

## *Upcoming Events*

### **Brown Bag Lunch**

#### **Litigation: Tips on Improving Your Skills in the Courtroom**

**Who:** Magistrate Judge Leslie E. Kobayashi and  
Judge Victoria S. Marks

**What:** A presentation on effectiveness in the  
courtroom. Learn tips for success and  
pitfalls to avoid in your litig. practice.

**When:** Tuesday, Aug. 30, 2005 at 12:00 p.m.

**Where:** Carlsmith Ball, ASB Tower, 22nd Fl.

**RSVP:** Attendance is \$7.00, lunch included.  
To attend, please contact Wendy  
Hanakahi at hanakahi@m4law.com or  
529-7420 by Aug. 26, and mail your  
check, payable to Hawaii Women  
Lawyers, to her at P.O. Box 2800, Hon.  
96803.

#### **Forever Young: Mind-Body Approaches to Staying Young and Healthy**

**Who:** Joseph Pepping, Pharm.D.; President/  
Founder of Wellness Institute Internat'l

**What:** A presentation of a mind-body approach  
to good health and personal balance.  
Learn how to identify where you are in  
balance and what you need to work on.  
Dr. Pepping will discuss avoidance of  
some common health pitfalls and the  
appropriate use of nutritional  
supplements in the context of a healthy  
lifestyle and diet.

**When:** Tuesday, Sept. 20, 2005 at 12:00 p.m.

**Where:** Carlsmith Ball, ASB Tower, 22nd Fl.

**RSVP:** Attendance is \$7.00, lunch included.  
To attend, please contact Wendy at  
hanakahi@m4law.com or 529-7420 by  
Sept. 16, and mail your check, payable  
to Hawaii Women Lawyers, to her at  
P.O. Box 2800, Hon. 96803.

### **Stroke Awareness: A critical component to saving lives**

Have you or someone you know ever experienced a stroke? Do you know the symptoms or warning signs of a stroke?

Recently, an HWL board member witnessed first-hand the "signs" of a stroke when, what seemed to be an "ordinary" weekend for her mother, was actually a stroke. On Saturday, her mother felt numbness on the left side of her tongue, but ignored it. She also had a leg cramp, but thought that she had just slept "funny" and that it would "go away." Later that day, while signing a check at Long's, her mother noticed that her usual looping signature was "tight and cramped." The next morning, her mother went to the hospital and learned that she had had a stroke.

Stroke awareness is critical. The following are the most common warning signs of a stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.

If you or someone you know has one or more of these signs, call 911 immediately. Also, check the time so you'll know when the first symptom(s) appeared. There are treatments that reduce the risk of damage from the most common type of stroke, but only if ingested within three hours of the first symptom(s).

Recognizing these symptoms and warning signs can save lives.

# President's Column

Stacey Kawasaki Djou, HWL President



Conscientious. Discerning. Independent. Brilliant. These are words that have been used to describe one of the most powerful and well-respected women in the country. Yet, the first female justice on the United States Supreme Court, Sandra Day O'Connor, gave it all up, in part, to spend more time with her ailing husband, who suffers from Alzheimers.

Despite the illustriousness of her career, the choices and challenges that Justice O'Connor faced are surprisingly not so different from the choices and challenges we all face as women attorneys. While it is true that not many of us can say that despite graduating third in our class from Stanford, we were only offered a job as a legal secretary after graduation from law school. Nor can most of us say that having been diagnosed with breast cancer and undergoing a mastectomy, we only missed two weeks of work. Nor have many of us been the "swing vote" on many highly controversial decisions. Most of us, however, have struggled with the competing demands of work and family, and can understand Justice O'Connor's compassion as a wife and her decision to end her trailblazing legal career to care for her husband.

Like many women attorneys, Justice O'Connor has had to balance the challenges of excelling at her profession and her commitment to family. As prominent and powerful as she is, Justice O'Connor encountered the same challenges that we all face at one time or another in our lives as we try to be good wives, mothers, daughters, friends, attorneys and even judges. It is important to review Justice O'Connor's career not only for the profound way she formulated the law of our land, but also for her inspiration to all women attorneys seeking to balance family and career.

## Chop Sui Generis

Congratulations to HWL Board member **Lauren R. Sharkey** and her husband Brian on the birth of their son, Evan William Sharkey (7 lbs 10 oz), on Tuesday, July 12, 2005.

**Melissa Teves Pavlicek** announced the opening of her new office at the Davies Pacific Center, 841 Bishop Street, Suite 1628 in Honolulu, where her practice emphasizes government affairs, business transactions and corporate law. Ms. Pavlicek is the registered lobbyist for Western States Petroleum Association and has advocated for numerous state legislative initiatives, including Hawaii Women Lawyers' successful effort to enact a breast cancer treatment law. A former president of HWL, Melissa continues to serve as co-chair of HWL's legislative committee. She can be reached at 523-3695.

**Diane L. Ho** announced the relocation of her law office to 96 Central Avenue, Wailuku, HI 96793. She can be reached at 244-1580 (office) or 242-7475 (fax).

CORRECTION: Congratulations to HWL member, **Rhonda L. Griswold**, who was also named in the July issue of Honolulu Magazine as one of "The Best Lawyers in Hawaii 2005."

If you have an announcement, please contact Shellie Park at shellie@hawaii.edu.

## *Save The Date*

### **Kerastase Fundraiser**

What: CHOP Salon will be launching the Kerastase hair care product to benefit the Hawaii Women's Legal Foundation. All proceeds will be donated to HWLF.

When: Saturday, August 20, 2005, from 6:00 p.m. to 9:00 p.m.

Where: CHOP Salon - Waterfront Plaza, 500 Ala Moana Blvd. (Restaurant Row)

Services: Kerastase treatment with blow dry for \$50 (valued at \$100)

Kerastase treatment service, blow dry and gift pack from Kerastase for \$100 (valued at \$150)

Seating is limited; please call 585-7400 for an appointment.

### **Hui 'Ana Ka Whenua Benefit Dinner**

What: Enjoy a six course specially crafted gourmet meal by award-winning chefs Ed Kenney and David Caldiero and help Hui 'Ana Ka Whenua, a group founded by Gary and Kukui Maunakea-Forth to attend the World Indigenous Peoples Conference in New Zealand. The group includes students, youth organic farmers, community based economic developers and educators.

When: Saturday, September 11, 2005, at 7:00 p.m.

Where: Town (9th Avenue and Waialae)

Cost: \$100. Tables available for groups. Tickets are limited. To purchase tickets, make checks payable to WCRC (Waianae Community Re-Development Corporation), and mail to P.O. Box 441, Waianae 96792. Please indicate "Hui 'Ana Ka Whenua" on the memo line. A portion of the cost will be tax deductible.

For more information, please contact Summer Shimabukuro at 721-6592 or sums024@yahoo.com.

### **Ka Hale Fundraiser - "Believe"**

What: A benefit for a women's halfway house

When: Friday, October 14, 2005

For more information, please contact Zale T. Okazaki at 537-6119 or zale000333@hotmail.com.

### **"Putting on the Ritz at the Monster Masquerade"**

What: HWLF's 15th Annual Fundraiser

When: Saturday, October 22, 2005

Where: Hilton Hawaiian Village, Tapa Ballroom

### **YWCA's Downtown Decadence**

When: Thursday, October 27, 2005

Cost: \$50.00 w/ 2 drink tickets. Martinis, wine, mini manicures, mini facials, mini massages, white elephant sale, silent auction.

For more information, please contact Zale T. Okazaki at 537-6119 or zale000333@hotmail.com.

### **HSBA Fundraiser**

When: Friday, November 4, 2005

Where: Hilton Hawaiian Village

### **Help Wanted**

HWL is always trying to find ways to better serve its members. If you hear of a job opening, either legal or non-legal, on a full or part-time basis; even contract work, please let us know. We would be happy to publish the information in our monthly newsletter or send an email on the topic. For newsletter submissions, contact shellie@hawaii.edu. For email submissions, contact sdjou@cades.com.

**CONGRATULATIONS  
TO THE  
BAR APPLICANTS  
WHO RECENTLY  
TOOK THE JULY 2005  
BAR EXAMINATION.**

*Hawai'i Women Lawyers*

P.O. Box 2072

Honolulu, Hawai'i 96805

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**HWL Officers and Board Members for 2005-2006**

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