

TLAW

Tennessee Lawyers' Association for Women

Fall 2014 Newsletter

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President's Message

By Cheryl G. Rice

WOW! What a busy fall it is has been for TLAW! Since our last newsletter, the August 7, 2014 judicial elections took place with all appellate judges in the State winning retention. Congratulations to our TLAW members who have won an election or joined the bench through an appointment since that time. We are proud to claim each of you as a TLAW member! Special congratulations must go to TLAW Member and Supreme Court Justice Sharon Lee, who was elected by her colleagues on the Court to serve as Chief Justice and sworn in as Chief by Governor Haslam a few weeks ago.



On October 30th, TLAW co-sponsored a free CLE program, "The Women's Guide to Negotiation," which was presented live in Knoxville and simulcast by internet to six additional locations across Tennessee. The presentation by Cait Clarke, noted author and speaker on the topic of negotiation and head of the US Office of Defender Services, was attended by more than 200 women and men in all! Thank you to ETLAW and the Law Women at the UT College of Law for co-sponsoring this event. Thanks also to the following, who hosted, provided refreshments or both at one of the program's locations: Hunter, Smith & Davis, LLP, the University of Tennessee College of Law and Law Women, Chambliss Bahner & Stophel, PC, Belmont University School of Law, Waller Lansden Dortch & Davis, LLP, Brentwood

Court Reporting, Beth Bates and the Cecil Humphreys School of Law. The teamwork within TLAW which brought this remarkable speaker on an important topic to our members and friends was wonderful to behold!

Next Tuesday, November 4, is Election Day. I hope that each of you will head to the polls and vote, if you haven't already. The passage or failure of Constitutional Amendment 2 on this November's ballot, which addresses the way our appellate judges and justices will be selected, will have a great impact on our profession and the administration of justice in Tennessee for many years to come. TLAW has endorsed Amendment 2 and I encourage you speak with your friends and neighbors over the next few days to be sure that they will vote and explain to them why they should vote YES on Amendment 2!

As we move into the holiday season, with Thanksgiving, Hanukah and Christmas just around the bend, join me in taking a few minutes to breathe, relax, enjoy the Season and consider the many blessings in our lives. I am thankful for my family and their consistent support of my endeavors, the freedoms we enjoy as Americans and those who protect them, and last but not least, my colleagues and friends--including the many wonderful people I have met through my involvement in TLAW. I hope you will enjoy this edition of our Newsletter and, as you take the time to review its contents, I hope it provides you a positive interlude during a busy season!

Cheers! Cheryl Rice

The Importance of Voting FOR Amendment 2

By Judge Brandon O. Gibson

How well do you know your Tennessee Constitutional trivia? With four proposed Constitutional amendments on the ballot in November, the Tennessee Constitution is getting lots of press. But do you know how many votes are required to actually pass a Constitutional amendment? A simple majority, you say? Wrong. A two-thirds vote? Wrong again.

The Tennessee Constitution is unique. In order to pass, any proposed amendment must receive 50% plus one of the total votes cast in the Governor's election. Let's assume there are one million total votes cast in the Governor's election. Assume further that Amendment 2 receives 450,000 votes in favor and 390,000 votes in opposition. In that scenario, Amendment 2 does not pass because it failed to receive 50% plus one of the total votes in the Governor's race. In order for any amendment to pass in that scenario, the amendment must receive 500,001 votes.

If voters simply fail to vote for Amendment 2, they have essentially voted against it. Please educate your friends and family on the uniqueness of the Tennessee Constitution and emphasize that their vote matters!

Judge Brandon O. Gibson was recently appointed to the Court of Appeals, Western Section by Gov. Bill Haslam. She lives in Alamo, Tennessee with her husband and daughter.



TLAW Technology Update By Heather G. Ferguson

Follow, Join, Like, Link with, Connect with, and Tweet at Us!

Like the rest of the world, TLAW is online and making its presence known! After a few months of testing and tweaking, the TLAW Technology Committee has added content to the TLAW website, begun tweeting, and changed forums for posting on Facebook. No matter your social media preference, or lack thereof, you can keep up with TLAW despite your busy life.

I encourage you to "bookmark" or "favorite" www.tlaw.org. Be sure to read the news posts on the website to stay abreast of all bar-related and TLAW events in your area. The website also has a new Glass Ceiling page, which hosts the TBA's Final Report and TLAW's Report on Focus Groups regarding the presence of the glass ceiling among Tennessee's legal field. We will continue to update this page so be sure to check it out! Don't forget to peruse the members only section of the website where you will find job postings and a Surplusage page filled with humorous and light-hearted pictures or cartoons that may take the seriousness out of "lawyering" and brighten your day.

As stated, we have changed our forum on Facebook. Previously, TLAW was set up as a page where our members and other fans could "like" our page and read our posts. Recently, in an effort to reach more people and to keep our members better informed, we have created a public group page for TLAW. You

can find us by searching for "Tennessee Lawyers Association for Women" and request to become a member of our group. To make the most out of your membership in our group, opt in to receive notifications for all of TLAW's activity. To do this, simply click on "Notifications," the box in the lower right-hand corner of the cover photo. Then select "All Posts." That's it! Now you can stay current and interact with TLAW and our many members. (Please note: You may need to adjust your personal notification settings by clicking on the globe icon where you receive notifications and then clicking on "Settings.")

If you are a Twitter groupie, follow us @TNLawWomen. If you are a Facebook hound or are "in" on LinkedIn, you can join our group, Tennessee Lawyers Association for Women. If you choose not to partake in social media, you can always visit our ever-changing website, www.tlaw.org.

Please send any relevant job postings, upcoming events and articles you would like TLAW to share, and any other ideas or suggestions to Heather Ferguson, hferguson@emlaw.com. I welcome your feedback!

Heather Ferguson lives in Knoxville, Tennessee and is an Associate at Egerton McAfee Armistead & Davis, P.C. A Northwest Tennessee native, Heather graduated summa cum laude from the University of Tennessee at Martin with a B.S. in Business Administration with a double major in Accounting and Finance. She earned her J.D. from the University of Tennessee College of Law where she graduated summa cum laude with a concentration in business transactions.



BEING WELL

By Sherie Edwards

Welcome to Being Well, a new column. For those of you who don't know me, I am a corporate attorney in Brentwood with a strong interest in all facets of wellness (physical, mental, emotional, and spiritual). My hope for this column is to start a dialogue among our membership about those issues that im-

pact us every day but that we put aside as we tend to other priorities. I am a strong believer that putting yourself first in terms of your health is NOT selfish. In fact, it is the most caring thing you can do for your family and for your clients.

The article below is a reprint from the May, 2014, issue of LAW Matters, the newsletter of the LAW—Marion Griffin Chapter in Nashville. Please send me your thoughts, or ideas for topics you would like to see covered in future columns. I can be reached at sherie.edwards@gmail.com. Stay Well!

“One of the last things the doctor told me before leaving the room was this bit of advice: for the first few days after surgery, do not answer emails, stay away from social media, and just rest.”

Hitting Reset

Like most attorneys, my life resembles that of a hamster on a wheel. My time is governed by my calendar (down to the minute) and I sometimes feel tethered to my phone/tablet/laptop. On a particularly harried day in January, I made the offhand comment to a friend “I just wish I could get that stomach bug that’s going around so that I could have a few days on the couch with an excuse to do nothing (and lose a few pounds in the process—multitasking at a new level!). From my mouth to God’s ear.

That afternoon I had an appointment with my orthopedist for what I thought was the final check on my shoulder injury before being released from his care. Instead, I learned that I would need surgery to repair some residual damage. My first thought was how to schedule the surgery so that it would be the least disruptive to my schedule. “Surely,” I thought, “I can be back to work in two to three days.” With that thought in mind, the surgery was scheduled for a Friday morning so that I could be back to work by the following Wednesday.

One of the last things the doctor told me before leaving the room was this bit of advice: for the first few days after surgery, do not answer emails, stay away from social media, and just rest. I understood the need for the advice; after all, pain medication has a negative effect on legal reasoning and business decisions (and might lead to a political argument on Facebook). But, after all, it was only going to be a few days down time. I could handle that. Right?

Wrong!

There is no way to plan for recovery after surgery, and my plan was clearly out the window by Day #4. I was informed that I would not be released to return to work until after my follow up appointment, which was 10 days after surgery! I also quickly realized that I was given pain medication for a reason: shoulder surgery is not for the weak. So, I decided embrace life without email or a schedule. In the process, I learned a few things:

- ◆ **The world will survive if I don’t answer an email immediately.** We have a tendency to think that those around us can’t make it five minutes (cont’d)

minutes without our help. Guess what? Not only can they ‘make it’, they are able to thrive when given space.

♦ **Accepting help from others requires grace and humility.** It was very difficult for me to allow others to help me with such mundane tasks as getting up from a chair or heating some soup. A friend put it into perspective for me: when I accepted help (I should add ‘without complaining’) I allowed that person the blessing of giving back. Plus I didn’t spill as much soup.

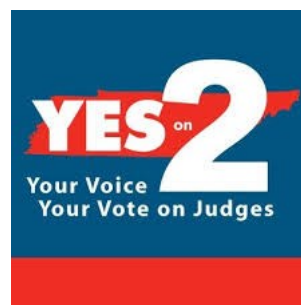
♦ **I have incredible children.** For the first three weekdays I was home, each of my adult children took a day and spent it with me. I can honestly say that I have the most interesting, kind hearted and quirky kids in the world. Now that they are adults it’s hard to find time to just sit and talk; putting aside work gave me the opportunity to really listen to them and learn their hopes, dreams and ideas. Fascinating!

♦ **When you don’t have distractions to drown out the noise, you can think deeply and be more creative.** After the first few days of visitors (and once folks figured out that it was safe to leave me alone for a while) it was just me and the dogs. I spent a lot of time thinking, planning my ‘next steps’ and doing a bit of writing. It’s difficult to be creative when the phone is ringing, the calendar is jammed with ‘to dos’, and an email is popping up every few minutes. Sometimes you just have to turn off the ‘noise’.

♦ **Thinking deeply led me to realize that I’m a lucky girl.** I had gotten caught up in feeling sorry for myself: this shoulder injury had caused me to miss a trip to France that I had planned for two years, interfered with working out, hampered my ability to work in the garden or redecorate the house....you get the drift. In reality, my life is overflowing with blessings—great family (most within a 30 minute drive), wonderful friends, work that I love (both for pay and volunteer), and the opportunities to follow whatever wacky dream I might have next. So what if I might never be able to do Downward Dog perfectly again? It is too easy to focus on the negative rather than what is really, truly good in our lives.

♦ **Finally—there are too many bad attorney commercials on daytime television.** (Really, did you expect an article from me to not have some humor??). Honestly, my favorite had to be the mesothelioma ad (national firm) during which the ‘client’ stated “They are more than attorneys. They are *human beings*”. Yes, I laughed until I cried and felt the peace of knowing that I am, indeed, more than an attorney. I am a Human Being.

So, have I changed any behaviors now that I have returned to work? In the immortal words of Sarah Palin, “you betcha!” When I get home, the phone goes into my purse and stays there until the next morning. I do not answer work related emails after 7 (that’s when I get home). I turn off the television and have rediscovered the joy of eading for pleasure. I spend more time with those I love. I reflect every morning on the good things in my life and try my best to practice gratitude in every situation. And I sleep much, much better at night without all the ‘noise’. I invite you to try ‘hitting reset’ (without the need for shoulder surgery) and, if you do, let me know how it impacts your life.



The Fashion Corner

2014 Fall Fashion trends exhibit a variety of styles, from trouser suits, plaid, swing dresses, knits, shearling, velvet, leather, heavy sparkles, and my favorite — the long running trend that every woman loves — animal print!

With so many great styles available this season, what's a girl to wear for the 2014 holiday social events and still reflect her legal professionalism?

Here are a few tips: Animal print is always a winner. Incorporate a touch of leather with a skirt or jacket. This doesn't say you're a bad girl.....it just says you are empowered and confident with great fashion sense. Want to soften it up by reflecting your feminine side? Add a soft, elegant touch by wearing a silk blouse that pops with color. The holidays scream sparkles (in my world it does), so add some bling! Wear large earrings loaded with sparkles or go with a chunky necklace. Pick one or the other.

Lets talk shoes! Every woman's staple in her closet should be black patent high heels that slightly reveal your arch. Think Christain Louboutin. Such a tease! A woman always needs her lipstick, cash, keys and her phone, so use a small statement clutch to feel the power. For make-up, I say soft, soft, soft. Add single eye lashes (easy to do) for enhancement of those powerhouse eyes. Can you say sexy?

That's it for my style highlights for those holiday soirees. You may even find everything is already in your closet. Just add the leather and sparkles, and bat those eyes baby!



Karol Lahrman Is Executive Director for TLAW and Owner of Reflection Model and Talent Agency in Franklin, Tennessee. She has been in the modeling business for over 14 years and produces runway shows, fashion events, and photo shoots. She is also a stylist for many clients, as well as for her neighbors whenever there is a fashion crisis.

Chapter News from Around the State

The Anne Harris Schneider Chapter of the Lawyers' Association for Women in Jackson, Tennessee recently awarded the Julie Alexander Grinalds Memorial Scholarship to Caraline Rickard of Henderson, Tennessee and JoAnna R. Wilson of Medina, Tennessee. Ms. Rickard is presently attending the Vanderbilt Law School in Nashville, Tennessee and Ms. Wilson attends the Belmont University College of Law in Nashville, Tennessee.

The qualifications for the scholarship are that the recipient be a resident of any West Tennessee county, except Shelby County, and that the recipient has been accepted to or is attending an accredited law school. In addition, other qualifications considered were academic ability; stability of character and good moral standards; worthiness of assistance; financial need for continuing educational programs, and a stated intention to pursue a career in law.

ETLAW was thrilled to host a Female Judges' Reception in October to celebrate new Knoxville-area female judges including the Honorable Pamela Reeves, US District Court for the Eastern District of Tennessee, Suzanne Bauknight, appointee to the US Bankruptcy Court for the Eastern District of Tennessee, Deborah Stevens and Kristi Davis of the Knox County Circuit Court, as well as Pamela Johnson and Lisa Knott, Judges of the Tennessee Workers' Compensation Court, with special recognition of Tennessee Supreme Court Chief Justice Sharon Lee. A good time was had by all!

MEMBER NEWS

TLAW Lawyers Lead the TBA YLD

Cookeville lawyer and TLAW Technology Committee member Rachel Moses has taken over as president of the TBA's Young Lawyers Division following Stacie Winkler's decision to move out of state and relinquish her position with the group. Moses, an attorney with the Legal Aid Society of Middle Tennessee & the Cumberlands, was serving as president-elect. She will serve for two years, completing Winkler's term and then serving her own term as president in 2015-2016. To fill the resulting vacancy in the position of president-elect, the YLD Board appointed current Vice President Rachel Ralston Manclos to the post. Manclos is an attorney with Hunter Smith & Davis LLP in Kingsport and currently serves as FAMEs representative to TLAWs Board.



Rachel Moses



Rachel Ralston Manclos

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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