

LAW MATTERS

November 2017

Volume XXIX No. 7

ONLINE RESERVATIONS ARE CLOSED.
IF YOU OR SOMEONE YOU KNOW WANTS TO REGISTER,
PLEASE EMAIL INFO@LAW-NASHVILLE.ORG.

40th New Admittees' Breakfast

November 7, 2017

Karl Dean Grand Ballroom

The Music Center

201 5th Avenue South

Nashville, TN 37201



Keynote Speaker:

Professor Penny White

Professor White returns to the New Admittees' Breakfast after 30 years, having served as the keynote speaker at the tenth breakfast!

Registration, Coffee & Networking: 7:15 am
Breakfast and Keynote 8:00 am
Adjourn 9:00 am

[Register Here](#) by close of business November 2nd

[Directions](#)

[Parking](#)

[Map of The Music City Center](#)



Use Lyft Code LAW1107 for 10% off your ride to the breakfast!

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LAW CALENDAR OF EVENTS

November 7, 2017
Annual New Admittees' Breakfast
November 9, 2017
Health & Wellness Book Club
November 14, 2017
Board Meeting
November 14, 2017
Membership Luncheon and One Hour General Credit CLE
November 15, 2017
November Networking Event
December 6, 2017
Practicing Parents Brown-bag Lunch
December 12, 2017
Board Meeting
December 13, 2017
Member Appreciation CLE
December 13, 2017
Holiday Mixer

PRESIDENT'S MESSAGE

by Elizabeth Sitgreaves



During the inaugural Marion Griffin Women's Symposium, keynote speaker, author, and inspirer, Melanne Verveer, held a special breakout session on forming networks to ignite change. This breakout session concluded by Ms. Verveer and our moderator, Jeannie Nelson, asking those in attendance, what comes next? What comes next from the Symposium? What comes next from the Lawyers' Association for Women? What comes next from the amazing group of leaders that I saw in that room? Numerous hand shot up following this prompt and attendees shared ideas and problems facing both the legal community and the Nashville community at large. One attendee raised the issue of the lack of childcare, let alone, affordable childcare in proximity to downtown, where a significant number of attorneys, including government attorneys work. Another attendee commented on the recent decision of Metro Nashville to give six weeks of paid family leave to full-time employees, a decision driven by Mayor Megan Barry's administration, and addressed the desire to know more about the various policies of law firms in Nashville. Many more hands remained in the air at the end of the session.

The night after the Symposium, I ran into an attendee, who asked another important question, and in fact, asked a question that I have been asking myself during the many months of planning for the Symposium. How can we keep the conversation going about the topics we discussed at the Symposium? Equal Pay. Violence Against Women on College Campuses. Equality in the Arts. Gender Bias in the Tech Sector. Breaking Down Barriers to Inclusion in the Legal Profession. In every breakout session I attended, there was more to be said and certainly more to be done. The question of how to keep these conversations going is a critical one. Recent events should demonstrate that public discourse itself can effect change. What may start as a few individuals sharing the stories of the sexual harassment they suffered may not only result in actual consequences for the individuals who perpetrated the harassment, it can result in something just as important...making other women and men feel safe to share their stories. Following the #metoo campaign, I have had more meaningful discussions with other female lawyers of instances of harassment and uncomfortable situations they encountered in their legal careers. These conversations are important.

So, what does come next? And how can we keep the conversations going? While I may have some ideas for this organization, and while this organization is lucky to have amazing board members and dedicated committee chairs who also care about issues and activities that we should address, in my opinion, these questions should be answered just as much by the membership as by the current leadership of the organization. Now, I hope that you will come to us with ideas and feedback: on topics you would like to see addressed at CLEs and membership luncheons, on articles for our newsletter, on possible projects for this organization to take on address. LAW has a strong history of doing great things and we provide plenty of opportunities for our members to create networks through membership meetings, book clubs, and networking events. The input, ideas, and energy of our members are what make this organization special. I look forward to seeing what we can do next.

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2017 Marion Griffin Women's Symposium

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LAW Matters is a monthly publication of the Lawyers' Association for Women, Marion Griffin Chapter, P. O. Box 210436, Nashville, Tennessee, 37221-0436. Voicemail: 615.708.1827; Fax: 888.834.7370; www.law-nashville.org.

To submit articles for the December issue, contact, Kyonzte Hughes-Toombs at kyonzte.hughes-toombs@tn.gov.

Upcoming Monthly Membership Meeting
November 14, 2017—One Hour General Credit CLE
The Reality of Human Trafficking in Tennessee

Please join Lynne Ingram, Assistant United States Attorney and Human Trafficking Task Force Coordinator, Special Agent Cameron Beall, Federal Bureau of Investigation, and Jill Rutter, Director of Community Outreach for End Slavery Tennessee for a discussion on human trafficking in Tennessee. Many people believe that human trafficking only exists overseas, and they are shocked to hear it is happening right here in Nashville. Over the past several years, Tennessee has made great strides in attacking this epidemic across our state, including passing some of the most progressive trafficking laws in the country. This program will educate you about what human trafficking looks like in Tennessee and what various government agencies and non-profit organizations are doing to catch and prosecute traffickers while providing care and support for victims in Nashville.



Lynne Ingram



Jill Rutter



Cameron Beall

The women of [Thistle Farms](#) will be at the November meeting with their home and body products. Be prepared to shop for holiday gifts or for yourself prior to and after the program.

 Use Lyft Code **LAW1114** for 10% off one ride to the luncheon.

December 13, 2017—Member Appreciation CLE
Free to Members in Good Standing

Butler Snow, 150 3rd Avenue South, Suite 1600

Registration 2:45; CLE 3:00 - 5:15

Watch for more details!

CLE Followed by Holiday Mixer at

The Diner, 200 3rd Avenue South
5:30 pm - 7:30 pm

 Use Lyft Code **LAW1213** for 10% off one ride to the CLE or Mixer.

Marion Griffin Women's Symposium - Recap

by Jennifer Lankford and Kyonzte-Hughes Toombs

On October 18, 2017, LAW members enjoyed a milestone event – the inaugural Marion Griffin Women's Symposium. Designed to advance and educate women in the legal profession within the Nashville legal community, the Symposium represents years of hard work by LAW to provide its members with a unique collaborative forum to discuss current legal and societal issues impacting women.

The Symposium kicked off with Keynote Speaker, Melanne Verveer, Executive Director of the Georgetown Institute for Women, Peace and Security. Under her leadership, the Institute examines and highlights the roles and experiences of women in peace and security worldwide through cutting edge research, global convening and strategic partnerships. She is also a member of the Council on Foreign Relations, the Trilateral Commission and serves on the Boards of the National Endowment for Democracy and the Atlantic Council, as well as the World Bank Advisory Council on Gender and Development.



Melanne Verveer

Ms. Verveer inspired the audience while making the case that “investing in women is a high-yield investment.” In order to maximize economic growth, women have to fully participate in the economy. If women entrepreneurs formed their own country, its GDP would rank 5th in the world. In the United States, the GDP would go up nine percent if women fully participated in the economy. So, investing in women is not just a moral imperative (the right thing to do), it is a strategic imperative (the smart thing to do).

Despite women's overwhelmingly positive impact on the world's economy, Ms. Verveer proclaimed that the greatest moral challenge of the 21st century is women's equality. Human trafficking is a multibillion dollar business. Each year, five million young girls around the world are forced to be married, often times to much older husbands. In some countries, the sexual assault of women brings shame on the victim and the victim's family rather than the perpetrator. Ms. Verveer gave a personal account of a women's shelter that she visited in Afghanistan when she met a seven-year-old girl who had been sexually assaulted. However, she was banished from her home because her assault brought shame on her family.

As we know, sexual assault and violence against women does not just happen abroad. In the United States, one in five women in college are sexually assaulted, and one in three women experience intimate partner violence. However, despite what sometimes seems as insurmountable obstacles, there has been some positive change. The gap between girls and boys in primary school has closed. Companies have created incentives to encourage parents around the world to keep girls in school. For example, Nike started a program to deed an animal to young girls in order to remove the economic barriers to families keeping their daughters in school rather than marrying them off to reduce the family's financial burden.

Young girls and women are finding their voices around the world. Ms. Verveer retold the story of a young nine-year-old girl who had the courage to go to court and file for a divorce from her significantly older husband. Despite gains for women, the political gap has been the hardest to close. Millions of women around the world participate in the political arena. In Rwanda, 64% of the Parliament is made up of women while in the United States, only 19% of Congress is comprised of women. This statistic illustrates that raising our voices is important; however, it's not sufficient. Passing laws is not sufficient. It is critical that the members of LAW and other women lawyers and judges ensure that the laws are backed up and enforced. We are all still on the road to equality, and we cannot settle for anything else.



In addition to hearing from keynote speaker, Melanne Verveer, Executive Director of Georgetown Institute for Women, Peace, and Security, LAW members were able to select among numerous intriguing breakout sessions. Below, our members recall the lessons and their experiences:

Forming Legal Networks, with Power and Purpose to Ignite Change

“Participants in the breakout session led by Ambassador Verveer were energized by a call to action to organize around issues that affect Nashville women within and beyond the legal community, such as political engagement and access to childcare. Ambassador Verveer noted that in the political arenas, women leaders have often proven to be particularly skill in crossing party lines. Ambassador Verveer suggested that women leaders may serve a critical role in repairing the rift between urban and rural communities across our state and country.”

- Jenny Moreno, Asst. Metro Attorney, Metropolitan Government of Nashville

Closing the Gap: Pay Inequity for Women

“Vanderbilt Law School Associate Professor Jennifer Shinall delivered, “Closing the Gap: Pay Inequity for Women.” In her remarks, Professor Shinall, who holds as J.D. and a Ph.D in Economics, presented a variety of national statistics drilling down into the pay gap for women. For women lawyers, the pay gap is perhaps most striking at the highest levels in private practice. But even for government lawyers, the pay gap exists. She also explored how women of color, women with disabilities, overweight women, and mothers experience even more significant gaps. While the group concluded that information is empowering and that parental policies that are utilized by both men and women would help, the problem is not easily solvable.”

- Laura Smith, Vice President, General Counsel, Nashville Electric Service

Conquering Gender Bias in the Tech Sector

“Conquering Gender Bias in the Tech Sector” was led by Tammy Hawes, Founder & CEO of Virsys 12 and Courtney “CoCo” Eason, Founder & CEO of Milk the Moment discussed the challenges women face in the fast moving and growing technology sector. The attendees were presented with familiar themes concerning barriers women face trying to break into a men dominated fields. The panelists described experiences where the voices of women are overlooked and overshadowed by their counterparts. The panelists explained how women are not treated with the same level of respect even when they are expecting business interactions from colleagues. Men have requested that women engage in business meetings in hotel bars and other inappropriate places. Because of the makeup of the industry, it is often difficult for women to get approvals after pitching ideas to leadership that expect only men to be pitching for implementation. Similar to other industries, women are still striving to become more present. A key takeaway from this discussion was the importance of creativity and mentorship to guide other women on how to be a force and make change in the industry.”

- LaTonnsya Burney, Director of Contracts/Asst. Univ. Counsel Office of the University Counsel, Tennessee State University

A Picture Worth (Less Than) a Thousand Words? Women, the Arts, and Equality

“Attendees has the opportunity to explore the connections between gender, equity, and the arts. The panel “A Picture Worth (Less Than) a Thousand Words: Women, the Arts, Equity, and Intersectionality” began with an overview of the historical connections between the arts and the law presented by LAW Member Candi Henry. Then, Cecilia Olusola Trilbble from the Metro Arts Commission discussed the ways in which the arts have grappled with gender and equity. The session concluded with a question and answer session exploring the ways that lawyers can use their unique voices in society to address systemic problems.”

- Candi Henri, Attorney, Dodson, Parker, Behm & Capparella, PC

Violence on College Campuses: Is Title IX Providing Equal Access to Educational Opportunities for Women?

“Stephanie Roth, Director, Office of Equality and Inclusion, Tennessee State University led the session titled *Violence on College Campuses: Is Title IX Providing Equal Access to Educational Opportunities for Women?* Attendees learned that since its passage, Title IX has been credited with raising the opportunity of girls and women in educational environments. Ms. Roth explained that while it is best known for paving the way for female student athletes, Title IX also details the protocol for campuses

to ensure female students are provided a safe environment. Attendees also learned more about Clery Act, another federal law that interacts with Title IX that requires colleges and universities to notify survivors of campus sexual assault of counseling resources, guidance with the reporting process, and of the final outcome of a disciplinary proceeding. An extremely informative and interesting break-out session!”

- Callie Hinson, Attorney, Lietner, Williams, Dooley, Napolitan, PLLC

“Invisible Then Gone: Identifying and Breaking Barriers to Inclusion in the Legal Profession” Recap

by Ashonti Davis

The last Symposium breakout session, “Invisible Then Gone: Identifying and Breaking Barriers to Inclusion in the Legal Profession,” led by Stacey Garrett Koju and Heather Hubbard, tackled an old topic – diversity in the legal profession – and rejuvenated it by focusing the session on microaggressions and the exclusion women of color. Stacey Garrett Koju is a founding member of Bone McAllester Norton PLLC and the chair of the firm’s Board of Directors. Koju, through building her law practice, has gained insights on effective strategies concerning diversity within the legal profession. Heather Hubbard is a former partner and practice group leader at Waller before starting her own company, All Rise LLC. Attorneys and law firms engage Hubbard to help them implement concrete changes that lead to the retention and advancement of diverse partners.

After an introduction to the session by LAW’s Past President Nikki Smith-Bartley, Koju and Hubbard opened with an interactive activity for the audience – Connect the Dots. The Connect the Dots activity illustrated how people generally think in ways that we always have and within our boxes. The Connect the Dots activity seamlessly connected to the next part of the session: a summary of the statistics about the representation of African American women in law firms. Using data from the National Association for Law Placement or NALP, the statistics on the numbers of African American women working within law firms are abysmal.

Of note, the representation of African American associates in law firms has declined every year since 2009. Nationally, only approximately 2.5% of all partners in law firms are women of color. And, the numbers for Nashville law firms are even less encouraging. In Nashville, 40% of law firms employ no women of color as associates, and women of color represent less than 2% of partners in local law firms.

With the statistics as a backdrop, Koju and Hubbard led another activity that surveyed the audience about their engagement and interaction with people of color in their work and personal lives. Audience members anonymously responded to a series of questions that were aimed at revealing bias. After identifying bias and other factors as barriers to inclusion, Koju and Hubbard delved deeper into barriers by discussing microaggressions. Microaggressions are “everyday verbal, non-verbal and environmental slights, snubs, or insults (whether intentional or unintentional) which communicate hostile, derogatory, or negative messages to target persons based solely on their marginalized group membership.” Examples of microaggressions vary, but some are small that usually go unnoticed from remarking on an African American’s hair style in a sarcastic tone to asking an African American individual to provide a single monolithic perspective on behalf of the views for all African Americans.

Highlighting the damage that microaggressions can cause, Koju and Hubbard ended the session by concentrating on practical solutions to microaggressions as a way to creating inclusion. Some of the key Take-Aways from the session were:

- Strive to overcome our own predispositions;
- Perpetually adapt to remain consciously inclusive to changes in the world;
- Interrupt Microaggressions without sarcasm and provide an alternative way of thinking; and
- Have mindful dialogue by listening to learn and suspending judgment of others.

By leading a thoughtful discussion, Koju and Hubbard demonstrated not only the need for breaking down barriers that lead to the exclusion of women of color in the legal profession, but they educated the audience on why those barriers still persist and offered practical solutions to eliminating barriers.

With creativity and focus on a specific dilemma within the overarching issue of diversity, Koju and Hubbard utilized strategic tools to meaningfully engage the audience on a tough and sensitive topic. Instead of a generic conversation on the importance of diversity, Koju and Hubbard marched into uncharted territory with a fresh take on the issue of inclusion in the legal profession. Overall, “Invisible Then Gone” left a lasting impression on audience members, encouraging future dialogue and active participation with effort to build inclusivity.

Thank you to the Symposium Co-Chairs and the Committee for years of hard work in planning the Inaugural Marion Griffin Women's Symposium.



Laura Smith and Meera Ballal

2017 MGWS Co-chairs



(From Left) Meera Ballal, Candi Henry, Laura Smith, Laura Baker, Liz Sitgreaves, Melanie Gober Grand, Andrea Perry, Nikki Smith-Bartley, Terri Costonis (not pictured Carrie Daughtrey, Kay Caudle and Ashonti Davis)

LAW Mentoring Circles Kickoff Event Recap

by Chambre Malone and Jenny Moreno, LAW Mentoring and Membership Development Committee

On October 4, the inaugural Mentoring Circles kick-off event was held at the offices of Neal & Harwell. The event was well-attended, with over 40 participants eager to learn more about LAW's new initiative.

Liz Sitgreaves greeted the participants with a warm welcome and explained her vision for the Mentoring Circles program. LAW's Mentoring and Member Development committee launched this initiative to help engage LAW members to form meaningful mentoring and networking relationships. The Mentoring Circles concept is patterned after Sheryl Sandberg's "Lean In" Circles which are small groups of peers that meet to learn, grow and make further connections. Together LAW's Circles constitute a Circles "chapter" which will meet quarterly as a group.

Candice Reed, a former LAW President, served as the facilitator for the evening and led a spirited introduction and discussion about the Mentoring Circles program. She emphasized that cultivating mentoring and sponsorship relationships is critical to personal and professional development. The circles will help to connect LAW members with those that they may not necessarily cross paths with otherwise. LAW will host group circles about every three months; however, circles are encouraged to meet independently in between the larger group events. The aim is for each circle meeting to include time for personal updates, group discussion and commitment to an action item to complete prior to the circle's next meeting.

Following the introductory talk, the attendees watched a video on networking and community. Candice facilitated a meaningful discussion on the importance of sponsorship and mentoring and several participants shared their own personal experiences.

The larger group then dispersed into the smaller circle groups which were organized largely based upon law practice areas. At least two co-moderators led each circle. In each circle meeting, the discussions largely focused on connecting with the circle members with introductions, and engaging members to share information about their goals for participating in the circle. Further, circle members were encouraged to set expectations and goals for their respective circle groups to help drive the circle group's activities in later meetings.

The kickoff event concluded with bringing all participants together to discuss next steps. Circle members were encouraged to think about how to commit to a single action to do before the next larger group meeting. Circles were encouraged to meet prior to the next Circles Chapter meeting on January 18, 2018, and most if not all of LAW's circles already have follow-up circle meetings scheduled!

The LAW Mentoring and Member Development Committee would like to thank all who were integral to the success of the kick-off event, including our excellent facilitator and circle co-moderators:

- Kickoff Event Group Facilitator: Candice Reed
- Circle Co-Moderators:
 - ◇ Judge Lynda Jones and DarKenya Waller
 - ◇ Tricia Herzfeld, Callie Jennings, Liz Sitgreaves, and Grace Stranch
 - ◇ Allison Bussell, Lora Fox
 - ◇ Ashonti Davis and Candice Reed

We would also like to thank Mariam Stockton and Neal & Harwell LLP for their gracious assistance and hospitality during this event.

If you were unable to attend the kickoff event, but are still interested in participating in the Mentoring Circles, it is not too late! Please visit <http://leanincircles.org/chapter/law-nashville-circles> for more information.

Save the Date:

The next LAW Circles Chapter Meeting will be held on January 18, 2018

Stay tuned!





Walk Away From That Cheeseball!

Healthy Eating Tips for the Holidays

by Sherie Edwards

As I sit and write this article, Thanksgiving is a month away and the December holidays follow soon after. Holiday gatherings involve wonderful food along with fun times, and for most of us our offices are a smorgasbord of goodies around every corner. Whether your holiday involves cookies and cakes, sufganiyot and latkes, or sweet potatoes and injera, temptation abounds (and let's not forget wine, beer, and New Year's champagne). Studies show that, although the average person only gains one pound during the holidays, folks who are already over their ideal weight tend to gain five or more pounds. These pounds usually stick around long after the last holiday decorations are packed away.

Since I'm a bit of a foodie, I challenged myself last year to make it through the holidays without gaining weight. I met that challenge and actually dropped a pound or two in the process, yet I never felt deprived. Here are my tips for enjoying the bounty of the season without the need to deprive yourself.

1. Get enough sleep. Wait a minute, isn't this an article about healthy eating? Yes it is, and getting adequate sleep is absolutely part of that equation. Numerous studies prove the causal link between lack of sleep and weight gain. Sleep helps regulate levels of the hormones leptin (which tells us when we are 'full') and ghrelin (which tells us when we are hungry). A lack of sleep leads to a drop in leptin and an increase of ghrelin. Try to program in time during the busy holiday season to get at least 7.5 hours of sleep on most nights. For more information on the connection between sleep and weight gain, check out this podcast episode from The Model Health Show (which is an amazing podcast): <http://theshawnstevensonmodel.com/sleep-is-the-ultimate-fat-burner/>

2. Recognize and Handle Stress. The holidays bring different types of stress. There is the busy stress of trying to work while shopping for just the right presents, attending parties and school plays, and decorating your home. Then there is the stress that comes from spending time with the family, especially when there is unresolved conflict or Great Aunt Helen asks YET AGAIN why a nice girl like you is still single and maybe you're spending too much time on your career. We place so much pressure on ourselves to make things perfect that we miss the fun of the holidays. Stress also leads to overeating and, in some instances, increased alcohol consumption. Try handling stress through meditation, exercise (even a walk around the block can do wonders), and making room in your schedule for some quiet, alone time. Last year, I blocked off three evenings a week to just go home, get in my jammies, make a nice dinner (more about that below) and watch an old movie. Since 60% of attorneys are introverts, we need this time alone to recharge and take a break. Just make sure you don't have a lot of sweets and snacks around, or alone time can quickly become an evening of mindless eating.

3. Plan your meals for the week. I'm a believer in planning my meals in advance, and doing as much meal prep as possible on the weekends so that I can have a healthy meal ready in about 30-40 minutes. I look at my calendar for the week, get out the healthy eating cookbooks, and plan my meals to include enough for lunches. I make detailed shopping lists, do the majority of my shopping on the perimeter of the grocery store (except for the organic food aisle in the middle of Kroger), and then prep! A few hours of prep on the weekend can save lots of time during the week, and will give you the ability to resist fast food lunches and 'whatever I can find in the fridge' dinners. There are great resources on the internet with recipes and tips for meal prep. To get started with some ideas, check out <http://dailyburn.com/life/health/meal-prep-ideas-healthy-eating/>, or how2mealprep on Instagram. If you aren't into shopping and planning, try out some of the home delivery services such as Hello Fresh or Sun Basket (my personal favorite).

4. Drink a gallon of water a day. No, I'm not kidding and, yes, I do this myself. Many times when we think we're hungry we're really dehydrated. I start the day with 32 ounces of water with some lemon and keep drink-

ing throughout the day. Most fitness tracker apps and the My Fitness Pal app allow you to track how much water you've had during the day, or you can buy a Thermos bottle that syncs with your Fitbit. Unsweet tea counts as water, by the way, as does black coffee.

5. **Eat a small, healthy snack before you go to a party.** Especially during the holidays, I keep containers of carrot and celery sticks, green and red pepper strips, and salad in my fridge to snack on before I go out. Taking the edge off hunger before facing a buffet table of sweets and cheese platters helps decrease overeating.
6. **Limit your alcohol consumption.** The calories in that glass of wine or mixed drink add up quickly, and lowered inhibitions can lead to overeating. Plus, who enjoys having a hangover the next day? A tip I put into practice last year, and still follow, is a full glass (12 oz.) of water between alcoholic drinks. The water will quench your thirst and fill you up (see Tip #4), and slowing the consumption of alcohol helps you keep your drinking in check. Another tip I put into practice last year—no alcohol on non-party nights.
7. **Try Clean Eating.** Clean eating involves eliminating 'white foods' such as sugar, pasta, potatoes and bread, eating lean protein, complex carbs, and healthy fats, and drinking 16 ounces of water with every meal. The Eat Clean Diet Book by Tosca Reno is a great resource for trying this eating plan. Although I follow the 80/20 rules (eat clean 80 percent of the time), this is the eating plan I'll follow to the letter come January.

I hope these tips are helpful as you face the coming holidays. By following these tips, it's easy to enjoy the holiday foods we love and avoid weight gain.



Sherie is a former LAW board member and frequent contributor to the newsletter. She is Vice President, Corporate and Legal at State Volunteer Mutual Insurance Company - State Volunteer Mutual Insurance Company.

Domestic Violence Clothing Drive

To help support victims of domestic violence, LAW will be collecting items now through Wednesday December 13.

Members can donate business clothing in all sizes, shoes (especially sizes 9 & up), purses, and gift cards in small increments (\$10-\$25) to stores like Target, TJMaxx, Marshalls, and Walmart. These donations will benefit the Dress for Success program and the Nashville Rescue Mission Women's Department.

Donations can be dropped off at the Nashville Bar Association's office at [150 4th Ave N, Suite 1050, Nashville, TN 37219](#). Small items and gift cards can be dropped off at the November membership luncheon, and the holiday mixer on December 13th.

With the changing of the temperatures and seasons, now is a great time to clean out your closet!!

Members with questions can contact Kristen Cass (kcass@bakerdonelson.com), Samantha Simpson (samantha.simpson@tncourts.gov), or Rebekah Baker (rebekah.a.baker@tn.gov). The drive is co-sponsored by LAW's Community Relations and Program Committees.



Board Member Spotlight

Grace Stranch

LAW Board Role: Health and Wellness Co Chair

Where did you grow up? Tell us about your path to practicing law: I grew up on a farm in Nashville, TN, which has apparently become so rare that I often get called a unicorn by people new to the Nashville area. My grandfather, Cecil Branstetter, always said, “The best way to get good lawyers is to raise them; it just takes a while.” My parents clearly held a similar view and taught me how much good I could do through the law. From a very young age, I knew I wanted to practice law.

Tell us about your family. I have been married to my husband Anthony for over two years and we currently live in Lebanon, Tennessee, while he finishes his degree in civil and environmental engineering. I am very close to my parents and siblings; I practice law with my dad and brother and see my sister and mom on a weekly basis. My other brother lives in Memphis, so we keep in touch via facetime and text.

What do you do professionally and what is your favorite part of your job? I represent plaintiffs and focus on complex litigation and labor work. My favorite part of my job is how it allows me to live out my values in my professional life and make a difference in people’s lives, as well as a difference in society. I really enjoy listening and helping give a voice to many in our community who otherwise would be voiceless.

If you weren’t a lawyer, what would you be and why? I would probably work for a nonprofit if I did not work as a lawyer. I can’t imagine having a job that didn’t actively work to improve society through fighting injustices.

What is your favorite thing about being a LAW member? I love being in an environment that celebrates women’s achievements and fosters collaboration. The new “lean in” circles are especially great!

What do you like to do in your spare time (if you have any)? I volunteer with a wide range of nonprofits and activist groups in town. I read constantly; I am currently in four book clubs.

What books are you reading right now and what is the last book you read? I am about to start *Commonwealth* by Ann Patchett to get ready for the upcoming LAW book club that I Co-Chair. I just finished Arundhati Roy’s newest novel: *The Ministry of Utmost Happiness*.

What is your favorite quote, piece of advice, or a motto you try to live by? “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” Margaret Mead

Any “fun facts” about you other LAW members don’t know? I love dancing and usually go out at least once a week for Latin or Swing dancing. If any of you want to join, let me know!

What woman most inspires you and why? My mother inspires me the most. She raised me to be a strong feminist and taught me through words and examples the importance of helping others. I have watched her through the years champion many causes and devote much of her time to her community. While she was busy practicing law and improving her community, she never missed any of my sports games or big events. While she is super busy as a loving grandmother, successful judge, and a community leader, she always takes the time to help me and guide me to achieve my goals. I seriously could not imagine a better mom.

It’s a Saturday in Nashville, what are you doing? If it’s the morning, I am likely reading. I often volunteer or have meetings in the early afternoon. In the late afternoon or night I am usually with my husband, family or friends doing something outside.



New Member Spotlight

Lindsey Sexton

Where did you grow up? Tell us about your path to practicing law. I grew up in Kingsport, TN. I remember wanting to be a lawyer as early as middle school. There was no specific catalyst, but I remember lots of people telling me I should be a lawyer because I liked to speak and write. I followed a pretty traditional path by majoring in Political Science at Maryville College and heading directly to law school.

Tell us about your family. I met my husband, Brittain, in law school at the University of Tennessee. We've been married for 8 years and have two little boys, Quentin (4) and Vincent (1). They are wild and delightful little boys!

What do you do professionally and what is your favorite part of your job? I clerk for Judge Amanda McClendon in the Second Circuit Court for Davidson County. I love being behind the scenes and getting the whole picture on a wide variety of cases.

If you weren't a lawyer, what would you be? I'd probably be some type of engineer.

What is your favorite thing about being a LAW member? I can tell that LAW has carefully crafted everything they offer to make sure it is relevant and useful. I'm never bored at CLEs offered by LAW.

What do you like to do in your spare time (if you have any)? I chair the Book Drive Committee for the Nashville Junior League and also co-lead the Sylvan Park Moms' Club. I love to run, watch sports and hang out in Sylvan Park.

What books are you reading right now and what is the last book you read? I'm currently reading the *Color of Law*, which examines how laws and policy decisions passed by local, state, and federal governments led to segregation in major American cities. The last book I read was the *Tea Girl of Hummingbird Lane*. It was a page-turner and I learned so much about remote tribes and tea growing in China.

What is your favorite quote, piece of advice, or a motto you try to live by? A few years ago I saw a bumper sticker that said, "Don't believe everything you think" and it's really stuck with me.

Any "fun facts" about you that other LAW members don't know? I was able to go to Cuba for 3 weeks in college on an educational Visa. My travel mates have been posting pictures as the 15-year anniversary approaches. It's one of the most impactful and beautiful experiences I've had.

What woman most inspires you and why? It's tough to pick just one, but I tend to think about people I know personally. Laura Baker is really inspiring to me. She's passionate about and good at what she does, she's done a really nice job in her roles with LAW, and she's a great mom. Laura is always having fun and making things fun for other people. And, her fantasy football team is good!

It's a Saturday in Nashville, what are you doing? Right now, we do McCabe Little League in the morning and watch football all afternoon. We have season tickets to the Titans, so Saturday nights are usually spent resting up for Sunday home games. We are lucky to have grandparents who are usually up for babysitting, so we frequently get dates and nights out with friends.

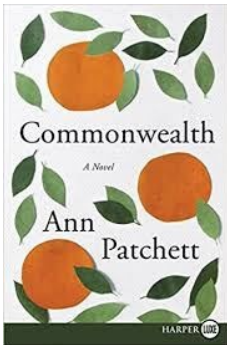
LAW COMMITTEE CORNER

Health & Wellness Book Club

November 9, 2017

6:00 pm - 8:00 pm

613 Whispering Hill Drive, Nashville, TN 37211



Join the Health & Wellness Book Club in reading the November selection by Nashville author, Ann Patchett. Take an appetizer to share and your favorite beverage.

Meeting hosted by Victoria Gentry.

[Map It!](#)

LAW Practicing Parents Committee Autumn Picnic in the Park

Please bring your children and join LAW's Practicing Parents Committee for an autumn picnic in the park!

When: Saturday November 11th from 10 am to 2pm, but please feel free to come and go as your schedules allow!

Where: Edwin Warner Park, picnic shelter number 2. See link for map:

<http://www.nashville.gov/Parks-and-Recreation/Permits-Rentals-and-Reservations/Picnic-Shelters/Edwin-Warner.aspx>

Schedule: From 10-12, we will have supplies available to make an autumn craft. From 12-2, lunch will be served. Playground and hiking trails are nearby. The Practicing Parents Committee will provide a simple lunch, drinks, and dessert but please feel free to bring anything you may like to eat!

If you plan to attend, please RSVP by Friday, November 3rd to Jesse Morris jesseleemorris@gmail.com or Amanda Bradley amanda.bradley@tncourts.gov

Feel free to contact Jesse or Amanda if you have any questions.

Hope to see you there!

November Networking Event at Tennessee Brew Works

November's Networking event will double as a canned food drive for Second Harvest Food Bank of Middle TN. A donation of 3 items = 1 drink ticket! See below for a list of most needed items!

November 15, 2017

5:30 pm - 7:30 pm

809 Ewing Avenue, Nashville, TN 37203

2 for 1 draft beers!



OUR MOST NEEDED ITEMS

**CANNED SOUP • CANNED VEGGIES & FRUIT
PEANUT BUTTER • CANNED TUNA & CHICKEN
CEREAL • PASTA**

ALL FOOD DONATIONS SUPPORT SECOND HARVEST PARTNER AGENCIES IN THIS COMMUNITY



Practicing Parents Program on School Choice

December 6, 2017

Brown Bag Lunch 11:30 am

Bone McAllester Norton, 511 Union Street, Suite 1600

S. Chunn Turner, Ed.D., Interim Executive Director for School Choice, Metro Nashville Public Schools and Elizabeth Wilson, Director of Admission for St. Bernard Academy, will discuss local school options and answer your questions as you begin to explore educational options for your family.

Save The Date!

Practicing Parents

Topic: Body Image, Eating Disorders and the Media

January 11th, Bone McAllester

Courtney Grimes, Clinical Director of Renewed, a nonprofit devoted to education and support surrounding eating disorders.

KUDOS

. . . to Sherie Edwards who became Chair of the Association of Corporate Counsel Small Law Department committee on Oct. 17, 2017, in Washington, DC

. . . to Gulam Zade who became Secretary of the Association of Corporate Counsel Small Law Department committee on Oct. 17, 2017, in Washington, DC. The Small Law Department Committee is an international committee with over 6100 members.

. . . to Gulam Zade who was recently elected to the office of Vice President for the Middle Region of the Association of Corporate Counsel, Tennessee Chapter.

. . . to Nancy MacLean, one of LAW's founders, on being honored by the Tennessee Justice Center at its Hall of Fame event on October 26, 2017.

**Thank to the following sponsors for supporting the
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