

# TLAW

## Tennessee Lawyers' Association for Women

### Winter 2015 Newsletter

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### President's Message

By Cheryl G. Rice

As we slog our way through a wintry March, the glittering memories of New Year's celebrations held just a few weeks ago are a rapidly fading. But, because this is my first message of 2015, I wish you Happy New Year!



With a new calendar year also comes new challenges, new goals, new ideas and new plans. TLAW kicked off 2015 with a Board luncheon and planning meeting in early January, generously sponsored by e-discovery service provider DSI (learn more about DSI on page 5) and graciously hosted by Membership Committee Chair, Kim Looney, at Waller. It was a wonderful time of strengthening relationships, discussion and planning the advancement of TLAW's mission.

Plans for 2015 include a mid-year membership drive, which is ongoing right now and offers ½ price membership for the remainder of this membership year. Please spread the word to your colleagues who are not TLAW members and encourage them to join us now and enjoy the benefits of TLAW through June 30th! Help us grow our numbers to better serve our mission, which includes supporting and advancing women in the legal profession and increasing the numbers of women in the judiciary and other positions of leadership. To learn more about TLAW, and join, invite them to visit our website at [www.tlaw.org](http://www.tlaw.org).

TLAW has expanded its relationship with Pinnacle Financial Bank, which is now offering group banking

benefits to TLAW members who establish a banking relationship with Pinnacle between now and July 1. More information about this opportunity can be found on our website, too.

And, speaking of TLAW's website, please take a minute to check it out! Log in as a member to view the Members Only portions of our site, including job listings, information on member benefits and more. Our website continues to grow as we work to constantly improve efforts to support and inform our members!

Planning is underway for our Annual Meeting and Convention taking place at the Peabody in Memphis June 18 and 19. This year's Convention will include 3 hours of great TLAW-led joint TLAW/TBA CLE programming. We are preparing a members-only CLE event to take place during this time, too! Sponsorships opportunities at several different levels are available for the Annual Meeting and Convention. If you know of any firm, organization or vendor that might be interested in sponsorship, please contact Alyssa Minge, Chair of TLAW's Annual Meeting Arrangements Committee at [alyssa.minge@leitnerfirm.com](mailto:alyssa.minge@leitnerfirm.com).

TLAW's May newsletter will contain more details about our Annual Meeting and Convention, including our slate of officers for the 2015-2016 year. If you would like to be more involved in TLAW's efforts, please don't hesitate to contact me or President-elect Beth Bates, and, again, turn to our website for more information on opportunities to connect.

As you can see, TLAW is busy! But the old saying "time flies when you're having fun" rings true. Come along with TLAW and join in the fun!

## HAIKU CHALLENGE

By Kristi Rezabek

As TLAW Newsletter Editor, I am challenging you (yes, YOU!) to send me a haiku for publication in our quarterly newsletter. A haiku, you say? Where did that come from? Well, we all remember studying this classic Japanese literary art form in middle school English classes. According to tradition, the haiku is a poem with three lines consisting of five syllables, seven syllables and five syllables, respectively. The typical haiku of old observed and commented on nature and touched the senses. Contemporary haiku forms, however, are not so restrictive.....modern poets play with combinations of line and syllable forms, as well as provide commentary on non-traditional subjects.

I re-discovered the haiku as a medium of expression in the course of trying to jump start my own creative process on some personal projects. Conveying your observations on life in a concise format can actually be quite stimulating and I've surprised myself on numerous occasions. I have found that I write my best haikus when I don't **try** to write them.....I may observe something and a phrase will come to mind. I "save" the phrase for later use in a haiku and the rest of the haiku seems to come together around the phrase at a time when I least expect it.

I asked some other TLAW members to write haikus for this publication and was pleased to receive works from Chancellor Carol McCoy and Judge Brandon O. Gibson. Chancellor McCoy's haiku (page 5) celebrates nature, while Judge Gibson's haiku (page 3) hits home for all of us working women!

I believe TLAW members are bright, interesting and creative people! I would love to share the experience of your observations on life and see YOUR creative side. So, email me at [Krisrez@hughes.net](mailto:Krisrez@hughes.net) and we'll publish your haiku in the next newsletter! ♦

## TLAW Technology Update By Heather G. Ferguson

### The Inside Scoop

Our news may not be as juicy as E! News or Jezebel (for those of you who really love the celebrity news), but I can guarantee our news is relevant and exciting for each of our members. The TLAW Technology Committee is working hard to keep all TLAW members aware of the exciting happenings with our members. From judicial appointments to public recognitions and other personal achievements, we want to highlight and celebrate the accomplishments and milestones of our members. Help us spotlight you! If you know of a newsworthy event involving one of members, be sure to let us know so we can give credit where credit is due.

You may miss out on these exciting news blurbs if you don't check our website, follow us on Twitter, join our group on Facebook, or connect with us on LinkedIn. Don't miss these member announcements by not connecting with us socially!

Find us on Facebook by searching for the Tennessee Lawyers Association for Women group page. Request to join our group page, and then make sure you receive our updates by clicking on the "Notifications" box in the lower right-hand corner of our cover photo. Be sure to select "All Posts." Follow us on Twitter at **@TNLawWomen** and find our group on LinkedIn.

Please send any relevant job postings, upcoming events, and articles you would like TLAW to share to me at [hferguson@emlaw.com](mailto:hferguson@emlaw.com). I welcome your feedback! ♦

*Heather Ferguson lives in Knoxville, Tennessee and is an Associate at Egerton McAfee Armistead & Davis, P.C.*



## BEYOND THE YEAR-END CHECK: ACCOMPLISHING CHARITABLE GOALS THROUGH SMART PLANNING

By ANGELIA NYSTROM

Each year, millions of Americans contribute their time, talents and money to our nation's charitable, religious, educational, cultural, service, and healthcare related organizations. Indeed, private philanthropy is the foundation of every charitable endeavor that we see today. Our tax laws recognize the role of charitable organizations in meeting public needs that are a benefit to society. As a result, our current tax laws provide incentives to encourage charitable gifts.

When advising clients about estate planning or when considering your own planning, it is important to consider whether charitable giving is an option, either during life or at death. With gifting during life, it is possible to see the real impact that gifts make in the life of a charitable organization.

Gifts of cash, usually made by check, are the most popular form of charitable giving. Cash gifts are attractive because they are simple to make, immediately effective, and easily earmarked for the current needs of an organization.

For other donors, gifts of appreciated assets are often a very attractive option. If a donor sells stocks, bonds, mutual funds or real property that have appreciated in value, then the donor has a taxable capital gain. If those same assets are gifted to a charitable organization, then those gifted assets are deductible at their full fair market value if they have been held for longer than twelve months, as long as the fair market value of the gifted asset does not exceed thirty percent (30%) of the donor's adjusted gross income. If it does exceed the thirty percent (30%) limit, then excess deductions can be carried forward into as many as five additional tax years.

Other donors may want to consider a Charitable **Remainder Trust** or a **Charitable Lead Trust**. A Charitable Remainder Trust is an irrevocable trust that holds and invests assets for the benefit of one or more non-charitable income beneficiaries and for one or more charitable remaindermen. The Charitable Remainder Trust allows the donor and a charity to

share income and remainder interests, by setting up a gift to charity while retaining an interest for a spouse or other relatives. Charitable Remainder Trusts will generally be set up so that the donor can contribute assets to provide income during a specific period of time (i.e., his lifetime or a period not to exceed 20 years). After the expiration of the term, the remaining assets will be turned over to a charity.

Charitable Remainder Trusts are generally attractive, as they can be funded with a wide array of assets, including bonds, mutual funds, stock and real estate. They are most beneficial for people who want to receive income while fulfilling charitable giving goals. The Trustee can then set up an investment that will provide an income stream, which will be subject to ordinary income taxes and capital gains. At the death of the last beneficiary or at the end of the trust period, then trust terminates, and the amount remaining is distributed to the named charity.

There are two types of Charitable Remainder Trusts: (1) **the Annuity Trust**; and (2) **the Unitrust**. With an Annuity Trust, the income that is paid out to the beneficiary is a fixed percentage (not less than 5% or more than 50%) of the fair market value of the assets. The Annuity Trust is best used with assets that will be able to generate the required income and which do not fluctuate greatly in value. The income to the donor is fixed and will not grow as the income base grows. Consequently, the income may not keep up with inflation.

The Unitrust is more flexible than the Annuity Trust; however, it is a riskier option. With a Unitrust, the donor receives a fixed percentage (not less than 5% or more than 50%) of the value of the assets in the trust, but the assets are valued annually, with the donor receiving a fixed percentage of the current fair market value. *Continued on next page.*

### HAIKU CORNER

Work on Saturday?  
Never! Except for laundry,  
Cooking, and cleaning!

~ Judge Brandon O. Gibson ~

**BEYOND THE YEAR-END CHECK: ACCOMPLISHING CHARITABLE GOALS THROUGH SMART PLANNING** *continued*

does not. The Unitrust has greater potential to keep up with inflation because income payments will increase if the investment base grows in value; however, if the value of the assets falls due to market conditions, the income will also decrease.

A **Charitable Lead Trust** is similar to a Charitable Remainder Trust in that it is an irrevocable trust. However, instead of benefitting non-charitable beneficiaries and a charitable remainderman, the Charitable Lead Trust allows a donor to place in trust assets that will benefit a charitable organization for a set period of time and then ultimately pass to his heirs. The donor pays a discounted gift tax when transferring assets to the trust, and the trust's beneficiaries will ultimately receive any remaining assets free of estate tax. The donor can specify a set number of years during which a guaranteed amount or a fixed percentage of the value of the assets in the trust will be paid to a charitable organization. When the trust terminates, the remainder is paid to the named non-charitable beneficiaries.

A **Charitable Gift Annuity** is another good option for the donor who wants to make a gift to a single charity but wants to receive income from that gift. The donor donates assets to a charitable organization in exchange for an annuity contract, which is administered by the charity. The donor receives a charitable deduction at the time of the gift but also income based on his life expectancy as determined by the IRS Life Expectancy Tables. The total expected income determines what portion of the initial gift is tax deductible. The charity receives the remainder of the donated assets after the donor's death (or after the death of the second beneficiary if it is a two-life annuity).

While a great option for some, the Charitable Gift Annuity is not appropriate for all donors because of its lack of flexibility. It is less appropriate if the donor does not need income, wishes to support multiple charities, or wants to create a family legacy. Also, not all charities offer gift annuities. For those that do, once the annuity contract is entered into, the

charity cannot be changed. Finally, the Charitable Gift Annuity is not appropriate if the donor wants to donate real estate or other special assets.

While lifetime giving may not be an option for all donors, many donors opt to make a gift on death. For those donors, gifts of retirement assets or a bequest from a Will or Revocable Trust can be an attractive option. Today, many Americans have large amounts of retirement savings in tax-qualified retirement plans. When an individual dies with a large accumulation, a beneficiary who is neither a spouse nor a charity can be left with a tax burden that consumes most of the gift.

Unpaid retirement benefits at death are part of a decedent's taxable estate when passing to a beneficiary other than a surviving spouse or charity. Also, when relatives are named as beneficiaries of retirement assets, those beneficiaries are required to pay tax on the retirement assets upon receipt. Thus, after the taxes are paid on the assets, the inheritance will be considerably less than the original amount. If those same retirement assets are bequeathed to a tax-exempt organization, then the tax-exempt organization does not have to pay income tax on the assets.

Also, retirement benefits that were accumulated free of income tax during an individual's life are subject to income tax, whether received by an individual or by his or her heirs, including the spouse (i.e., pre-tax IRA contributions). Such benefits are free of income tax only if they are paid over to a charitable beneficiary.

Charitable bequests can also be made under a Will or Revocable Trust, which means that nothing is paid until after death. A bequest can be a specific dollar amount, a specific asset, or a percentage of an estate. It can also be payable to the charitable organization as a contingent gift, if, for example, a beneficiary predeceases the donor. With a bequest, a donor has the comfort of knowing that he can amend or revoke the bequest if his circumstances or family needs change. *Continued on next page*

**BEYOND THE YEAR-END CHECK: ACCOMPLISHING CHARITABLE GOALS THROUGH SMART PLANNING** *continued*

These are just a few of the options available to charitable-minded persons. Most larger charitable organizations have planned giving professionals who can assist in tailoring a planned gift that is right for the donor, whether the gift is a lifetime gift or a gift at death. ♦

*Angelia M. Nystrom is the Chair of the Tennessee Bar Association's Estate Planning and Probate Section and she has served as Director of Planned Giving for the University of Tennessee Foundation. She was also in private practice for nearly 18 years, spending the last 11 years at Baker Donelson in the Nashville and Knoxville offices.*

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**DSi provides high quality litigation support services, electronic discovery and digital forensics to law firms and corporations around the world.**



**How Digital Forensics and eDiscovery Intersect with Metadata**

All of the services DSi offers fall under the "litigation support" umbrella. Put simply, we provide all aspects of electronic discovery and digital forensics services. Sometimes those two categories intertwine. For example, metadata is important to both eDiscovery and digital forensics.

By definition, metadata is data about data. For computer files, it includes information that is viewable to most people, such as file name, file type, date last opened, date last edited and more. There are also metadata fields that are hidden to typical users, including who created or changed the document, when, on what computer, at what company, what was changed and more. Those details are embedded into the file when it is created or revised.

Metadata can be valuable in litigation, and it goes beyond standard electronic discovery data. In a recent case, one company acquired another company, creating Company A. After the acquisition, some employees started a competitor company, Company B. Company A sued Company B for taking trade secrets and proprietary documents to their new company and using it against Company A.

A DSi digital forensic evidence specialist traveled across the country to collect data from four defendants' corporate and personal devices, including phones, laptops and desktop computers. Using metadata, DSi could see the points of origin for each file, as well as when, where and by whom documents were created and when and by whom they were last saved. For example, DSi proved that one document that originated from Company A's server was emailed as an attachment between defendants, and the end result was a rebranded version of a proprietary document from Company A. Our forensic analyst also testified for this case, laying out authors, revisions, who made those changes and when, and the original author.

It is possible to change some metadata, such as the title, subject and authors, but metadata like the date created and computer used to create it cannot be changed. Not every case will have metadata that uncovers several smoking guns, but having a digital forensics specialist is important to the overall eDiscovery process.

Metadata is being used more and more often in trial. In 2013, the city of Shoreline, Wash., failed to provide the metadata of an email that indicated the sender in response to a public records request, and was sued for violating the Public Records Act. The city was ordered to reimburse the plaintiff \$438,555 in litigation costs.

Metadata can be used in combination with eDiscovery in litigation for better results. As Craig Ball wrote in an article for Law.com: "In the digital era, metadata are as important as dates, page numbers, and circulation lists were in the paper era." ♦

**HAIKU CORNER**

Blazing fall leaves  
Crunched by boots  
Sprinkled on the ground

~ Chancellor Carol McCoy~



## Not a Perfect 36? You can still be a Yellow Rose!

Thirty-six states were required to ratify the 19th Amendment to the United States Constitution in 1920 so that women could gain the right to vote. The Tennessee Woman Suffrage Monument, Inc. is a statewide grassroots organization that seeks to memorialize the work done by Tennessee suffragists when they worked to secure ratification of the 19th Amendment by erecting a monument on the War Memorial Plaza.

The Monument is being created by noted Nashville sculptor Alan LeQuire and will include the actual likenesses of the five women who will be life size sculptures: Carrie Chapman Catt, Anne Dallas Dudley of Nashville, Sue Shelton White of Jackson, Abby Crawford Milton of Chattanooga, and Frankie Pierce of Nashville, all of whom were very actively involved in the vote in Tennessee in 1920.

Some of you are familiar with The Perfect 36 Society and it has been a remarkable success, exceeding its financial goal and reaching 200 members within six months. As agreed, it is now closed. As word of the Tennessee Woman's Suffrage Monument is spreading, many men and women are still asking how they can be part of supporting this significant work of public art. The answer is The Yellow Rose Society. The yellow rose is the symbol of those who fought for women's right to vote. In addition to honoring the five women on the sculpture, a limited number of contemporary women who are significant in Tennessee's political history and whose body of work throughout their lives embodies the spirit of the Suffragists will be honored on plaques at the base of the Monument funded by major donations.

All the funds contributed to The Yellow Rose Society go directly into the design and construction of the Monument itself. If you contribute \$350.00-\$499.00, you will receive the benefits of the Yellow Rose Society listed below. If you contribute \$500.00 or more, you will receive the additional benefit of your name being engraved on the Monument site. Contributions are tax-deductible.

The benefits of Yellow Rose Society membership are:

- Exclusivity of membership in The Yellow Rose Society;
  - Name listed at [www.tnsuffragemonument.org](http://www.tnsuffragemonument.org) and option to link to your website or LinkedIn profile;
  - Option to purchase additional membership *in honor of* or *in memory of* someone displayed on a special section at [www.tnsuffragemonument.org](http://www.tnsuffragemonument.org) with letter acknowledging the gift;
  - Name listed as supporter in materials filed with state archives;
  - Copy of *The Perfect 36* book;
  - Invitation to private reception at Legislative Plaza set for August 24, the date Gov. A. H. Roberts signed the Ratification of the 19th Amendment passed by the Tennessee General Assembly;
  - Tax deduction letter for donation (501(c)(3) non-profit IRS status);
  - Opportunity to be present and recognized as a Yellow Rose Society Member at the dedication of the Monument October 27, 2015.
- To join the Yellow Rose Society, make checks payable to: Tennessee Woman Suffrage Monument, Inc. and mail to: Yvonne Wood, The Yellow Rose Society, 405 Westland Drive, Lebanon, TN 37087 (Important: Include your email address so they can communicate with you by email. Please also include your address and telephone number.) For more information, go to [Tennessee Woman Suffrage Monument, Inc.](http://Tennessee Woman Suffrage Monument, Inc.)

### HAIKU CORNER

Day mapped by minute....  
Child moans, kiss her burning cheek....  
Recalculating!

~ Kristi Rezabek~

## RESPIRE FROM THE STORM

By Ramona P. DeSalvo

As a litigator, I often feel chained to my desk and computer. Just one too many times this past year, I have had lunch delivered so I can keep working. With the demands of the work and the obligations that come with managing a small law firm, I watch the sun move through the sky from my nice panoramic view of the Nashville skyline. As the sun sets, I know I missed another opportunity to enjoy lunch with friends, to call my mom, to visit an historic site, go to a gallery or just hang out — anywhere but at my desk. I

am very pleased we have enough work to employ four people full time, but those rapid, almost time-lapse sunsets made me want to start doing more things before —well, let's say—time stops.

A few years ago, I decided that if I could not stop working to take a long vacation, I was going to add vacation days to my work. Fortunately, I work in the entertainment industry so I have many chances to go to showcases, concerts and industry events, but even that can feel like work. (I know — I should not be griping about things most folks think are “glamorous.”) I decided to splurge and attend MIDEM, an annual global music conference held in Cannes, France. I went in 2010 and 2013, enjoyed the conference, made friends from around the world, hung out on the French Riviera, and went to Paris for a couple of days. It reminded me of California — just with a bunch of French-speaking people. I attended the ABA Section of Litigation conference in Scottsdale, Arizona at the wonderful Phoenician resort hotel.

When I took a deposition in Salt Lake City, Utah last summer, I went two days early and visited the Mormon Temple and Park City, and I considered taking a ski lift ride over grass — it was August. Instead, I sat on a restaurant patio encircled with flowers, enjoying the blue sky and sunshine. For once, I was not in a hurry. I went from Salt Lake to visit my mom and some friends in California for a few days. After all, I already was in Utah and the Monterey Bay seemed so much closer than Nashville. I sat in the coastal sun at Nepenthe in Big Sur and ate a \$15 hamburger. Why not? The view was unmatched.

A few years ago, I decided that if I could not stop working to take a long vacation, I was going to add vacation days to my work.

When I deposed a witness in Washington, DC, I decided to make that an adventure as well, taking two days to tour the Smithsonian Museums, the National Cathedral, the National Mall, Capitol Hill, and the National Archives. I was so excited to see THE U.S. Constitution, the Bill of Rights, and one of the originals of the Magna Carta. (Now I do not have to take that expensive ABA trip to see the

Magna Carta in England this year for the 800<sup>th</sup> Anniversary of its signing.) I went to the TLA/TBA convention in Gatlinburg, and then drove the long way around

through the Smokies and the Blue Ridge Parkway to Asheville, North Carolina where I toured the Biltmore Estate on a perfectly beautiful day, and then drove back to Nashville. Yes, I did all of that on a Saturday — that is how determined I was to sight-see. I also went to a Journey/Joan Jett concert, Country Music Hall of Fame events, and CMA Music Fest as part of “work.”

These trips are a few of the ways I combined what seems like never-ending work with an effort to still smell the roses along the way. After writing this down, it does not seem so bad. In retrospect, I actually feel like a world traveler. There are many ways we can enjoy a few moments of relaxation, even if we cannot pack up the whole family for a week-long trip to Paris. First and most importantly, put down the phone and stop looking at Facebook or emails. They will be there when you get back. A day at a spa (or even an afternoon) will help relax those tense muscles. Treat yourself to a massage — a 55 minute one with hot stones.

Check Groupon for local adventures. I have a two-for-one ticket to Belle Meade Mansion wine-tasting and tour. Yes, it may still be cold outside, but it is going to be cold anyway. I may as well have a glass of wine with the chilly temperatures. Go to a nearby bed and breakfast. Take a tour of the Civil War battlefields or go to some of the many Civil War-era sites around our state. Oakland's Historic House and Museum in Murfreesboro has a display of vintage wedding dresses, “Weddings through the

*Cont'd on page — 10*

**BOOK REVIEW: *Daring Greatly* by Brene Brown**  
Reviewed by Judge Brandon O. Gibson

I am a huge fan of TED talks. One of the ways I make the mounds of laundry in my house tolerable is by setting up my iPad on the dryer and watching TED talks while I fold clothes. The first time I watched a TED talk, it was Brene Brown's famous 2010 TEDx talk on vulnerability. Her talk is one of the most watched TED talks, with over 15 million views. If you haven't watched it, stop what you are doing, [click here](#), and you can thank me later.

TED brought me to Brene Brown, but her books keep me with her. Brown is a research professor at the University of Houston, where she studies vulnerability, courage, worthiness, and shame. *Daring Greatly* is Brown's 2012 New York Times best seller. In it, she explores vulnerability, how we protect ourselves from vulnerability, and how we can engage with vulnerability so we can transform the way we live, love, and parent.

"Vulnerability is not weakness," writes Brown. She goes on to write, "I see the cultural messaging everywhere that says that an ordinary life is a meaningless life. And I see how kids that grow up on a steady diet of reality television, celebrity culture, and unsupervised social media can absorb this messaging and develop a completely skewed sense of the world. I am only as good as the number of 'likes' I get on Facebook or Instagram."

I recently saw a photograph of a kindergartner dressed as an old lady for the 100th day of school. At church a few days later, I told her how wonderful she looked as a 100 year old. She looked up at me with a huge smile and said, "I got over 100 likes on that picture on Facebook!" Remember, she's five, and she identified with the quantification of the worth of her costume by how many "likes" her picture received on Facebook!

So, what is vulnerability? Brown's research surveys asked just that question, and the responses were telling. They included: "saying no;" "starting my own business;" "the first date after my divorce;" "getting promoted and not knowing if I'm going to succeed;" "admitting I'm afraid;" and "asking for forgiveness," among many other. Do any of these things sound like weakness? Of course not! "Vulnerability sounds like truth and feels like courage. Truth and courage aren't

always comfortable, but they're never weakness." Sure, vulnerability is often risky and uncertain, but it's never weak.

Vulnerability makes us feel exposed, yet being vulnerable is the only way to build trust. "Trust is a product of vulnerability that grows over time and requires work, attention, and full engagement." In our profession, trust is key. Our clients trust us. Our employers or partners trust us. Our employees trust us. And we must trust all of them. Thus, we must be vulnerable. Yet I assert that our profession encourages us to be anything but vulnerable. In fact, Brown talks about lawyers in this book and notes the higher rate of suicide in attorneys than in the general population. She compares us to soldiers and police officers and our common need to be aggressive and emotionally detached. She argues we should move beyond this win-or-lose mentality and move toward cultivating trust and connection in relationships in an effort to have a less combative way of engaging with the world.

I encourage you to read this book and examine your own life - professional and personal - in this area. *Daring Greatly* does an excellent job of examining our culture's need to embrace vulnerability - in our work, in our friendships, and in our parenting - and gives concrete ways we can shift our thinking in order to be more wholehearted. As Brown says in her *Daring Greatly* Manifesto: show up, let yourself be seen, and be courageous. Dare greatly.

Judge Brandon O. Gibson serves on the Tennessee Court of Appeals, Western Section. She lives in Alamo, Tennessee



**HAIKU CORNER**

Will they laugh at me?  
Vulnerability is.....  
Writing a haiku.

~ Kristi Rezabek ~



## EATING WELL

By Jacqueline B. Dixon



In the Fall 2014 newsletter, my friend, Sherie Edwards, debuted "Being Well," and offered her excellent insight about self-care and "hitting reset." I have been asked to try my hand at a food column. Like Sherie, I welcome your input as to what you would like to see in this column.

Those of you who know me probably know that I love to cook, talk about cooking and food, and share recipes. I enjoy cooking so much, I try to cook some sort of dinner almost every night. Cooking is relaxing to me and a good way to unwind at the end of a busy day. It also insures that my family and I take time to gather around the table, talk about our day, and eat something that is relatively healthy most nights. I enjoy seasonal cooking and belong to a Community Supported Agriculture (CSA) farm.

For about half the year, I pick up a seasonal basket of tasty, organically grown vegetables once a week. Alas, we are not in that half of the year now, but I have paid for my 2015 share and look forward to writing about truly seasonal cooking later in the year! Since it is winter and I am trying to cook seasonally and use locally grown produce as much as possible, the choices are a little limited right now.

Years ago, I picked up a little cookbook titled Once-a-Month-Cooking. The premise behind it was you could spend one day in the kitchen and prepare dinners for the entire month! The recipes seem dated now and use a lot of prepared ingredients and canned cream soups. However, the book does contain some good organizational concepts. To be able to cook dinner quickly on week nights, I find it essential to do some preparation ahead of time usually on the preceding weekend. I call it my Sunday afternoon cooking frenzy.

When I cook on Sunday for dinner that evening and make enough to have "planned" leftovers, then a few weeknight dinners can be accomplished fairly easily. One of my family's favorite winter Sunday night dinners is roasted chicken served with steamed rice and gravy made from the pan drippings. I cook two birds so I can have chicken ready to use later in the week. To round out the meal, and give more "planned" leftovers

for re-purposing later in the week, I cook a pot of dried beans and roast a couple of

butternut squash cut into chunks. All that makes for a big Sunday supper. If I am feeling especially industrious, I cook the leftover chicken carcasses in a large kettle or crockpot to make chicken broth. That broth can transform the leftover beans or roasted squash into a warming soup later in the week or be used in the casserole below. This is my favorite way to roast chicken:

### Roast Chicken

- 2 whole chickens, about 3 pounds each
- An orange, a lemon, a whole onion, several cloves of garlic and/or fresh or dried herbs (use whatever you have on hand)
- Salt and freshly ground pepper
- 2 tablespoons olive oil

Preheat the oven to 450 F. Lightly grease the bottom of a large roasting pan. Cut the citrus fruit and onion into large chunks. Pat the chickens dry with paper towels. Salt and pepper the outside and inside of each chicken. Stuff the inside of each chicken with the citrus, onion, garlic and/or herbs such as tarragon, rosemary, thyme or dill. Rub the outside of each chicken with the olive oil.

Place the chickens breast side down in the roasting pan and roast for ten minutes. Turn them breast side up (I stick a long handled wooden spoon inside the chicken to aid in doing this), reduce the oven temperature to 350 F., and roast the chickens for about eighty more minutes. You can baste them occasionally with the pan drippings and tent them with foil to keep them from getting too brown. Check for doneness with a thermometer (180 F) or prick the thighs with a fork, the juices will run clear when the chicken is done. When done, remove the chickens from the oven and tent lightly with foil. Let them stand at least ten minutes before carving and serving. *Continued on next page*

### *Eating Well — continued*

Later in the week, make a casserole with the remaining roasted chicken and butternut squash.

#### **Chicken Tortilla Casserole**

- 2 Tablespoons olive oil
- 1 large onion, chopped
- 2 tablespoons flour
- 1-3 teaspoons chili powder or to taste
- 1/2 teaspoon ground cumin
- 2 cups chicken broth (a can of broth will work)
- Salt and pepper to taste
- 14.5 oz. can petite diced tomatoes
- 8 oz. cream cheese, cut into large pieces.
- 2- 3 cups cooked chicken, torn into small pieces
- 1-2 cups cooked vegetable such as butternut squash, beans, broccoli, corn, sweet peppers, o mushrooms (NOTE: use about 4 cups total chicken and vegetables)
- 12 small corn tortillas, cut or torn into small pieces
- 2 cups grated cheese such as cheddar

Preheat the oven to 350 F. Grease a 9x13 (3 quart size) casserole dish. Heat the olive oil in a large saucepan, add the onion and cook until soft. Whisk in the flour and seasonings and stir for about two minutes. Add the broth and cook and stir until it bubbles and thickens slightly. Add the tomatoes with their juices and stir. Add the cream cheese and whisk until melted and the sauce is creamy. Taste and adjust seasonings.

Put half the tortillas in the casserole dish, top with half the chicken and half the vegetables, pour half the sauce over the chicken and vegetable and top with half the cheese. Repeat this process. Bake the casserole until it is brown and bubbly, about 30-40 minutes. Serve it garnished with some combination of sour cream, salsa, cilantro, lettuce, tomatoes, black olives and green onions. It is also good served with beans and rice. The leftovers warm well in microwave. ♦

*Jacqueline B. Dixon is a member of Weatherly, McNally & Dixon, PLC in Nashville, Tennessee. She is a past TBA President and past TLAW President. You can contact her at [jdixon@wmdlawgroup.com](mailto:jdixon@wmdlawgroup.com).*

### *Respite from the Storm — continued*

Decades,” which you can visit right after touring Stones River Battlefield. Walk the greenway. Do disco bowling. Go to the local grist mill, buy some healthy grains, and make some muffins with applesauce instead of sugar. At least you can feel good about this indulgence. Visit your local wineries, breweries, and distilleries (you can tell I work in the entertainment industry). Make lunch dates during the work week with friends, instead of having another working lunch or brown bag meeting.

Not everything costs a lot of money. It is the serenity of strolling through a museum or walking in a national park or hearing ducks quack that simply restores the balance of work with what really matters. I just realized how much fun I had this past year. Maybe the chain at my desk did not hold me back as much as I thought it did. Part of the art of enjoying oneself in this always-on, dangerous world is knowing that we work so we can live – not the other way around. Take some time to enjoy yourself – a respite from the storm of work we all have. It is not nearly as hard to have fun as you may think it is. ♦



*Ramona P. DeSalvo is a member of DeSalvo & Levine PLLC where her practice focuses exclusively in the entertainment industry . You can contact her at [rdesalvo@desalvolevine.com](mailto:rdesalvo@desalvolevine.com).*

## The Fashion Corner

### 50 Shades of Winter

This season is about wrapping up against the cold in pretty palettes to ward off winters' grip. The 2015 winter runway trends are sixties' prints, fur capes and feathers with flashes of gold.

So how does this fit into the business world? When in doubt - grey! All shades of grey! Dress for power, yet embrace the beauty and elegance of being a woman. The old cliché of being in a man's world doesn't mean you need to dress masculine and hide the fact you're a woman. Being a woman of inspiration is to dress professionally, yet reflect your beauty with confidence. Keep it simple, sleek, and add a splash of latest color or trend.

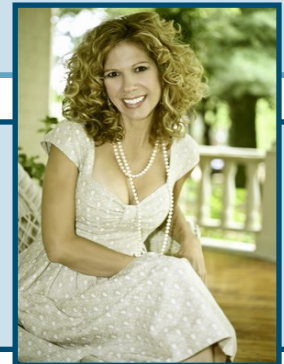
Keeping warm and dressing for safety is important, so with icy conditions wear knee-high boots with thick tights. Need the pump power in the courtroom? Simply carry a sleek set of flat shoes or small-heeled pumps in your bag, and switch out for ease.

Your closet should have timeless staples, allowing you to add the newest splash of trend and look chic. Grey is one color that does not go out of style. Add it with trousers, straight skirts to the knee or an A-line dress and toss on a splash of style with simple jewelry and a jacket. Ooh-la-la!

Remember to keep the patterns clean and not loud. Colors are great but select one item of color and let it tell its own story. Simplicity speaks volumes!



*Karol Lahrman Is Executive Director for TLAW and Owner of Reflection Model and Talent Agency in Franklin, Tennessee. You can contact her at [karol.lahrman@tlaw.org](mailto:karol.lahrman@tlaw.org).*



## Member News



On January 12, 2015, Tennessee Gov. Bill Haslam appointed TLAW President **Cheryl G. Rice** as one of the eleven members of the Governor's Council for Judicial Appointments that will recommend candidates to the governor to fill vacancies for Tennessee trial and appellate courts. The council was established by executive order following the November 4 passage of a constitutional amendment creating a method for selecting judges of the Supreme Court or any intermediate appellate court in Tennessee. Members of the council include three each from the western, middle and eastern divisions of the state. Two members are at large. Ms. Rice is a representative for the Eastern Division.

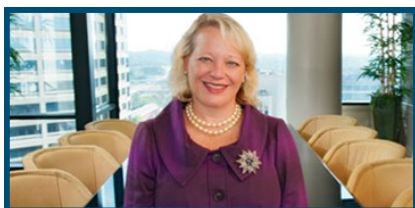


TLAW Moving Vice-President **Beth Stricklin Bates** was inducted as a Fellow of the Tennessee Bar Foundation on January 9, 2015 in Nashville, Tennessee. Ms. Bates has worked as an attorney for West Tennessee Legal Services, Inc. for almost 27 years and she is certified as a Social Security Disability Specialist by the Tennessee Commission on Continuing Legal Education and Specialization. She will be inducted as TLAW President during the TLAW Annual Meeting on June 19, 2015 held in conjunction with the TBA Convention in Memphis, Tennessee.



UT Knoxville law student **Casey Duhart** was elected Editor in Chief of the Tennessee Law Review.

The Nashville Business Journal awarded TLAW members **Anne Martin** and **Kim Looney** with its 2015 Women of Influence Awards. Ms. Looney received her award in the Community Supporter category, while Ms. Martin received her award in the Company Executive category. The award recipients were honored at a luncheon on February 25, 2015 at the Omni Nashville Hotel. Anne Martin is a member of Bone McAllester Norton PLLC in Nashville and concentrates her practice in the areas of commercial litigation and employment law, representing both employers and employees. Kim Looney is a member of Waller. She represents healthcare providers and advises them on day-to-day operational issues such as recruitment and employment, and regulatory issues such as maintaining ongoing compliance with Stark and federal anti-kickback regulations.



Anne Martin



Kim Looney



## Chapter News from Around the State

**ETLAW's** February CLE "Innovative Approaches to Legal Writing" was presented on February 18, 2015 by Professor Lucy Jewel. She addressed the confluence between "old school" classical legal rhetoric and "new school" cognitive science, as applied to legal arguments. The event was held in conjunction with UT Law Women.

ETLAW'S first book review of 2015 will take place on March 26, 2015 at Cherokee Country Club. Kristina Shands will lead the discussion of the book "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brene Brown.

**Save the date!** ETLAW will host its annual Tennessee Supreme Court Luncheon on Wednesday, May 6, 2015. More details to follow. For information or questions about the event, please contact Catherine Anglin at 865-525-0880 or [cwa@painetar.com](mailto:cwa@painetar.com).

On Thursday, January 29, 2015, the Association of Women Attorneys ("AWA") held its Annual Banquet at the Holiday Inn, University of Memphis. During the program, Justice Holly M. Kirby was awarded the 2015 AWA Marion Griffin-Frances Loring Award Recipient for her service in the judiciary and to the legal community. Also, AWA awarded four scholarships to female law students: Meagan Olivia Jones received the Dorothy Osradker Scholarship; Aurelia Veda Patterson received the Judge Rita Stotts Scholarship; Rachel Cade received the Susan Clark Scholarship; and Ariel Anthony received the AWA Scholarship. Justice Kirby inducted the 2015 slate of officers, including current President Keating Lowery.



Pictured left to right: Aurelia Patterson (Judge Rita Stotts Memorial Scholarship); Ariel Anthony (AWA Scholarship); Justice Holly Kirby; Rachel Cade (Ms. Susan Clark Memorial Scholarship); Meagan Jones (Miss Dorothy Osradker Memorial Scholarship).



### 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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Tennessee Lawyers' Association for Women

P.O. Box 331214

Nashville, TN 37203

(615) 385-5300

[www.tlaw.org](http://www.tlaw.org)

# TLAW

Tennessee Lawyers'  
Association for Women