



GATE CITY BAR ASSOCIATION

www.gatecitybar.org

July 2018

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The Gate City Bar Association and
The Gate City Foundation, Inc.
cordially invite you to attend
the 19th Annual Hall of Fame Gala
Saturday, November 10, 2018 at 7:30 P.M.

2018 Hall of Fame Inductees



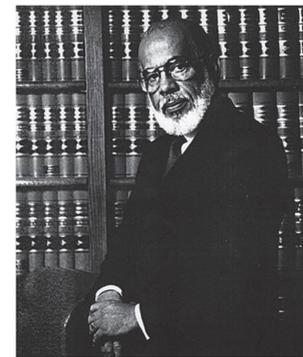
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C.B. King Sr.
(posthumously)

For sponsorship opportunities, contact info@gatecitybar.org.
Individual non-refundable tickets can be purchased at www.gatecitybar.org

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"Recommitting to our Mission, Engaging in our Community, Honoring Our Past"

The views expressed in the Gate City Bar Association Newsletter do not necessarily represent those of the *Daily Report* or ALM MEDIA, LLC.

YOU ARE ENOUGH!

By: Shawntel R. Hebert, Esq., Chair, Gate City Foundation, Inc.

Recently, we learned of the tragic suicides of two celebrities – fashion designer Kate Spade and celebrity chef and television star Anthony Bourdain. By society’s standards, both Mrs. Spade and Mr. Bourdain had achieved success, fame, and wealth far beyond what the average person could hope for and, yet, they both felt the need to end their lives prematurely. We may never fully know or comprehend their individual struggles; however, the conversations about suicide, depression, and mental illness that their deaths have sparked may save someone else’s life. And that someone might be a member of our legal community.

In October 2014, the State Bar of Georgia launched a Suicide Awareness Campaign in response to the growing number of suicides in our profession. According to the Centers for Disease Control and Prevention, lawyers rank fourth in suicide by profession when compared to other professions – only following dentists, pharmacists, and physicians. Further, according to one study, lawyers are 3.6 times more likely to suffer from depression than non-lawyers. What that means is that as a legal community, we have to be more intentional about being there for one another. We also have to stop putting unrealistic pressure on ourselves and remember that at the end of the day we are still only human.

A few weeks ago I watched the movie “A Wrinkle in Time.” (Admittedly, I’ve never read the book.) There were many great quotes, but this line from Mrs. Which (played by Oprah Winfrey) to Meg (played by Storm Reid) really stuck with me:

Do you realize how many events, choices, that had to occur since the birth of the universe leading up to the making of you? Just exactly the way you are.

This quote resonated with me because although I have not battled depression, I have at various times found myself unhappy or disappointed with things about myself or my life’s circumstances. As attorneys, most of us have always been overachievers until the bottom drops out – we fail the bar exam on the first (and second) try, we get laid off, we lose a big trial or client, we suffer loss within our family, we aren’t married with kids by a certain age (*raises hand*), we get married and having difficulty conceiving, we get divorced, and/or we’re stuck dealing with some other life crisis. On top of that, as African Americans, many of us are the first lawyer or professional in our families, making the stakes feel even higher. What I tell myself and am telling you is “This Too Shall Pass.” REALLY! You just need to hold on long enough for God (or whomever you believe in) to work it out. You also need to surround yourself with awesome, encouraging people who may have traveled the path you’re traveling and can help you through the storm. For me, that village has largely been the Gate City Bar Association.

As my partner Marc Taylor always says, “we’re all trying to fit 10 lbs. of [stuff] in a 2 lb. bag!” I encourage you all to find mentors, sponsors, mentees, and friends within the legal community to help you unload some of that stuff and figure out how to carry the rest. And, of course, seek professional help when and if needed. Always remember that you – just exactly the way you are – are enough. Don’t give up! Gate City Bar is waiting with open arms!



BRUNCHIN’ WITH A CAUSE

By: Jatreaan Sanders, Esq.

On May 20, 2018, the Gate City Bar Association’s Young Lawyer’s Division hosted “Brunchin’ with a Cause” for over 100 attorneys, professionals and law students. Guests danced to the music of DJ Tron and enjoyed brunch delicacies and bottomless mimosas at the Fulton County Aviation Community Cultural Center. Dressed in classic brunch attire, guests struck their silliest and best poses in the Bow Tie Photos’ photo booth. Fulton County Clerk of Superior Court, Cathelene “Tina” Robinson, was in attendance and a portion of the proceeds from the event will go to benefit the Mary Hall Freedom House.

CALENDAR OF EVENTS

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
NATIONAL BAR ASSOCIATION CONFERENCE (27TH THRU 8-2) NEW ORLEANS, LA	EXCELLENCE THROUGH EDUCATION (16TH) JUDICIAL RECEPTION (21ST)	BLSA RETREAT HAPPY HOUR (6TH) TRIP TO HAVANA, CUBA (12TH-16TH)	FALL GARDEN PARTY ANNUAL MEETING AND GCBA ELECTIONS	HALL OF FAME GALA (10TH) GRAND HYATT ATLANTA EXCELLENCE THROUGH EDUCATION (29TH)	HOLIDAY PARTY

CONGRATULATIONS!

The Gate City Bar Association congratulates Fulton County Magistrate Court Judge and Past President **Shukura Ingram Millender** on her appointment by Governor Nathan Deal to the Fulton County Superior Court!



The Gate City Bar Association

Invites You to

“EXCELLENCE THROUGH EDUCATION: PREPARING FOR GREATNESS”

Please join us as we embark upon the third year of offering our continuing legal education series “Excellence Through Education” designed to equip lawyers with practical skills for enduring success.

SPONSOR:

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March 22, 2018 ----- Trial Excellence: “Avoiding Landmines in the Pursuit of Justice”
June 13, 2018 ----- Civil Discovery: “What to Do and How to Do it”
August 16, 2018 ----- Settlement & Negotiation: “Understanding the Difference Between Begging and Negotiating”
November 29, 2018 ----- Bu\$ine\$\$ Development: “Tapping the Power of Good Stewardship”

State Bar of Georgia

104 Marietta Street
Atlanta, Georgia 30303
6:00 p.m.

****CLE credit pending**
RSVP to info@gatecitybar.org
by August 13th for August 16th Program

A catered reception will follow. The series is free.
Printed materials will be available for participants that RSVP.
Questions: Contact Shyril Beck at info@gatecitybar.org or 404.669.5300

PHOTO GALLERY

The Justice Benham Law Camp

