashlee R. Pena
---	---

Contact Brittany Well at bwell@burlisonlp.com with any questions.




Bexar County Women's Bar Association Picnic at the Missions

- Picnic is "all you can eat hotdogs, chips, potato salad, baked beans, and ice cream".
- Picnic is from 6:00-7:00pm and includes an upper reserve seat.
- Fireworks show following the game.



Tulsa Drillers
VS.
San Antonio Missions
Saturday, April 6th
7:05 pm



Bexar County Women's Bar Association

FORMER MISSIONS IN THE BIG LEAGUES.

- Chase Headley
- Iván Hernández
- Matt Latos
- Greg Dobbs
- Paul Konerko
- Shin Soo Choo
- J.J. Putz
- Adam Jones

Name: _____ Phone #: _____

Address: _____

City: _____ Zip: _____

of Tickets: ___ \$10 Adult Picnic ___ \$15 Child Picnic (3-12 years of age) 2 & under free