

THE BULLETIN

P A L O A L T O A R E A B A R A S S O C I A T I O N

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President's Address Nancy Clark

A number of members wrote regarding our decision to invite Attorney General Bill Lockyer and California Republican Party Chair Duf Sundheim to speak at PAABA events. Those who wrote objected, apparently because of the individual speaker's political affiliation.

The reason these speakers were selected is quite simple — we felt they would be of interest to our members. Not to every member of course, but to a large enough group of members to make it worthwhile to extend the invitation. Given that laws are made as a result of the political process, it makes sense that our members would be interested in meeting and learning from those who are intimately involved in that process - no matter their political affiliation.

Be assured, as an organization, PAABA is required to remain non-political. That rule is set forth in our By-Laws which state that, "Under no circumstances shall the Corporation express an opinion or participate in any activity or issue of a predominantly partisan political nature." Although we have

the ability to take a public stand on controversial political and social questions, (the rules for this are also found in the By-Laws), I am not aware of PAABA ever taking such action.

Perhaps we should.

In the last Judges race, Palo Alto Daily columnist Diana Diamond wrote how she was surprised and dismayed that the local Bar Associations did not spend more time educating the community on how to choose between the judicial candidates. This would be one area that a public stand by PAABA towards a particular candidate could be of real use. At a minimum, PAABA could be more involved in educating our community on what to look for in a judicial candidate.

One of our organization's stated purposes is to promote better understanding of legal problems among the public. Inviting our political leaders to speak at PAABA events is one way we educate ourselves. Personally, I loved the suggestion of one of our members to invite the Chair of the Democratic Party to come and speak at a PAABA event. Does anyone know Art and want to give him a call?

20% OFF
General Nutrition Center
GNC on University Ave. with this copy of the Bulletin

Next Issue:

Coverage of Steven Keys, Privacy Luncheons
Quiz: Local Landmarks



May Issue: Privacy Luncheon: & Stephen Keys,



In this issue



Duf Sundheim, p..3

PAABA

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Upcoming Events

PAABA and Santa Clara County Bar Association
 Women Lawyers Committees Co-Host
Breaking the Glass Ceiling
May 6, 2004
 Hosted by Wilson Sonsini

Hills, Houses, and Creeks
Real Property Issues In Palo Alto

Date and Time, TBA



PAABA ON TOUR

Meet PAABA VP Soyeun Choi

Tuesday,
 April 20, 2004, 8:30am
 Palo Alto Café
 2675 Middlefield Road, Palo Alto
 At Colorado & Middlefield in Midtown

Asked & Answered:

In which ways have you surprised yourself since you started practicing law?

Joseph Dozier

That I would be willing to practice outside of my original areas of interest. I recently helped someone get his citizenship and found the process to be surprisingly fun.

David Duff

I'm surprised I've been able to adapt to technology and the incredible new devices which now surround us but could not have possibly been anticipated when I started law school.

A Conversation with Duf Sundheim

Duf Sundheim, the Chair of the California Republican Party, was charming and insightful during his recent "Conversation" with the Palo Alto Area Bar Association held on Thursday March 11, 2004. Duf, a former PAABA President, spoke with members for about an hour and a half about how he came to be the Party Chair and some of his activities. Duf attributes his successful election to advice he received on how to campaign. That advice was: "Go and listen more than you talk." It worked.

Duf also provided some interesting information regarding the current political scene in California. For example, single professional women with children, first-time home buyers, and Hispanics who earn over \$60,000 a year are joining the Republican Party in large numbers. The reason, of course, is concern over taxes. Duf works closely with our new Governor and must coordinate party events and issues with the National Republican Committee as well as President Bush. This isn't always easy but Duf appears to be up for the challenge. It was pretty clear that Duf loves his job.

Duf concluded the evening concluded with a Question and Answer session in which PAABA members asked questions in a casual and open environment, replete with ribbing and laughs.

PAABA thanks Duf for taking the time and coming back for the too brief "Conversation".



**General Nutrition Center's Jason Mayol answers the question for the food obsessed:
How do I eat out healthy?**

This is a question I'm often asked and most people want me to simply list foods they should and shouldn't eat. Instead of providing an infinitely long list of healthy available foods, I instead encourage people to focus on other aspects surrounding the meal rather than obsessing over the food itself.

Evaluate the Purpose of the Meeting

When scheduling a meal time meeting, focus not on the meal but the people spending time with you. Perhaps it's spending time with friends, letting your hair down after a hard day at work; or setting up a relaxing atmosphere to speak with your partner or client. Ask yourself: "What's important to me about this time?"

Pre-decide Options to Help You Focus

Prior to eating out, remind yourself of the focus of the meeting. Visualize the contours of the meeting and develop proactive ways to avoid obsessing over the food: decide in advance on chicken or fish and choose one item on the menu that comports with that decision. Visualize yourself ordering water over wine.

Enjoy Your Company

Once you've visualized the meal, regard the meal time not as deprived but enriched by your company. Enjoy the time as much as you possibly can. Many health conscious people eat out

socially but devote so much thought and energy to the food they eat that they miss the reason for going out in the first place.

I'm not suggesting you eat anything and everything you see, just that you allow yourself to enjoy the occasion and naturally choose the healthier options you feel ready to select. If you relax, you won't hide behind a forkful of indulgent food.

HAVE FUN!!!

I cannot encourage you enough to make this a fun time. When we feel more light-hearted about doing something, it tends to be much easier. Challenge yourself to find fun with this. One easy option is to share food when you can—sharing a dessert is one way of deriving enjoyment and not overly indulge.

Regard your choices as part of the enjoyment, rather than a restriction. When your focus is taken off food and put onto other things, you'll naturally eat less food. You may also find yourself enjoying other peoples' company more and enjoying the mealtime as a good way to catch up with busy people.

When you feel ready to make healthier and different choices, take small steps and don't feel under pressure from others or yourself to do it when you're not ready. Don't kick yourself when you order cake—just think of your productive meeting and promise to do better next time. Enjoy your life fully and let the weight loss happen gradually.

Jason has offered all PAABA members 20% every item in his store—bring in this issue of the Bulletin to 376 University Ave.

ANNOUNCEMENTS

Submit announcements to the Bulletin by the **15th day** of the **pre-
ceding month** in which you wish your listing to be posted. Send to
the PAABA office or to Soyeun Choi at SoyeunDChoi@yahoo.com
or call 650-566-9510. Ads run for three months and may be ex-
tended.

Women Lawyers Committee Meeting—May 4, 2004
Torrefazione on University from 8:00am to 9:00am.

PAABA ON TOUR! Visit PAABA VP
Palo Alto Café 2675 Middlefield, Midtown, Tuesday, April 20, 2004
8:30-9:30 am. Share your views, concerns and get caffeinated.

Interested in becoming a volunteer mediator for the City of Palo Alto?
Recruitment packets now available. Contact Shauna Wilson, Palo Alto
Mediation Program, 650-856-4062

Palo Alto law firm has two offices for sublease near California
Avenue w/high speed internet, copier, conference room, kitchen,
furnished or unfurnished. Please call 650-556-2290.

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on-site parking, skylights, balcony, kitchenette, conf. rm, reception
area, etc.). 2501 Park Blvd. Contact Peter Giamalis at 650-324-
0222 or "giamalis@aol.com."

Alvaro Ponce

UC Davis School of Law, J.D. 2003

Stanford University, B.A. 2000

Sat for February 2004 CA Bar Exam

Available for work anywhere within the Palo Alto
Area Bar Association covered region.

Available for contract, part-time or full time work in
immigration law, real estate, family law, trusts and
estates, or in any general civil law practice.

Contact: (530) 848-3414 (cell phone)
e-mail at alponce@stanfordalumni.org.
Resume and references are available upon
request.

We're on the web!
www.paaba.org

P A L O A L T O A R E A B A R A S S O C I A T I O N

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The Palo Alto Area Bar Association is unique in that its
geographical and professional area straddles two
counties and two county bar associations. It was
formed to provide a more personal and more respon-
sive professional association for attorneys in the mid-
peninsula, ranging from Menlo Park, Atherton,
Woodside, East Palo Alto, and Portola Valley through
Palo Alto, Los Altos and Mountain View.