

TLAW

Tennessee Lawyers' Association for Women

Spring 2016 Newsletter

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President's Message

Join us on April 8 for TLAW's Empowerment Conference: Great Expectations. For more information, see Page 8 of this Newsletter or visit www.tlaw.org and register today.



I am also happy to report that TLAW co-sponsored with ETLAW and UT Law Women, a dynamic one hour CLE on February 17. This event provided legal analysis of two important contemporary issues -- the anti-vaccination movement and Tennessee's new fetal drug law. The event, hosted live at UT Law School, presented UT Law Professor Teri Baxter speaking about the constitutional, family, and privacy law implications of the anti-vaccination movement. UT Law Professor Wendy Bach spoke about the criminal, family, and privacy law implications of Tennessee's new fetal drug law. The program was also streamed to attendees in Kingsport, Nashville and Jackson.

Each year, in different areas nationwide, some member organizations of the National Council of Women Bar Associations participate in Food from the Bar. Food from the Bar is an effort to provide food, money or supplies to the nation's food banks. The effort takes place near the end of the school year when children are on summer break are likely to need extra food to replace the free and reduced price lunches they receive at school. Please follow the enclosed link for more information: <http://ncwba.org/resources/public-service-projects/food-from-the-bar/>.

This year, the effort is scheduled for May 2- May 27. I have challenged the TLAW Board to provide 250 pounds of food or its equivalent during the campaign. Equivalent cash is \$.50 per pound. I respectfully, suggest that the local women's bar associations: AWA in Memphis, LAW Anne Schneider in the Jackson

Area, LAW Marion Griffin in Nashville, UCLAW in the Upper Cumberland area, FAME – Female Attorneys of the Mountain Empire, ETLAW in Knoxville, SETLAW in the Chattanooga area consider donations and/or food drives themselves. Notify me by email of your success at Beth@wtls.org.

You will be mentioned favorably at our annual breakfast. Food Bank locations include but are not limited to:

Second Harvest Food Bank of Northeast Tennessee, 1020 Jericho Drive, Kingsport, TN, 37663; Phone: (423)279-0430; Fax: (423) 279-0590; email: communityrelations@netfoodbank.org.

Second Harvest Food Bank, 331 Great Circle Rd, Nashville, TN, 37228; Phone: (615) 329-3491; Fax: (615) 329-3988; email: secondharvestmidtn.org.

Second Harvest Food Bank of East Tennessee, 136 Harvest Lane, Maryville, TN, 37801; Phone: (865) 521-0000; Fax: (865) 521-0040.

Mid-South Food Bank, 239 South Dudley, Memphis, TN, 38104; Phone: (901) 527-0841.

Chattanooga Area Food Bank, 2009 Curtain Pole Road, Chattanooga, TN, 37402; Phone: (423) 622-1800.

Regional Interfaith Association, 133 Airways Blvd, Jackson, TN, 38301; Phone: (731) 427-7963.

See you on April 7-8 for the Empowerment Conference. We have GREAT EXPECTATIONS that it will be a fabulous event.

Sincerely,

Beth Bates

Indomitable Will

By Melissa B. Carrasco

In 1907, the State of Tennessee passed a law. By all accounts, 1907 was a very important year for Tennessee. The Vols had the first seven-win season in team history, beating Georgia 15-0, Arkansas 14-2 and Clemson, 4-0. President Theodore Roosevelt visited Nashville, delivering a speech at the Ryman Auditorium and riding in an automobile (gasp!) out to the Hermitage.

Forty-one years earlier, in 1866, Tennessee became the first Confederate state to be readmitted into the Union. To achieve readmission, Tennessee was the first Confederate state to ratify both the Thirteenth and the Fourteenth Amendments to the Constitution, thereby abolishing slavery and making equal protection and due process the law of the land, and the State of Tennessee.

Seven years earlier, in 1900, a young woman applied to practice before the Tennessee

Supreme Court. The Court flatly denied her application. At the time, the requirements for admission were fairly simple. (1) You had to be at least twenty-one years old. (2) You had to have a certificate of good moral character from the county court where you resided. (3) You had to pass an examination "touching his legal abilities and acquirements in the principles of law" before two or more judges and "be found to possess a competent share of law knowledge." If the judges found you qualified, they "shall grant him a license . . . to practice law in the different courts of this state."

With one exception, this young, female applicant met all of the preceding qualifications, including obtaining a license to practice law signed by Chancellor Dehaven of the Shelby County Chancery Court and Circuit Court Judge Estes. The exception was that male pronoun. So the Tennessee Supreme Court denied her application to practice before the Court. She

tried again a year later, and the Court denied her application again with a bare, eighty-five word paragraph. But, this time, two Justices wrote a strong dissent, dissecting the popular arguments against admission and ending with the following:

We can see no valid objection to a woman's practicing law upon any of the grounds stated. Whether it is best policy for her to do so from a social and pecuniary point of view is a question which addresses itself to her discretion. . . . No one would deny her, when necessity or the desire for honest independence prompts such action, the right to enter into any field suited to her physical ability and her standing as a true, pure woman; and, while men and women may differ as to the boundaries of her

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proper sphere, she has by force of her indomitable will and purpose opened up her way into all the avenues of business and trade.

* * *

Certainly the legal arena is not more foreign to her tastes, capacity, and disposition than many places which she now fills with credit and profit. She should be given every chance to make an honest and independent living; and, whether she makes it from necessity or choice, she should not be debarred from it except for good legal reasons. We are not able to see such reasons.

With the doors of the courthouse firmly closed, this young woman turned to the legislature, working for six years until, on February 13, 1907, the General Assembly enacted the "Woman Practicing Law in Tennessee Act." The law read as follows:

Continued from previous page...

“Be it enacted by the General Assembly . . . that any woman of the age of 21 years and otherwise possessing the necessary qualifications, who shall apply for the same, may be granted a license to practice law in the courts of this State.”

The law was ratified by Governor Patterson two days later, and on July 1, 1907, Marion Scudder Griffin became the first woman to be licensed by the Tennessee Supreme Court to practice law. Ms. Griffin later became the first woman elected to the Tennessee General Assembly where she chaired the House Social Welfare Committee.

Why was such a law necessary when the Fourteenth Amendment promised equal protection forty-one years earlier is a question worth asking. One of the many possible answers illustrates the first aspect of change. Having a promise is the first step toward change, but sometimes it takes a lot of hard work, persistence, and the sheer “force of indomitable will” to change a promise into something tangible like a law license.

References

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Robert Tracy McKenzie, *Reconstruction*, Tenn. Encyclopedia of History & Culture, Dec. 25, 2009, available at <http://tennesseeencyclopedia.net/entry.php?rec=1112>; U.S. Const. Amend. XIV. The Fourteenth Amendment was fully ratified in 1868, two years after Tennessee’s ratification. Library of Congress, *14th Amendment to the U.S. Constitution*, <http://www.loc.gov/rr/program/bib/ourdocs/14thamendment.html>, last visited Jan. 10, 2016.

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Tenn. Pub. Acts. 1798, ch. 2; Tenn. Pub. Act. 1809, ch. 6, § 1, quoted in *Ex parte Griffin*, 71 S.W. at 746.

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Candace Corrigan, *Through a Woman’s Voice, Marion Griffin 1879-1957*, <http://www.candacecorrigan.com/wvoice/griffin.html>, last visited Jan. 10, 2016.

Tenn. Pub. Acts 1907, ch. 69, 1 (1907). In 1972, the law was amended to change the age to eighteen. Tenn. Pub. Acts. 1972, ch. 612, § 2 (1972), Tenn. Code Ann. § 29-104 (1972). Today, this statute can be found codified at Tenn. Code Ann. 23-1-107 (2015).

Hicks at p. 3.



Melissa B. Carrasco is a shareholder at Egerton, McAfee, Armistead and Davis in Knoxville. She practices in the areas of labor and employment law, federal and state regulatory compliance and immigration law.

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BEING THE BEST YOU:

Tips to Combat Stress in Your Life

Over the past few weeks, I have received numerous CLE invitations about handling stress and developing mindfulness. Just the other day, I received a notice about an upcoming CLE dealing with suicide prevention in the legal field. With today's technology, the words "inaccessible" and "unavailable" have all but disappeared from our vocabulary. Free weekends appear to be a thing of the past. Now, more than ever, it is important that we develop successful solutions for dealing with stress so that we may better serve our firms, our clients and our relationships. Below are a few suggestions for stress relief:

Exercise

According to the Anxiety Disorders Association of America, "Exercise any other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress." The Mayo Clinic lists several "stress-busting benefits" of exercise: it pumps endorphins, it's "meditation in motion," and it improves mood. The type of exercise doesn't even matter! According to the Mayo Clinic, "Virtually any form of exercise or movement can increase your fitness level while decreasing your stress." Find something you love and get out there! Medical experts recommend penciling in time to exercise just as you would any other appointment to prevent other tasks from taking precedent.

STOP

STOP is a popular mindfulness technique that helps reduce stress. Just follow these simple steps:

Stop what you are doing.

Take a few deep breaths.

Observe your experience just as it is—think about your thoughts, feelings and emotions at that moment.

Proceed with something that will help you in that moment, such as taking a short walk, rubbing your shoulders, or grabbing a cup of tea.

Laugh

Not surprisingly, laughter is one of the easiest (and cheapest) forms of stress relief. Laughter has short and long term benefits. According to the Mayo Clinic, laughter lightens your mood mentally and induces physical changes to your body. More specifically, laughter increases your intake of oxy-

gen-rich air, which stimulates your heart, lung and muscles and soothes tension by stimulating circulation. Laughter also improves your immune system, relieves pain, and increases personal satisfaction by helping you connect with other people.

"The 4 A's"

The Mayo Clinic lists four ways to reduce stress in your life:

Avoid. Take control of your surroundings, avoid people who bother you, learn to say "no," and delegate part of your "To Do" List.

Alter. Take inventory of your stress level and change your situation for the better by asking others to change their behavior, communicating your feelings, and managing your time better.

Accept. If there is nothing you can do about a stressful situation other than accept it for what it is, talk with someone, forgive those causing your stress, practice positive self-talk, and learn from your mistakes.

Adapt. Change your standards and expectations, practice thought-stopping, reframe the issues you are dealing with, adopt a mantra, create a list of things that bring you joy, and look at the big picture.

Consider adopting one of the foregoing stress relief techniques into your life or find something that works for you! No matter what method you use, just be sure to use it regularly!

Courtney Karnes is an attorney with DeSalvo Law Firm, PLLC in Nashville. She is a graduate of the University of Miami School of Law.



Member and Chapter News

TLAW member **Linda Knight** and her husband, Richard Knight, have been named Distinguished Alumni of the Year by Cumberland School of Law in Birmingham. This honor is given each year to a Cumberland law graduate who has distinguished himself or herself in the practice of law, in the community and for leadership in the profession. The Dean will present the award to Linda and Richard in April at a ceremony that coincides with the law school reunions. Coincidentally, Linda and Richard's class will celebrate their 40th reunion at that time. Both Linda and Richard were appointed to the Law School Alumni Advisory Board last year.



Linda is a partner at Gullett, Sanford, Robinson & Martin, PLLC in Nashville. She practices in the areas of bankruptcy and commercial law, litigation, and general business counseling. She currently serves as Treasurer for TLAW and is a Past President.



Laura B. Baker, a shareholder with the Law Offices of John Day, P.C., recently received the LAW Rising Star Award.

The **LAW Marion Griffin Chapter** will hold their Annual Meeting and Awards Banquet on April 20 in the Davidson Ballroom of the Music City Center.

Member and Chapter News (cont...)

LAW members **Rachel Moses** and **Angelia Nystrom** have been named Fellows of the American Bar Foundation.

The Fellows is an honorary organization of attorneys, judges, law faculty, and legal scholars whose public and private careers have demonstrated outstanding dedication to the welfare of their communities and to the highest principles of the legal profession. Membership in The Fellows is limited to one percent of lawyers licensed to practice in each jurisdiction. Members are nominated by their peers and elected by the Board of the American Bar Foundation.



Rachel is an attorney with the Legal Aid Society of Middle Tennessee and works out of their Cookeville office. She currently serves as President of the TBA/YLD and was instrumental in the re-activation of the Upper Cumberland Chapter of TLAW.

Angelia is the Director of Specialty Programs for the University of Tennessee Institute of Agriculture. She currently serves as Corresponding Secretary for TLAW.



THERE IS SOMETHING ABOUT SPRING.....

Adopt the Season's Freshest Trends and Add Spring to Your Step

Season changes are exciting, we adapt to the weather with our wardrobe letting our style take the stage. Any small change makes us feel fresher, may it be hair highlights, new lipstick, or the latest fashion trends. It adds a spring to our step!

This spring season trends are from bright and bold stripes to sexy exposed shoulders, large statement earrings. Its time to put away the embellished jeans—for that trend has worn its time out, — but fashion has added embellished handbags.

One of 2016 new trends are purse charms. If you have a solid color classic handbag, just add a hanging charm to offer some bling. Large statement earrings will come in great variety but keep those out of the courtroom and replace with a solid bangle or necklace.

Cut out shoulders are still in and growing, they haven't worn us out yet, but rule to the Peep show is, if you are showing some shoulder do full pumps, strappy or flats and save your peep toes for another outfit. Big trousers fitted with a classic t-shirt gives it a feminine look with out being too Annie Hall or masculine. Key is to keep classic showing your feminine style. Flowing floral come in all styles, Maxi,

short, mid calf, shirts and skirts.

The color pallet brings rose quartz, creamsicle, beige, sage green, denim, cream, the forever sexy red and thank goodness for shades of grey. The trends on the runway offer variety of color, just as

long as it has a spring feel. This might be hard, but its time to put away the black or keep them in the trouser and skirt zone.

How to get a quick fresh 2016 look — Add a soft lip-gloss, not a high shine but with a rose or light pink tone, and have your hairdresser give you a fresh look with trimming the ends, low lights for those with too much

blond, and high lights for those that need a little something. Remember the key of one thing, and to make it subtle. Add the new gloss to bring the shine out, and it screams spring!



Karol Lahrman Is Executive Director for TLAW and Owner of Reflection Model and Talent Agency in Franklin, Tennessee. You can contact her at karol.lahrman@tlaw.org.



GREAT EXPECTATIONS!

TLAW'S EMPOWERMENT CONFERENCE IS SET FOR APRIL 8

TIME: 8:00 a.m.—4:30 p.m.

LOCATION: Waller Lansden Dortch & Davis
511 Union Street, Suite 2700
Nashville 37219

TICKETS: tlaw22.wildapricot.org

FEATURED SPEAKERS:

Chief Justice Sharon G. Lee, Tennessee Supreme Court

Gwen K. Young, Director of the Woodrow Wilson Center's Global Women's Leadership Initiative

**** Approved for 5.0 hours CLE (2.5 Dual)**

Attendees invited to cocktail reception Thursday, April 7 at Nashville City Club.

Tennessee Lawyers' Association for Women

TLAW was founded on July 7, 1989, in Nashville, Tennessee. TLAW is a statewide women's bar association whose efforts have dramatically increased the number of women on the bench and in other legal positions.

Membership is open to any person who is a member in good standing of a State or Federal Bar of the United States. Any person supporting the purposes of TLAW, any student, and any law graduate awaiting admission may be a member.

TLAW's purposes include:

- ◆ Achieving the full participation of women lawyers in the rights, privileges and benefits of the legal profession.
- ◆ Increasing the number of women serving on the bench.
- ◆ Providing opportunities for mutual support and fellowship.
- ◆ Supporting the status and progress of women in society.
- ◆ Providing a source for continuing legal education.

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