



**Arabella Babb Mansfield Award Winner  
Illinois Supreme Court Justice  
Mary Ann McMorrow**

**Chicago Annual Meeting  
Highlights**

**Behind the Veils of Terror -**  
*A timely reprint of Eva Herzer's  
1999 International Law Report*

**NAWL Opposes Anti-Choice  
Legislation**



**First Woman Lawyer Shaped  
California the Court System**

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## Women Lawyers Journal

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### About NAWL

Founded in 1899, NAWL is a professional association of attorneys, judges, law students and nonlawyers serving the educational, legal and practical interests of the organized bar and women worldwide. Women Lawyers Journal®, National Association of Women Lawyers®, NAWL®, and the NAWL seal are registered trademarks. ©2001 National Association of Women Lawyers. All rights reserved.

### How to contact NAWL

By mail: 750 N. Lake Shore Drive 12.4, Chicago, IL 60611-4497; by telephone: (312) 988-6186; by fax: (312) 988-6281; by e-mail: [nawl@nawl.org](mailto:nawl@nawl.org).

### About Women Lawyers Journal

**EDITORIAL POLICY** Women Lawyers Journal is published for NAWL members as a forum for the exchange of ideas and information. Views expressed in articles are those of the authors and do not necessarily reflect NAWL policies or official positions. Publication of an opinion is not an endorsement by NAWL. We reserve the right to edit all submissions.

**ARTICLES** Book reviews or articles about current legal issues of general interest to women lawyers are accepted and may be edited based on the judgment of the editor. Editorial decisions are based upon potential interest to readers, timeliness, goals and objectives of the association and quality of writing. No material can be returned unless accompanied by a self-addressed, stamped envelope.

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# NAWL AWARDS LUNCHEON AND PROGRAMS



Professor Joellen Lind of Indiana University School of Law, (left) accepted the Toch Award for Bill Satterlee, presented by Cheryl Cesario, General Counsel for DCFS and one of the hardworking Chicago Annual Meeting Committee members.



(Below) Denise Staniec, President of the Womens Bar Association of Illinois, with Arabella Babb Mansfield Award Winner Illinois Supreme Court Justice Mary Ann McMorrow (right).



(Above) Past NAWL President Judge Susan Fox Gillis (second from right) was on hand to welcome three generations of Madigans: Illinois State Senator Lisa Madigan's son (far left) and her illustrious father Illinois speaker of the House Michael Madigan (far right). Senator Madigan, who received NAWL's President's Award promises to have a bright future in politics.

# BRING OUT THE BEST



The Impact of Women on the Law: a View from the Bench was well-attended and even inspirational. From L - R: Justice Jill K. McNulty, Justice Margaret O'Mara Frossard, NAWL President Gail Sasnett and Justice Anne M. Burke

Right: Chief Justice Jean Hoefler Toal, moderator of the Future of Affirmative Action in Employment Law panel, is seen here with current NAWL Vice President and fellow South Carolinian Zoe Sanders Nettles



The Future of Affirmative Action in Employment Panel members L-R: Tracy Ladner, City of Chicago General Counsel; Catherine Walters of Duane, Morris's Harrisburg, PA offices; Adele Rapport, Regional Attorney for the EEOC in Detroit; and Carla J. Rozycki of Jenner & Block, Chicago. Sharon Eiseman of Hodges Loizzi (not shown) also contributed tremendously to the success of this program.

# Creating Chaos and Punishing Adolescents

## The Child Custody Protection Act (CCPA)

by Monica Hobbs, Staff Attorney for CRLP

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### **What is CCPA?**

The Child Custody Protection Act (H.R. 476) would make it a federal crime for any person, other than a parent, to knowingly transport a minor across state lines for the purpose of obtaining an abortion, if she has not first complied with the forced parental involvement law of her state of residence. CCPA defines the term “parental involvement law” as a law “requiring, before an abortion is performed on the minor, (i) either the notification to, or consent of, a parent of that minor; or (ii) proceedings in a State court” which waive the requirement. State laws that permit notification to or consent of any other person, such as a grandparent or aunt, do not qualify as “parental involvement laws” under CCPA.

The minor and her parents (but not abortion providers) would be exempt from prosecution under the measure. CCPA would carry a penalty of a \$100,000 fine, up to one year in jail, or both. It would also allow parents to bring civil suits against anyone assisting the young woman. Prosecution of the person who aids the minor and of the provider may be avoided only if the abortion is necessary to save the life of the minor because of a physical disorder, injury, or illness.

During the 105th Congress, H.R. 3682 passed the House, but failed in the Senate on a cloture vote. During the 106th Congress, the House passed H.R. 1218 by a vote of 270-159. The companion bill, S. 661, never received a floor vote. Once again, Members of the House of Representatives have reintroduced CCPA (H.R. 476) in the 107th Congress. CCPA does not “protect” minors. CCPA’s sole purpose is to pun-

ish caring relatives and friends and abortion providers who seek to provide guidance and support to minors seeking abortions. Consequently, CCPA will force many young women to travel alone, seek risky alternatives, or carry unwanted pregnancies to term.

### **Creating Chaos**

CCPA would create chaos for everyone involved in a minor’s abortion decision: the young woman, the supportive individuals on whom she relies, and health care providers. Health care providers would be faced with the task of comparing their own state’s laws to the laws of other states and to CCPA’s definition of “parental involvement laws” and then, if necessary, making sure that minors had complied with all applicable laws before providing an abortion. Minors will face the increased burden of deciphering these laws in an attempt to protect those caring relatives and friends who assist them.

Thirty-three states enforce parental involvement laws. Twenty-three of these states have “strict” laws that fit CCPA’s restrictive definition of a “parental involvement law.” Nine states have parental involvement laws that are “broader” than the definition in CCPA. One state has requirements that are more restrictive than, but do not match, the CCPA definition.<sup>1</sup> Of the remaining seventeen states, ten have enacted parental involvement laws which are not enforced within the state due to court rulings, or Attorney General’s opinion;<sup>2</sup> seven states and the District of Columbia have not enacted forced parental

involvement laws.

### ***Punishing Adolescents***

The deceptively titled “Child Custody Protection Act” would not “protect” minors. By making it more difficult for them to safely access constitutionally protected abortion services, CCPA would punish the very adolescents that it purports to protect. CCPA would punish young women who decide to seek an abortion in another state by requiring them to comply with laws of multiple states, or to travel alone if they cannot involve their parents. In addition, by mandating communication only with parents, CCPA would punish minors by criminalizing assistance received from close family and friends, clergy or counselors. Finally, CCPA would discourage non-parents from assisting minors in obtaining desired medical care by the threat of criminal penalties.

### ***Violating the Constitution***

CCPA’s radical attempt to limit young women’s access to abortion would come at the expense of the right to reproductive choice established in *Roe v. Wade*<sup>3</sup> and numerous other established constitutional principles.

### ***Violating Principles of Federalism***

CCPA would violate fundamental principles of federalism and state sovereignty. A core principle of American federalism is that laws of a state apply only within the state’s boundaries. CCPA would require some people to carry their own state’s laws with them when traveling within the United States. Under CCPA, a minor crossing state lines with a trusted relative or friend would not only be subject to the parental involvement law of the state she has entered, but would be subject to the parental involvement law of her home state, if her home state’s law is as strict as the CCPA definition.

### ***CCPA Unconstitutionally Burdens a Young Woman’s Access to Abortion***

Under CCPA, a minor from one of the twenty-three states that has a forced “parental involvement law” as defined by CCPA would carry her home state’s law with her when she travels across state lines with a trusted relative or friend to receive an abortion. She would therefore have to meet the requirements of both her home state and the state in which she receives the abortion. If the minor

does not comply with her home state’s requirements in the state to which she traveled, the person who assists the minor would face liability, as would the medical professionals who provide the health services. Every minor from a state with a “strict” parental involvement law will be faced with a choice: overcome the extra obstacles created by CCPA or travel alone out of state.

### ***CCPA Unconstitutionally Endangers Young Women***

The Supreme Court held in *Roe v. Wade*, and *Stenberg v. Carhart*<sup>4</sup> that restrictions on abortion must contain exceptions to allow for abortions necessary to protect both the life and health of the pregnant woman. In *Doe v. Bolton*, the Court held that factors including age, emotional state, and psychological status could be considered in defining a woman’s well-being and health.<sup>5</sup> Nonetheless, CCPA fails to provide any health exception. Moreover, CCPA provides an inadequate life exception by failing to allow for abortion in cases of a life-threatening mental illness. The failure to include these provisions shows an utter lack of regard for established constitutional law and seriously endangers the health and safety of young women.

### ***Hindering the Right to Travel***

CCPA would unconstitutionally regulate interstate travel between certain states, for certain people and under certain conditions. It would make the legality of interstate travel dependent upon the traveler’s state of residency, the purpose of the travel, and the people with whom she is traveling.

### ***Violating the First Amendment Right to Associate***

The First Amendment protects freedom of association through its explicit guarantee of the right to peaceably assemble. This protection includes the rights of individuals, including minors, to come together to advance their rights and interest. To that end, people may “pool their resources” to effectuate both their right to travel and obtain an abortion.<sup>6</sup>

### ***Infringing Upon the Equal Protection Prong of the Fifth Amendment***

CCPA would impermissibly classify persons based

## NAWL Legislative Committee Takes Position on CCPA and UVVA

The Child Custody Protection Act and the Unborn Victims of Violence Act are two pieces of legislation that are part of the continuing efforts to erode a woman's right to choose. The UVVA is a flagrant attempt to put the rights of a fetus above that of a woman. Monica Hobbs (see accompanying article) advises that the UVVA is less likely to be voted on by the Senate, unless tacked on to another bill at the last minute. She warns, however, that the Child Custody Protection Act is more dangerous because it is more likely to pass swiftly into law.

The very concept that the unborn have a greater federal right to protection from violence than do female American citizens is insulting to all women, regardless of their views on the rights of the unborn.

For both theoretical and practical reasons, the National Association of Women Lawyers opposes enactment of the Unborn Victims of Violence Act. The various versions of H.R. 503 all suffer from the same defects, and therefore should not be enacted into law. In this time of national crisis, partisan attempts to recognize the "personhood" of fetuses through such indirect means only serve to divide the nation and divert national resources from other more urgent concerns of national security.

In view of the Supreme Court's ruling in *U.S. v. Morrison*, overturning the Violence Against Women Act, it is highly unlikely that H.R. 503's similar form of federal legislation would be found to be constitutional. While the National Association of Women Lawyers does not applaud the *Morrison* decision, what is clear is that violence against women has a much greater effect on interstate commerce than does violence against the unborn, and few would argue that a fetus has greater federal civil rights than a female citizen of this country. We urge Congress not to divert the energies of federal law enforcement from important matters of national security. The lawyers in the Department of Justice also have more cogent matters to focus upon than drafting briefs favoring federal legislation that violates the constitutional principle of federalism.

For similar reasons NAWL opposes legislation pending under the name CCPA. It has serious constitutional problems, and is subject to federalism, equal protection, due process, and privileges and immunity challenges. It is time for a moratorium on federal anti-abortion legislation.

on the exercise of two fundamental rights, the constitutional right to choose abortion and the right to interstate travel, because it is not narrowly tailored nor does it further a compelling governmental interest.

<sup>1</sup> In 2001, Oklahoma enacted OK HB 1727 (2001). The law imposes requires that an abortion provider obtain "parental consent or knowledge" before performing an abortion on any minor, without exceptions for emancipated minors, consent from legal guardians, or a mechanism by which a minor can obtain a court waiver of the requirement.

<sup>2</sup> These 10 states have enacted forced parental involvement laws, but the enforcement of those laws has been permanently or preliminarily blocked by a federal or state court order, based on challenges to the law under the federal or a state constitution.

<sup>3</sup> 410 U.S. 113 (1973).

<sup>4</sup> 410 U.S. 113, 164-165 (1973); <sup>5</sup>30 U.S. 914, 938 (2000).

<sup>5</sup> 410 U.S. 179, 200 (1973).

<sup>6</sup> See *Colorado Republican Campaign Committee v. FEC*, 518 U.S. 604, 637 (1996).



MONICA HOBBS is the Center for Reproductive Law and Policy's D.C.-based Federal Legislative Counsel. Previous experience includes work as an Equal Justice Foundation Fellow at the National Women's Law Center, and as an intern at the Institute for Women's Policy Research, and the National Association of Child Advocates.

# ***NCWBA Celebrates 20 Years***

## ***Devoted to Women's Bars***

***by Diane Rynerson,  
Executive Director***

In 2001, the National Conference of Women's Bar Associations (NCWBA) celebrates the 20th anniversary of its founding in 1981. By 1981, numerous women's bar associations were flourishing, and others were in the process of being formed.

Founding an organization devoted to the success of women's bar associations seemed a natural way to capitalize on the informal network that had developed among women's bar leaders whose active involvement in the ABA brought them together on a regular basis.

That core mission—strengthening women's bar associations through sharing problems and achievements—remains at the heart of the NCWBA's work today. Member associations, representing women lawyers from

Hawaii to Maine, form the NCWBA network. In recent years, the NCWBA's contacts have extended beyond US borders, and a Nigerian group has now become a member. Member associations range from those with under 100 members to those with over 1,000 members. Each member group forms an essential link in the network.

As an ABA affiliate, the NCWBA works closely with NAWL and various ABA Commissions, Divisions and Sections. One of the achievements of which the NCWBA is most proud is its annual recognition of outstanding public service projects by its member associations. In recent years, the awards have often been presented as part of a

Women's Bar Summit—an opportunity for leaders of women's bar associations to meet one another in person to share ideas. Anyone active in a women's bar association is welcome to join NCWBA's free "Women's Bar Leader List Serve." To join, send your name and a few sentences about your

interests and involvement in a women's bar association to [wombarlead-owner@yahoogroups.com](mailto:wombarlead-owner@yahoogroups.com).

For more information on the work of the NCWBA, go to <http://www.ncwba.org/>, or contact Executive Director Diane Rynerson at (503) 775-4396 or e-mail her at [ncwba@aol.com](mailto:ncwba@aol.com).



Seen above are (l-r) NCWBA's President-Elect (2002) Dawn-Siler Nixon with the Honorable Mattie Belle Davis and Henrietta Biscoe, past NAWL president and treasurer respectively, of Florida. Photo taken at NAWL's Centennial and NCWBA's networking breakfast on February 5, 1999.

# MEMBER Spotlight

## For Toch Award winner, well-rounded is an under-statement



For more than 30 years, William F. Satterlee III has been a practicing attorney in Northwest Indiana. A trial attorney by training, Satterlee has used his courtroom skills to become a sought-after mediator and serve as Managing Partner at Hoepfner Wagner & Evans.

One of his favored causes is supporting and actively recruiting new members for the National Association of Women Lawyers (NAWL). NAWL honored Bill at the 2001 annual meeting, where he received the Toch Award for recruiting the most new members and promoting the organization. Similarly, under his leadership Hoepfner Wagner & Evans received recognition from the Indiana State Bar Association in 2000 for furthering the career advancement of minority lawyers, an award bestowed by the Opportunities for Minorities Committee.

Over the years, Bill has been active and still maintains mem-

berships in many law related organizations including the American Board of Trial Advocates, the Indiana Association of Mediators, the Society of Professionals in Dispute Resolution, the Alternative Dispute Resolution Section of the Indiana State Bar and American Bar Associations, the American and Indiana Trial Lawyers Associations, the Defense Trial Counsel of Indiana and the Defense Research Institute. He is also a Master Fellow of the Indiana Bar Foundation, having served on the Board of Directors for four years, served on the Board of Governors of the Indiana State Bar Association and is a past member of the Board of Directors of the Indiana Continuing Legal Education Foundation.

In addition to Bill's passion for the practice of law, Satterlee is a man of many interests and pursuits. Born and raised in Pennsylvania, he attended Marietta College and then moved to Porter County, Indiana in 1960 to work as a blast furnace foreman for U.S. Steel. After several years working for the steel industry giant, he decided

to attend law school at Valparaiso University School of Law. Upon graduating from law school he worked for a title company, practiced as a solo practitioner and then joined the Hoepfner firm.

It was his passion for the arts that lead Bill to start acting in his spare time. He appeared as an extra in a number of movies and commercials during the 1980s including roles in "Top Gun," starring Tom Cruise; "Above the Law," starring Steven Segal; and "The Package," starring Gene Hackman. He then decided to purchase a casting agency in 1990, providing extras for movies and commercials being made in the Chicagoland area.

A jazz aficionado as well, Bill and fellow lawyer (a bankruptcy judge at the time) Kent Lindquist hosted a two-hour Valparaiso radio show for ten years. "That was a lot of fun," remembers Satterlee. "We didn't talk at all about the law, it was all about Jazz. Kent covered the East Coast 'bop' scene and I covered the West Coast 'cool' scene."

# notable nawl members

Kreusler-Walsh stands out with a reputation as one of the best appellate lawyers in Florida.

Located in West Palm Beach, Florida, Kreusler-Walsh specializes in appellate court cases and has over 350 written opinions in her years as an appellate lawyer. She began her career as a staff attorney to Judge John Beranek at the Fourth District Court of Appeals. Beranek left the bench and three years later Walsh became a partner in the firm he established.

Kreusler-Walsh's outstanding work is recognized. In addition to lectures on the law, she is the West Palm Beach Junior Leagues' 2001 Woman Volunteer of the Year. She was the first woman to receive the Florida Bar's Pro Bono Service Award and she is the first woman president of the Legal Aid Society of Palm Beach County. She currently serves on the Florida Supreme Court's Committee on Standard Jury Instructions as well as chairing the state's Appellate Certification Committee.

Kreusler-Walsh received her JD from Loyola University and has three children with her husband of 20 years.



**Jane Kreusler-Walsh**



**CHERYL HURT**

Cheryl Hurt, Executive Director of Roanoke, Virginia's Women In Need program, has taken a rather eclectic path leading towards the study and soon-to-be practice of law. She is a single mom and law student at British-American University beginning her final year of study. Traveling from East Coast to West and back again with points in between and a dizzyingly diverse career experience, from a would-be actress, nurse, teacher, salon owner, and other less illustrious (but still interesting) career choices and finally, through circumstances that can only be described as surreal, joined with her sister and others to found the nonprofit organization Women In Need.

Operating under the strong belief that nothing is more valuable than an internship for marrying the academic to the practical—and that no recent graduate should ever come near a client without it, she is committed to spending considerable time and effort in an internship, working under the supervision of experienced professionals.

After sitting for the bar in February, 2003 she plans to practice in the area of civil rights, advocate for divorce law reform, and expansion of affordable legal services to the moderate income population.



# Have world events sparked your interest in international legal affairs?

NAWL delegate to the International Bar Association Sally Lee  
Foley reports on IBA Istanbul Conference

The IBA Council representing the member organizations of the IBA and the committee officers of the IBA sections and the IBA Human Rights Institute met last spring in Istanbul. There was also an IBA Global Forum for Competition and Trade Policy seminar held during the same weekend with the support of the Union of Turkish Bars. The later meeting facilitated the bar leaders from all over the world meeting a number of legal practitioners from all over Turkey.

Our hosts, the Union of Turkish Bars, arranged a dinner cruise on the Bosphorus after our IBA Council meeting Saturday evening. Turkish hospitality is graciously extended by one and all to assist with the slightest request of each international visitor. My strong recommendation is that our NAWL members should try to schedule a vacation in Turkey to relax in the sun and visit more historical sites than one could ever do justice to in a series of well-planned trips. Entire families take walks in the neighborhoods during the summer evenings with their children. The street vendors sell ice cream and every kind of fresh salted nuts including pistachios and hazelnuts. Apple tea and Turkish coffee are a mainstay of the friendly neighborhood scene and the outdoor cafes are open late into the evening.

IBA president Diana Kempe, one of our NAWL members, has a 2020 Working Group that is looking at the legal profession in twenty years time. The 2020 committee will advise IBA management on proposed actions that should be taken by the IBA to ensure the health and good standing of the legal profession.

New outreach projects such as the recent *Zimbabwe Human Rights Institute* project funded by the Open Society Institute sent a legal delegation to Zimbabwe to report on legal conditions in Zimbabwe in support of Zimbabwe's judiciary and legal profes-

sion and to support the principle of the international rule of law.

The Zimbabwe delegation was lead by Lord Goldsmith QC. Lord Goldsmith co-chairs the IBA's Human Rights Institute with Ramon Mullerat OBE of Spain for the 2000-2002 term.

During the IBA Council meeting, the IBA Council members and officers met in break-out sessions to brainstorm future projects for the IBA Human Rights Institute. Ideas were suggested to educate all lawyers to the importance of the rule of law issues in the global economy.

The Human Rights Institute has corresponded with authorities in more than 40 countries to date. The goals of the IBA's Human Rights Institute (HRI) are: the promotion, protection and enforcement of human rights under a just rule of law; the promotion



NAWL member Hauwa Ibrahim of Abuja, Nigeria at the IBA conference in Istanbul, Turkey.

and protection of the independence of the judiciary and of the legal profession throughout the world; the world-wide adoption and implementation of standards and written instruments regarding human rights accepted and enacted by the community of nations and the acquisition and

dissemination of information concerning issues related to human rights, judicial independence and the rule of law.

# California's First Woman Lawyer and NAWL Member



Photo courtesy of U.C. Berkeley Bancroft Library Portrait Collection  
Gift of L.G. LaBurdette. Photograph by I.W. Taber

*Clara  
Shortridge  
Foltz*

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By Alex Ricciardulli

Reprinted from April 6, 2001  
Los Angeles Daily Journal

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thing.

Nearly nine years ago, the very first computer CD-ROM in California containing the combined motions and form pleadings of all public-defender offices throughout the state was named in her honor: the Clara-ROM. When the Internet became widely available, a password-protected Web site was established to assist attorneys representing criminal defendants, also named after her: the Claraweb. Subsequently, defense attorneys formed an interactive email system for discussing ideas, and again she was honored by the use of her name: the Claranet. The National Legal Aid and Defender Association and other indigent defense groups have long conferred distinguished attorneys with their highest honor: the Clara Shortridge Foltz Award.

Given her close connection with defense-oriented issues during her career, it is not surprising that public defenders hold her in such high

Members of the criminal-defense profession have long recognized the extraordinary achievements of Clara Shortridge Foltz, the first woman lawyer in California. Yet her accomplishments were by no means limited to promoting the rights of persons charged with crimes. The entire criminal-justice community should rejoice in the renaming of the Los Angeles Criminal Courts Building after her: The

Clara Shortridge Foltz Criminal Justice Building.

The Los Angeles County Bar Association has backed the proposal to rename the building, and both LA County District Attorney Steve Cooley and Public Defender Michael P. Judge have enthusiastically endorsed the move. On Tuesday, the LA County Board of Supervisors unanimously gave the final go-ahead. They clearly did the right

esteem. Throughout her life, Foltz was responsible for many penal reforms, from convincing judges to abandon their practice of confining prisoners in iron cages in courtrooms during trials, to drafting the law that created a parole system for California prisoners. In 1913, she helped create the nation's first public defenders office in Los Angeles. Her model bill for formation of the office was subsequently adopted by 32 other states.

But, it should also not be forgotten that Foltz was California's first woman deputy district attorney, appointed to that position in 1910. And her remarkable drive to become a lawyer led not only to women being allowed to attend law school but also their right to serve on juries and, ultimately, to their right to vote.

Foltz's first achievement was rearing five children and maintaining a household with little help from her seldom-employed husband. Arriving in California in 1875 from Oregon, she quickly found that her job as a dressmaker could not support her family and soon set out to work in a more lucrative profession: the law.

After obtaining an education from a local attorney, she discovered to her dismay that the state code provided that only "white male citizens" could practice law.

Foltz drafted what became known as "The Woman Lawyer Bill." The legislation simply substituted the word "person" for

"white male" in the statute. Through intense lobbying, she succeeded in 1878 in having the bill enacted and, in that year, became the first woman allowed to practice law in California.

Even though women could

*Foltz was responsible for . . . convincing judges to abandon their practice of confining prisoners in iron cages in courtrooms during trials*

now become lawyers, another obstacle remained: The only recognized law school at the time – Hastings College of Law – refused to admit women as students. The objections to allowing women into law school were ludicrous. They chiefly centered on "the expressed fear that the women would distract the male students by their rustling garments." In the words of one of the founders of Hastings, "The friction of studious silk with contemplative broadcloth was not [to] be thought of."

To rectify the absurdity of allowing women to practice law but not to learn it, Foltz sued the school and in the landmark case of *Foltz v. Hoge*, 54 Cal. 28 (1879), the California Supreme Court gave women the right to attend law school.

Other objections to women becoming lawyers indirectly led to further reforms. An argument was often made that women lawyers would sway juries to "acquit the guilty and award the

undeserving." It was feared that "impressionable male jurors" would "return a verdict of acquittal without leaving the box" and that "the law and the facts would be simply ignored."

Once women were allowed to practice law, the only solution was to allow women to serve as jurors because "upon such a panel the woman lawyer's seductive and persuasive arts would be wasted."

The drive to admit women in the profession was inextricably intertwined with the movement towards universal suffrage. Foltz's goal of allowing women to practice law was a component of women's greater struggle for recognition in public life.

The arguments that it would be inappropriate, harmful and unseemly for women to be lawyers were joined with the contention that women were incompetent to vote for the same reasons. Once the arguments against women becoming lawyers were overcome, the right to vote followed. Women won the ballot in California in 1911, and the right to vote in U.S. elections was proclaimed in 1920 with the ratification of the 19th Amendment.

When the county's courtroom's handling criminal cases were moved from the Hall of Justice to the Criminal Courts Building, many bemoaned the fact that the word "justice" was deleted from the title of the new structure. The deletion was seen as symbolic of a

*Continued on p. 17*

[Author's note: Due to errors in editing, the historical facts in this article were stated incorrectly in the previous issue of the Journal. Therefore, the editor has graciously reprinted the article here as it was originally submitted for publication. S.M.S.]

Our members of NAWL may be interested to know that at one time NAWL had local "Council" affiliates in addition to individual members. These Councils were local women's bar associations in various parts of the country.

Today, the Women Lawyers Association of Los Angeles (WLALA) combines the heritage of two women's bar organizations. One of these was the Southern California Council of NAWL.

As introduction we should note that, of these two groups, the older was known as the Women Lawyers' Club, founded in 1918 by a group of outstanding women lawyers. Their stated purpose was "promoting and advancing the interests of their profession." That organization became a member of the General Federation of Women's Clubs and other women's groups. Ten years later, when the Club was incorporated, *The Los Angeles News* of August 28, 1928, noted, "No woman is eligible to membership unless she is a member of the State Bar of California and has been recommended for membership by the membership department of the Women Lawyers' Club."

The creation of the second group was announced on July 1, 1928, when *The Los Angeles*

*Times* reported the formation of the Women Lawyers' Association of Southern California. Among its stated purposes were "to advance the cause of women, to take an active part in civic affairs, to indorse and support candidates for public office, and to analyze proposed laws and give information to the public thereon

# NAWL'S SOUTHERN CALIFORNIA COUNCIL

*by Selma Moidel Smith*

in a form and language that can be readily understood."

The association's president was Mab Copeland Lineman, who had served as the fourth president of the Women Lawyers' Club in 1922. She had received her LL.B. from USC and was admitted to the California Bar in 1917. In 1926, she was the first woman judge pro tem of the Superior Court. She specialized in women's legal affairs, and was a prominent speaker for women's causes. Oda Faulconer (later Judge) was secretary-treasurer.

In the fall of 1930, the group was reorganized as the Southern California Council of the National Association of Women Lawyers (NAWL), with member-

ship open to all women engaged in the active practice of law. Lineman served as temporary chair at the meeting of November 29, 1930, at which Ida May Adams (later Judge) was elected president and Oda Faulconer vice president. Adams was a leading advocate for women's rights. She fought unsuccessfully to establish that

married women have an existing, undivided, one-half interest in community property, as against the then-prevailing view that the wife had a "mere expectancy" in the community property. (One result of the latter view was the wife's obligation to pay inheritance tax on her own interest on the death of her spouse.)

While serving as president of the Southern California Council of NAWL, Adams defeated an incumbent judge in

the June 1931 election, becoming the first woman judge of this municipal court to serve without prior political appointment. Oda Faulconer was appointed to the court in August 1931. The women lawyers elected Judge Faulconer to two terms as president (1938, 1939), and reelected Judge Adams in 1942.

Advocacy for women's rights became an immediate and continuing feature of the group's activities. An example was the successful fight against bills to bar married women from public employment during the Depression. Speaking against the proposed Cronin Bill in 1931, Judge Adams said, "We are against any bill which has as its basis sex

discrimination...efficiency of the applicant, plus good character should be the only requirements." A second example of advocacy, from 1947, was the gradual attainment of maternity leave for women employed by the state and other government agencies.

When the first Conference of State Bar Delegates was held on September 19, 1934, the Southern California Council, with members throughout Southern California, was the only women's bar association accredited by the Conference. Although five women, including Ernestine Stahlhut, were among the delegates from the Los Angeles Bar Association (renamed "County Bar" in 1961), the Council was the sole voice of organized women lawyers. In recognition of this singular status, both the president of the State Bar and the president of the Los Angeles Bar Association came to speak at the October 1934 meeting of the Council. The voice of women lawyers was happily augmented in 1947 when the Women Lawyers' Club was accredited by the State Bar.

The Council was one of several NAWL Councils throughout the country, and its members were active in the national organization. When NAWL's annual convention was held in Los Angeles for the first time in 1935 (during the Depression), Council members opened their homes. At this convention, Percilla Lawyer Randolph, president of the Council in 1933, was elected national president and served until 1938.

The Council remained a constituent part of NAWL until 1942, when NAWL discontinued its local Councils. The group then became the Southern California Women Lawyers Association (SCWL). Nevertheless, SCWL maintained its affiliation with NAWL and for many years shared a portion of its dues with the national organization.

Members of NAWL and SCWL were among the founders of the International Federation of Women Lawyers (FIDA) in Mexico City in 1944. When Los Angeles hosted the first U.S. convention of FIDA in 1949, SCWL members chaired committees and hosted visitors. SCWL members, through their attendance at FIDA's biennial conventions throughout the world, were able to learn about the professional and personal problems of their colleagues, and often to provide assistance. In 1958, delegates to the concurrent NAWL and FIDA conventions in Los Angeles again received a warm welcome from SCWL members.

A continuing feature of the Council, and later of SCWL, was the monthly program meetings at which prominent judges and lawyers, both women and men, were speakers. California's first woman lawyer, Clara Shortridge Foltz, gave a farewell address in 1931. The nation's first (and highest ranking) woman federal judge, Florence E. Allen of Ohio, spoke in 1952. The local women judges were frequent speakers, and many were members of the group's Executive Committee. A special event, begun in the mid-1930s, was the annual dinner meeting of the women lawyers

and women doctors, a tradition continued to the present by WLALA.

The WLALA of today, with over 1000 members, was created in 1964 when the decision was made to unify the Women Lawyers' Club and SCWL. A special committee of members from both groups (including the author) worked for several months to realize the goal of creating a unified women's bar. (The author was honored to serve as chair of the first nominating committee for the new organization.)

Perhaps this will spark an interest on the part of other members whose group's early history formed another chapter in the history of NAWL.

This is an adaptation of an article that appeared in the March 2001 *WLALA Newsletter* for Women's History Month.



Selma Moidel Smith served as president of the Southern California Women Lawyers Association in 1947 and again in 1948.

# South Carolina Conference promotes women in leadership



South Carolina ranks second-to-last in the nation for the percentage of women in the General Assembly and the Governor's Commission wants to change that.

The goal of the Southern Women in Public Service conference is to encourage more women to run for office and to build relationships among those already elected or appointed. "This is a way we can increase the number of women in leadership. That can move South Carolina closer to equity, especially for women." said Becky Collier, director of the Governor's Commission on Women.

The three-day conference will be held in Charleston starting May 12, Mother's Day.

ABC television reporter Cokie Roberts and her mother, former ambassador Lindy Boggs, have been asked to serve as honorary co-chairs. National Security Advisor Condoleezza Rice and former Secretary of State Madeleine Albright have been invited as speakers.

*For more information, visit [www.stennis.gov](http://www.stennis.gov) or contact the Commission on Women at (803) 734-1609.*

*Continued from p.14*

shift from a concern for justice to a drive to punish persons pejoratively pre-identified as "criminals."

Renaming the building The Clara Shortridge Foltz Criminal Justice Building both restores the word "justice" to the title and adds to the title the name of an avid pioneer of equal rights. Hopefully, the re-designation will also be symbolic of a new era of cooperation between the judiciary, prosecutors and defense attorneys in striving towards fairness and equity in the law.

Look for news of the historic renaming of the Los Angeles County Criminal Courts Building in honor of Clara Shortridge Foltz in an article by Selma Moidel Smith in a forthcoming issue of the Women Lawyers Journal.

**CEELI** Although constitutions in Central and Eastern Europe (CEE) and the Newly Independent States (NIS) guarantee equal protection under the law for all, regardless of gender, these rights are seldom enforced. Since the fall of communism, women in this region have made, at best, modest progress in addressing a variety of problems that disproportionately affect women, including gender-based employment discrimination, sexual harassment in the workplace, domestic violence, and trafficking (forced prostitution) abroad.

In order to promote reforms that enhance the legal and social status of women, CEELI initiated its Gender Issues Program in December 1996 by posting a gender issues legal specialist in CEELI's Moscow office. CEELI trains Russian lawyers, judges, law professors, NGO leaders and law enforcement officials on a variety of women's rights issues.

The Central and East European Law Initiative (CEELI), a public service project of the American Bar Association, is currently seeking experienced attorneys for the following positions. Unless noted, the positions are based in the capital city and require a twelve-month commitment. The start dates are noted in parentheses.

GENDER ISSUES LEGAL SPECIALISTS - Balkans (July 2002), Kazakhstan (July 2002), Russia (As soon as possible - 2 positions), Uzbekistan (January 2002).

GENDER ISSUES LEGAL SPECIALIST - Oman (November 2001, 2 four month periods)

To receive an application/information packet, please e-mail [ceeli@abanet.org](mailto:ceeli@abanet.org), or call: 1-800-98CEELI or (202) 662-1754, or visit our website [www.abanet.org/ceeli](http://www.abanet.org/ceeli).

# BEHIND THE AFGHANI TALIBAN'S VEILS OF TERROR

by Eva Herzer

*Reprinted from Summer 1999 Women Lawyers Journal*

Photos provided courtesy of Physicians for Human Rights

Since 1994, the lives of women in Afghanistan have deteriorated into a nightmare of the worst dimensions.

Prior to the Taliban's coming to power, Afghan women participated in their communities' social, political and cultural life. Fifty percent of the students and 60 percent of the teachers at Kabul University were women. Similarly, women constituted 70 percent of all school teachers. Forty percent of the doctors in Kabul were women as were 50 percent of the civil government workers.

Today, with very few exceptions women are prohibited from working outside the home, are refused access to education and denied freedom of movement. They have been stripped of their internationally recognized human rights and are without access to legal recourse.

Women's rights activists in exile in Pakistan continue to be assassinated and live with fear and threats to their very existence. International action is urgently needed to restore Afghan women's fundamental human rights.

Afghanistan in the past two decades has suffered from a massive Soviet invasion in

1971, and, following the collapse of the Soviet Union, starting in 1992, a devastating civil war.

Arising from the still smoldering ashes of these brutalities is the Taliban, a group of primarily young and uneducated men, who were trained as soldiers in refugee camps in Pakistan during the war. Led by Mulla, Mohammed Omar, who carries the title

"Commander of the Faithful," the group took control of Kabul, the capital in 1996, and today effectively rules most of the country based on a particular and extremely fundamentalist interpretation of Islam.

As reported by the U.S. State

Department, in

its February 1999 Human Rights Report on Afghanistan, prayer is mandatory for all and enforced by the Ministry for the Promotion of Virtue and the Suppression of Vice, which regularly checks passersby as to their knowledge of particular prayers and observance of official daily prayer times.

It also enforces the religious dress code and metes out punishment, including beatings to violators. While the country's agricultural economy is in shambles, and 5



Photos courtesy of Dr. Lynn Amowitz, Physicians for Human Rights, [www.phrusa.com](http://www.phrusa.com)

million to 7 million land mines restrict access to the land, fighting continues between the Taliban, which renamed the country "Islamic Emirate of Afghanistan" in 1997, and the Northern Alliance, headed by nominal president Rabbani.

The Taliban is eager to receive international recognition of its rule and has been officially recognized as the legitimate government by Pakistan and Saudi Arabia. According to the U.S. State Department, the overall human rights situation remains very poor; political and extrajudicial killings take place and there is no functioning national justice system. Efforts by the U.S. and the U.N. to broker a lasting peace agreement have been unsuccessful.

### *Violations of rights*

The common denominator of the Taliban's policies toward women appears to be the goal to eliminate women from virtually all spheres of men's lives, except sex, reproduction and housekeeping. The policies do not appear to take women's needs, desires or internationally recognized human rights into consideration.

When the Taliban seized power in Afghanistan, they unleashed a reign of orthodoxy proving to be women's worst nightmare.

The limitations on women's rights and choices are draconic and unparalleled anywhere in today's world.

Women may not work in public and are restricted to housework inside the home. Women who violate this rule are subject to the harshest of punishments.

For example, Physicians for Human Rights (PHR), recently reported the execution of a woman who had refused to abide by a Taliban order to close her home school for girls and women. Taliban militia burst into her home and shot her in the head and stomach in front of her 40 students, her husband and her 18-month-old daughter.

Most women and girls have no access to schools. While a few primary schools still

appear to be functioning in rural areas, all schools for girls and women have been closed in Kabul. Women are not to be heard and must wear shoes which make no noise. Nor are they to be seen, and thus must be completely covered in cloth. Windows have to be painted over if women live behind them. Women may appear in public only if accompanied by a close male relative and if covered in a burqa, a garment which covers them from head to toe and contains a small heavily meshed screen at eye level.

Recently the religious police have added little boys and old men to their force who lie on the ground and peer under the fabric of women's wide-legged pants to check if any part of the skin is exposed.

Women who do not adhere to the restrictions imposed on them are questioned, beaten and abused by the Taliban police. A recent fact-finding study by PHR reported that 68 percent of the women interviewed in Kabul had been subjected to detention and physical abuse within the year. Even the PHR's representative who conducted the interviews and had worn a scarf and garments covering her body only narrowly escaped a Taliban militant who threatened her with a knife because she had pushed up her sleeve by a few inches, inadvertently exposing her skin.

The Associated Press reported that one woman was stoned to death while traveling with a man who was not her relative. Due to the last two decades of war, a great number of women have lost their husbands, fathers and sons and are thus living without male relatives. According to the State Department, there are 30,000 widows in Kabul alone. Since women without male relatives are not allowed to move in public and are not allowed to earn a living, these women and their children live in abject poverty and are unable to move in public even in emergency circumstances.

Girl children suffer from these policies as well. At a state orphanage in Kabul, for example, girls have not been allowed out-

*When the Taliban seized power... they unleashed a reign of orthodoxy proving to be women's worst nightmare*

*[I]f the police were to discover his treatment of women he and his patients would be beaten, jailed*

side since September of 1996. According to the U.S. State Department's report, girls and women are also subjected to rape, kidnapping and forced marriage.

### **Denial of health care**

The PHR study discovered the devastating health consequences of the Taliban's restrictions on women. The prohibition against leaving the home without a closely related male prevents many women from access to hospitals and doctors. As a result children and women are denied emergency care and those women who have no close male relatives are denied health care altogether.

The Taliban's segregation of hospitals in early 1997 left women in Kabul only the choice of one 35-bed facility with no clean water, electrical or surgical equipment, X-ray machines, or oxygen.

In the only available maternity ward, two women have been reported to have to share one bed. Intervention by the International Red Cross allowed some female health workers to return to work. This is crucial, since male doctors are not allowed to see or touch their female clients' bodies.

The limitations on medical diagnosis of such rules is obvious. The violation of this rule has resulted in brutal beatings. One dentist interviewed by PHR "admitted" to treating women, but only when a lookout is posted outside. He indicated that if the police were to discover his treatment of women he and his patients would be beaten, jailed and his office would be closed.

Not surprisingly, the PHR report indicates declining nutrition in children and

increasing rates of tuberculosis and infectious disease among women. The U.N. estimates that fewer than 10 percent of Afghan women have access to either prenatal care or maternal medical services. Seventy-one percent of the participants in the PHR study reported declining health in the past two years. Seventy-seven percent reported poor access to health care and 20 percent reported no access at all. Fifty-five percent of women reported incidence of serious illness in which no medical care could be obtained.



The human devastation resulting from these policies is unspeakable. One female physician reported the death of a child from measles because the only physician available was a male doctor who was not

allowed into the children's ward which was part of the designated female ward of a local hospital.

PHR quotes a 20-year-old mother who had lost her infant: "Eight months ago, my two-and-a-half year old daughter died from diarrhea. She was refused treatment by the first hospital that we took her to. The second hospital mistreated her (they refused intravenous fluids and antibiotics because of her Hazara ethnicity).

"Her body was handed to me and her father in the middle of the night. With her body in my arms we left the hospital. It was curfew time and we had a long way to get home. We had to spend the night in a destroyed house among rubble. In the morning we took my dead baby home but had no money for her funeral."

Ninety-seven percent of all women inter-

viewed by PHR were suffering from clinical depression and 86 percent showed significant symptoms of anxiety. Virtually all women interviewed by PHR felt strongly that they should be entitled to equal access to education, employment, and that they should have freedom of movement, speech and association. Ninety-five percent strongly disagreed with the Taliban's dress policies for women and the proposition that the restriction on their human rights is justifiable by Islamic teachings.

Even though most women consider the burqa to be a health hazard and an insult to their dignity, women gathered around the body of their friend who had just died when her mother was unable to take her to the hospital because she could not afford a burqa, begging the PHR researcher to send them burqas from the U.S. so they could go out in public.

Zohra Rasekh, the Afghan-American consultant for PHR who conducted 200 interviews with Afghan women, stated that 95 percent of the women she spoke to despise the Taliban's policies on women and that they are angry and feel that the international community has abandoned them.

As one young woman said: "Two years ago I graduated from Kabul University, but now the university door is closed to all female students. Afghan women have no rights today. They are all walking dead."

These women's outrage is most understandable, especially since the Taliban's policies on women are more likely rooted in misogyny than in religious beliefs. Further, the international response has been slow and insufficient.

### ***International intervention***

Non-governmental organizations (NGO) have worked to raise public awareness about the plight of women in Afghanistan and have provided significant humanitarian assistance.

While the Taliban seeks international recognition and economic assistance, it has

largely been hostile toward humanitarian NGOs and has restricted their ability to deliver assistance. Though approximately 40 NGOs and U.N. agencies were working inside Afghanistan to provide medical care and food to women, their efforts were greatly hampered by their inability to reach women whose public movements are restricted. Some organizations terminated their assistance because they were not allowed to serve women and girls.

For example, Save the Children, which formerly ran classes for 400 boys and girls each month on how to protect themselves against land mine explosions, closed its program because the Taliban prohibited girls' attendance. According to the U.N., land mine casualties among women and girls have risen.

After the Taliban, in July of 1998, banned all foreign aid workers to a bombed out campus on the outskirts of Kabul and threatened those in noncompliance with expulsion, the great majority of NGOs left the country in protest. The remaining groups followed them in August after the U.S. bombing of Bin Laden's terrorist camps.

In 1997, the U.N. Secretary General sent a high-level gender mission to Afghanistan, headed by UNICEF director Carol Bellamy. Bellamy insisted on a public meeting with women. The New York Times UN correspondent, Barbara Crossette, who accompanied Bellamy, wrote that the very fact of this meeting caused a tremendous stir and was of great encouragement to Afghan women.

In 1998, the United Nations's Economic and Social Council, at the recommendation of the U.N. Commission on the Status of Women, passed a resolution condemning the continued violation of women's rights by the Taliban. Also in 1998, the U.N. established a Gender Coordination Unit for Afghanistan and appointed a Special Rapporteur for Afghanistan. However, in mid-1998 most UN staff also left Afghanistan following the assassination of

three U.N. workers, two Afghans and one Italian, who were murdered in retaliation for the U.S. missile raid of Bin Laden's camps.

The withdrawal of U.N. and NGO humanitarian missions, of course, left Afghan women with even less assistance and protection against the Taliban's cruelty. In March of 1999, the U.N. announced its intent to return a limited number of staff to Afghanistan.

### ***Calls for action***

The Taliban's rule is relatively young, with few economic resources, and is unlikely to sustain itself if it does not obtain international recognition and the economic aid and cooperation which comes with legitimacy of a government.

Already, international women's rights activists were able to stop a major international business venture through which a consortium of oil companies, including the U.S.-based Unocal Corp., were to build a pipeline through Afghanistan.

The Taliban stood to gain over \$100 million from this project, which was at least temporarily defeated when Unocal withdrew its support for the \$8 billion project in December 1998. Unocal, in withdrawing its support, indicated that it would not join the project until Afghanistan has an internationally recognized government and also cited the international campaign by the Feminist Majority, a U.S. NGO, against the project, as one of its reasons for distancing itself from the project.

Other businesses are likely to have similar concerns of wanting to protect their investments from the whims of an illegitimate government and the uncertainties of doing business with an entity which cannot rely on international financial and political support.

It is therefore imperative that the international women's community assert pressure on politicians not to confer international legitimacy on the Taliban so

long as it continues its policy of gross violations of human rights and gender discrimination.

Currently the U.N. and U.S. are working to broker a peace agreement between the Taliban and the Northern Alliance. While the Northern Alliance's position on women is much more moderate, women's rights are low on its list of priorities as well. Additionally, the Alliance is very weak in comparison to the Taliban and a peace agreement between the two is likely to give little real power to the Northern Alliance.

The danger is that the U.N. and U.S., seeking political and economic stability in the region, will bless an agreement between the two rival factions if it provides for an end of the civil war, even if the agreement does not address the war against women and does not restore women's human rights. The international community must thus insist that all parties in the peace negotiation process make a commitment to end discrimination against women.

While the international community has no direct influence over the parties involved, it can insist on their compliance with the rule of law by withholding international recognition from any government in Afghanistan which does not promote the equal rights of women.

Our action is necessary, for as Hillary Rodham Clinton stated to UN staff and delegates in March: "There is no more egregious and systematic trampling of fundamental rights of women today than what is happening in Afghanistan under the iron rule of the Taliban. It is no longer acceptable to say that the abuse and mistreatment of women is cultural. It should be called what it is—criminal."

**The author:** **Eva Herzer** is a mediator and attorney in Kensington and Berkeley, California. She is chair of NAWL's International Law Committee and is a former president of the International Committee of Lawyers for Tibet. E-mail her at [eva@igc.org](mailto:eva@igc.org)

# TEN GREAT WAYS TO BOOST YOUR ENERGY

## *in five minutes or less*

There are countless ways to increase our energy for meeting the demands of life in the practice of law. Unfortunately, we often become low on energy when we have the least amount of time. After a grueling day at the office, it can be a challenge to come home full of enthusiasm for household chores or even a conversation with our cat.

When a busy schedule makes it more difficult to find time for physical exercise or preparing nutritious meals, it is all the more important to look at daily habits which impact our energy levels.

Here are some terrific ways that you can improve both your mental and physical vitality during your most demanding days.

1. Take slow, deep breaths. "I'm so busy I barely have time to breathe!" In this common saying is an important reminder of the importance of making time for the essential. Whether you are sitting at your desk, driving in your car, or riding in the elevator, use your breath to both calm and revitalize yourself. Really focus deep in your abdomen as you begin to slowly draw your breath up and out. If possible, step into the fresh air for an extra boost. With just several breaths any time of day, you can enjoy immediate benefits of improved clarity. The great part is, almost no one will know you are even doing it.

2. Eliminate complaining. Ah, yes, easier said than done. From the morning traffic jam to the uncooperative opposing counsel, our days seem to provide limitless opportunities to criticize others or complain about situations. With every negative statement uttered, we give away a bit of our energy. Have you ever felt really great after proclaiming the latest grievance about some

event or person in your life?

Simply try going for a full day resisting every complaint that comes to mind. By making an effort to end our lamenting, we increase our awareness of the frequency of negative talk in our daily lives. With this awareness, we can begin to hold on to more of our precious energy rather than giving it up bit by bit throughout the day.

3. Get up and stretch. So much of the work of a lawyer puts us in a chair at a desk, table, or computer. We read, talk on the phone, hold meetings, and sit at a keyboard hours each day. Make a conscious effort to get up from your desk regularly for some simple stretches. These might include such simple movements as:

- Rolling your neck
- Circling your shoulders or arms
- Touching your toes
- Stretching your arms upward
- Leaning backwards

A full regimen of stretching exercises at one time is not necessary. Rather, simply stand up and touch your toes after you have dialed the phone and are waiting for your call to be answered, or stretch up toward the ceiling as you are walking toward the women's room during a break. Even simple and short movements throughout the day and ward off fatigue and improve your spirit.

4. End assumptions. We often take our minds to a negative place by allowing our heads to be filled with negative assumptions. This type of thinking, much like complaining, judging, criticizing, also serves to bring us down. When we make assumptions, we often are operating under a mistaken belief

that someone or something negative is the cause behind a particular event or situation. As a result, we walk around with a dark cloud above our heads created solely by our own thinking.

Making assumptions is an energy waster. Why assume that the witness who did not return your call will not be cooperative? Why assume that the client who has not paid is planning to sue you for malpractice? Why assume that the case set for trial will never settle? Nothing good ever comes from these types of negative assumptions. Refuse to allow them to rob your valuable energy. You will be pleasantly surprised by the impact on your mood.

5. Improve your posture. How we sit, walk, and stand can dramatically impact how we feel by the end of a work-day. Improved posture can reduce the fatigue that too often comes as our day wears on. Hold your head up so that a straight line is formed from your head on down through your spine. You will automatically improve your breathing. Focus on pushing your shoulder blades into your back, which will simultaneously relax tightened shoulders and open up your rib cage for better breathing.

As you continue the practice of improved posture, it will come more naturally to you and you will experience its many positive benefits. You will have more energy because of your improved breath. You will suffer from less fatigue in your back and shoulders. You will project an appearance of greater confidence to everyone. Whether sitting at your desk, standing, or walking, improved posture is a sure-fire way to improve your overall sense of wellness.

6. Give yourself the right boost for your personality. Recognize that what might give your co-worker a boost may be entirely exhausting to you. Realizing what wears you out and what revs you up is important. If you need peace and quiet to have your energy restored, close that office door, put out the friendly "Please do not disturb" sign, and give yourself a quiet break.

If you need people to lift you up when you are sluggish, a few hours of studying statutes could leave you listless. For you the best break might be placing a phone call or conferring with a colleague. As you increase your awareness of those activities which increase or decrease your energy, you can take a moment to give yourself the best energy booster for your personality.

7. Set up a worry time. Oh, do we have the things to worry about. From the results of our last Pap smear and our daughter's last school conference to our best friend's divorce and this week's billable hours, we have reason to worry.

Worrying is exhausting. It takes us out of the present moment, eats our time, puts us in a bad mood, and never solves a single problem.

Most of us cannot seem to eliminate worry completely. Another option is to set aside a "worry time." Schedule a time within 24 hours which you will devote exclusively to worrying about any given topic. Then, whenever the concern comes to your mind, remind yourself that there is no need to think about it now because you are going to think about it during your "worry time."

When those worrisome thoughts pop into your head, this powerful method can bring a sigh of relief rather than a wave of panic. Try it. You will be amazed at its effectiveness, especially when the problem you planned to worry about solves itself prior to your "worry time."

8. Say "no" to the sugar. When our energy is low, we often foolishly think that a quick sugar fix is the answer. Nothing could be further from the truth.

Eating that afternoon candy bar can leave you really crashing not along after the brief sugar buzz passes. Rather than going for the candy or other sweet, combine a cup of herbal tea with one of the suggestions here and you will enjoy renewed vigor without the subsequent letdown.

9. Enjoy a self-massage. Does this sound like odd advice for anyone employed outside the privacy of her own home? Simple self-

*We can find ourselves leaping to the worst case scenario that never materializes.*

massages can be performed in your own office or car, and do not require the removal of any clothing.

Here are some easy ways to revitalize yourself:

- Massage your hands and wrists
- Rub your neck and shoulders, popular places for your stress to lodge
- Slip off your shoes and rub one foot with the other

In just a couple of minutes you can relax muscles, relieve tension, and feel uplifted.

10. Smile. Always my favorite, a smile goes a long way to inviting others to send positive energy your way.

As you simply smile at the mail carrier, look her in the eye, and greet her, you will feel your own spirits lifted. Smile at every opportunity and you can be assured of having a day in which you feel great at quitting time.

Every hour in the day is precious to us, and it can be a challenge to find time to find ways to give ourselves the energy we need to do our best in all of our roles. These simple methods, when incorporated into our daily lives, can work miracles for helping us to be women of vitality and enthusiasm for our rich lives.



**Susan Ann Koenig** is a lawyer in Omaha, Nebraska, where her general practice emphasizes family and juvenile issues. She is also an adjunct professor at Creighton University School of Law and at the University of Nebraska at Omaha School of Social Work.

# SUCCESS BRIEFS FOR LAWYERS

## INSPIRATIONAL INSIGHTS ON HOW TO SUCCEED AT LAW AND LIFE

*edited by Amiram Elwork and Mark R. Siwik*

This book is small enough to tuck into a purse or briefcase pocket, but carries enough wisdom to fill a file cabinet. In addition to doing the reader good, by virtue of the good advice it contains, the book does additional good by supporting the National Association for Public Interest Law (NAPIL) with a portion of its sales revenue.

"Success Briefs" consists of essays and poems by lawyers from a wide variety of backgrounds: women and men, judges, justices and attorneys, practicing and retired. Gathering insight from this cross-section widens the potential applicability of the advice the book contains. Each essay is introduced by an appropriate quote from a philosopher, writer or renowned judge.



Personally, I'm a pragmatic sort of woman. I'm not prone to using inspirational screen-savers, posting pastel, calligrapher-created poems on my wall, nor reading "chicken soup for the anything" sort of books, so I approached this little book with a sense of, well, dread. Sure, its cover is pleasing to the eye, the size fits comfortably in the hand and the printing is of good quality, but it simply didn't seem to be my type of read.

Once I opened "Success Briefs" up and began to read, I couldn't put it down. Although I'm only a law student, I recognize many of the potential pitfalls that this line of work presents. Law school itself is very stressful. Even if one is not a competitive student, law school requires a lot of attention – much like a toddler—only without the cuteness. The very first

essay, "Justice Mom and Her Flowers" presents the experience of a woman who combines a successful career with a successful family life. I can foresee returning to this essay in the future when I'm seeking some grounding and a reminder of what truly matters. I confess that this was my favorite, but that's because I recognized so much of myself in the writer's life experience.

"Serving 'The Least of These'" gave me goose bumps in its portrayal of racism in the justice system and those trying to change it. "Practicing Law While Living Within the Wheel of Life" gave excellent advice on recognizing when one's life is falling out of balance and how to get it calibrated. "Alienation of Affections" is a should-read for anyone, man or woman, who finds their job (or school) so consuming that the others in their life are only worthy of half-attention, if even that.

I certainly found the entire book worthwhile. Some of the essays apply right now, some will apply in the future and with some effort, some will never apply thanks to the advice they contain. Every law school should provide this book to their incoming law students. At the very least, the law school counselors should have a stock of these books on hand for those students who find themselves in crisis mode and are looking for help. Sometimes finding out that someone who is successful is grappling with some of the same dilemmas can be an enormous assist in finding a balance and a way out.

Reviewed by Dawn Henrichon, 2L, U of Florida, Levin College of Law. Student, wife, mother of four, activist and tired.

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