

# 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

**SPECIAL POINTS OF INTEREST:**

- Register for Annual Presiding Judges Luncheon (p.2)
- Health Tips from Your Neighborhood GNC (p. 7)

**INSIDE THIS ISSUE:**

President's Address	1
Substance Abuse Luncheon	1, 3
Opportunities in the Law Dinner	1, 3
PAABA on Tour	3
Asked & Answered	3
PAABA Survey	4-6
Health Tips from GNC	7
Announcements	8

**Next Issue:**

- Coverage of Annual Presiding Judges Luncheon
- Quiz: Local Spots

## President's Address Nancy Clark

2004 is starting out to be a very active one for PAABA. In January, we hosted two luncheons that were well attended due to excellent speakers: Dr. Barry Rosen and Justice Patricia Bamattre-Manoukian. It isn't often that members ask that a substance abuse luncheon be 2-3 hours long when only one hour credit on the topic is required. But more than one member remarked that they would have liked to have heard Dr. Barry Rosen speak longer on "use, abuse and addictions".

Justice Bamattre-Manoukian was as warm and personable as ever during her talk on "Opportunities in the Profession" hosted by the Women Lawyers' Committee. Juggling career and family was a focus of her talk and experienced attorneys in the crowd echoed her message that we "can have it all", but maybe just not all at once and there is

plenty of time to accomplish both a successful career and family during the course of one's life.

Our next luncheon will be held on February 7, 2004. This is the Presiding Judges Luncheon with the Honorable Thomas Hansen of Santa Clara County and the Honorable Mark Forcum of San Mateo. This luncheon provides members with a unique opportunity to meet these judges and learn more about the current state of the courts in a more relaxed, collegial setting. We can expect Judges Hansen and Forcum to discuss the state budgetary crisis and its impact on our local court systems as well as the upcoming Peterson trial to be held in San Mateo County.

As you can see, PAABA is conducting a survey of you, its members. The last survey of PAABA members was approximately 10 years ago. We hope you all take the time to complete and return the survey so that this organization can continue to meet your needs.



Justice Bamattre Manoukian

### Substance Abuse or the simple Pleasures in Life?

Christopher Ream

Dr. Barry Rosen, Medical Director of the Sequoia Center, held everyone's unwavering attention at his presentation on substance addiction on January 9. Thirty-five PAABA members learned that substance addiction is an illness, difficult to spot (those under the influence appear "normal" until they lose control), and difficult to treat (addicts are usually in denial). Those closest

Cont on page 3

### Opportunities in the Law

Angela Castro

On Thursday, January 15, 2004, the PAABA's Women Lawyer's Committee hosted a discussion with Justice Patricia Bamattre-Manoukian of the Sixth Appellate District at Maddalena's Restaurant in Palo Alto. In her discussion, Justice Bamattre-Manoukian focused on opportunities in the profession, particularly discussing

Cont on page 3

# PAABA

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# Annual Presiding Judges Luncheon

featuring

Honorable Judge Mark Forcum

&

Honorable Judge Thomas Hansen

speaking on the state of the courts of San Mateo  
and Santa Clara counties

Feb. 6, 2004

11:45 - 1:30 p.m.

The law firm of  
Morrison and Foerster  
755 Page Mill Rd., Palo Alto,

\$20 PAABA members, \$25 non-PAABA members; for 1 hr. MCLE\* add \$10.00.  
To register and for further information please contact PAABA at 326-8322.

Name \_\_\_\_\_

Firm \_\_\_\_\_

MCLE Credit: YES \_\_\_\_\_ NO \_\_\_\_\_

TOTAL Enclosed: \$ \_\_\_\_\_

\*The Palo Alto Area Bar Association certifies that this activity has been approved for MCLE credit by the State Bar of California in the amount of one hour. The Palo Alto Area Bar Association is a State Bar of California MCLE approved provider.

Substance Abuse from p.1

to addicts have an extremely difficult time, and frequently make the problem worse. Dr. Rosen decried the fact very few medical doctors have received adequate training to deal with substance abuse.

No one was nodding off during this program hosted by Pillsbury Winthrop at its new offices on Hanover Street in Palo Alto. Comments overheard: "A lot more interesting than taxation of corporate acquisitions." "The best MCLE program I have ever attended." "I thought free samples were going to be passed out."

This was the latest in a number of lunchtime MCLE programs sponsored by PAABA and hosted by law firms in the area. A convenient and pleasant way to have a good lunch, meet fellow attorneys and satisfy MCLE requirements all at the same time.

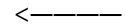
## PAABA ON TOUR

Meet PAABA VP Soyeun Choi

Wednesday, March 17, 2004, 8:30am  
Printers Inc. Café 320 California Ave.,  
Palo Alto, 94306



Look for  
me!



Opportunities from p.1

opportunities for women. Apparently, this topic struck a chord with several PAABA members and the local legal community as Justice Bamattre-Manoukian spoke to a nearly packed room. Justice Bamattre-Manoukian was well suited to speak on this subject since she has successfully juggled family life with a busy career, that, in addition to her legal degree, has involved obtaining a Masters degree in Public Administration from the University of California and a Ph.D. in Public Administration with a specialization in the Administration of Justice from the University of Southern California.

*Left: attorneys unwind while waiting for the program.  
Right: Justice Bamattre-Manoukian shares her experiences in an open forum.*



Justice Bamattre-Manoukian spoke about her career experiences ranging from the time she spent as a Deputy District Attorney in Orange County, California, up to her current role as a justice in the Sixth District Court of Appeal. Of particular interest were Justice Bamattre-Manoukian's well-thought ideas and insights into managing a legal career and enjoying a fulfilling family life. In addition to her position in the Sixth District, Justice Bamattre-Manoukian is heavily involved in several judicial and law-related education and community outreach programs. In preparing for the discussion, Justice Bamattre-Manoukian said that she tapped into her contacts in the legal community to be able to share with the group a wide range of viewpoints. In addition to taking questions from the group of attendees, Justice Bamattre-Manoukian also provided a great discussion about how an attorney can become involved in the judiciary. Not only was Justice Bamattre-Manoukian a great source of information, she is a great role model!

### ASKED AND ANSWERED:

What is the sweetest thing a client has done for you?

*Ted Carlstrom*

I liked that one client said I was worth my weight in gold . . . and I'm overweight!

So there's an upside to the downside.

*Angela Castro*

When the client thanks me and then sends an email to my supervising attorney saying I've done a really good job. This is more appreciated than a gift at Christmas.

*George S. Cole*

A client has described me to friends and acquaintances as an honest man.

## PAABA SURVEY

Please help us make PAABA the best local bar association possible by providing us with some information relating to your legal practice and how PAABA may better serve your needs. Complete the following questions, checking all that apply, and return to PAABA at 405 Sherman Avenue, Palo Alto, CA 94306 no later than April 15, 2004. Your responses will be kept **confidential**. Thank you!

1. I:

- ◇ practice law in the Palo Alto Area (Menlo Park, Atherton, Woodside, East Palo Alto, Portola Valley, Los Altos, Palo Alto, Mountain View).
- ◇ reside in the Palo Alto Area.
- ◇ have clients in the Palo Alto Area.
- ◇ None of above but am interested in PAABA.
- ◇ other (Please explain): \_\_\_\_\_  
\_\_\_\_\_

2. I have been practicing for \_\_\_\_\_ years.

3. I have practiced in the Palo Alto area for \_\_\_\_\_ years.

4. My legal specialty is \_\_\_\_\_.

5. My firm consists of \_\_\_\_\_ attorneys.

6. The other attorneys at my firm practice in the following areas: \_\_\_\_\_

7. I have been a member of PAABA since \_\_\_\_\_.

8. I joined PAABA (check all that apply):

- ◇ to support my local bar association
- ◇ to become involved in my local bar association and community
- ◇ to keep abreast of local legal events and news (i.e. reading "The Bulletin"- the monthly newsletter)
- ◇ networking
- ◇ community service
- ◇ to join Lawyer Referral Service (LRS)
- ◇ other (Please explain): \_\_\_\_\_

9. I would like to see PAABA (check all that apply):

- ◇ continue to provide local luncheons
- ◇ continue to provide local luncheons with MCLE credit
- ◇ provide more opportunities for after hours programs; ( i.e. evening or dinner programs)
- ◇ provide more opportunities for before hours programs (i.e. breakfast programs)
- ◇ provide more community related events to participate in (i.e. golf tournament, etc.)
- ◇ make changes to the LRS program
- ◇ provide different opportunities for networking (Please explain): \_\_\_\_\_  
\_\_\_\_\_

◇ other (Please explain): \_\_\_\_\_

*Continued on page 5*

10. I attend PAABA's local luncheons (check all that apply):

- ◇ to network with local colleagues
- ◇ to earn MCLE credit
- ◇ to learn about interesting topics whether or not MCLE credit is offered
- ◇ because local venues allow me to attend mainly during lunch hour
- ◇ primarily because the speakers/panelists are local colleagues with whom I enjoy keeping up
- ◇ primarily because the speakers are persons whom I would not normally meet in my daily practice
- ◇ other (Please explain): \_\_\_\_\_

11. I would attend PAABA's luncheons more frequently if (check all that apply):

- ◇ the programs were presenting different topics (Please explain): \_\_\_\_\_
- ◇ the schedule were different (Please explain): \_\_\_\_\_
- ◇ they were offered at other than lunch times
- ◇ other (Please explain): \_\_\_\_\_

12. I find the following offerings most valuable (check all that apply):

- ◇ speaker programs
- ◇ networking
- ◇ events
- ◇ community service (Community Law Night, Lawyers in the Classroom Program, LRS, etc.)
- ◇ receiving the PAABA Directory
- ◇ other (Please explain): \_\_\_\_\_

13. I find contacting PAABA:

- ◇ an informative and helpful experience
- ◇ satisfactory
- ◇ sometimes helpful
- ◇ other (Please explain): \_\_\_\_\_

14. I find contacting Board members:

- ◇ an informative and helpful experience
- ◇ satisfactory
- ◇ sometimes helpful
- ◇ other (Please explain): \_\_\_\_\_

15. I find "The Bulletin" (PAABA's newsletter, now available via an email link to our website):

- ◇ informative and helpful
- ◇ satisfactory
- ◇ sometimes helpful
- ◇ improved now that it is available online
- ◇ other (Please explain.): \_\_\_\_\_

16. I find PAABA's new website (<http://www.paaba.org>):

- ◇ informative and helpful
- ◇ satisfactory
- ◇ sometimes helpful
- ◇ a good resource and would like to place a link on my website to PAABA's site (may be available in the future)
- ◇ would be more helpful if it included: (Please explain): \_\_\_\_\_  
\_\_\_\_\_

17. I would participate in PAABA more if: (Please explain): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18. Please feel free to comment further on any matter not addressed by earlier parts of the survey: \_\_\_\_\_  
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19. The PAABA Board values your feedback. Thank you for taking the time to respond.  
(Optional) Name: \_\_\_\_\_  
(Optional) Email: \_\_\_\_\_

**Thank you for taking the time to communicate your thoughts!**

## Health Tips from Jason Mayol Your Local General Nutrition Center (GNC) Professional

Soyeun Choi



*PAABA is dedicated to improving the lives of its members in all respects, professionally and personally. Here, the Bulletin presents the first of several articles on health and fitness as provided by Jason Mayol, the manager and fitness genius at the Palo Alto GNC. His expertise is based on education, a degree in dietetics from Purdue University, employment with several sports nutrition manufacturers and from body building competitions. He won the 2003 Western USA Natural Bodybuilding and Fitness Championships, placing first in three divisions. In addition to being available in the Palo Alto store (376 University Ave) most days for consultations, Mr. Mayol is an affable person, easy to talk to and does not dole out guilt.*

*three divisions. In addition to being available in the Palo Alto store (376 University Ave) most days for consultations, Mr. Mayol is an affable person, easy to talk to and does not dole out guilt.*

### What was your path into the fitness industry?

Sports had a major impact while growing up. I also got my first job working at a local GNC at 18. It helped me establish a solid foundation on nutrition and exercise. 10 years later, I've never been without a protein shake or protein bar!

### How would a person find the experience at your store?

I have four part time employees, three of whom just recently competed in bodybuilding shows, so we're all pretty sharp in nutrition and can help establish workout programs.

### How should a person choose products at GNC?

Quality. Treat your body how it deserves to be treated. Even if it costs you an extra dollar or two. Would you feel better if your body ran like a Pinto or a Ferrari? So pay the extra buck and know you're getting a quality product.

### Do you know everything about all these GNC products?

I wouldn't go so far to say I know everything in the store. I can tell you that I'm pretty comfortable and familiar with what I carry and can tell you about 90% of all the items. Science is always finding new benefits and side effects so it can be difficult to keep up. However, if I can't find the answer myself, I'll go out of my way to investigate the answer for you.

### Why should attorneys care about their physical fitness?

Whether you're an attorney, housewife, athlete, or whoever... we all deserve to have our bodies run at peak performance, both mentally and physically. Fatigue, mental strain and stress today will all add up in the long run. Be prepared and take care of yourself via nutrition and fitness to prevent sometimes severe negative consequences. I'm sure attorneys appreciate the need to be prepared.

### Do you notice many attorney customers?

Honestly, I don't know. It just doesn't come up in casual conversation. But I'll tell you that my crew and I do our very best to have all our customers walk out of our store satisfied, at least knowing they have gained some valuable knowledge.

### How can smoking harm our health and profession?

Even superficially, everyone knows that smoking costs, due to the increased price of cigarettes and the expense associated the eating binges that often occurs. In addition, there are numerous adverse health consequences and detrimental effects. And then there's the pain.

Smokers complain more of discomforting or disabling musculoskeletal pain than never-smokers. Smokers reported experiencing pain about 50% more than non smokers in the past year; pain that prevents activity, meaning pain so severe it precluded going to work or performing housework or hobby activities. The bottom line is: you don't need more pain.

### Do you have any tips on quitting?

1. Stop right now!
2. Get rid of the cigarettes around you.
3. Avoid triggers that get you to smoke.
4. Work out.
5. Replace smoking with another activity.
6. Rather than saying, "I will never have a cigarette ever again," think, "I will not have a cigarette today."

### What are some complications from obesity?

Obesity significantly increases the risk of premature death, heart attack, diabetes, hypertension, atherosclerosis, gallbladder disease, osteoarthritis, and certain types of cancer. The distribution of fat influences the adverse effects of obesity. Obese individuals with an apple shape (fat in the upper body or abdomen) have a greater risk for medical diseases than those with a pear shape (fat on the lower body or hips). While obesity increases the risks for numerous medical diseases, there is no indication it causes a higher rate of psychological dysfunction or psychiatric disease.

### Any recommendations?

1. Reduce fat intake to below 30% of the total daily caloric intake.
2. Reduce daily caloric intake to below what is expended from physical activity and the body's resting metabolic rate.
3. Reduce salt, sodium, and sugar intake.
4. Properly balance protein and carbs intake.
5. Take your vitamins. It will aid in fat loss, reduce water retention, maintain muscle, increase energy and help the body recovery from exercise and/or stress.
6. Exercise regularly.
7. Establish new eating behavior.

### Do you have any tips for keeping our healthy New Year's Resolutions?

I encounter this question more frequently than any other. The problem is that people make resolutions with no backing. For example: working out. Be more specific. How many days a week are you going to work out? Which exercises are you going to perform? How long will each session last? Where? When? What are you truly trying to accomplish: Do you want to gain strength? Improve your overall health?

All these questions need to be taken into consideration when making a "resolution." Otherwise, you will go about this resolution half-heartedly. In order for a resolution to work, it must be backed with precise goals. This serves as motivation and will help to keep you on track. The more specific you make the goals, the easier they will be to keep. Start now! Most importantly, do not give up! Stick with the program! I'll be back with tips on workouts and nutrition on the next article to help!

## ANNOUNCEMENTS

Submit announcements to the Bulletin by the **15th day** of the **preceding month** in which you wish your listing to be posted. Send to the PAABA office or to Soyeun Choi at [SoyeunDChoi@yahoo.com](mailto:SoyeunDChoi@yahoo.com) or call 650-566-9510. Ads run for three months and may be extended.

PAABA ON TOUR! Visit PAABA VP Soyeun Choi at the Printers Inc on 320 California Avenue, Wednesday, March 17, 2004 from 8:30-9:30 am. Share your views, concerns and get caffeinated.

NATIONAL LEGAL FICTION WRITING COMPETITION FOR LAWYERS  
For additional information, contact STEVEN BABITSKY, 508-548-9443, or by email: SBABITSKY@AOL.COM

Professional Office Suite Available in May 2004: Located at 407 Sherman Ave., South Palo Alto. Large private office. Secretarial and waiting room available. Suite can accommodate one or two attorneys. Located on the second floor in a building with other attorneys. Contact Ernie Schmidt 650-327-5400.

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.

Interested in becoming a **Small Claims Commissioner** —pro tem— for Santa Clara County? For more information, contact George S. Cole, 650-556-9510 or email: GSCdLawyer@aol.com.

10 Reasons Why ADR Works for IP Disputes. February 12, 2004, 8:00 am to 9:30 am. Contact Cathy Brown at 415-984-5418.

Palo Alto Office & work area for lawyer in suite shared by 7 lawyers. Located across from courthouse. Many amenities (library, 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."

OFFICE AVAILABLE FOR RENT: Located on Cambridge, near California Ave in Palo Alto, Conference room, DSL available, Price negotiable. Please contact Ann: 650-328-9500.

WANTED: Part-Time Legal Secretary in Palo Alto Law Office. Please call 650-857-0634.

MENLO PARK: Two window offices, secretarial space, conference room, library, reception services, use of fax and copy machine, available in downtown Menlo Park. Please call 650-327-5570.

REDWOOD SHORES: One large first floor office with garden view, desk, chair, & phone plus nearby cubicle for assistant. Located near Sofitel Hotel on Twin Dolphin Drive. Term up to six (6) years. Rate \$1,500 per month. Share common areas with a tax attorney and a CPA. Enjoy access to copier, postage meter, DSL, notary, kitchen & shower. Call Ed Nowicki at 650-596-9022.

We're on the web!  
[www.paaba.org](http://www.paaba.org)

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E-mail: [info@paaba.org](mailto:info@paaba.org)

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 responsive 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.