# LAW MATTERS

January 2020 Volume XXXI No. 9

## **2020 LAW AWARDS**

Nominations are now open for the 2020

Judge Martha Craig Daughtrey and Rising Star Awards.

Nomination forms can be obtained
on the home page of the LAW website at

https://www.law-nashville.org.

Nominations are due by midnight March 1, 2020.

Awards will be presented at the Annual Meeting and Awards Banquet Thursday evening, April 23, 2020.

In this issue:	
President's Message/Past President's Message	2
Upcoming Events	4
Ring in the New Year Mindfully! (and Enhance Your Well-Being and Competence)	5
December Member Appreciation Event	7
International Travel With Kids and Why You Should Do It!	9
Sustaining Members	10

#### PRESIDENT'S MESSAGE

by Christen Blackburn



Happy New Year!

I am excited to see what 2020 brings for Lawyers Association for Women! This year, we will celebrate LAW's 39<sup>th</sup> Anniversary. Thirty nine years ago, on January 27, 1981, the first organizational meeting of LAW was held. In light of this anniversary, I have asked the first president of LAW, Chancellor Claudia Bonnyman, to write this month's president's message. Her message speaks about another important anniversary in 2020 - the 100<sup>th</sup> anniversary of the ratification of the 19<sup>th</sup> Amendment which gave women in the

United States the right to vote. The women of Tennessee were instrumental in rallying support and ultimately persuading the Tennessee Legislature to vote in favor of ratification, making Tennessee the perfect 36<sup>th</sup> state necessary to change the constitution and grant women the right to vote. But as you will learn from Chancellor Bonnyman's message, Tennessee women, in particular, Tennessee women of color, did not stop at ratification. They persisted, fighting discrimination and changing the lives of Tennessee women and children. Thank you, past president Chancellor Bonnyman for this inspirational message!

#### PAST PRESIDENT'S MESSAGE



Chancellor Claudia Bonnyman

Friends have asked what retirement from law practice and the bench is like. My answer was that I feared the end of the marvelous education I experienced in chancery court. The antidote, as it turns out, was my appointment to Mayor Briley's Council on the State of Women, which was continued through executive order. One of the Council assignments is to promote the 100<sup>th</sup> anniversary of Tennessee's ratification of the 19<sup>th</sup> Amendment. I was surprised to learn that my understanding of the suffrage movement is more limited than I realized, especially when it comes to the inspiring women on whose shoulders we stand.

As lawyers, it seems astounding that women were treated as less than full humans as regards the vote. Besides astounding, the inability of women to vote

was of course supremely unfair. White men of property enjoyed the right to vote as soon as the country was formed but then used their votes to keep women out of the body politic. Sometimes the rightness of the fight for women's suffrage, as pure and clear as it was, obscured the deeper significance of the struggle. Suffragists were righting a wrong, but they were, first and foremost, hungry to improve life for themselves and their families. Many thoughtful women, such as the iconic Nashville suffragist Anne Dallas Dudley, were first active in the temperance movement, largely misunderstood as a hopeless and prudish church lady activity. The temperance movement in fact focused on the protection of women and their children from hunger and want. Women's inability to earn an adequate income, or any income at all, rendered them helpless in the face of their breadwinners' addiction. Women in the temperance movement sought to limit access to liquor, in part because alcoholism was and is so difficult to treat and to overcome. It became abundantly clear that access to liquor, education, wages, work conditions, child labor and many other matters affecting women could be influenced only through the ballot and full citizenship. A number of powerful Tennessee men were not focused on the vote itself but were against

#### 2019-2020 LAW BOARD OF DIRECTORS

Christen Blackburn, *President*Sara Anne Quinn, *President-Elect*Kimberly Faye Clark, *Secretary*Leighann Ness, *Treasurer* 

Kyonzte Hughes-Toombs , 2nd Year Director

Samantha Simpson, 2nd Year Director

LaTonnsya Burney, 1st Year Director

Shellie Handelsman, 1st Year Director

Amanda Bradley, Archivist

Courtney Orr, Archivist

Brooke Coplon, Newsletter Editor

Chambre Malone, Newsletter Editor

Tabitha Robinson, Newsletter Editor

Caroline Sapp, Newsletter Editor

Ashonti T. Davis, Immediate Past President

**Committee Co-Chairs** 

Arrangements Nina Kumar

<u>Breakfast Committee</u> Callie Hinson/Erin Palmer/Gulam Zade

> <u>Community Relations</u> <u>Shundra Crumpton/Ann Murphy</u>

<u>Diversity</u> l'Ashea Myles-Dihigio/Mariam Stockton

<u>Health & Wellness</u>

Raquel Eve Oluyemo/Kimberly Walsh

Judicial Appointments & Elections
Katie Marshall/Joyce Safley

<u>Legislation & Litigation</u> Jenny Charles/Grace Stranch

<u>Membership</u> Jessica Lim/Chancellor Anne Martin/Emily Warth

> <u>Mentoring/Member Development</u> Alaina Beach/Nancy Krider Corley Rachel Harris Berg/Kimberly Veirs

<u>Networking</u> Katie Bennett/Stephanie Chavez Hannah Hunt/Will Hicky

<u>Practicing Parents</u> Maria Campbell/Leslie South

<u>Programs</u> Lynne Ingram/Callie Jennings/ Kristen Shields/Liz Sitgreaves

2019 Marion Griffin Women's Symposium Kay Caudle/Andrea Perry

> Executive Director Melanie Gober Grand

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; <a href="www.law-nashville.org">www.law-nashville.org</a>.

suffrage for women because the women's agendas were contrary to their business interests. It is no wonder that the fight for suffrage was a great fight.

It has been inspiring to learn that the women who helped win suffrage did not stop there but continued to work to address the challenges that are with us even in 2020. I have been especially inspired by the African-American women for whom the suffrage campaign was but one chapter in lives devoted to community service and the fight for justice. Nashville's Juno Frankie Seay Pierce, born in 1864, believed that the vote was needed "for the moral uplift of the community." Invited by a fellow suffragist to address the May 1920 state suffrage convention in the Tennessee Capitol Building, Frankie Pierce was asked "what will the Negro women do with the vote? Her answer: "We want recognition in all forms of this government. We want a state vocational school and a child welfare department of the state, and more room in state schools." She then laid out a poignant case for racial and gender equality, drawing on the common bonds forged during World War I. After all, Frankie Pierce and her fellow black suffragists had raised funds for the Red Cross and the YMCA, and they had advocated for the improvement of the health of all our soldiers.

Frankie Pierce is depicted as one of the five suffragists in the Tennessee Woman Suffrage Monument at Nashville's Centennial Park. Although the five women did on occasion work together to attain the vote, their efforts were strictly segregated. Some of the white suffragists were overtly racist, and others feared that the South would reject suffrage if reminded that both black and white women could win the vote. Frankie Pierce worked with the National Association of Colored Women as she advocated for the women's vote. She and other black suffragists must have advanced the suffrage question in the African American community with great competence, for the vast majority of African Americans, male and female, supported women's suffrage and ratification of the 19<sup>th</sup> amendment.

As soon as Tennessee ratified the 19<sup>th</sup> amendment, Frankie Pierce leveraged this new power to secure state funding for the Tennessee Vocational School for Colored Girls. Black girls who were accused of minor illegal activity were routinely sent to jail. Frankie Pierce's goal was to provide a safe place and an education to such girls. Along with another black suffragist, the physician Mattie Coleman, Frankie Pierce administered the school for many years. Both Dr. Coleman and Frankie Pierce worked from the foundation they enjoyed as members of First Baptist Church, Capitol Hill. During the 1930's Frankie Pierce chaired the Women's Division of the Tennessee Interracial League and was vice president of the Negro Voter's League. During World War II, she led the Red Cross Women's Division in Tennessee. Just recently, Metropolitan Government dedicated several acres of public land as the Frankie Pierce Park.

This remarkable woman was part of a remarkable family, all of whose members were community leaders and advocates for racial justice. Frankie Pierce's mother, Nellie Seay, was enslaved, while her father Frank was a free man. Nellie Seay, who lived to the age of 117, was born on a plantation in Carthage Tennessee. She was educated in part with her white master's daughter of the same age. Nellie Seay was a large and respected presence in Nashville's African American community where she raised three daughters, Frankie Seay Pierce, Alice Seay West and Margaret Seay Griswold. Nellie Seay was one of the first members of First Baptist Capitol Hill where her photo has an honored place. Her grandchildren included the surgeon Dr. Lightfoot West, and the Nashville medical doctor Thomas Griswold West. Another granddaughter, Nellie Griswold, moved with her mother to Minnesota and married the lawyer William Francis. The couple lived a large life as civic leaders in St. Paul. They successfully fought racist leadership in an affluent white neighborhood for the right to live in the residence they had purchased there. Frankie Pierce's name appeared as part owner on their deed to the residence that they finally enjoyed. Nellie Francis wrote and lobbied a bill through the Minnesota legislature, forbidding hairdressing schools from discriminating on the basis of race or color. In 1921, the couple drafted and successfully lobbied an anti-lynching bill which created a civil action for the survivors of Always working for social reform, Nellie Francis was involved in post-suffragist voting rights with the lynching victims. NAACP and otherwise. In 1927 President Calvin Coolidge named William Francis to the position of minister resident and consul general to Liberia. He and Nellie Francis served in Liberia for two years when he died there of yellow fever. Nellie, devastated by William's death, returned to her grandmother and the extended Seay family in Nashville. William Francis was buried in Nashville's Greenwood Cemetery.

Studying the life of Frankie Seay Pierce expanded and corrected my understanding of the suffrage movement and of Tennessee history. Frankie Pierce and her family lived rich and accomplished lives, as did Anne Dallas Dudley and her family. These inspiring women, and others such as Dr. Mattie Coleman, should be remembered and honored at celebrations of the 19<sup>th</sup> amendment ratification in 2020. The LAW community will be deeply interested in the African American women on whose shoulders

we stand. And, LAW provides a place to forge been socially segregated. We are truly sisters in friendships with women from whom we may have law.

# UPCOMING EVENTS 2020

January 30, 2020

Networking Committee

Nashville Craft Distillery

5:30 pm—7:30 pm

514 Hagan Street (In WeHo)

February 11, 2020

Health and Wellness Book Club
6:00 pm—8:00 pm
109 Joshua's Run
Goodlettsville, TN 37072

**February 18, 2020** 

February Membership Meeting Special Diversity CLE (More info to come!)

> Asurion 650 Grassmere Park

February 20, 2020

**February Networking Committee** 

Wine Tasting

City Winery 609 Lafayette Street

**February 25, 2020** 

Lean In Circles

6:00 pm—8:00 pm

Waller 511 Union Street, 26th Floor March 10, 2020

**Health and Wellness Book Club** 

6:00 pm—8:00 pm

**Venue TBA** 

For more information and to register for all LAW events, go to www.law-nashville.org/events

# Ring in the New Year Mindfully! (and Enhance Your Well-Being and Competence)

By Julie Sandine

Happy New Year! During this time of reflection, rejuvenation and resolutions, I hope we all choose to make self-care a priority during the year (and throughout life).

This is necessary for our personal well-being, and also to fulfill our duty of competence as lawyers. As noted in The Path to Lawyer Well-Being, the 2017 report of the National Task Force on Lawyer Well-Being<sup>1</sup>, "[I]awyer well-being is part of a lawyer's ethical duty of competence. It includes lawyers' ability to make healthy, positive work/life choices to assure not only a quality of life within their families and communities, but also to help them make responsible decisions for their client." Recognizing the dismal and unsustainable state of our profession, the Task Force has issued a call to action for all of us to take steps needed for positive change in our struggling profession. If you've not yet read this report, please take a few minutes to do so now — it can be found on the Task Force's website: <a href="https://lawyerwellbeing.net/">https://lawyerwellbeing.net/</a>.

The Path specifically recommends **mindfulness meditation** as a valuable resource for lawyers, which is not surprising given its many benefits, including reduced stress and blood pressure, sharper decision-making, improved attention, increased concentration, and enhanced memory and performance. Mindfulness also has physical benefits, such as increasing energy and releasing endorphins ("happy" hormones), optimizing the immune system, normalizing blood pressure, and improving sleep.

Neuropsychologists have conducted research which revealed the neuroplasticity of our brains. Contrary to what was previously believed, our brains do not remain the same throughout our lives and are physically changed and positively affected by meditation. Jon Kabat-Zinn, who developed the Mindfulness-Based Stress Reduction technique, defines mindfulness as "paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." While the technique of mindfulness is simple, it can be difficult to do in light of the thousands of thoughts constantly streaming through our minds, vying for our attention.

A successful mindfulness practice requires just three things: (1) nonjudgmental attention; (2) a point of focus; and (3) commitment to practice. As is the case with physical exercise, mindfulness must be practiced regularly. If you are willing to try even as little as 10 minutes per day for two weeks, you will recognize definite and positive results.

Here are some basic instructions one can use in preparation for meditation: Sit comfortably in a chair in a relaxed but dignified and upright position, with feet on the ground and hands resting gently on the thighs. Listening to a guided meditation (which can be especially helpful at first) or attending to a focal point, such as one's breath going in and out or the sensation of the hands on the legs, allows one to experience the present moment (rather than thinking about what has already occurred or worrying about the future). When the inevitable thoughts enter the mind, simply notice them, without judgment, and then let them go and return to the focal point.

In addition to having a regular sitting practice, it is beneficial to use mindfulness throughout the day. For example, if you find yourself tensing up or beginning to react reflexively in a stressful situation, try pausing and taking one or two slow, deep, complete breaths. Breathing is connected to the neurological system associated with emotion and physiological response to stress, so this will help your body relax, better enabling you to respond calmly and thoughtfully, rather than reacting with emotion.

There are innumerable free on-line guided meditations, which are especially helpful when one first begins a meditation practice, as well as a number of cell phone apps that can help you incorporate this valuable practice into your daily routine.

The Mindfulness in Law Society (MILS), <a href="https://mindfulnessinlawsociety.com/">https://mindfulnessinlawsociety.com/</a>, a national non-profit committed to enhancing well-being and alleviating suffering in the legal profession, is available to provide education, support and encouragement for those interested in undertaking this beneficial practice. State and regional chapters are forming throughout the country, including in Tennessee. If you would like to learn more about MILS, please contact me (<a href="mailto:jzanolli.sandine@gmail.com">jzanolli.sandine@gmail.com</a>) or Adam Hill (<a href="mailto:hill.law@gmail.com">hill.law@gmail.com</a>). We hope you will become part of this positive movement!

<sup>2</sup> See a discussion of neuroplasticity at: <a href="https://positivepsychology.com/neuroplasticity/">https://positivepsychology.com/neuroplasticity/</a>.



Julie K. Sandine has worked in the area of law student and lawyer well-being since 1995. She serves as Secretary of the Mindfulness in Law Society and chairs the Tennessee Bar Association's Attorney Well-Being Committee.

## Program of Interest to LAW Members

Fred D. Gray Dinner 2020—Women of the Supreme Court
February 10, 2020
George Shinn Center

Lipscomb University

For more information go to:

https://www.lipscomb.edu/ljs/fred-d-gray-dinner

<sup>&</sup>lt;sup>1</sup> See <a href="https://www.americanbar.org/content/dam/aba/images/abanews/ThePathToLawyerWellBeingReportRevFINAL.pdf">https://www.americanbar.org/content/dam/aba/images/abanews/ThePathToLawyerWellBeingReportRevFINAL.pdf</a>.

## **December Membership Appreciation Event**

LAW members closed out the year with a bang with an agenda-packed membership appreciation CLE event at Butler Snow. The theme was "Celebration of Women Heroes" with incredible women providing information on the great works and initiatives they lead within various organizations. It was a great reminder that there are various ways to get involved to make our community a better place and several avenues to advocate for positive change. The women heroes featured at the event are listed below:

Jackie Dixon, Brenda Dowdle and Mary Walker *A Step Ahead* 

Jude White

Assistant Commissioner, Child Care and Community Services, Tennessee Department of Human Services

Julie Sandine

Founding Secretary, Mindfulness in Law Society

Joycelyn Stevenson

Executive Director, Tennessee Bar Association

Bettie Kirkland

Executive Director, Project Return

Ashonti Davis

Highland Heights Neighborhood Association

Derri Smith

Founder, End Slavery TN

Martha Boyd and Eden Murrie

President and CEO, Operation Stand Down

Ana Escobar

General Sessions Judge

In addition to presentations from these outstanding women, Courtney Wheeler of Bruns Wheeler Group Consulting provided helpful tips for those considering running a judicial campaign. David Mayer of Bass, Berry & Sims PLC outlined how to create a 501(c)(3) organization. Finally, Dawn Deaner of the Choosing Justice Initiative discussed her experience running a 501(c)(3) non-profit entity.

The session was followed by a LAW member social mixer to lead into the holiday season. Special thanks to the program organizers and the incredible presenters for making the last event of the year a memorable one!



Chambre is a 2019-2020 LAW Newsletter Editor. She is an attorney at Bridgestone Americas, Inc.



### International Travel with Kids and Why You Should Do It!

by Emily Warth



Confession: Before having children I never imagined that I would travel with my children anywhere far away or exotic before they were at least teenagers. In fact, because prior to having kids, we really enjoyed traveling, my husband and I hatched an elaborate (and unrealistic) plan when I was pregnant with our now 8-year-old twins that we would alternate our vacation years. One year, we would take a family vacation, probably to a beach, and the next year we would park our children with my parents and take a vacation just the two of us out of the country, and continue that pattern going forward. What we didn't realize at the time was how much we would *like* our kids and how the thought of consistently leaving them for more than a week to go somewhere far away would feel impossibly hard. (We also probably should have checked with my parents about this plan ).

So, for purposes of this article, we can fast-forward through the first several blurry, messy years of parenting twins, where our vacations were definitely not exotic and certainly exhausting, and we get to our kids starting kindergarten at a Metro elementary school. As our kids started kindergarten, we realized two things: (1) our children were getting a bit easier and (2) Metro has a truly great fall break each October that lasts at least a week and seemed like a great time to take a more adventurous vacation. So, we hatched a plan to "try" a vacation out of the country for the kids' first fall break.



For that trip we picked Ireland. Neither of us had been there. It sounded pretty and fun, but also sounded like if our kids had meltdowns on some of the days, it wouldn't be the end of the world. We'd just miss some pretty green stuff or a castle or two and still be able to say we had a great trip. So, off we went, taking the kids on a long international flight, worried about jet lag and whining and exhaustion and short attention spans. But, it turns out, our kids are GREAT international travelers. They handled jet lag way better than I do; were willing to eat foods that were out of their comfort zones; tolerated and even enjoyed multiple tours and museums; and generally had pretty great attitudes for most of the trip. We really bonded as a family and came back excited to try another international trip the next year.

My kids are now in second grade, and with three fall breaks under our belts, we have visited 3 continents outside of North America, adding a trip to Japan

in 1<sup>st</sup> Grade and Peru in 2<sup>nd</sup> Grade. My kids have willingly eaten squid on a stick at a fish market in Tokyo, petted llamas on Machu Picchu, and explored the Amazon Rainforest. And we have no intention of slowing down. In fact, we already have a trip to Egypt and Jordan in the works for next fall break.

So, for those of you with kids, young or old, I encourage you to really think about taking that trip you've been talking about for years that you hope to take when your kids are older or out of the house, and just do it! Take your kids with you. It may be a slightly different trip, but you definitely won't regret it.

If you are thinking of taking an international trip with your kids, here are a few tips:

1. Leave room in your schedule to go off schedule. We pick a few things we really want to see that day and prepare the kids for those adventures, but also leave time for a few snack and rest breaks. And be willing to accept defeat. Sometimes you have to give up that last activity and let everyone go take a nap.

- 2. Let your kids pick some of the activities. When we were in Dublin, we succumbed to the kids' requests to go to the Leprechaun Museum, something we definitely would have skipped if we didn't have kids. It was admittedly cheesy, but watching my kids have so much fun, made it one of my favorite things we did on that trip, and they still talk about it. (The 3-hour walking tour of Dublin doesn't come up).
- 3. There's always a park or playground—find one! Breaks at a playground or park in a foreign country are the best! Kids don't have to speak the same language to play together, and it is amazing to watch your kids playing with kids from a completely different culture. Plus, 15 20 minutes of playtime can buy you a lot of goodwill for that boring museum you want to visit.
- 4. Bribery works. It's amazing how quickly you can get your kids to stop whining when you offer them ice cream or the chance to buy a souvenir. (Ice cream got us through that 3-hour Dublin walking tour).
- 5. Be present and enjoy! (This is a given, but I felt like I needed a final tip (3)).









Emily Warth is Assistant General counsel at Asurion and serves as cochair of the Membership Committee for LAW.

# Thank you to our Sustaining Members who support the programs, mission and purposes of LAW above and beyond the Sliding Income Scale categories.

Audrey Anderson
Anne Arney
Kristi W. Arth
Katherine Austin
Catie Bailey
Laura Baker
Cindy Barnett
Kathryn Barnett
Margaret Behm
Sonya Bellafant
April Berman
Judge Allegra Birdine
Judge Cheryl Blackburn
Christen Blackburn

Judge Melissa Blackburn Chancellor Claudia Bonnyman Jan Bossing

Dewey Branstetter
Hunter Branstetter
Mary Katherine Bratton

Lori Brewer
Tracey Carter
Kay Caudle
Jenny Charles
Justice Connie Clark
Kimberly Clark
Chris Coleman
Brooke Coplon
Kristen Cass Corra
Nancy Krider Corley
Chelsea Curtis
Cynthia Moon Cutler
Judge Angie Dalton
Judge Martha Daughtrey

Jackie Dixon Sherie Edwards Jason Epstein Raquel Eve

Rebecca Demaree

Amy Everhart Amy Farrar Doreen Farthing Judge Mark Fishburn

Judge Mark Fishburr Alex Fisher Mandy Floyd

Shana Fonnesbeck Grace Fox

Victoria Gentry

Jason Gichner
Jessica Gichner
Madeline Gomez
Elizabeth Gonser
Elizabeth McCoyd Greer

Shellie Handelsman Sarah Hannah Corey Harkey

Corey Harkey Laura Heiman Lisa Helton Candi Henry Lisa Hinson Jenny Howard

**Kyonzte Hughes-Toombs** 

Anne Hunter
Lynne Ingram
Mene Jividen
Michele Johnson
Judge Kelvin Jones
Judge Lynda Jones
Brendi Kaplan
Jenney Keaty
Anne Marie Kempf
Dean Bill Koch
Nina Kumar
Lauren Lamberth
Amelia Lant
Pirjin Laser
Lynn Lawyer

Jessica Levine
Courtney Leyes
Haverly MacArthur
Alexandra MacKay
Nancy MacLean
Chambre Malone

Chancellor Anne Martin Judge Amanda McClenden Chancellor Carol McCov

Chancellor Carol McCoy Susan McGannon Elise McKelvey

Laura Merritt
Amy Mohan
Brianna Montminy
Valeria Didan Moore

Valerie Diden Moore Marlene Moses

Chancellor Patricia Moskal Barbara Moss

Barbara Moss

Margaret Myers Karen Neal Leighann Ness

Judge Alistair Newbern

Scarlet Nokes

William O'Bryan, Jr.

Ashley Odubeko Larry Papel Casey Parker Rebekah Parkhurst Janice Parmar Julie Peak Andrea Perry

Barbara Perutelli Cynthia Podis Erin Polly Sara Anne Quinn

Phillis Rambsy Jimmie Lynn Ramsaur

Sally Ramsey
Candice Reed
Lisa Rivera
Lauren Roberts

Jennifer Robinson Linda Rose

Rachel Rosenblatt

Abby Rubenfeld
Jennifer Rusie
Joyce Safley
Maria Salas
Julie Sandine
Caroline Sapp
Elizabeth Scaglione

Carolyn Schott
Maria Scott

Cynthia Sherwood Dianna Shew

Judge Marietta Shipley

Emily Shouse Liz Sitgreaves

Judge Jennifer Smith

Laura Smith Melissa Smith Nikki Smith-Bartley Mary Dohner Smith

Leslie South Abby Sparks Kate Stauffer Joycelyn Stevenson Mariam Stockton Grace Stranch Judge Jane Stranch

Scott Tift

Elizabeth Tipping Martha Trammell Judge Aleta Trauger Byron Trauger Robert Tuke

Vanessa Vargas-Land

Erica Vick

DarKenya Waller Emily Warth Elizabeth Washko Malaka Watson

Bernadette Welch
Courtney Williams
Karen Williams
Susan Neal Williams

Tyler Yarbro

Helena Walton Yarbrough

Amanda Young
Jane Young
Gulam Zade
Rachel Zamata