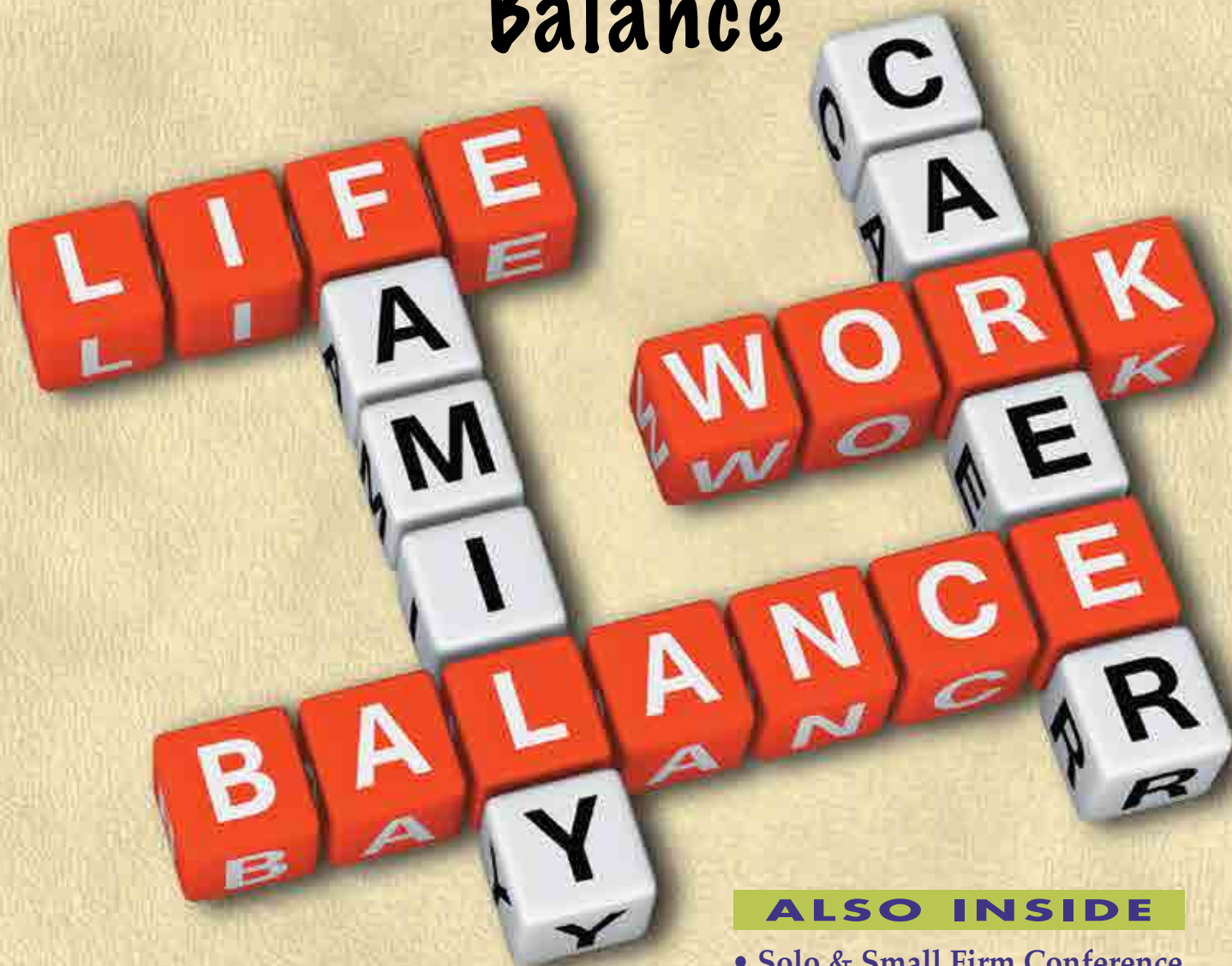


OKLAHOMA BAR JOURNAL

Volume 83 ♦ No. 8 ♦ March 10, 2012

Work/Life Balance



ALSO INSIDE

- Solo & Small Firm Conference
- OBA Legislative Monitoring Committee Report
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*The Real Risk of Disability in the United States, Milliman Inc., on behalf of the LIFE Foundation, May 2007

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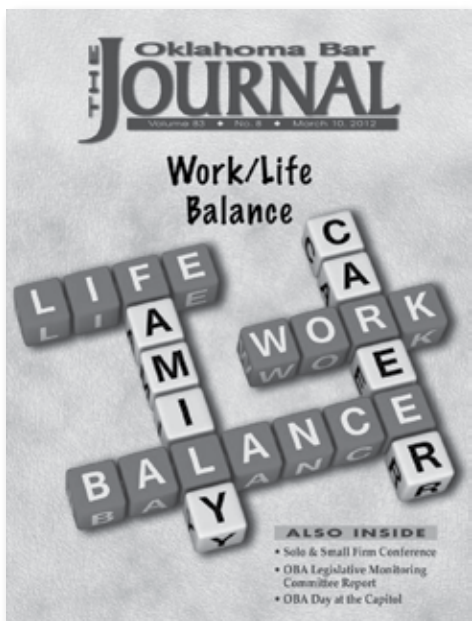
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C12-0201-010 (2/12)

THEME:
WORK/LIFE BALANCE
EDITOR: JOSEPH M. VORNDRAN

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Springing Forward

By Cathy Christensen

March has slipped into Oklahoma like a lamb. If the old saying holds any truth, it will “go out like a lion.” The OBA Disaster Response and Relief Committee, chaired by Molly Aspan and Vice Chairman Rick Rose, has already initiated planning to be ready, willing and able to assist Oklahomans and Oklahoma attorneys if the need arises. This is Oklahoma, and we never know what Mother Nature has planned for us! Please do not hesitate to call me or Executive Director John Morris Williams if your community is in need of disaster relief or assistance.

CORNERSTONE BANQUET

We are only weeks away from the Cornerstone Banquet and Auction to benefit the Lawyers Helping Lawyers Foundation Inc. The reception and silent auction will begin at 5:30 p.m. on Tuesday, March 27, at the Oklahoma Bar Association. Dinner and a live auction will follow. The evening event offers one hour of ethics MCLE. My friend and well respected OBA member Reggie Whitten will present his personal story. My personal heartfelt thanks and appreciation to Reggie for all he has done to make a difference in the lives of Oklahoma youth, military and attorneys. If you are ever in search of a role model for inspiration, look no farther than Reggie Whitten! Jim Blackburn will also present his personal story in a presentation titled “Night Falls Fast: Memories from A Dark Time and How I Started Life Over.”

The OBA Work/Life Balance Committee and the OBA Lawyers Helping Lawyers Assistance Program Committee have combined their efforts to present an unforgettable blueprint for success. I hope you will join us for the evening event. If you are unable to attend, please make a donation to the LHL Foundation, www.lhlfoundation.org. Your support is greatly appreciated.



Cathy Christensen

President Christensen
practices in Oklahoma City.
Cathy@
CathyChristensenLaw.com
405-752-5565

DIRECTOR LEAVES OBA

It was a sad day at the bar association on March 2 when OBA directors, staff and friends bid farewell to Director Donita Douglas who leaves the OBA to embark on a new professional career as director of Professional Services for InReach, Continuing Education Solutions, a national enterprise. For almost 12 years, Donita has served the bar association and its members exceedingly well. Donita's implementation of technology in legal education and her innovative CLE presentations repeatedly placed Oklahoma at an enviable advantage when compared to other state bar association legal education departments.



Donita Bourns Douglas

I heard Donita tell her CLE staff that one measure of a successful director is the ability of the staff to continue seamless and unaffected daily operations in the director's absence. She trusts her department staff to operate “business as usual” until a new director is hired. I share Donita's trust in the CLE staff and their professional skills. I have no doubt that Donita maintained a finely oiled machine in the OBA CLE Department and that Heidi, Mark, Brandon, Renee, Stephanie and Susan will continue to provide excellent education and service to OBA members during this interim period. It shouldn't surprise you that many of the 2012 CLE programs and special events have already been planned!

The OBA has initiated a nationwide search for a new director of Educational Programs. I have appointed a committee comprised of directors, staff, OBA governors and past presidents to assist John Morris Williams and me in the interview and selection process. If you have any questions or concerns, please telephone or email either John or me. I wish Donita many years of good health and happiness in her career. Godspeed, good friend. You made a difference in our lives and our career development — and we will miss you.

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EVENTS CALENDAR

MARCH 2012

- 12 **OETA Festival Volunteer Night**; 5:45 p.m.; OETA Studio, Oklahoma City; Contact: Jeff Kelton 405-416-7018
- 13 **OBA Legal Intern Committee Meeting**; 3 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Candace Blalock 405-238-3486
- 14 **OBA Board of Governors Meeting**; 10 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: John Morris Williams 405-416-7000
OBA Day at the Capitol; 11:30 a.m.; Oklahoma Bar Center, Oklahoma City and State Capitol; Contact: John Morris Williams 405-416-7000
OBA Diversity Committee Meeting; 12 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Kara Smith 405-923-8611
OBA Women in Law Committee Meeting; 3:30 p.m.; Oklahoma Bar Center, Oklahoma City and Crowe & Dunlevy Offices, Tulsa; Contact: Deirdre Dexter 918-584-1600
- 15 **OBA Appellate Practice Section Meeting**; 12 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Greg Eddington 405-208-5973
OBA Work/Life Balance Committee Meeting; 12 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Sarah Schumacher 405-752-5565
OBA Justice Commission Meeting; 2 p.m.; Oklahoma Bar Center, Oklahoma City; Contact: Drew Edmondson 405-235-5563
- 16 **OBA Lawyers Helping Lawyers Assistance Program Meeting**; 12 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Tom Riesen 405-843-8444
OBA Awards Committee Meeting; 1:30 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: D. Renée Hildebrant 405-713-1423
- 17 **OBA Title Examination Standards Committee Meeting of the OBA Real Property Law Section**; 9 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: Scott Byrd 918-587-9762
- 20 **OBA Bench & Bar Committee Meeting**; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Barbara Swinton 405-713-7109

For more events go to www.okbar.org/calendar

The Oklahoma Bar Association's official website: **www.okbar.org**

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Balancing Law School, Now Legal Career: A Mother's Perspective

By Erin L. Means

Work/life balance was a concept I experienced long before I ever heard it described with an actual name. Entering law school with a son who was not quite two years old at the time, I had no plan for how I was going to balance all the work and studying of being a full-time law student with the heavy responsibility of parenting a toddler, or any idea if I could even do both successfully. It wasn't until on-campus interviews started in the fall of my second year that I was introduced to the actual term "work/life balance" and began to understand that the juggling routine I did daily was a formal concept that was, at the very least, recognized in the legal profession and actualized in a variety of ways.

In law school, my biggest challenge with balancing studying and parenting was dealing with the unexpected. And, to give credit where it is due, my parents helped a tremendous amount with this. In the spring of my first year, on the day I was supposed to be competing in the first round of the first-year moot court competition, I got a call at 6 a.m. from my son's daycare saying that it would be closed that day because the owner and care provider was ill. I called my parents and, without my asking, my dad immediately got up, got in the car and drove 2.5 hours to my house to stay with my son that day. He even got there with enough time for me to make it to my 10 a.m. class. In my second year, I competed on another moot court team and our practices were twice a week in the early evenings. I relied on close friends to fill in where daycare left off while I was finishing up practice and trying to get home. When Hillary Clinton said it takes a village to raise a child, she was right.

As I left school, my son went in. He started full-time pre-kindergarten the same month that I started full-time work. As a single parent and a new attorney, my experience with achieving work/life balance was largely centered on learning to shift from my role as a parent to my role as a lawyer and back again throughout the day. My son, as he rightly should, has always expected his share of my time and attention no matter what work project I have going on. When I was in law school, the "balance" part of work/life balance was more of an act of fitting things in — of finding the actual hours in a day to prepare for and attend class, read, outline, grocery shop, do laundry, read bedtime stories, etc. After law school, I felt I needed to find a new and more meaningful way to divide my roles as both a parent and an attorney. In school, I had trained myself very well on being able to fit things in, so finding the time and ability to fulfill the daily responsibilities of being a parent and taking care of a home along with meeting work obligations

was no longer an issue. The new challenge became selecting personal priorities that allowed me to define how much I was willing to sacrifice, or not to sacrifice, in the name of growing a career.

To that end, I knew I wanted to be in a place where my role as a mother would be encouraged. As my son and I have both grown in our own respective ways since my finishing school, I have been able to fully be there to experience it with him. I have family close by and that helps a tremendous amount. My firm emphasizes the importance of family and I have always felt supported in the time that I spend as a mother. My office is showered with reminders of who I am as a parent, including most notably the *Star Wars* collage made out of Post-it notes that my son made one morning when I brought him to work, each Post-it depicting a different scene of the movie. I have coached his soccer team for the past year and have found that going from dealing with attorneys and clients all day to corralling a bunch of six-year-old soccer players into an organized practice or game, although it sounds like it might add more stress, in fact does quite the opposite.

“When Hillary Clinton said it takes a village to raise a child, she was right.”

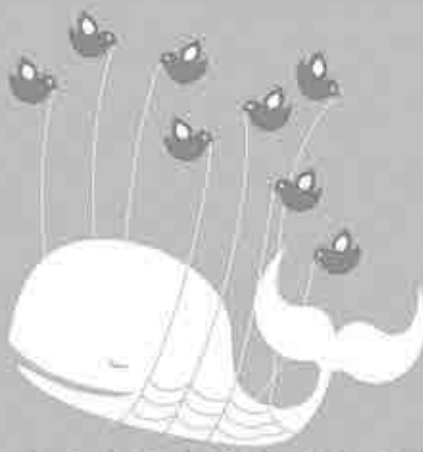
Being able to not only watch and be there for my son’s activities, but also to be an active participant in them with him has been worth it. My son will only have one childhood and for his sake, after he is grown, I want him to remember my presence in it more than my absence from it. Our families truly make our work meaningful and appreciating both the distinction and connection between work and play helps us all realize the full concept of work/life balance.

ABOUT THE AUTHOR



Erin L. Means practices in the areas of civil litigation, family law, contract disputes, oil and gas, estate planning and probate, real estate and lien law in the Enid office of the firm Gungoll, Jackson, Collins, Box & Devoll PC. She graduated summa cum laude with a B.S. in political science as valedictorian from St. Gregory’s University in 2005. She earned her J.D. with honors from the University of Oklahoma in 2009.

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The Rich Advantage of Good Exercise?

By George Wright

“Exercise is loathsome. And it cannot be any benefit when you are tired; and I was always tired.” – Mark Twain, 70th Birthday Speech, 1905

I’ve many times read articles about peppering physical activity into an otherwise sedentary life to achieve some measure of work/life balance.¹ This is a living and thriving cliché.² I’m not exactly in disagreement, but say my own experience has not been well-captured in a short exhortation to physical fitness.³

I suppose if there is a basis for the validity of the cliché, it is a materialist nugget — a person is a body.⁴ It follows that the use of the body partially defines the state of the person.⁵ Consequently, I will modify the cliché by suggesting that, so long as you are currently alive, you are currently exercising. I have been forced to concede that my actual exercise steers me, and it turns out that including measured physical exertion in my life is a maddeningly simple way to keep me from developing a tic.⁶ I won’t argue that this is how it ought to be or always is for everyone; I will assume that those who continue reading give some credence to the cliché. I will also skip the step of examining my bafflement as to why I have so much difficulty consistently resorting to so reliable a coping mechanism⁷ and offer a few necessary and inter-related, aspects of physical exercise which have resulted in more consistency for me,⁸ without offering any opinion as to which brand of exercise best contains these elements. Then, I will surely embarrass myself in an attempt to ferret out the reasons behind the machinations of physical exercise on the psyche, ignoring the more important fact that the experience persists.

CONFOUNDING NEWTON’S FIRST LAW OF MOTION

In my limited experience, I more often begin to exercise when the workout contains the possibility of:

Hurt. Not flagellation-level pain, but some discomfort. Masochism? Maybe, but few lawyers have a self-regard so healthy that they can completely avoid a little masochism. As far as masochism goes, routine physical exercise is a method that is fairly nondestructive to one’s career, relationships and/or standing with the proper authorities.⁹ Personal anecdote No. 1: Once in high school, I arrived at track practice wearing my customary T-shirt and shorts, despite the fact that it was 32.0001°F and raining.¹⁰ This was due to an inadvertent¹¹ failure to pack more suitable training clothes that morning. Because track and field, as a net revenue loser for the school district, did not merit its own locker room facilities, after the workout I shivered my way directly to my car and placed my hands on the steering wheel. I had the strange realization that while I could clearly see that my hands were grasping the wheel, the nerve endings in my fingers were relaying no signals of any kind. The stranger realization which fol-

lowed was a (metaphorically) warm assurance that I had done something inexplicably worthwhile. I don't remember whether the workout itself went to plan. However, I still feel an echo of that assurance as I recall the event. I think that my Dad is correct that things of value come at a cost. Some minor physical pain may be enough of a cost to belie the value of the experience. Or, instead, the recalled discomfort may enhance the retelling when we regale our co-workers with our workout bravery, giving us the recognition we so pathetically need, which may be the only reason we do anything at all.

Competition.¹² The practice of law is combative enough, sure, sure. But, nothing gives meaning to the practice like some much less meaningful athletic competition.¹³ I would consider this benefit the unintended positive connotation of Teddy Roosevelt's prohibition against knowing neither victory nor defeat.

“...even poor weather is preferable to enduring the sustained view of a television, a sheetrock wall, or my own reflection.”

Personal anecdote No. 2: On Tuesday nights, a group meets at the local bicycle shop for a ride. It is intended to be collegial, but there are always a few riders who turn the last half into a race. When I am on the fence about working out on Tuesday nights, I'm not lured in by the friendly chit-chat; I want to see if I can finally put that incredibly nice professor into difficulty. I've yet to come close. A minor defeat like this at work has me pouting like a child, but out there, with the stakes lowered, I feel enriched. At least in my own personal egocentrism, the hope of doing something well doesn't have the motivating power of the hope of doing something better than some (particular) body else.

Meditation. This may be ephemeral and inscrutable, but whatever it is, it is essential. Also, as with the “Hurt” paragraph, *supra*, routine physical exercise is likely a less dangerous

path to Zen.¹⁴ Personal anecdote No. 3: I have recently attempted to learn to swim.¹⁵ While improvement may be many years away, a happy attendant accident was the discovery that to swim laps is to enter an isolation chamber.¹⁶ There is no music, and the view is an endless blurry black line. The undiluted vanity of such aloneness is sometimes inducement enough to keep me coming back.¹⁷

The Outdoors. This may be a subset of “Hurt,” but somehow, even poor weather is preferable to enduring the sustained view of a television, a sheetrock wall, or my own reflection. Even if you smash your mountain bike into a tree, bend the frame, and hobble back soaking wet, isn't that better than flipping through a magazine on a stationary recumbent bike in a crowded gym? Is it even arguable?¹⁸

Companionship. There are certainly many wonderful communitarian aspects to group exercise,¹⁹ but I've found that the shame of disappointing my workout partner is unparalleled as an impetus to get me out of bed.^{20, 21}

LIKE A BLUE HEELER IN A TINY APARTMENT?

In section 1, it may appear that my contradictory motivating emotions are self-loathing, vanity, misanthropy, *schadenfreude* and shame. I need to double back. These vices are only the goads to get me moving. Once I'm in the midst of the thing, it's usually quite nice — sweetness and light. Afterward, I eat better; I sleep better; I feel better. Maybe exercise is not the panacea which will unify the body and soul in Thomistic harmony, but *Mens sana in corpore sano*, right?²²

There is at least a pseudo-scientific explanation here. It goes like this. Maybe there is some truth to another cliché — people just weren't meant to sit all day.²³ Research has shown that there are measurable changes in the brain, both chemical and structural,²⁴ which result from regular exercise. Painfully summarized, this research suggests that regular exercise may increase a person's neurological capacity to cope with anxiety.²⁵ The anthropological counterpart to this bit of neuroscience is the theory that early humans survived as hunters by spending large portions of their time in motion, running their quarry to exhaustion.²⁶ If that is so, we spent hundreds of thousands of years perfecting our capacity to expect and withstand daily, strenuous physical exercise only to have that trait serve us so well that, in this part of the world, in the last few decades, we no

longer have any real use for it. We may still be awaiting the evolutionary emotional adjustment which will enable us to be as sedentary as technology now allows.

If you find my misappropriation of this science makes the article less credible, take comfort in the fact that it is a *post hoc* rationale at best. Anyhow, if you have read this far, you too have probably confirmed the cliché's existence and don't need to be convinced.²⁷ If you aren't (convinced), fine, figure it out on your own. What do I know?

1. See e.g. "It's hard to make time for exercise when you have a jam-packed schedule, but experts say that it may ultimately help you get more done by boosting your energy level and ability to concentrate." Jen Uscher, "Five Tips for Better Work/Life Balance," www.webmd.com, Jan. 21, 2011.

2. But see David Foster Wallace, *Infinite Jest*, 1996: "The Mad Stork always used to say clichés earned their status as clichés because they were so obviously true." Although, I am willing to accept that the cliché is all wrong. I sometimes think a friend is correct in positing that extra bacon and cheese is the answer.

3. Much like the one I am now quixotically composing.

4. For a summary of materialism, just dig out your Intro to Philosophy textbook. I should probably attempt to understand it before I attempt to explain it. However, if you do, let me forestall your inevitable, and apt, correction with the following amendment: "A person is at least a body." Still not good enough? I don't know what you want.

5. No authority whatsoever. Maybe this: "You think when you wake up in the morning yesterday don't count. But yesterday is all that does count. What else is there? Your life is made out of the days it's made out of. Nothing else. You might think you could run away and change your name and I don't know what all. Start over. And then one mornin you wake up and look at the ceilin and guess who's layin there?" Cormac McCarthy, *No Country for Old Men* (2005).

6. Or methodically knocking people's hats off in the street. Herman Melville, *Moby Dick*, Ch. 1, 1851.

7. See Romans 7:15 KJV.

8. If you want to read a few real exercise scientists' take on this question, See Lindsay R Duncan, Craig R Hall, Philip M Wilson and O Jenny, "Exercise motivation: a cross-sectional analysis examining its relationships with frequency, intensity, and duration of exercise," *International Journal of Behavioral Nutrition and Physical Activity* (Jan. 2010).

9. But see Kevin Helliker, "A Workout Ate My Marriage," *W.S.J.*, Feb. 1, 2011.

10. No one will ever convince me that near freezing water is less miserable than sleet.

11. Supposing you give credence to the concept of inadvertence. I have to.

12. This probably includes the more solipsistic iteration of "competing against one's self." Or as 1964 Olympic 10,000m gold medalist Billy Mills more correctly put it: "Who did I beat? I beat the demons within me." Mike Wise, "Billy Mills offers Marine Corps Marathon runners an inspiring story," *Washington Post*, Oct. 29, 2011. However, I lack both Mr. Mills' lofty sense of intrinsic motivation and his gold medal.

13. Reflexively, this very slender meaning is far better than the nihilistic emptiness to be found in a regular meeting with a treadmill, kept for its own sake. Masochism can carry you only so far.

14. Or peace or serenity or mental health or balance or ...

15. Until that time, I had not appreciated the subtle difference between "swimming" and "not drowning."

16. Check Zadie Smith, *On Beauty*, (2002), citing John Cheever, *The Swimmer* (1964).

17. Although there is not always a balm in Gilead, sometimes it more resembles John Malkovich's visit inside his own head. See *Being John Malkovich*, Charlie Kaufman (1999).

18. See www.velominati.com, Rule No. 7: "Free your mind and your legs will follow. Your mind is your worst enemy. Do all your thinking before you start riding your bike. Once the pedals start to turn, wrap yourself in the sensations of the ride — the smell of the air, the sound of the tires, the feeling of flight as the bicycle rolls over the road."

19. See Trost, S.G., Owen, N., Bauman, A.E., Sallis, J.F. and Brown, W. (2002). "Correlates of adults' participation in physical activity: review and update." *Medicine & Science in Sports & Exercise*, 34(12), (1996-2001).

20. "A man who has depths in his shame meets his destiny and his delicate decisions upon paths which few ever reach." Friedrich Nietzsche, *Beyond Good and Evil*, Part 2 (1886). See also Thomas J. Scheff, "Shame and the Social Bond: A Sociological Theory," *Sociological Theory*, Volume 18, Issue 1 (March 2000).

21. I will state explicitly that the hope of attaining physical beauty is not on my list. If such a thing can be attained by exercise, it is too far deferred to be an effective motivator. Neither is the hope of forestalling disease or death, for the same reasons.

22. "A sound mind in a sound body." Anyone else think that Juvenal wasn't saying that one caused the other but simply that it would be nice to have both?

23. This cliché is so powerful that "to sit all day" can, and has been, successfully replaced with almost any infinitive phrase. To stand all day. To walk all day, to breathe plum preserves all day. Try it. It's an Escher.

24. Is this a difference? Aren't structures made of chemicals?

25. See e.g. Stranahan AM, Khalil D, Gould E, "Running induces widespread structural alterations in the hippocampus and entorhinal cortex," *Hippocampus* 17: 1017-22 (2007); B.N. Greenwood and M. Fleshner, "Exercise, learned helplessness, and the stress resistant brain," *Neuromolecular Medicine* (Feb. 2008).

26. Dennis M. Bramble & Daniel E. Lieberman, "Endurance running and the evolution of Homo," *Nature* 432 (Nov. 18, 2004)

27. See "When I heard the Learn'd Astronomer," Walt Whitman, *Leaves of Grass* (1892).

ABOUT THE AUTHOR



George Wright maintains a general civil litigation and appellate advocacy practice in the offices of Stuart Clover Duran Thomas & Vorndran LLP in Shawnee. He received his J.D. from the University of Oklahoma College of Law in 2007 after receiving his B.A. from Oklahoma Baptist University. He claims no particular expertise in either exercise or work/life balance.



The Golden Idol: How Indiana Jones Taught Me to Attain Work/Life Balance

By Daniel Johnson

In the opening scene of *Raiders of the Lost Ark*, the 1981 film starring Harrison Ford as Indiana Jones, Jones navigates his way through a booby-trap filled Peruvian temple in search of an apparently valuable (and long-missing) golden idol.¹ After reaching the temple's treasure room, Jones sees the idol resting on a pedestal, apparently easily taken by anyone skilled enough to reach it. However, Jones — having done his due diligence — knows that things are not as they appear. He knows that the last and most difficult trap is right in front of him. To successfully retrieve his archeological prize and escape the ancient ruins alive, Jones knows he must replace the weight of the golden idol with something weighing exactly the same. Any imbalance will trigger the last, and most deadly of the ancient security measures.

Jones eyes the golden idol, carefully trying to assess its weight as he pulls a bag from his satchel, which he begins to fill with sand. After filling the bag to the estimated weight of the golden idol, he carefully removes the idol from its perch and immediately replaces its weight with the bag full of sand. At first Jones (and the audience) believes he's done it — after all, he is Indiana Jones. However, the relief is short lived, as the weight of the sand is too great and the ruins begin to crumble around Jones as a massive boulder starts to tumble toward the cunning archeologist.

What follows is one of the more famous opening action scenes in cinematic history, in which

Jones literally runs for his life to avoid being squished by the tumbling boulder, ultimately escaping the ruins only to be greeted by hostile natives and a rival archeologist who steal the idol from Jones.

While it is hopefully safe to assume no one reading this article has a daily grind nearly as perilous as Jones' experience in the South American jungle, Jones' unsuccessful effort to precisely balance the weight of the idol with the weight of a sand-filled bag is symbolic of many lawyers' efforts to achieve work/life balance. Like Jones, lawyers soon learn that an absolute perfect and sustained balance is impossible.

Instead, we, as lawyers, must learn that balancing our career obligations with the demands of our civic, personal and family lives requires hard work and careful planning. Like any relationship of importance, the relationship between our work and personal lives is one that requires constant tending and nurturing. It is when the dynamic is ignored and neglected that one side of the balance or the other, and oftentimes both, necessarily suffers.

Over the course of the last few years, I have spent substantial time thinking and talking about this subject to identify a number of things that help me balance my life outside the office, with the demands of my profession. What follows are a few tips that make work/life balance more attainable and less daunting.

COMMUNICATE

One of the themes of Oklahoma's Rules of Professional Conduct is a lawyer's obligation to communicate with his or her client regarding, among other things, the status of matters, conflicts of interest and settlement offers. However, a harmonious relationship between a lawyer's work and his or her personal life requires good, consistent and frank communication with parties other than the lawyer's client.

At a minimum, work/life balance requires consistent communication with one's colleagues (partners, peers, supervising attorneys, etc.), and the key players in one's personal life (spouse, significant other, children, etc). Communication with each of these persons is key because it allows for managing other persons' expectations of the balance-seeking lawyer.

USE YOUR CALENDAR

The legal profession is deadline driven. As a result, lawyers make it a practice of putting all professional appointments and deadlines on their calendar. However, many lawyers do not treat their non-work appointments with the same level of importance.

As a brand new lawyer, it was common for me to plan to take time off, but not reduce these plans to writing on my calendar. As a result, these plans were never definite enough for me to avoid scheduling work-related appointments over my personal plans — a practice that was frustrating for me and my family.

I have since altered my practice. Now, everything goes on my calendar. From doctor's appointments, lunch appointments, vacations,

“...Jones' unsuccessful effort to precisely balance the weight of the idol with the weight of a sand-filled bag is symbolic of many lawyers' efforts to achieve work/life balance.”

three-day weekends and birthdays, it all gets written down. Of course, there are still times in which work obligations require juggling my calendar a bit. However, having it all written down on the calendar provides several advantages.

First, when scheduling work-related deadlines, it allows me the opportunity to see where conflicts already exist, and protect those personal dates which are most important to me. Second, in the event I cannot avoid a scheduling conflict, it allows me to easily see where I will need to spend some additional time in the office if I intend to also keep my personal appointments. Third, the ability to recognize where conflicts exist facilitates the open and frank communication noted above, which is indispensable to achieving a work/life balance.

EMBRACE TECHNOLOGY

Incorporating technology into one's law practice is another effective way to help manage the demands of the office and one's personal life. Gone are the days when all legal work must be performed in a law office (or even a home office). While each lawyer no doubt has a different comfort level with various technologies, and a different learning curve, the fact remains that effective use of technology can facilitate a greater balance between work and non-work obligations.

In the last two years, my iPad has become an essential part of my law practice — allowing me to write briefs, conduct legal research, prepare for depositions, and review (and annotate) documents from anywhere with a wireless Internet connection — without missing a beat and without lugging around an unwieldy amount of paper.

Certainly, an iPad may not be the solution for every lawyer. However, the key point is that

technology, incorporated thoughtfully into a law practice, allows lawyers to work more efficiently, effectively and flexibly, which in turn allows for easier and smoother transition between work and personal obligations.

GET ON A SCHEDULE

To many, one of the appealing things about practicing law is the practice's inherent flexibility — there are no set "working hours." While it is true that, absent a court appointment or the like, there is no formal start or stop time for a private practice lawyer, an irregular work schedule can be the enemy of work/life balance.

I am a firm believer that a consistent work schedule is more likely to result in work/life balance than not. Of course, there will be days on which one is late arriving to the office, must leave early, or take an extended lunch period. However, because I am a creature of habit, I am much more productive if I set regular working hours for myself.

In addition to being more productive, having set working hours allows me to compartmentalize the typical day into work and non-work portions. The key, at least for me, to making this work is to maintain the distinction between these two areas of my day — the work hours are for work, and when it is time to knock off and go home, non-work activities take over. Of

course, this is easier said than done, but it is possible on most days so long as one is willing to put in the necessary effort to make it so.

CONCLUSION

While the task of balancing work and personal obligations is not as perilous as Indiana Jones' adventure in the South American jungle, the film's opening scene teaches that perfect balance is not always attainable. However, the tips outlined above provide an important foundation for managing, and enjoying, the many things that compete for lawyers' attention on a daily basis.

1. *Raiders of the Lost Ark* (Paramount Pictures/Lucasfilm 1981).

ABOUT THE AUTHOR



Daniel Johnson is an associate at Crowe & Dunlevy's Oklahoma City office. He focuses his practice on employment litigation, representing employers on matters related to discrimination, retaliation, harassment issues, whistleblower claims, wage and hour disputes, and other workplace-related issues.

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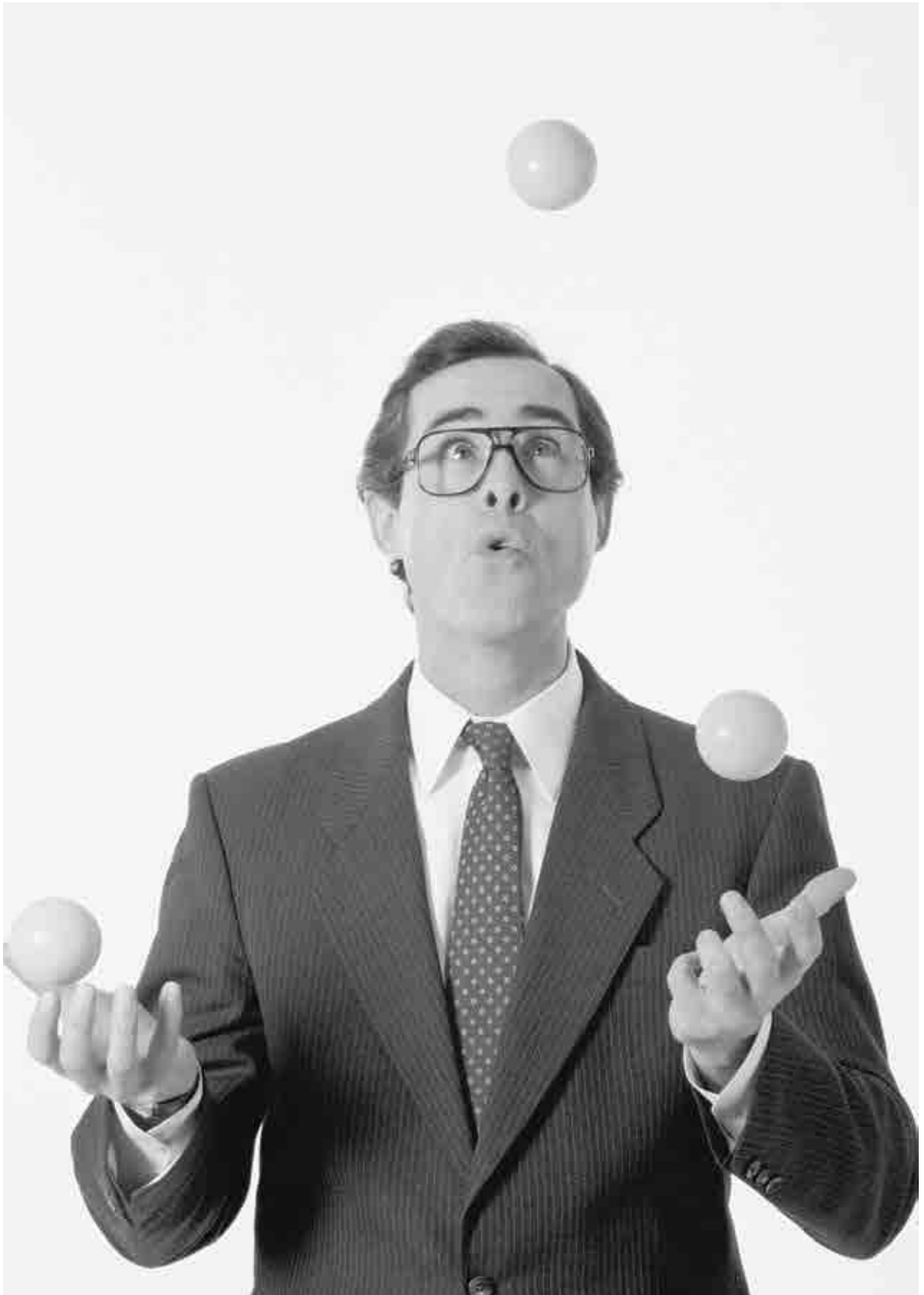
At Home



At Work



And on the Go



Work/Life Balance for the Bivocational Lawyer

By Gregory D. Pollard

My name is Greg Pollard. I am a lawyer and I am an ordained minister. Yes it is true and it is possible. I was accepted into law school in 1999 and have been involved in ministry since 1992. When I was accepted into law school, I was working full time as an associate pastor in a small church in Jones, Okla. I still remember the mixed responses I received from the congregants of the church after I was accepted into law school. One Sunday morning, one of the members of the church shook my hand and facetiously ask if I had changed sides. Most of the congregants were conservative in every way and believed the legal profession an environment to be avoided. Their experiences with lawyers were shaped by the images of television where the lawyers were always getting away with something or getting away with someone's money. I, however, understood the nobility of the profession and was prepared to demonstrate to them that the legal profession, like ministry, was about worthy causes. I had been doing well in full-time ministry, but always knew that I was also supposed to be a lawyer, too. Yes, "too" because I am now blessed to do both.

Balancing the two professions is not easy. I am in my ninth year of being an assistant district attorney and I have spent the last 20 years ministering in different capacities. Never more did I understand the difficulty of this balancing act than when I was an assistant district attorney and a senior pastor between February 2008 and the end of the year 2010. For five solid days I would work as a prosecutor and, then, spend evenings and weekends being a pastor. And, I enjoyed it! I enjoyed the interaction with the people provided by both professions. I found

that when I was enthralled in ministry endeavors, I did not think about being a prosecutor and vice versa. It was fast paced and sometimes took an emotional toll on my family and me — but it was also filled with unbelievable moments that will remain lifetime memories. I can remember one two-week period where I had a horrific child abuse sentencing, a trial involving a family dealing with debilitating injuries received by their son due to a stabbing, officiating a funeral where another family needed to be encouraged, and continuing regular prosecutor duties along

“There would be times that I would need to take time off from being a prosecutor in order to attend to pastoral duties.”

with regular pastoral speaking duties. Needless to say, I needed rest after that two-week period.

While being bivocational is not easy, I found each profession to be an outlet from the stress of the other profession. As I poured myself into what legal task was before me, my mind did not focus on the issues awaiting me in ministry. In turn, when I poured myself into what ministry task was before me, my mind was distracted from my problems awaiting me as a prosecutor. While I needed rest being bivocational — I found, on many occasions, that I was actually less stressed.

A person can balance being bivocational — if you are straightforward with those you work with, if you have people around you that are flexible, and if you understand that you need to take time off from both professions.

While I was pastoring and prosecuting cases, I tried to be straightforward with my district attorney and my church board of deacons about the realities of being bivocational. Each needed to know and understand that both of my professions will impose demands on the other. There would be times that I would need to take time off from being a prosecutor in order to attend to pastoral duties. There would be times that I would need to take time off from being a pastor in order to attend to prosecutor duties. Both sides were satisfied because I kept them informed.

In order to be bivocational, you must have people around you that are flexible. If flexibility is not possible, then being bivocational is not possible. At the time, my district attorney was Chris Ross and he provided me that flexibility as a prosecutor. He made things easy on me. If I had a hospital visit to make, then I could write it

out as annual leave and go. If I had a funeral, then we would adjust my court schedule accordingly. Jim Tillison, my fellow assistant district attorney, would cover me if necessary and he made things easy on me as well. The judges in Pontotoc County did the same and would always accommodate changes in my schedule and adjust accordingly. The church board and the church members were flexible as well. They always understood if I needed to take a Sunday off from speaking. Ultimately, both sides remained flexible because I did not abuse their kindness in extending that flexibility. Finally and most importantly, I have a loving wife and two wonderful children that were flexible. We always tried to maintain our family time and we tried to not let the busyness of two professions to preclude that family time. No doubt my family had to make adjustments, but they were always understanding and supportive.

It is painfully obvious that any heavy work schedule requires that you take time off. Never is that more necessary than when you are bivocational. There is no way around it, even though both professions demand your attention, you must take time off. If I did not have the benefit of a full week off, then I would find a couple of hours, maybe an afternoon, or even a whole day to take off from both professions. If I was well rested, then I would more likely be a better prosecutor and a better pastor. More importantly, I would be a better husband and a better father.

While being bivocational is not always possible — it is most likely to succeed when you are straightforward with the representatives from both professions, when there is flexibility that will not be abused and when you ensure that you take time away from both professions.

ABOUT THE AUTHOR

The Oklahoma Supreme Court admitted Gregory D. Pollard to the practice of law in 2003. He has been in a district attorney's office since 2001 and currently works at the district attorney's office in Lincoln County. He is an ordained minister and has worked in numerous ministry capacities since 1992. He and his wife, Misty, have an 8-year-old daughter named Mackenzie and a 5-year-old son named Gestin.

OBA INSURANCE LAW SECTION SPRING MEETING

..... **Monday, April 30, 2012**

Hard Rock Casino (Sky Room – 18th Floor) • 777 W. Cherokee St., Catoosa, OK 74015
CLE, Lunch and Golf Outing — Approved for 3 hours MCLE credit*

- 8:15 a.m. to 8:30 a.m. Registration and continental breakfast
- 8:30 a.m. to 8:40 a.m. Welcome and opening remarks, Jon Starr, Section Chairperson
- 8:40 a.m. to 9:10 a.m. “Dual claims in Worker Compensation Court and District Court” by Jack Zurawik and John Truskett of the Zurawik Law Firm
- 9:20 a.m. to 11:30 a.m. Our featured speaker will be **Randy Maniloff**, co-author of “**General Liability Insurance Coverage – Key Issues In Every State**” (Oxford University Press, 2nd edition, 2012), will examine the national landscape on several critical liability coverage issues. He will discuss the majority and minority views, as well as how Oklahoma law fits into the national picture. Maniloff will also discuss the most important coverage issue affecting liability insurers today. **A free copy of “General Liability Insurance Coverage – Key Issues In Every State” (\$125 retail value) will be given to each attendee.** The program is being submitted for Oklahoma CLE credit of 3 hours.
- 11:30 a.m. Lunch at the Hard Rock Casino
- 1:00 p.m. Golf at The Patriot Golf Club, 19201 E. 72nd Street North, Owasso, OK

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If there are other individuals attending that you would like to play with in your golf foursome, please list:

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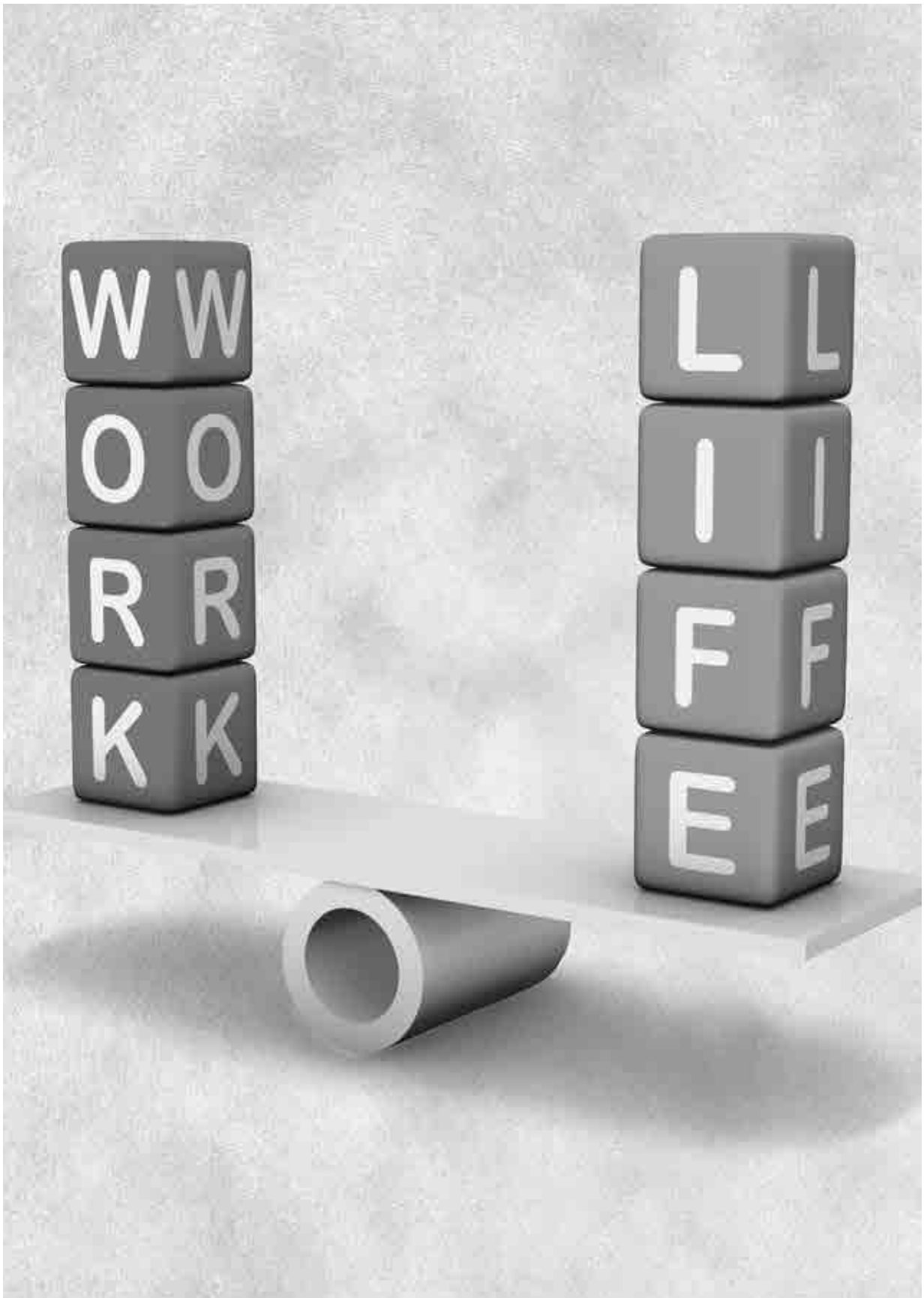
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*This CLE is being done in conjunction with Continuing Legal Education Institute, LLC, (“CLEI”) which will handle all non OBA Insurance Law Section member registrations.



Work/Life Balance: A Structured but Flexible Approach

By Evan Vincent

I came to appreciate how the practice of law has the potential to consume your life within my first month of law school. During the years that followed I spent a fair amount of time thinking about how I did not want that to happen to me, and that there were other activities I wanted to do in addition to practicing law. Since I also had a certain level of success I wanted to achieve in my career, I took some time before I started practicing to think about how I could reconcile my personal and professional goals.

Having studied engineering in college, I felt I needed to address this problem through a structured approach, but discussions with experienced lawyers and time as a summer intern had shown me the benefits that flexibility provides in practicing law. I therefore tried to develop an approach that would incorporate both structure and flexibility, and what I ultimately came up was this: 1) separate my activities into a “Work” category and a “Life” category; 2) identify what I wanted my “normal workday” to be and set that as the baseline for the time I could devote to each category every day; 3) identify the “Life” activities that I wanted to be involved in the most and determine the time required for them; and 4) figure out ways to incorporate those “Life” activities into my “normal workday.”

The flexibility in this structure comes from always working toward keeping things at the “normal workday” baseline. The amount of time devoted to “Work” or “Life” in any particular day is always compared against the baseline, and any deviance from the baseline can be balanced out on another day. For example, a particular day when “Life” requires more time than

the baseline amount will be offset against the amount of time for “Work” activities for that day and vice versa. Because I know how much time “Life” took away from “Work” on that day, I can balance things back out to the baseline by adding that same amount of time to “Work” on another day.

This approach is by no means perfect, and I freely admit that I do not adhere to it as strictly as I could or as it might appear from this article. I do feel that this approach has served me well since I began practicing, and it is my hope that others will find it helpful in some way. The discussion below briefly illustrates how I have followed each step listed above, and how following those steps has benefited me in pursuing my personal and professional goals.

STEP ONE

Separate your activities between “Work” and “Life”: While this may appear to be so easy that it has little value, it helped to define the boundaries between my personal life and my professional life. For me, “Work” means any activity taken toward developing your practice or your-

self as a lawyer. That may be writing a brief, taking a deposition, reviewing documents, working on a real estate purchase agreement, reviewing prebills, serving on a bar committee or even reading bar journal articles. I have found that my practice will consume all aspects of my life unless I set limits. Taking the time to identify the activities involved in my “Work” category was an important step for me in deciding where my limit needed to be. All other activities go into the “Life” category, but I found that taking the time to list and prioritize among those activities is very helpful too. More on that in step three.

STEP TWO

Set your pace by defining your “normal workday”: This is the most important step, and it involves the following question: How many hours do you want to devote to working on a normal day? Now, the word is “working,” not “billing,” because, as discussed above, not everything in the “Work” category is done directly for a client’s benefit. While an individual’s circumstances will inform his or her own definition, my “normal workday” is the daily pace I need to succeed in all those “Work” activities identified in step one. This daily pace is my baseline or, more in line with the concept of balance, my equilibrium point. My “normal workday” is the minimum amount of time that belongs to my practice every Monday through Friday throughout the year, except for holidays and vacations.

It isn’t a rigid routine, however, because I leave myself the option to make necessary adjustments on a daily basis. As we all know, there are days when you are preparing for trial, days when clients or senior lawyers bring you an emergency late in the day, and days when you have to go home to meet the plumber. Obviously, those are days when I will deviate from my baseline. But because the “normal workday” sets my daily pace with the expectation that at least a certain amount of time will be spent working, I always have a reference point to balance things out.

Following this approach has provided me some unexpected benefits in managing my practice. I remember times in law school where even going to an OU football game involved a feeling of guilt because I knew I could have been studying, and that same guilty feeling still hits me sometimes when I choose to do something other than work. I have discovered,

however, that staying on my baseline pace really helps to keep that guilty feeling in check. The baseline also helps to combat procrastination. Making sure that I work the baseline amount every day often results in tasks being addressed instead of being put off, and this definitely helps lower my stress level.

As you will see in the steps that follow, the normal workday gives me a reference point from which all my other activities are planned. While it may not work for everyone, it has worked very well for me so far.

STEP THREE

Write down the “Life” things you want to do and research how much time they will take: There’s nothing novel here. Simply sit down and think about what you are interested in or passionate about. As I mentioned above, the “Life” category includes all activities that are not “Work,” but I found it very helpful to write down and prioritize among the “Life” activities. Time with family is the most important activity in the “Life” category for me, so it made sense to make sure that any activity that took away from my family really meant something to me. After all, if you are not interested in or passionate about the activities that take your time away from work and family, then why do them?

I encourage you to be creative in this step. Family comes first, but it’s also a good idea to look for organizations and volunteer opportunities in addition to activities that are purely relaxation or entertainment. If your passion is reading, you could join a book club or volunteer at a library, school or an organization for literacy. If you like to cook, look for a class you could take or volunteer activity where you could put your skills to use. It could also be something personal to you, such as your health.

Once you identify those activities, you have to figure out both how much time they require and how much time you’re willing to give them. Then refer back to your normal workday, because it quantifies the amount of time you should expect to have for those “Life” activities every day. I knew I wanted to be involved with the Oklahoma Blood Institute and in my church, so I did some research on different ways to become involved and the time commitment that came with each. My normal workday was a very useful tool here, because it served as the reference point to help me find ways to con-

“...there are times when the practice of law can be overwhelming, tedious or just downright boring.”

tribute to these organizations that also fit my work schedule. It also helped me to figure out the best way to incorporate exercising and reading, two things I love to do, into my daily routine. Whatever your priorities in the “Life” category may be, setting a daily pace for your working life makes it easier to find room for them.

STEP FOUR

Incorporate your “Life” activities into your normal workday: The last step is the hardest, because this is where the balancing act begins. As discussed in Step Two, the normal workday is just the baseline, the normal pace you expect to keep. It is not a rigid schedule because you can deviate from it as needed, but staying close to the pace makes devoting yourself to different interests more manageable. Now, I admit that keeping a working pace can be really difficult because, regardless of the amount of passion we may have for our profession, there are times when the practice of law can be overwhelming, tedious or just downright boring. But it has been my experience that staying on pace becomes much easier when you mix a “Life” activity into the time you normally spend working.

Here is my personal example: I had been in practice about six months and was in the middle of reviewing a large stack of documents that was actually only a subset of a much larger stack. While taking a short break from this document review, I received a message from my best friend that for a modest fee you could listen to the radio broadcast of every Major League Baseball game through the internet. I immediately paid the fee, turned on a game featuring my beloved San Francisco Giants, and went back to reviewing the documents. Within minutes, my attitude toward reviewing those documents drastically improved, and the information became much easier to retain.

Since that time I have had baseball game broadcasts playing in my office every chance I get, whether or not a Giants game is on, and it improves my mood and attitude toward working no matter what the task might be.

Of course not everyone is a baseball fan, and not everyone works well with a constant noise in the background. This is only my own example, and the point is not that you have to find something you can do while also working. My suggestion is to pick something you like to do and devote a break in your work to doing it. Do crossword puzzles, read a political blog, listen to music, write your own blog or even play Angry Birds. This is different than simply taking a break to chat up a colleague or going out to lunch, because you are filling your break in work with an activity that you have identified as a priority in your personal life. While this time still counts against the amount devoted to “Life” in the normal workday, it recharges you and makes keeping the pace that much easier. I see this in other lawyers at my firm. One lawyer occasionally attends Spanish classes during his lunch hour. Others go to the gym for a workout or take a walk around the concourse in downtown Oklahoma City. I rarely see them return from these activities without smiles on their faces.

There is no right way to have a good balance because each of us has different interests, passions and responsibilities. The approach above has worked for me so far, and I hope that aspects of it will help you in finding that elusive sense of balance that provides satisfaction in both work and life.

ABOUT THE AUTHOR



Evan Vincent is an associate in Crowe & Dunlevy's Oklahoma City office. His practice involves general litigation for clients in industries such as construction, energy, telecommunications, healthcare and financial services. He serves as a board member for the Oklahoma Blood Institute and as Vestry for St. Paul's Episcopal Church. He is a graduate of Leadership Oklahoma City's LOYAL Class VI and a member of iON Oklahoma's 2011 Next Gen 30 under 30 class. He graduated from the OU College of Law in 2008.



Author Luke Adams and his family. Photo taken by Goodlight Photography

Work/Life ‘Balance’ – No Such Thing

By Luke Adams

Work/Life Balance. The very phrase implies that one can expect to spend an equal amount of time with your family and at work on any given day. In my experience this is never the case. Some days you get dressed in the dark, leave before your spouse and kids wake and do not return until they are fast asleep. Other days you get up with your family, feed them breakfast, take the kids to school and return in time in the evening to play Optimus Prime vs. Megatron or Hulk vs. Wolverine and get some face time with your baby. You might even get to enjoy your favorite libation with your significant other — after the kids are all asleep. Both days are rewarding and both days, for me, are riddled with guilt. The question is not how you balance these aspects of your life because imbalance is inevitable. The question is how does one deal with the guilt and accompanying stress of this not-so-routine existence.

I am an associate with a private firm in western Oklahoma. I am happily married with three kids: two boys ages 5 and 3 and one 4-month-old girl. I have been practicing law for a little over six years and have come to realize that, in my situation, there is no such thing as balance or routine. (For me this is not a bad thing. When people ask if I enjoy practicing law I always say, “Yes, because I do something different every day.” Grandiose? No, but true). My constant struggle is the aforementioned guilt. For example, on a recent Friday afternoon my wife asked me to come home for lunch because our middle child was not doing what he was told, which is often the case. He is the middle child in every

sense of the word. When I walked in he was sitting on the stairs (time-out) looking like someone had just destroyed Optimus. See *Transformers*. When I asked him what was wrong he looked at me and said, “I want to hold you.” So, of course, I picked him up immediately and proceeded to eat lunch with him on my lap. (My wife hates this. She had been dealing with a kicking and screaming kid and I come home and am the “hero” effectively wiping away all disciplinary proceedings and making her look like the bad guy). As soon as I come home for lunch, which is seldom for the foregoing reason, I explain to my boys that I will have to go back to work shortly so as to attempt to prevent the inevitable meltdown.

This day was no different and as soon as I walked out the door both boys began crying while asking me to stay. I had to take care of some business at the courthouse and on the way home I convinced myself that I didn't have that much to do and could afford to go home for the afternoon. The boys were elated and the guilt was washed away until I laid my head down that night and thought of all that I had to do at work. Needless to say, I spent half of the day Sunday at work catching up on all that I had missed, thus the cycle of guilt continues.

The guilt works both ways. When I am home, especially when I know everyone else is hard at work, I feel guilty for not servicing my clients' needs. So, the question still remains, how does one deal with this guilt and accompanying stress? I am no expert and can only speak from experience, but the best way for me to deal with these issues is to keep everything in perspective and stay busy. With a wife, three children and a relatively successful law practice staying busy is not an issue. However, staying busy does not encompass only work and family. You must reserve some time for yourself and the community at large. I have many hobbies, just ask my wife: golf, basketball, racquetball, hunting, fishing, etc., but the most beneficial alone time is exercise. There is nothing that frees the mind more than a vigorous workout. Luckily, my office comes equipped with a workout room. It is simple, but it serves its purpose. If you are not so lucky, just get outside and do some yard work, play with the kids, etc. I like to go for a run with my boys loaded in a jogging stroller and take them to the park. You get the benefit of a good run by adding an additional 65 pounds of children and transformers, *supra*, and some good quality time with the kids.

Serve your community. I admit that at the present I am not doing as much as I could to serve, but I have in the past and can tell you that service to your community helps not only your local city or town but is yet another way to free your mind and possibly gain some perspective. Your local chamber of commerce is a good place to start. My wife was the president of our local chamber of commerce when we first moved to town, so I was encouraged

(forced) to participate. I was reluctant in the beginning because I felt that I needed to be at the office as much as possible as a rookie lawyer. I soon found out that my participation would pay off in spades. I was asked (ordered) to become a chamber ambassador and began attending all of the local events: new business ribbon cuttings, business after hours, morning mixers, membership drives, you name it. I met all the local movers and shakers, made some friends, gained some new clients and helped some people along the way. From my participation with the chamber, I became active in many other community organizations and charities. As a new member of a small or large community, there is no better way to introduce yourself than by participating in local organizations.

Perspective. I have two favorite sayings. The first, "Don't cry over spilt milk." This works on many levels, not to mention the literal interpretation which, as you can imagine, happens on a daily basis at my house. This idiom teaches us that there is no use in worrying about unfortunate events which have already happened and which cannot be changed, or in other words, to quote a more recent Eagles song, "Get over it." I preach this on a daily basis. It seems that most people cannot seem to simply clean up

“ So, the question still remains, how does one deal with this guilt and accompanying stress? ”

the milk and move on. They would rather wallow in their mistake and talk about what might have been. Every evening, usually on the drive home or over a cocktail in front of the TV, I reflect upon the day. I usually find that I made some mistake while at the office. I think about what I did, what I should have done and file it away. If it was a mistake of import, I might discuss it with a friend or mentor the next day. I always resolve the mistake in my mind, *i.e.*, figure out what I should have done, before I file it away. Now, you may say, "Luke, you're crying over spilt milk." I say that I'm thinking about how the milk was spilled so that I don't spill it the same way next time. The difference is in the crying. The criers wallow and think about what might have been when they could be learning something.

Second, "Don't sweat the small stuff." We have all experienced traumatic events, good or bad, that have made us stop and smell the

roses: your wedding day, the birth of a child, the death of a loved one; but the morals of this mantra are not reserved for the obvious. Your third wedding anniversary, your great-grandmother's 91st birthday, your wife's family's family reunion (seriously) are all events that should make us pause to realize that nothing else matters except our relationships with friends and family, especially that pending discovery deadline. So, perhaps, a more apt saying would be "Don't sweat the small stuff, and it's all small stuff."

These "remedies" of staying busy and perspective are temporary fixes, simply freeing your mind from the guilt and stress for short periods of time after which the guilt inevitably returns. However, the guilt is both the problem and the solution. While working, the guilt

brings your mind back to where it should be, at home. While at home the guilt forces your mind back to where you "think" it should be, at work. The guilt helps to bring a semblance of balance to an imbalanced existence.

In closing, be home every second that you can. Be at work when you must.

ABOUT THE AUTHOR



Luke Adams is an associate attorney with Tisdal & O'Hara PLLC, with offices in Clinton and Edmond. His primary area of practice is in general civil litigation. He and his wife Erin have three children: Parker, Ryder and Leah.

NOTICE OF JUDICIAL VACANCY

The Judicial Nominating Commission seeks applicants to fill the following judicial office:

**District Judge
Seventh Judicial District, Office 9
Oklahoma County, Oklahoma**

This vacancy is due to the resignation of the Honorable Tammy Bass-LeSure, effective March 1, 2012.

To be appointed to the office of District Judge, Office 9, Seventh Judicial District, one must be a registered voter of Oklahoma County Electoral Division One at the time (s)he takes the oath of office and assumes the duties of office. Additionally, prior to appointment, such appointee shall have had a minimum of four years experience as a licensed practicing attorney, or as a judge of a court of record, or both, within the State of Oklahoma.

Application forms can be obtained online at www.oscn.net under the link to Judicial Nominating Commission, or by contacting Tammy Reaves, Administrative Office of the Courts, 2100 N. Lincoln, Suite 3, Oklahoma City, Oklahoma 73105, (405) 556-9862. Applications must be submitted to the Chairman of the Commission at the same address **no later than 5:00 p.m., Friday, April 13, 2012. If applications are mailed, they must be postmarked by midnight, April 13, 2012.**

**Jim Loftis, Chairman
Oklahoma Judicial Nominating Commission**



Stress

By Ann E. Murray

Stress is sitting in front of your computer two days before an article is due about stress and not having an idea of what you are going to write. But, enough about me. Stress, as this article addresses it, is defined by *Webster's* as:

1. constraining force or influence: as

c : a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation

d : a state resulting from a stress; *especially*: one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium

<job-related *stress*>

Stress is present in our daily lives. Instances as simple as driving to work can cause multiple events of stress during your trip. There is someone driving too slow in front of you, someone who changes lanes without using their blinker, too much traffic or work zones ahead. Then, you get to work and a different set of stressors are there waiting for you. The day goes on and stress accumulates. By the end of the day you are stressed out and need a break. This article deals with ways that you can handle stress daily and also make lifestyle changes that alleviate stress in a more permanent manner.

BREATHING

Sounds simple, doesn't it? But, it is amazing how you can become stressed out and start taking shallow breaths which do not provide oxygen to your body. Deep breathing, on the other hand, provides oxygen to your body and calms you down. In order to get a deep breath, you need to breathe with your diaphragm and not your chest. To see if you are doing this, put one

hand on your stomach and the other on your chest. Take a breath. Which hand moved? If you are breathing deeply, it should have been your abdomen. If it wasn't, then take some time and practice moving your abdomen when breathing and you will become more aware of your breathing and more apt to revert to deep breathing when in stressful situations. Remember:

- Shallow, upper chest breathing is part of the typical stress response.
- The stress response can be switched off by consciously breathing with the diaphragm.
- Abdominal breathing plugs into the autonomic nervous system and encourages it to relax, bringing about a range of health benefits.¹

EXERCISE

Exercise produces endorphins which make you feel better. The more you can insert daily exercise in your life, the better you will feel. I can hear the cries of "I don't have time," or "I'm too

tired.” The Mayo Clinic offers suggestions on how to sustain an exercise regime:

- Set some goals. It’s always a good idea to begin or modify a workout program with a goal in mind. If your primary goal is to reduce stress in your life and recharge your batteries, your specific goals might include committing to walking during your lunch hour three times a week.
- Find a friend. Knowing that someone is waiting for you to show up at the gym or the park can be a powerful incentive.
- Change up your routine. If you’ve always been a competitive runner, take a look at other less competitive options that may help with stress reduction, such as Pilates or yoga classes.²

MEDITATION

It is not just for Yogis anymore. Meditation is a way to calm your mind and move your focus from a stressor to a more positive place. It is easy to do and you can do it right from the chair in your office. A simple way to meditate is to think about a relaxing place where you have been or would like to go. An example might be sitting next to a stream near the woods on a sunny day. Imagine the warmth of the sun on your face, listen to the gentle sound of the stream as it passes by and feel the soft grass underneath you as you enjoy all of this. The use of imagery is one way to clear your mind and calm yourself.

HEALTHY EATING

It is easy to seek out “comfort” foods when we are stressed. Who hasn’t gravitated to ice cream or other sweets to assuage the stress we are feeling? Of course, that can lead to weight gain and other health risks. It is important to set a healthy eating foundation so that when you are stressed, you are able to maintain healthy eating and not succumb to the junk food that seems to be calling your name. The most recent advice on what and how to eat was presented by First Lady Michelle Obama, and developed through the Department of Agriculture and may be found at www.choosemyplate.gov. The template for healthy eating is a plate which divides out how you should eat into several sections. One-half of your plate should be fruits and

vegetables. A quarter of your plate is grains but at least half of that should be whole grains. The site suggests that your protein include a variety of foods “to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week.” This move toward more healthful eating will make you feel better and make it less likely that you will seek out sweets and comfort food to deal with stress in your life.

BE HAPPY

In his book, *Authentic Happiness*, Dr. Martin Seligman explains the importance a positive outlook has on one’s health and happiness. In the article, “Authentic Happiness Can Come With These Effective Stress Relievers” by Elizabeth Scott, M.S., she explains that “following a stress relief program that also incorporates activities known to increase overall happiness can give you short-term stress relief, and the lasting gains of a happy life. And when you incorporate into your life a general state of happiness, and make habit the lifestyle features that promote it, you’ll be better able to weather future stress in your life.”³ The article lists 16 areas in your life that you can focus on to make you happier. Some of the areas listed are health, self esteem and spiritual goals. Additionally, the Mayo Clinic suggests that you “Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.”⁴

SUPPORT SYSTEM

Creating a support system for yourself goes a long way to reducing stress in your life. Just having someone to talk to while going through a stressful time is helpful. However, building a lifelong, supportive network is key to combating stress over time. A support system is not a formalized group with a purpose of addressing stress. A support system is made up of people that you care about and who care about you. They are your family, friends or co-workers – people who want the best for you. If you have isolated yourself from others, take the time to reconnect with old friends or to make new ones. Be careful, choose people who have a positive impact in your life. Reconnecting with

“It’s always a good idea to begin or modify a workout program with a goal in mind.”

a “Negative Nellie” is not going to help you reduce stress and will probably increase it in your life. Remember, the support system is symbiotic. It is just as important for you to be supportive to others in your life as this provides you with an increased sense of self worth.⁵ Having a support system provides many benefits in addition to helping you handle stress. Studies show that “those who enjoy high levels of social support stay healthier and live longer.”⁶

SUPPORT GROUP/PROFESSIONAL HELP

Sometimes you need more structured help in dealing with the stress in your life. The Oklahoma Bar Association offers such help through its Lawyers Helping Lawyers Assistance Program. Lawyers Helping Lawyers was initially started to help attorneys with alcohol or substance abuse issues. It has expanded to help lawyers with other issues such as depression or stress. Lawyers Helping Lawyers provides CONFIDENTIAL help to a lawyer that needs help. By statute and by OBA resolution, any information received by the program must remain completely confidential. The committee’s 800 number is answered only by a local contracted mental health provider and referrals are made from there to committee members. The LHL Committee member begins a confidential referral and continues to assist the lawyer in seeking help. As an OBA member, you are also entitled to six free hours with a mental health professional to help deal with your issues. Additionally, there are monthly support groups for men and women offered in the Tulsa and Oklahoma City areas. The dates and times are listed in the bar journal and are open to anyone seeking support. If stress is overwhelming your life or you have any other issue for which you want help, please call the Lawyers Helping Lawyers Hotline 24 hours a day at (800) 364-7886 for free, confidential help.

These are just a few of the things that you can do to help alleviate stress in your life. I wish I could say that they would totally remove stress from your life but they will not. There will still be drivers that do not use their blinkers. There will still be difficult clients, and hours to bill. However, by actively managing your stress and not allowing it to manage you, these triggers can be handled effectively. Surrounding yourself with a good support system as well as utilizing the other tips listed above including taking time for yourself when necessary, will allow you to better handle stressful events. By managing stress, you give yourself the gift of a longer, healthier and happier life. Now, back to messing with my article.

1. See “Breathing to reduce stress” www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Breathing_to_reduce_stress.
2. See “Exercise and stress: Get moving to combat stress” www.mayoclinic.com/health/exercise-and-stress/SR00036/NSECTIONGROUP=2.
3. See “Authentic Happiness - Finding Real Happiness In Your Life” <http://stress.about.com/od/funandgames/a/happiness.htm>.
4. See “How to be happy: Tips for cultivating contentment” www.mayoclinic.com/health/how-to-be-happy/MY01357.
5. See “Social support: Tap this tool to combat stress” www.mayoclinic.com/health/social-support/SR00033.
6. *Id.*


ABOUT THE AUTHOR



Ann Murray is an attorney for Oklahoma Child Support Services, Department of Human Services. She is a staff attorney in the Chickasha office. She, like most attorneys, experiences stress on an almost daily basis but has learned to manage it in her life. Her wish is that her fellow attorneys are able to manage it in their lives as well. She is a 1991 graduate of the University of Oklahoma College of Law.

OBA DAY AT THE CAPITOL

Wednesday, March 14, 2012

- 
- 11:30 a.m. Registration — Oklahoma Bar Center
 - 11:45 a.m. Lunch* — Oklahoma Bar Center
 - 11:50 a.m. Welcome
Cathy M. Christensen, President
Oklahoma Bar Association
 - 11:55 a.m. Views of the Supreme Court on the
Legislative Session
Chief Justice Steven W. Taylor
Oklahoma Supreme Court
 - 12:10 p.m. Status of Bills Relating to General Civil
Practice of Law
Thad Balkman
 - 12:20 p.m. Family Law
Phil Tucker
 - 12:30 p.m. Criminal Law
Tim Laughlin
 - 12:40 p.m. Constitutional Amendments and Issues
Duchess Bartmess, Chairperson
Legislative Monitoring Committee
 - 12:50 p.m. OBA Bills and How to Talk to Legislators
John Morris Williams, Executive Director
Oklahoma Bar Association
 - 1 - 3 p.m. Adjourn to Capitol and Meet with
Legislators — State Capitol

* Please RSVP if attending lunch to:
debbieb@okbar.org or
call 405-416-7014; 800-522-8065

SAVE THE DATE | OBA DAY AT THE CAPITOL | STATE CAPITOL



GableGotwals Welcomes Former Judge Deborah Shallcross to the Team!

Former Judge Deborah Shallcross has joined GableGotwals after serving almost 30 years on the bench assigned to all Divisions of the District Court in Tulsa County. Ms. Shallcross will be practicing with the Firm full-time with an emphasis in Alternative Dispute Resolution (ADR) but also including a Litigation and Appellate practice.

During her 20 year tenure as a Judge assigned to the Civil Division of the District Court, she presided over complex oil and gas, toxic tort, and class action litigation as well as hundreds of Jury and Non-Jury Trials. Prior to her judgeship, she was an Assistant Public Defender representing children in Tulsa County and began her career in private practice in Shawnee, Oklahoma.

To reach Ms. Shallcross, please call 918-595-4819.

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Dynamic Speakers to Share Their Stories at LHL Foundation Banquet

By Lori Rasmussen

Preparations are well underway for the Lawyers Helping Lawyers Foundation Cornerstone Banquet and Auction set for March 27 at the bar center in Oklahoma City. Word is spreading fast about the important work the Lawyers Helping Lawyers Assistance Program Committee and LHL Foundation Inc. are doing to combat the challenges of mental health and substance abuse issues in the Oklahoma legal community.

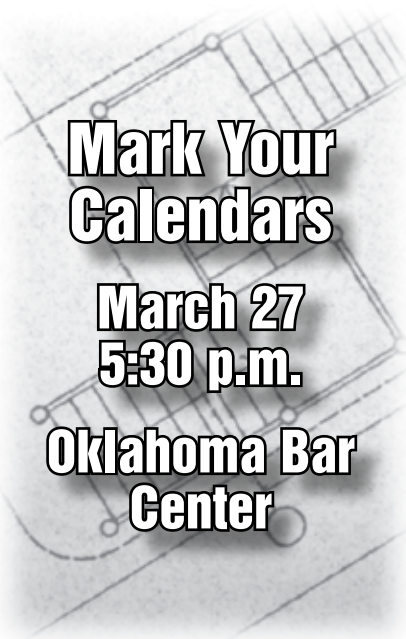
Have you made plans yet to attend the banquet, which includes both silent and live fundraising auctions in addition to one hour of ethics MCLE? Need another reason to attend? Here are two: the evening's featured speakers, who will each share their own stories of struggles, heartbreak, addiction and eventual triumph.

First, Oklahoma lawyer Reggie Whitten will talk about his experience overcoming tragedy. His son, Brandon, was killed in a motorcycle accident after spending years fighting addiction to prescription painkillers and alcohol. The death sent Mr. Whitten reeling, and he discovered the only way he could cope with the loss was to dedicate himself to helping others in their time of need. He began

with a humanitarian journey to some of the poorest parts of Africa, but he also performs advocacy work on behalf of veterans and service members through the Oklahoma Lawyers for America's Heroes program. He has also dedicated himself to sharing Brandon's story with youths at risk for alcohol and drug addiction.

LHLAP Committee Chairperson Tom Riesen said, "Though Mr. Whitten was coping with a unique tragedy, he was facing issues that are all too common both in the legal profession and in the state of Oklahoma in general. We hope his talk inspires OBA members to get involved where they can and enable them to recognize the signs of distress if they need to."

The evening's keynote speaker is author and former noted attorney James Blackburn. He is well known as the young lead prosecutor in the Fort Bragg triple homicide case chronicled in the book and film *Fatal Vision*, and he is the author of *Flame-out: From Prosecuting Jeffrey MacDonald to Serving Time to Serving Tables*. After prosecuting the notorious case during the 1970s, Mr. Blackburn entered into successful private practice. But his life quickly spiraled out of control



because of crippling depression, and he lost his law license, his freedom and nearly his life.

In his book, Mr. Blackburn writes, "In a criminal courtroom, three important chairs face the judge and witness stand — one for the prosecutor, one for the defense attorney and one for the defendant. I have sat in all three."

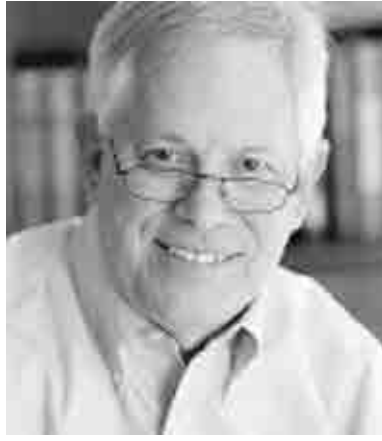
He spent time in prison and eventually began waiting tables for tips in order to support his family, often serving the same people he had worked with in the legal profession. But he writes, "I never gave up. I never quit. I had the uncondi-



Reggie Whitten

tional love of my family and many friends. And so, in time, a second chance at a productive life came my way... different, to be sure, but there it was for me. And so, I have learned, it can be the same for all of us. We all experience change and loss in our lives ...we all have to start over sometime, some more than once."

Mr. Riesen said, "The message Oklahoma lawyers can take away from Mr. Blackburn's experience is that it's never too late to ask for help. And that's why the work of the Lawyers Helping Lawyers



James Blackburn

Foundation is so critically important. We need to be able to have the financial footing in place so that we have resources available for lawyers who need assistance."

SPONSORSHIPS STILL AVAILABLE

During the Cornerstone Banquet and Auction, sponsorship opportunities will be available that will benefit the effort. Individual tickets are \$50 for lawyers and \$30 for non-lawyer guests. Judicial tickets are available for \$45. In addition, different levels of reserved seating and recognition are available for

purchase, in amounts ranging from \$250 - \$5,000. More details about the various levels of sponsorship are available at www.lhlfoundation.org or by contacting the OBA at 405-416-7000.

And don't forget: The silent and live auction begins at 5:30 p.m. on the evening of the banquet. Proceeds will also support the effort, and a list and photos of auction items are available online. Among the items up for grabs are a number of vacation stays at luxury properties; gift cards, gift baskets, dinner with Oklahoma City Mayor Mick Cornett and an autographed Adrian Peterson Minnesota Vikings jersey are all yours for the bidding.

Seating is limited for the event, and formal invitations have been mailed. You may also use the envelope that was provided in the Feb. 11 issue of the *Oklahoma Bar Journal* to order tickets to the event, or if you are unable to attend, make a financial gift to this important fundraising effort.

Ms. Rasmussen is an OBA communications specialist.



OBA 2012 Solo and Small Firm Conference Moves to Durant

By Jim Calloway

The Choctaw Casino Resort will be the setting for the 2012 Oklahoma Bar Association Solo and Small Firm Conference June 21-23. This new inviting venue in Durant will be a surprise to those of you who have not visited it. Choctaw Casino and Resort carries the prestigious North American AAA's four-diamond rating. In addition to gaming, the resort also offers a relaxing full-service spa, unique shopping opportunities, a state-of-the-art fitness facility, plus stunning pools and fountains.

But this year's educational offerings should be stunning in their own right and the return of the Bar and Grill Singers for a Friday night show will be a highlight of the conference.

A wide variety of programming about all types of issues impacting solo and small firm lawyers will be offered to Oklahoma bar members, as well as social activities, networking opportunities, interaction with vendors and an

outstanding lineup of children's programming. The Young Lawyers Division is again holding its midyear meeting in conjunction with the conference, and the General Practice/Solo and Small Firm Section will hold its annual meeting. This year we will also have a separate, day-long sister event on the Thursday of our solo conference — the OBA Solo and Small Firm Trial College.

Among the special presentations at this year's OBA Solo and Small Firm Conference will be Mark Powers, CEO of Atticus, whose talk will be **Time Management for Solo & Small Firm Attorneys — How to Decrease Stress, Eliminate Interruptions and Get Home on Time** and Walt Coleman, NFL referee, with his entertaining presentation, **Turning Boos into Cheers, How Effective Are You?**

Our ethics presentation will be handled by Justice John Reif of the Oklahoma Supreme Court and OBA General Counsel Gina

Hendryx, so we know attendees will learn from these two leaders.

A returning guest to the OBA Solo and Small Firm Conference will be Catherine Sanders Reach. Catherine, formerly of the American Bar Association Legal Technology Resource Center, is now in a newly created practice management adviser position with the Chicago Bar Association. She will give a presentation on **Using Technology to Improve Client Services**. She will also do a presentation on the latest in practice management software.

There will be more of a focus on Apple products this year as technology consultant Brett Burney who writes the **Macs in Law** blog (www.macsinalaw.com) will give us several presentations including **Macs in the Law Office** and **iPractice on an iPad**.

Of course, Catherine and Brett will join me for the ever-popular opening program **50 Tips in 50 Minutes**. I will also present **The Future of**

OBA SOLO and SMALL FIRM CONFERENCE
JUNE 21-23 • CHOCTAW CASINO RESORT • DURANT, OK



Conference Sponsors

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Law Practice: Dark Clouds or Silver Linings? When the ABA TECHSHOW™ planning board asked me to do this topic as a plenary session for the 2012 show, our conference planning board decided I should reprise that for our conference.

Legendary Oklahoma trial lawyer Garvin Isaacs will be speaking on the **Life of a Trial Lawyer**.

Guthrie attorney Tim Green is going to give us a two-part presentation that is adopted from the very popular OBA seminar **Supercharge Your Law Practice**. He will first speak for an hour on **The Checklist Manifesto for Lawyers**. As many of you who read my articles in the bar journal know, once Tim introduced me to this book it has become something that I have heavily promoted to our legal community. I think lawyers need to think more about how checklists improve their office procedures and final work product. Then Tim Green will follow up that presentation with a program called **How I Run My Solo Practice**. He has some very interesting and different ideas about how lawyers should make use of assistants, what lawyers should do and what lawyers should delegate. This will be, again, a program of great interest to many people, as he will outline step-by-step techniques that he uses to be more efficient.

OBA Board of Governors member Kim Hays will do a program that is near and dear to every family lawyer's heart, **Collecting Your Fee in Family Law Cases**.

A team from conference coproducer, Oklahoma Attorneys Mutual Insurance Co., consisting of Phil Fraim, Ali-

son Cave and Bill Bandi will do a program of interest to every lawyer, **Potential Pitfalls in Private Practice – Avoiding Professional Liability**.

In tough economic times, there is a need for bankruptcy lawyers, particularly in the smaller communities of Oklahoma. But with onerous statutory changes, many small firm lawyers eliminated those services. Now there are years of experience with the new law, so Clif Gooding will do a program for us titled **Is It Time to Practice Bankruptcy Law Again?**

Small towns are home to many small businesses. Small town lawyers may want to attend **Business Entity Choices: Why the Conventional Wisdom May Not Always Be the Best Choice for Your Clients** featuring attorneys/CPAs Kendra Robben and Chris Papin.

Noel Tucker and Phil Tucker of Edmond, who have devoted a great deal of time to tracking proposed legislative changes in family law, will give a presentation on **Recent Developments in Family Law**.

If you want to bring your children to the conference with you, check out this year's great children's activities. Preregistration is required as there is limited space on the bus taking them to the activities on Friday.

The conference will end with **What's Hot & What's Not in Running Your Law Practice**, which, as always, will focus on getting the questions answered that were not answered during the program and will also allow time for drawing door prizes.

For more information on the conference and to register online, check out our newly launched website www.okbar.org/solo. Hotel reservations are to be made by direct phone calls to the Choctaw Resort Hotel reservations office at 800-788-2464. Please refer to the Oklahoma Bar Association when you call to obtain our discounted room rate.

OBA Solo and Small Firm Trial College

After the success of OBA Trial College at the 2011 OBA Annual Meeting in Tulsa last fall, the OBA has put together an outstanding all-star line up of top civil litigators to have a trial college preceding the conference in Durant. Former federal judge Michael Burrage will be the judge presiding over the trial college. You can come to the conference a day early and participate in both events or just come for the trial college only. Registration for the trial college is separate from the conference and can be found online at www.okbar.org/s/54u0m.

Mr. Calloway is director of the OBA Management Assistance Program.

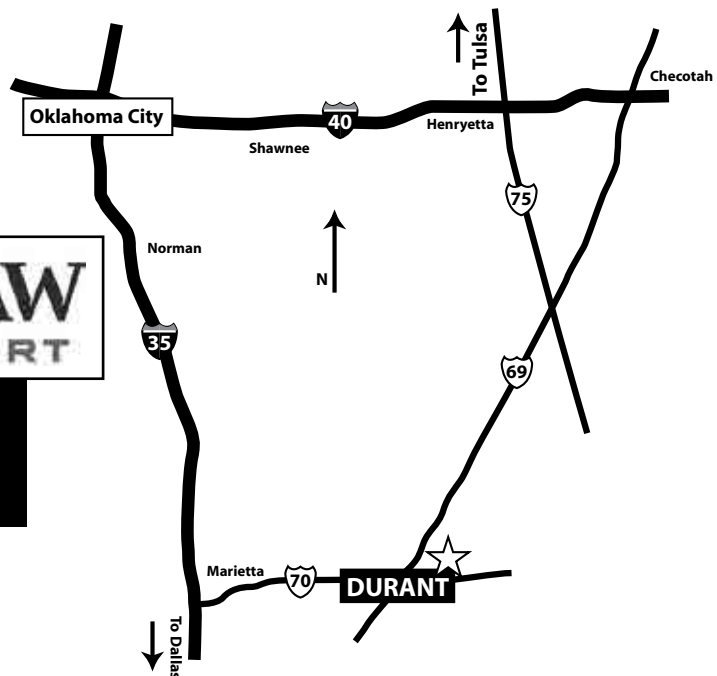


**4216 S. Hwy 69/75
Durant OK**

Friday Entertainment



The Bar and Grill Singers from Austin, Texas, have performed before at the OBA Solo and Small Firm Conference, always to rave reviews. The singers are practicing attorneys and have entertained lawyers and non-lawyers since their 1991 debut in a one-performance musical revue. Now appearing year-round across the nation, the singers spoof themselves and their profession with clever lyrics set to a variety of musical styles. They needle everything and everyone around the law, including clients, billing practices, legal ethics, bored jurors and — gulp — federal judges. Check out their website at www.barandgrillsingers.com, and here's a link to one of their most famous melodies — www.okbar.org/s/song.



Solo Kids Camp

2012

Friday, June 22, 2012

Destinations:

The Chickasaw Cultural Center — www.chickasawculturalcenter.com

Travertine Nature Center, Chickasaw National Recreation Area — www.okbar.org/s/nature

Put on your camp shirt and walking shoes for a full-day field trip of discovery inside the Chickasaw territory in Sulphur. We will explore the Chickasaw history and traditions with hands-on activities — dancing, singing, crafting, planting and weaving. The national park ranger will give us a guided tour of the Nature Center, which will include learning about our national parks. Then, we will visit a natural spring and investigate how it works.

Saturday, June 23, 2012

Saturday will find us exploring the Choctaw Nation's history and traditions. It will include an outdoor nature hunt, literature and crafts. We will have a movie and outside games to conclude our Solo Kids Camp.

..... Activity Schedule

Thursday – June 21

4:30 p.m. Registration
6:30 – 8:30 p.m. Children's Activities

Friday – June 22

8 a.m. Check in – Yannish Room
8:20 a.m. Bus Departs – Chickasaw Cultural Center, Sulphur
10 a.m. Arrival; Meet and Greet at the Bus Pavilion
10:30 a.m. "Behind the Scenes," a 17-minute film shown on a 40X60-foot screen
11 a.m. Cultural Demonstration: "Stomp Dance"
11:30 a.m. Lunch
12:15 p.m. Chickasha Poya Exhibit Hall Tour
1 p.m. Explore the CCC Campus and Traditional Village
2 p.m. Visit the Honor Garden, Gallery and Gift Shop
2:30 p.m. Depart
3 p.m. Arrival: Travertine Nature Center, Chickasaw National Recreation Area
3:15 p.m. It's All About National Parks! Make an arrowhead to take home.
Water, Water Everywhere – Visit a spring in the park & investigate how it works.
4 p.m. Bus Departs
5:30 p.m. Arrival – Choctaw Casino Hotel, Durant
7:30 p.m. –
10:30 p.m. Movies & popcorn, Yannish Room

Saturday – June 23

8:15 a.m. Check in – Yannish Room
8:30 a.m. Exploration Time
8:45 a.m. Native American Clans
9 a.m. Choctaw Literature – The Crossing of the Bochito
9:15 a.m. Break
9:30 a.m. Native American Art Project (dream catchers)
10 a.m. Snacks – Nature Hunt
10:30 a.m. Native American Game
11 a.m. Movie – Where the Red Fern Grows
12 p.m. Lunch
12:30 p.m. Movie – Finish/rest time
1 p.m. Guest Speaker – Choctaw Nation
2 p.m. Choctaw games/activities
3 p.m. Program ends



OBA SOLO and SMALL FIRM CONFERENCE

JUNE 21-23 2012 • CHOCTAW CASINO RESORT • DURANT, OK

DAY 1 • Thursday June 21, 2012

6 -
9 p.m.

Welcome Dinner • Center Stage

DAY 2 • Friday June 22, 2012

8:25 a.m.

Welcome

Cathy Christensen, OBA President

8:30 -
9:20 a.m.

50 Hot Tips in 50 Minutes

Jim Calloway, Catherine Sanders Reach
& Brett Burney

9:20 a.m.

Break

9:30 -
10:20 a.m.

Using Technology to Improve Client Services

Catherine Sanders Reach

10:20 a.m.

Break

10:30 -
11:20 a.m.

Turning Boos into Cheers: How Effective Are You?

NFL Referee Walt Coleman

11:30 a.m. -
12:45 p.m.

LUNCH BUFFET *(Included in Seminar Registration Fee)*

12:45 -
1:45 p.m.

Macs in the Law Office

Brett Burney

The Checklist Manifesto for Lawyers

Tim Green

Potential Pitfalls in Private Practice – Avoiding Professional Liability

Phil Fraim • Bill Bandi
Alison Cave

1:45 p.m.

Break

2 -
3 p.m.

Recent Developments in Family Law

Noel Tucker
Phil Tucker

How I Run My Solo Practice

Tim Green

Business Entity Choices: Why the Conventional Wisdom May Not Always Be the Best Choice for Your Clients

Kendra Robben • Chris Papin

6 -
10 p.m.

Dinner & Entertainment • Center Stage

DAY 3 • Saturday June 23, 2012

8:25 a.m.	<h3>Welcome</h3> <p>John Morris Williams – OBA Executive Director</p>		
8:30 – 9:20 a.m.	Professionalism and the Lawyer: An Ethics Discussion Supreme Court Justice John F. Reif and OBA General Counsel Gina Hendryx		
9:20 a.m.	Break		
9:30 – 10:20 a.m.	Time Management for Solo & Small Firm Attorneys – How to Decrease Stress, Eliminate Interruptions and Get Home on Time Mark Powers		
10:20 – 10:45 a.m.	Break (Hotel check out)		
10:45 – 11:35 a.m.	The Future of Law Practice: Dark Clouds or Silver Linings? Jim Calloway		
11:35 a.m.	LUNCH <i>(Included in Seminar Registration Fee)</i>		
12:30 – 1:20 p.m.	The Life of a Trial Lawyer Garvin Isaacs	Collecting Your Fee in Family Law Cases Kim Hays	iPractice on an iPad Brett Burney Jim Calloway
1:20 p.m.	Break		
1:30 – 2:20 p.m.	Defending the Falsely Accused: The Power of Accusation in Domestic Violence Cases Jacqui Ford	Is It Time to Practice Bankruptcy Law Again? O. Clifton Gooding	What's Out There in Practice Management Software Today Catherine Sanders Reach
2:20 p.m.	Break		
2:30 – 3:30 p.m.	What's Hot & What's Not in Running Your Law Practice Jim Calloway, Catherine Sanders Reach & Brett Burney		





2012 OBA SOLO & SMALL FIRM CONFERENCE & YLD MIDYEAR MEETING

CHOCTAW CASINO RESORT, DURANT, OK

JUNE 21-23, 2012

Register online at www.okbar.org/solo or return this form.

Full Name: _____ OBA#: _____

Address: _____ City/State/Zip: _____

Phone: _____ Fax: _____ E-mail: _____

List name and city as it should appear on badge if different from above: _____

Registration Fees: Registration fee includes 12 hours CLE credit, including one hour ethics. Includes all meals: Thursday evening, breakfast buffet Friday & Saturday, buffet lunch Friday & Saturday, Friday evening buffet.

Circle One

Early-Bird Attorney Registration (**on or before June 8, 2012**) \$175

Late Attorney Registration (**June 9, 2012 or after**) \$225

Early-Bird Attorney & Spouse/Guest Registration (**on or before June 8, 2012**) \$275

Late Attorney & Spouse/Guest Registration (**June 9, 2012 or after**) \$325

Spouse/Guest Attendee Name: _____

Early-Bird Family Registration (**on or before June 8, 2012**) \$325

Late Family Registration (**June 9, 2012 or after**) \$375

Spouse/Guest/Family Attendee Names: **Please list ages of children.**

Spouse/Guest: _____ Family: _____ Age: _____

Family: _____ Age: _____ Family: _____ Age: _____

Thursday, June 21 - OBA Solo and Small Firm Trial College - \$125 early-bird. \$150 late.

(Early-bird is payment received at least four full business days prior to seminar. Late is payment received within four full business days or seminar.)

Total \$: _____

Friday, June 22 - 9 Hole Golf (_____ of entries @ \$25 each)

Total \$: _____

Grand Total \$: _____

**Make check payable to the Oklahoma Bar Association. Mail Meeting Registration Form to:
CLE REGISTRAR, P.O. Box 53036, Oklahoma City, OK 73152. FAX Meeting Registration Form to (405) 416-7092**

For payment using _____ VISA _____ Mastercard _____ Discover _____ AmEx

CC: _____

Expiration Date: _____ Authorized Signature: _____

No discounts. Cancellations will be accepted at anytime on or before June 8, 2012 for a full refund; a \$50 fee will be charged for cancellations made on or after **June, 9 2012. No refunds after June 12, 2012. Call 1-(800) 788-2464 for hotel reservations.**

Refer to Oklahoma Bar Association when reserving room.

**OBA/CLE AND
OKLAHOMA ATTORNEYS MUTUAL INSURANCE COMPANY
PRESENT:**

06



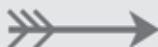
21



12

OBA Solo and Small Firm ★ Trial College ★

**THE WILL OF FORTUNE:
FROM PROBATE TO MALPRACTICE**



PROGRAM PLANNERS/MODERATORS



PHIL FRAM,
ALISON CAVE,
BILL BANDI,

OKLAHOMA ATTORNEYS MUTUAL INSURANCE, OKLAHOMA CITY
OKLAHOMA ATTORNEYS MUTUAL INSURANCE, OKLAHOMA CITY
OKLAHOMA ATTORNEYS MUTUAL INSURANCE, OKLAHOMA CITY

TRIAL COLLEGE JUDGE

MICHAEL BURRAGE, WHITTEN BURRAGE LAW FIRM, OKLAHOMA CITY



MCLE

CREDIT



\$125

★ **EARLY-BIRD.**

At least 4 days
prior to seminar

\$150

★ **LATE**

4 days within
seminar date

REGISTRATION - 7:30 A.M.

7:45

WELCOME

- ★ INCLUDES INTRODUCTIONS
- ★ PHIL FRAM

9:15

FACT WITNESS EXAMINATION

- ★ WITNESS: ALISON CAVE
- ★ PLAINTIFF ATTORNEY: ALETIA TIMMONS
TIMMONS AND ASSOCIATES, OKLAHOMA CITY
- ★ DEFENDANT ATTORNEY: BETTY OUTHIER WILLIAMS
ATTORNEY AT LAW, MUSKOGEE

3:45

CLOSING STATEMENTS

- ★ PLAINTIFF ATTORNEY: GIL STEIDLEY
STEIDLEY & NEAL, PLLC, TULSA
- ★ DEFENDANT ATTORNEY: CHARLES ALDEN
ALDEN DABNEY, OKLAHOMA CITY

**DON'T MISS THIS
all-star CAST!**

1ST BREAK - 9 A.M.

8

OPENING STATEMENT

- ★ PLAINTIFF ATTORNEY: MICHAEL HOGAN
ALLFORD, IVESTER, GREEN & HOGAN, MCALESTER
- ★ DEFENDANT ATTORNEY: JOE FARRIS
FELDMAN FRANDEN WOODARD & FARRIS, TULSA

**LUNCH (INCLUDED IN REGISTRATION)
11:45**

1 p.m.

EXPERT WITNESS EXAMINATION

PLAINTIFF EXPERT WITNESS: BILL BANDI
PLAINTIFF ATTORNEY: GEORGE CORBYN
CORBYN HAMPTON, OKLAHOMA CITY
DEFENDANT ATTORNEY: MURRAY ABOWITZ
ABOWITZ, TIMBERLAKE, DAHNKE & GISINGER, P.C.,
OKLAHOMA CITY

5 - WRAP UP

5:45 ADJOURN

2ND BREAK - 3:30 P.M.

★ REGISTER AT WWW.OKBAR.ORG/CLE

MARK YOUR CALENDAR TO ATTEND THE SEVENTH ANNUAL OKLAHOMA FORENSIC ACADEMY

Sponsored by:
The Criminal Law Section of the Oklahoma Bar Association

Friday, April 6th 2012, at 8 a.m.
Moore/Norman Technology Center, located at 13301 S. Pennsylvania Ave. in Oklahoma City
Includes Lunch

Assessing a Juvenile's Competency to Stand Trial

Kimberly Larson, JD., Ph.D., Asst. Professor of Psychiatry, University of Mass. Medical School

Juvenile Sex Offenders

Barbara L. Bonner, Ph.D., Professor of Pediatrics, Dir. Center on Child Abuse and Neglect, Associate Director for the Child Study Center, University of Oklahoma

Ethical and Policy Consideration in Prosecuting Children as Adults

Kim Dvorchak, Executive Director, Colorado Juvenile Defender Coalition

Additional Presentations

Juvenile Competency in Oklahoma- Panel discussion
OJA Treatment Programs- An Explanation of What They Are & How They Work
Juvenile Statements & Confessions – The Law & Science
Juvenile Legislation: Problems & Solutions
Resources for Training Juvenile Defense Attorneys and Prosecutors
Juvenile Appellate Appeals, Procedures, & Issues
The Juvenile Sex Offender Registry – What Do We Have & Where Are We Going?

As always the cost of attendance includes your lunch and the opportunity to learn with Judges, defense attorneys, and prosecutors from all over the state. If you have any questions, or if you need additional information please feel free to contact Ben Brown, Criminal Law Section CLE Chairman, 405-713-6770.

We look forward to seeing you again this year!

=====

Forensics Academy Registration – Make Checks payable to the Criminal Law Section of the OBA Mail/Fax Registrations (if you fax your registration payment will be accepted at the seminar) to either: Mike Wilds, Northeastern State University, 3100 E. New Orleans, D-230, Broken Arrow, OK 74014 fax: 918-449-6571 or Trent Baggett, District Attorney's Council, 421 NW 13th, Ste, 290, OKC, OK, 73102 fax: 405-264-5099

Last Name (print) _____ First Name _____

Address _____

Bar Number _____ Tele # (____) _____ E-mail _____

I am a member of the: ☐ Criminal Law Section ☐ Oklahoma Judiciary

CRIMINAL LAW SECTION MEMBERS \$80 _____ Nonmember \$95 _____ Government Attorney \$70 (DAs PDs, OIDS Attorneys, etc...) _____ Judges (FREE, MUST PRE-REGISTER) _____ Payment to be made by Agency (OIDS, DAC, PDs Office, etc...) _____ Law Student/Student \$25 _____/Law School/University Attending _____ Non-Attorneys \$35.00 _____/Affiliation _____ **Late Registration \$100** _____

REGISTRATIONS MUST BE RECEIVED BY 5 P.M. ON MONDAY, MARCH 26, 2010

The seminar has been pre-approved by the Oklahoma Bar Association and the Administrative Office of the Courts (AOC) for eight (8) hours of CLE/Judicial (Delinquent) CLE Credit (including one (1) hour of ethics) and for eight (8) hours of Specialized Juvenile Training.

Director of Educational Programs Oklahoma Bar Association

The Oklahoma Bar Association (OBA), the leading provider of Continuing Legal Education in the state of Oklahoma, seeks a Director of Educational Programs. The position manages and directs the OBA's CLE Department and other educational events for the Association. The OBA CLE Department offers comprehensive and unique live programming for Oklahoma lawyers and has an impressive list of online programs and webinars that are of interest to lawyers nationwide. The OBA is a mandatory bar association of 17,000 members with its headquarters in Oklahoma City.

Job Summary: The position is responsible for CLE development, advertising, planning and coordinating numerous Continuing Legal Education programs annually, as well as, planning and participating in organizational meetings, adult public education programs, working closely with Law-related Education Department to provide programs for K-12 classroom instruction and Leadership Academy. CLE Programs include live presentations, webcasts and online learning opportunities. The Director of Educational Programs is responsible for managing a staff of five employees, all pre and post program logistics, communication to program attendees and faculty members, administrative reporting, vendor and sponsorship coordination and providing on-site support to assigned programs. Competitive salary and excellent benefit package available to qualified candidates.

Required Skills:

- Law Degree with at least five years of legal practice or CLE management experience.
- Must be self-motivated, positive, dependable, creative, possess a high degree of integrity, and participate as a team member to achieve common goals.
- Demonstrate ability to successfully manage multiple priorities with a solid work ethic.
- Proven proficiency in handling financial matters and department budgetary requirements.
- Must be able to meet member requirements in a fast-paced work environment.
- Strong customer service orientation.
- Must be detail oriented with planning and organizational skills.
- Patience and tact to work with all members.
- Excellent communication; phone, email and interpersonally.
- Ability to build relationships with faculty, participants and outside vendors.
- Problem solver, quick thinker and idea generator.
- Superior writing and editing skills.
- Physical effort and dexterity include the ability to work within limits of an inside office position plus the ability to haul and transport equipment or materials required to conduct a CLE seminar.

Computer Skills:

Must be able to function in a Windows desktop environment
Must be familiar with Microsoft Office Suite including Outlook and Excel
Proficient in Email communications
Internet resource, research and marketing knowledge
Knowledge of online CLE presentations

Send cover letter & resume in PDF format by March 30, 2012 to: EPDirectorSearch@Okbar.org

All inquires and applications will be kept confidential.

The OBA is an equal opportunity employer.

Committee Identifies Legislation of Interest

By Duchess Bartmess

The 2nd Session of the 53rd Oklahoma Legislature has convened. This year nearly 2,000 new bills and joint resolutions have been introduced for consideration and action. In addition, because this is the second session of the current legislature, there are a number of bills and joint resolutions which have been carried over and can be considered for further action during this current session.

The first significant deadline for measures to get out of committee in the house of origin has passed. As a result, there are fewer measures which can still be acted upon and become law. A few of the measures carried over from the 2011 Session which may be of interest:

HJR1015 – amends the Oklahoma Constitution to allow retail package stores to sell non-alcoholic beverages designed to be mixed with alcoholic beverages, and other wine and spirit accessories.

SJR5 – amends the Oklahoma Constitution by adding a provision on property qualified for homestead exemption to limit fair cash value to 3 percent pursuant to certain conditions.

SJR37 – amends the Oklahoma Constitution to require the percentage of legal voters to propose legislative measures or to propose amendment



to the Constitution to apply separately in each congressional district, requiring Governor to cause a fiscal analysis of the subject matter of the petition to be prepared and adding summary of analysis to the ballot title.

CARRYOVER HOUSE MEASURES

HB1032 – false statement by patient form regarding insurance policy requirement willful misstatement

HB1045 – limiting damages under Compulsory Insurance Law

HB1074 – Funeral Picketing Act

HB1224 – Workers' Compensation, vocational rehabilitation

HB1288 – prohibiting elected officials from being paid lobbyists or registering as lobbyists

HB1562 – Landowner's Bill of Rights

HB1605 – Dissolution of Marriage, Post-Divorce Protection Act

tion Act

HB1644 – prescribing controlled substances without federal license

HB1748 – Adoption cost disclosure requirements

HB1775 – exemptions to Unfair Sales Act

HB1833 – Article 9, Uniform Commercial Code

HB1893 – Abandoned and Neglected Properties Rehabilitation Act

HB2002 – Continuum of Care and Assisted Living Act

HB2041 – Workers' Compensation Self-Insurance Guaranty Fund Board

CARRYOVER SENATE MEASURES

SB189 – Compulsory Insurance Law, recovery of damages for motor vehicle accident

SB219 – procedures for acknowledgment and delivery of life insurance policies

SB301 – procedures related to deceased voters, candidate information

SB327 – County sheriff elections to be conducted on nonpartisan basis

SB350 – Ins. Commissioner, examinations confidentiality interpretation

SB447 – Protective Order, arrest and bond

SB534 – School employment, grounds for dismissal

SB864 – Breach of obligation not arising from contract, compensation for injury

SB875 – Liability for firearm injury for person engaged in specified activities

SB898 – criteria for determining Oklahoma citizenship

SB901 – Protective Orders, assessment of fees and costs

SB941 – discovery procedure – trial preparation materials

SB956 – expanding scope of Electronic Monitoring Program

2012 LEGISLATION

The following are joint resolutions and bills introduced in the 2012 session which have been passed out of committee in the house of origin, and can be considered for action on the floor of the respective houses:

SJR52 – amends the Oklahoma Constitution to expand property tax exemption

HJR1071 – amends the Oklahoma Constitution to clarify language regarding prohibition of legislators from being employed by the state

HJR1089 – amends the Oklahoma Constitution to add new section regarding tax credits, criteria, restrictions

2012 SENATE MEASURES

SB987 – expanding crime of first degree murder

SB1035 – creating Surface Use and damages Act

SB1156 – limitations on subrogation and setoff under medical coverage

SB1196 – expanding actions eligible for small claims docket

SB1199 – accrual of interest on support payments

SB1246 – Workers' Compensation – fraud requiring stay of proceeding

SB1297 – administrative tax hearing, administrative law judge

SB1300 – creating Guardian *Ad Litem* Training Task Force

SB1313 – persons authorized to accept or refuse service

SB1346 – appointments for judicial disqualifications of municipal judges

SB1406 – providing exception to presumption of paternity

SB1430 – creating Bartmann Bill for Ethical Debt Collection

SB1471 – Tax Commission to provide information to Department of Human Services regarding collection of child support

SB1474 – creating privilege for insurance compliance self-evaluative audit

SB1475 – creating Service Warranty Act

SB1505 – Oklahoma Witness Protection Program

SB1520 – Workers' Compensation benefits, change of condition requirements

SB1522 – employer limitations on termination of injured employer

SB1523 – imposing fee on Limited Liability Company, notice form modification

SB1594 – insanity defense

SB1665 – creating Energy Litigation Reform Act

SB1721 – creating Caylee's Law

SB1758 – district attorney authority regarding transmissions of pornography

SB1761 – Governmental Tort Claims Act – employee refusal to attend religious event or event sponsored by religious organization

SB1771 – requirements for non-competition agreements

SB1776 – release of abandoned vehicle to lienholder

SB1780 – consumer lawsuit loans

SB1792 – creating Asbestos Claim Transparency Act

SB1830 – requirements for admissibility of evidence

SB1831 – procedures for making and responding to offers of judgment

SB1882 – adding exemption to Governmental Tort Claims Act

SB1887 – military retainer pay division determinations on dissolution of marriage

SB1951 – creating Wounded Warrior Protection Act in dissolution of marriage

SB1953 – requiring judges to report conduct believed to be judicial conduct code violation

2012 HOUSE MEASURES

HB2207 – foster homes exemptions

HB2241 – modifying provisions for approval of rules under Administrative Procedures Act

HB2251 – modifying drug-endangered children provisions

HB2253 – Oklahoma Community Sentencing Act

HB2254 – Local Law Enforcement Mental Health Manpower Act

HB2257 – adding definition for trust advisor in Oklahoma Trust Act

HB2259 – modifying employees exempted from application of code under Workers' Compensation

HB2266 – Public Health Delivery Act

HB2286 – division of military benefits, dissolution of marriage

HB2296 – prohibiting liability for owners who allow shelter during severe weather

HB2328 – state government, requiring applicants to sign affidavit of noncollusion

HB2330 – state government, authorizing contracts to conduct background checks

HB2373 – authorizing county commissioners to execute deeds for property

HB2377 – electronic monitoring

HB2393 – modifying Oklahoma Brine Development Act

HB2394 – penalty for toll evasion

HB2396 – final protective orders

HB2441 – Alimony Guidelines Task Force

HB2452 – permitting county recording if submitted electronically

HB2466 – offer of settlements in civil actions, mediation

HB2479 – Employee Classification Act

HB2500 – hearsay age limitation

HB2518 – human trafficking

HB2521 – torts-charitable clinics

HB2525 – authorizing traffic stops

HB2534 – forcible entry and detainer, modifying procedures and landlord provisions

HB2535 – Uniform Statutory Rule Against Perpetuities Act

HB2580 – mental health, expanding family members authorized to file petition

HB2631 – criminal arrest record expungement

HB2634 – Truth in Adoption Act

HB2636 – drug courts – driving privileges

HB2652 – Oklahoma Innocence Collaboration Program

HB2654 – Energy Litigation Reform Act

HB2719 – natural resources. Chlorofluorocarbons

HB2734 – exemption from homestead exemptions process for disabled debtor

HB2739 – protective orders

HB2740 – Serious Juvenile Offender Act

HB2741 – modifying juvenile justice system

HB2742 – modifying Uniform Consumer Credit Code

HB2887 – modifying children placement preference requirements

HB2915 – Groundwater Severance Restriction Act

HB2944 – municipal drug courts

HB2958 – requiring intoxicating liquors licensees to maintain liability insurance

HB3009 – murder in first degree for death of correction employee

HB3074 – providing for hospital lien when injured asserts claim against insurer

HB3091 – qualifications for criminal record expungement

HB3132 – raising court costs for alternative dispute resolution system

OBA BILLS

The OBA House of Delegates in 2011 recommended four bills to be placed on the legislative agenda. There is also a carryover bill, SB941,

which relates to discovery of trial preparation materials and experts. This bill is on the House calendar for consideration. The 2012 bills include: SB1205, SB1206 and SB1207 relating to disclosure agreements, depositions and discovery. None of the bills were allowed to be heard in the Senate Judiciary Committee.

SB 1297 relates to the creation of the State Office of Administrative Tax Hearings. The bill had cleared its first hurdle in passing out of the Senate Finance Committee; however the OBA Taxation Law Section has requested the bill be pulled for this session. The 2012 session in addressing the state's budget limitation has adopted a no-growth policy for 2012. The section and the Oklahoma State Chamber of Commerce are going to work together to redraft the legislation for next year with a refined procedure for selection of Administrative Law Judges to hear tax appeals that would not create a new department of state government and a method to ensure independence of the hearing officers.

Ms. Bartmess practices in Oklahoma City and chairs the Legislative Monitoring Committee.

OBA DAY at the CAPITOL

Wednesday, March 14, 2012

- 11:30 a.m. Registration — Oklahoma Bar Center
- 11:45 a.m. Lunch* — Oklahoma Bar Center
- 11:50 a.m. Welcome
Cathy M. Christensen, President
Oklahoma Bar Association
- 11:55 a.m. Views of the Supreme Court on the
Legislative Session
Chief Justice Steven W. Taylor
Oklahoma Supreme Court
- 12:10 p.m. Status of Bills Relating to General Civil Practice
of Law — Thad Balkman
- 12:20 p.m. Family Law — Phil Tucker
- 12:30 p.m. Criminal Law — Tim Laughlin
- 12:40 p.m. Constitutional Amendments and Issues
Duchess Bartmess, Chairperson
Legislative Monitoring Committee
- 12:50 p.m. OBA Bills and How to Talk to Legislators
John Morris Williams, Executive Director
Oklahoma Bar Association
- 1 - 3 p.m. Adjourn to Capitol and Meet with Legislators —
State Capitol

* Please RSVP if attending lunch to:
debbieb@okbar.org or call 405-416-7014; 800-522-8065

HARTZOG CONGER CASON & NEVILLE

is pleased to welcome **Naomi Smith** and **Michael Brooks** to the Firm.

Naomi Smith



Naomi graduated with high honor from Oklahoma City University School of Law where she was a Hatton W. Sumners Scholar, a member of the OCU Law Review, the Order of Barristers and the William J. Holloway Jr. Inn of Court and president of the Merit Scholars. Her practice will focus on Business Transactions, Wealth Transfer Planning, Trusts and Estates, and Tax Planning and Tax Controversies.

Michael Brooks



Michael graduated with highest honors from the University of Oklahoma College of Law where he ranked first in his class and received the Nathan Scarritt Prize for the Graduate with the Highest Academic Record and the Joel Jankowsky Outstanding Graduate Award. He served as Editor-in-Chief of the Oklahoma Law Review and recently completed a one-year clerkship with the Honorable David M. Ebel of the U.S. Court of Appeals for the Tenth Circuit. His practice will focus on Litigation and Appeals.

1600 Bank of Oklahoma Plaza 201 Robert S. Kerr Avenue | Oklahoma City, Oklahoma 73102
405-235-7000 | www.hartzoglaw.com

BUSINESS | LITIGATION | TAX & WEALTH TRANSFER PLANNING

Get Out Your Checkbook

By John Morris Williams

I suspect that this may be around the fifth article I've written on this subject in the last nine years. Needless to say, Lawyers Helping Lawyers is a cause I feel strongly about. During my time as your executive director, we have made some significant changes to the program. One of the major changes occurred when we made a conscious effort to expand our mental health program. The work we did in that area was recognized by the Mental Health Association of Central Oklahoma when we were awarded the 2007 Mental Health Innovation Award.

As a result of our 24/7/365 professionally staffed hotline, lives have been saved. That is incredibly important and impressive work — especially when you consider that only \$1.32 of dues dollars per member are spent each year to support the hotline. The hotline not only handles the immediate crisis, it also makes referrals and provides up to six hours of free mental health counseling. The \$1.32 per member cost is matched each year by a generous gift from Oklahoma Attorneys Mutual Insurance Co. Thank you OAMIC for your support!

In addition to the trained substance abuse and mental health professionals who work in the program, we have the best volunteers you can imagine. The Lawyers Helping Lawyers Assistance Program Com-

mittee meets regularly, and its members on an individual basis provide countless hours of peer assistance. Recently I wrote a bar journal article pointing out the high rates of substance abuse and mental illness not only for our profession but also for our state. The problem is further compounded by the fact that Oklahoma has one of the least funded mental health and substance abuse systems in the nation. This is not to take away from the great work that is being done. The bottom line is that the problems are greater than the resources.

The good news is that there is treatment available and people get better, lives get saved and families and clients are spared continuing pain and disappointments. The really good news is that with not much in resources we have done a lot. The great news is with greater resources we can achieve more than ever before.

EVENT WORTHY OF SUPPORT

On March 27, the Lawyers Helping Lawyers Foundation is holding its Cornerstone Banquet and Auction. There will be food,

“There will be food, fun and fellowship. Also, we have a nationally recognized speaker, auction items and even an hour of CLE.”



fun and fellowship. Also, we have a nationally recognized speaker, auction items and even an hour of CLE. You can read about all the details in this issue and on our website at www.okbar.org. I hope you can attend.

Each of you had an opportunity to help recently with an envelope inserted into your Feb. 11 bar journal. If you cannot attend the banquet, consider putting a check in the envelope and helping out this great cause. If you lost the envelope, go online to the foundation's new website at www.lhlfoundation.org — and you can

donate there, or call the OBA and we will send you an envelope. We can also take your credit card information — or for a large enough donation, I will drive out personally and pick it up.

A few years ago we raised more than \$60,000 to build a house with Habitat for Humanity. It's time we raise that kind of money to help keep our own house in order and to support

the health of our profession. None of us is immune from the pains and afflictions of life. Over the years the stories I have heard (all confidential I assure you) might surprise you. The victims of substance abuse and mental health problems run the full range of our profession. Small towns to tall buildings and all the offices in between are not immune. The life or career you help save may be

your partner, your best friend or even your own.

Please get out your checkbook and lend your generous support to this most worthy cause.



To contact Executive Director Williams, email him at johnw@okbar.org.



GUNGOLL JACKSON
GUNGOLL JACKSON COLLINS BOX & DEVOLL, P.C.
ATTORNEYS & COUNSELORS AT LAW
Enid • Oklahoma City

**Gungoll, Jackson, Collins,
Box & Devoll, P.C.
Presents
Dustin E. Conner**



www.GungollJackson.com

A native of Garber, Dustin E. Conner graduated from Oklahoma State University in 2006 with a Bachelor of Science in agricultural business. Mr. Conner continued his excellence in scholarship at the Oklahoma City University College of Law, where he graduated with a Juris Doctor in 2011.

As a law student, Conner was inducted into Phi Delta Phi International Legal Fraternity, Hand Inn chapter at Oklahoma City University College of Law.

Mr. Conner practices in the areas of civil litigation, agriculture and natural resources, and oil and gas. He is admitted into the Bar Association of the Supreme Court of Oklahoma, Oklahoma Bar Association, and the Garfield County Bar Association.

A lifelong, active participant in 4-H, FFA and other agriculture endeavors, Mr. Conner currently serves on the Garfield County 4-H Foundation.

When he is out of the office, Mr. Conner enjoys hunting and attending Oklahoma State University sports events.

Dustin can be reached at the firm's Enid office.

Gungoll, Jackson, Collins, Box and Devoll, P.C.

Attorneys and Counselors at Law

1-800-725-0436

Enid Office

323 West Broadway, Enid, OK 73701 • 580-234-0436

Oklahoma City Office

100 N. Broadway, 3030 Chase Tower, Oklahoma City, OK 73102
405-272-4710

You are not alone.



Men Helping Men

Oklahoma City • April 5, 2012

Time - 5:30-7 p.m.

Location

The Oil Center – West Building
2601 NW Expressway, Suite 108W
Oklahoma City, OK 73112

.....

Tulsa • March 22, 2011

Time - 5:30-7 p.m.

Location

The University of Tulsa College of Law
3120 East 4th Place, JRH 205
Tulsa, OK 74104

Women Helping Women.....

Oklahoma City • April 12, 2012

Time - 5:30-7 p.m.

Location

The Oil Center – West Building
2601 NW Expressway, Suite 108W
Oklahoma City, OK 73112

.....

Tulsa • April 5, 2012

Time - 5:30-7 p.m.

Location

The University of Tulsa College of Law
3120 East 4th Place, JRH 205
Tulsa, OK 74104

Food and drink will be provided! Meetings are free and open to OBA members. Reservations are preferred (we want to have enough space and food for all.) For further information and to reserve your spot, please e-mail kimreber@cabainc.com.

LAWYERS HELPING LAWYERS ASSISTANCE PROGRAM



Q & A with TU Law Dean Levit

By Travis Pickens

Oklahoma law schools are fortunate to have lawyers of impeccable professional backgrounds lead them. Dean Janet Levit was appointed dean of the University of Tulsa College of Law on July 10, 2008, and recently sat down with OBA Ethics Counsel Travis Pickens to talk about her background and perspective.

Q. *What inspired you to be a lawyer?*

I grew up surrounded by lawyers — my grandmother was a lawyer, my grandfathers were lawyers, and my father was a lawyer. I learned from a very early age that the law is a powerful tool to help people and organizations solve their problems. A good lawyer invaluable helps clients prepare for, and ultimately take, calculated risk as a part of a strategy to achieve important goals.

Q. *What is the best advice you ever got about a career in law?*

Careers unfold over long horizons, and a law license opens infinite possibilities to make a difference. The career trajectories of our alumni are diverse and impressive, illustrating

countless areas of legal practice and numerous ways to utilize a law degree beyond traditional law firm practice. The trick is finding the niche that sparks your passion and running with it. For me, that niche has been international law and legal education.

Q. *What can practicing lawyers do to help lawyers coming up?*

First and foremost, be a gold standard example of excellent, ethical practice. Next, be a mentor. Take a law student or a young lawyer “under your wing” — check in periodically, invite your mentee to view you “in action,” introduce your mentee to your network, suggest your mentee for bar association or other nonprofit boards and working groups, and be an open, non-judgmental ear.

Q. *What is included in your personal definition of an “ethical lawyer?”*

At a minimum, an “ethical lawyer” follows the applicable rules of professional responsibility. Additionally, an “ethical lawyer” demonstrates impeccable judgment and steers clear of situations or influences that might compromise that judgment.



Janet Koven Levit
Dean and Dean John Rogers
Endowed Chair

Professor Janet K. Levit earned her J.D. in 1994 from Yale Law School, where she was book reviews and articles editor of the *Yale Journal of International Law*. She earned a M.A. in international relations in 1994 from Yale University and an A.B., *magna cum laude*, in 1990 from the Woodrow Wilson School of Public and International Affairs at Princeton University. She served as law clerk for Stephanie K. Seymour, Chief Judge of the U.S. Court of Appeals for the 10th Circuit, and for the chair of the Inter-American Commission on Human Rights of the Organization of American States. Professor Levit practiced in the international trade and finance areas at the Export-Import Bank of the United States, as well as in the private sector. She writes about international finance and international human rights issues and published her most recent articles in the *Emory Law Journal*, *Yale Journal of International Law*, *Harvard International Law Journal* and the *Columbia Journal of Transnational Law*. In October 2007, the president of the University of Tulsa appointed Professor Levit as interim dean of the college of law, and on July 10, 2008, she was appointed dean.

January Meeting Summary

The Oklahoma Bar Association Board of Governors met at the Oklahoma Bar Center in Oklahoma City on Thursday, January 19, 2012.

REPORT OF THE PRESIDENT

President Christensen reported she attended the Lawyers Helping Lawyers Committee meeting, Solo Conference planning meeting and several meetings to plan events in conjunction with Justice O'Connor's visit. She enjoyed a tour of the justice center with Justice Kauger, met with Executive Director Williams on several occasions to plan the February summit and board meeting, worked on the LHL Foundation Inc. webpage content materials and grant application, presented a CLE in Garfield County and met with Educational Programs Director Douglas on several occasions to plan 2012 CLE events.

REPORT OF THE VICE PRESIDENT

Vice President Stockwell reported she worked on Lawyers Helping Lawyers Assistance Committee tasks.

REPORT OF THE PRESIDENT-ELECT

President-Elect Stuart reported he attended the December board meeting and toured the new justice center.

REPORT OF THE PAST PRESIDENT

Past President Reheard reported she attended the December board meeting, tour of the judicial center by Justice Kauger, new governor orientation, planning meetings for the Boot Camp CLE for Oklahoma Lawyers for America's Heroes volunteers, Section Leaders Council and Military Assistance Committee in addition to 2011 post-mortem meetings with OBA directors Combs, Manning and Douglas.

REPORT OF THE EXECUTIVE DIRECTOR

Executive Director Williams reported he met with the construction company regarding the third floor west wing remodel and was involved in meetings with President Christensen, the OCU Student Bar Association representative and technology auditors. He attended the monthly staff celebration, staff directors meeting and spoke to the Leadership Academy.

BOARD MEMBER REPORTS

Governor DeMoss reported she attended the December board meeting, tour of the justice center lead by Justice Kauger and a planning session for Litigation Section with Director Douglas. **Governor Hays** reported she attended the December board meeting, new governors orientation, Tulsa County Bar Association Golf Tournament Committee

meeting, OBA Family Law Section monthly meeting/CLE, OBA Solo and Small Firm Conference Planning Committee meeting and OBA Women in Law Committee meeting. She toured the judicial center with Justice Kauger, chaired the TCBA Family Law Section meeting and consulted with the Law Day Committee chairperson regarding meeting events. **Governor Meyers** reported he attended the December board meeting, judicial center tour, Legal Intern Committee by phone and Comanche County Bar Association meeting. **Governor Pappas** reported she attended the December board meeting, SCOPE committee meeting, Logan County Bar Association meeting and Payne County Bar Association meeting. She contacted the Payne County and Pottawatomie County bar association presidents concerning asking Frank Holdsclaw to make a presentation on the uniform court filing system and enjoyed a tour of the new justice center by Justice Kauger. **Governor Parrott** reported she attended the December board meeting, toured the judicial center with Justice Kauger and participated in the new board member orientation. **Governor Poarch** reported via email that he attended the OBA Bench and Bar Committee meeting. **Governor Rivas** reported he attended the December board meeting and toured the judicial center. **Governor Shields**

reported she attended the December board meeting, toured the judicial center and worked on LHL Foundation matters. **Governor Smith** reported he attended the December board meeting, toured the judicial center with Justice Kauger and participated in the new board member orientation. **Governor Thomas** reported she attended the December board meeting, toured the judicial center with Justice Kauger, participated in the new board member orientation and attended the swearing in.

REPORT OF THE YOUNG LAWYERS DIVISION

Governor Kirkpatrick reported she attended the December board meeting, tour of the justice center and January SCOPE Task Force meeting. She also worked on the "You're 18 Now – It's Your Responsibility" legal guide, a YLD project.

SUPREME COURT LIAISON REPORT

Justice Kauger reported the movie CLE series at the Oklahoma Judicial Center is continuing, and Justice Winchester will be hosting the next one. She also reported Chief Justice Taylor nominated the Arts Committee of the Judicial Center for the Governor's Arts Award. The committee won, and Gov. Fallin presented them with the George Nigh Award.

COMMITTEE LIAISON REPORTS

Governor Pappas reported she attended the last LRE SCOPE meeting. She said most members are transitioning to the committee.

REPORT OF THE GENERAL COUNSEL

General Counsel Hendryx reviewed the status of litigation against the OBA. She said her department budget was increased to allow the hiring of two employees. She is interviewing now for lawyer and investigator positions. A written status report of the Professional Responsibility Commission and OBA disciplinary matters for December 2011 was submitted for the board's review.

APPEAL OF ETHICS OPINION 2011-1

The Legal Ethics Advisory Panel issued an opinion and an appeal was received Nov. 12, 2011, requiring the Board of Governors to respond within 60 days. Legal Ethics Advisory Panel Chairperson James Drummond summarized the legal ethics opinion regarding whether a lawyer is permitted to refer a current client to a registered investment advisor in exchange for a referral fee. John Hermes spoke against the opinion stating it is inconsistent with Rules 1.7 and 1.8 in the Rules of Professional Conduct. General Counsel Hendryx was asked to review the legal ethics advisory opinion procedure. Discussion followed, and questions were asked. The board voted to grant the appeal and not to adopt the opinion. Governor Shields abstained from the vote.

DOMESTIC VIOLENCE FATALITY REVIEW BOARD ANNUAL REPORT

Gail Stricklin, the OBA's representative on the review board, reviewed the report that covered a decade 2001-

2011. Within that time, 341 cases have been reviewed. The report stated systems have become more aware and responsive to the needs of victims; however, the work continues. Oklahoma remains in the top 20 states in the number of women murdered by men. The board sees its most vexing issue to address is that one-third of all homicides are witnessed by a child and there is no system in place to help them. Ms. Stricklin was thanked for her service. It was also noted that she and Ethics Counsel Pickens presented a joint program that was highly rated.

APPROVAL OF CORPORATE RESOLUTION WITH SMITH BARNEY

Director Combs said this is an annual process to clarify who is authorized to sign or conduct transactions on behalf of the OBA. Governor Rivas voted to authorize the execution of the document.

BOARD OF EDITORS APPOINTMENT

President Christensen reported that editor Leslie Taylor has moved out of her district and has resigned her position representing District 3 — Oklahoma County. She said people have been approached about serving, and she is waiting to hear back from them and will be ready to make an appointment next month.

SECTION LEADERS COUNCIL

Past President Reheard reviewed the plan for the first meeting of the new council that will take place Jan. 27 at 11:30 a.m. at the Faculty House in Oklahoma City.

LEGISLATIVE SATURDAY

Executive Director Williams said that Saturday, Jan. 28, has been designated as the day for the Legislative Monitoring Committee and other interested persons to review legislation introduced. Those participating were asked to bring their iPad. Lunch will be provided.

EXECUTIVE SESSION

The board voted to go into executive session. The board met in session and voted to come out of executive session.

NEXT MEETING

The Board of Governors met during the President's Summit Feb. 16-18, 2012, at Post Oak

Lodge near Tulsa, and a summary of those actions will be published after the minutes are approved. The next board meeting will be held March 14, 2012, at the Oklahoma Bar Center in Oklahoma City.

NOTICE OF JUDICIAL VACANCY

The Judicial Nominating Commission seeks applicants to fill the following judicial office:

**District Judge
Seventeenth Judicial District, Office 1
McCurtain County, Oklahoma**

This vacancy is due to the death of the Honorable Willard Driesel on December 29, 2011.

To be appointed to the office of District Judge, one must be a registered voter of the respective judicial district at the time (s)he takes the oath of office and assumes the duties of office. Additionally, prior to appointment, such appointees shall have had a minimum of four years experience as a licensed practicing attorney, or as a judge of a court of record, or both, within the State of Oklahoma.

Application forms can be obtained online at www.oscn.net under the link to Judicial Nominating Commission, or by contacting Tammy Reaves, Administrative Office of the Courts, 2100 N. Lincoln, Suite 3, Oklahoma City, Oklahoma 73105, (405) 556-9862. Applications must be submitted to the Chairman of the Commission at the same address **no later than 5:00 p.m., Friday, April 13, 2012. If applications are mailed, they must be postmarked by midnight, April 13, 2012.**

**Jim Loftis, Chairman
Oklahoma Judicial Nominating Commission**

Confidential OBA-ADR Section Questionnaire for Mediators

STATEMENT OF PURPOSE: OBA member attorneys increasingly ask the OBA-ADR Section to identify OBA attorneys that hold themselves out to be qualified Mediators. We are unaware of any statewide list of qualified attorney Mediators or any list of Oklahoma attorneys that hold themselves out to the public as being qualified Mediators, and we do not want to create the appearance that we endorse or recommend any particular attorney to provide Mediation services. Inquiries have led us to consider what we could do to address this lack of information.

The Section has decided to compile a database of attorneys in each county that hold themselves out to be Mediators who are qualified by training, experience, or both. At this time we are simply gathering information and will look to the OBA (and perhaps the Judiciary and other sources) for guidance as to whether or not this data should be made public, and under what circumstances.

Accordingly, if you represent yourself to the public
to be a qualified attorney Mediator,
please complete, sign and return
**the OBA-ADR SECTION CONFIDENTIAL QUESTIONNAIRE
FOR MEDIATORS,**
which is available online at www.okbar.org.

You may mail your completed Questionnaire to:

OBA Mediator Database Project
P.O. Box 53036
OKC, OK 73152-3036

Or scan and email it to michael@christensenlawgroup.com.

The Section will hold all completed Questionnaires in confidence and will not release information to the public without your advance consent.

DEADLINE FOR SUBMISSION: MARCH 30, 2012

***Direct any questions you may have to D. Michael O'Neil,
(405) 232-2020, michael@christensenlawgroup.com.***

A Small Investment in the Future

Your Single Contribution Helps 38 Law-Related Charitable Programs

By Nancy Norsworthy

The Oklahoma Bar Foundation is a shining example of the commitment of Oklahoma lawyers to the profession and to the people of Oklahoma. The OBF is the third oldest state bar foundation in the nation, something all Oklahoma lawyers can take pride in. Since its inception in 1946, the OBF has awarded more than \$10 million. During the 2012 grant cycle, with your help, we plan to add \$500,400 to that total. This amazing record of professional and community support is possible because of the continuing generosity and commitment of Fellows and other donors, like you.

Fellows are lifetime members of the Oklahoma Bar Foundation — core supporters who believe in the value of justice and the importance of the OBF's leadership and charitable work. OBF remains committed to the support of programs and organizations that are enhancing the rule of law, the administration of justice and our legal system; providing critically needed legal assistance to the poor and underserved; providing safe haven for the abused; and educating the public and school children on the rule of law and system of justice.

“...OBF Fellows provide the one consistent steady revenue source for grant awards.”

This year, the OBF is partnering with 38 law-related charitable groups to provide services all across Oklahoma on your behalf.

While all OBA members in good standing are also OBF members, members contribute nothing to the OBF. When you pay your OBA dues you are not making a contribution to the OBF unless you specifically make a voluntary OBF contribution on your dues statement. Fellows of the OBF provide support to the foundation by agreeing to make annual contributions of \$100 for 10 years. Sustaining Fellows have contributed \$1,000 and continue to make a \$100 annual gift. Benefactor Fellows have paid \$1,000 and continue to make a \$300 annual gift at the highest giving level. OBF Fellowship is but a small investment in the future.

How important are Fellows? While none of us can predict the future vagaries of the market or even the short-term economic picture, OBF Fellows provide the one consistent steady revenue source for grant awards. The down economy continues to contribute to increasing numbers of Oklahomans eligible for assistance making OBF grant awards even more important. During 2011, the OBF received \$348,130 in interest from the trust accounts of Oklahoma lawyers and received \$121,300 in Fellows contributions. The OBF was able to increase the 2011 grant award total by 10 percent through a generous *cy pres* award and a total of \$600,197 in grants and scholarships were awarded in 2011.

Your single Fellows contribution will help tens of thousands of Oklahomans. The Oklahoma Bar Foundation is uniquely qualified to handle and distribute funds through our outstanding grants and awards process, which provides an added level of oversight for your money. All of this is done on behalf of all Oklahoma lawyers and your participation is key to the success of grant programs.

Oklahomans are among the most empathetic and generous donors in the nation and Oklahoma attorneys can help lead the way. The Oklahoma Bar Foundation wishes to recognize and thank our newest Fellow members as follow:

Newest Oklahoma Bar Foundation Fellows:

T. Logan Brown, *Tulsa*

Steve A. Coleman,
Oklahoma City

Kevin Cunningham,
Oklahoma City

James N. Edmonds, *Tulsa*

Owen T. Evans, *Tulsa*

M. Shane Henry, *Tulsa*

Audrey Huffman,
Oklahoma City

Melanie Jester,
Oklahoma City

Kalan Chapman Lloyd,
Tulsa

Justin Meek, *Oklahoma City*

Brian Mitchell,
Oklahoma City

Kirsten L. Palfreyman, *Tulsa*

William L. Oldfield,
Oklahoma City

Frederick K. Slicker, *Tulsa*

David A. Stephens,
Anadarko

Newest Oklahoma Bar Foundation Sustaining Fellows:

Aaron M. Arnall,
Midwest City

Katherine Hohn Boettcher,
Oklahoma City

Dan Jacobsma, *Elk City*

Michael S. Laird,
Oklahoma City

Kade A. McClure, *Lawton*

Betsy M. Pain, *Edmond*

John D. Singleton,
Oklahoma City

Barry G. Stafford, *Edmond*

Newest Oklahoma Bar Foundation Benefactor Fellows:

Kevin R. Donelson,
Oklahoma City

Judge Jerry L. Goodman,
Tulsa

Nancy Norsworthy is executive director of the Oklahoma Bar Foundation and can be reached at nancyn@okbar.org or 405-416-7070.

THE OKLAHOMA BAR FOUNDATION ANNOUNCES ACCEPTANCE OF 2012 OBF COURT GRANT APPLICATIONS

The Oklahoma Bar Foundation is accepting OBF Court Grant Applications through March 20, 2012. Grants from the OBF District and Appellate Court Grant Fund will be awarded for purposes and expenditures of the district courts and the appellate courts that would otherwise not normally be funded through existing channels. The primary purpose of Court Grant Fund is for capital improvements and extraordinary expenditures of Oklahoma district and appellate courts necessary to promote the administration of justice. The phrase "capital improvements and extraordinary expenditures" includes by way of example, but is not limited to, improvements to courtrooms such as audio/visual equipment, computer equipment, court reporting equipment (including equipment for "real time" reporting), other furniture and fixtures and extraordinary expenditures made necessary for the proper administration of complex litigation, such as class actions. The purpose and the size of the fund render it inadequate to fund major renovations to courthouses or courtrooms.

2012 OBF Court Grant Applications can be obtained via email request to foundation@okbar.org or (405) 416-7070. The deadline for submission is **Tuesday, March 20, 2012**. Twenty-five grants have been awarded over the past three years totaling \$218,337.



FELLOW ENROLLMENT FORM ☐ Attorney ☐ Non-Attorney

Name: _____

(name, as it should appear on your OBF Fellow Plaque)

County _____

Firm or other affiliation: _____

Mailing & delivery address: _____

City/State/Zip: _____

Phone: _____ EMail Address: _____

The Oklahoma Bar Foundation was able to assist 38 different projects or programs last year through the generosity of Oklahoma lawyers – providing free legal assistance for the poor and elderly, safe haven for the abused, protection and legal assistance to children, law-related education programs, and other activities that improve the quality of justice for all Oklahomans. The tradition of giving back continues with YOU.

_____ I want to be an OBF Fellow **now** – Bill Me Later!

_____ \$100 enclosed & bill annually

_____ Total amount enclosed, \$1,000

_____ *New Lawyer 1st Year*, \$25 enclosed & bill Annually as stated

_____ *New Lawyer within 3 Years*, \$50 enclosed & bill annually as stated

_____ I want to be recognized at the higher level of **Sustaining Fellow** & will continue my annual gift of at least \$100 – *(initial pledge should be complete)*

_____ I want to be recognized at the highest leadership level of **Benefactor Fellow** & annually contribute at least \$300 – *(initial pledge should be complete)*

**OUR MISSION: TO
PROMOTE JUSTICE,
FUND CRITICAL LEGAL
SERVICES AND ADVANCE
PUBLIC AWARENESS OF
THE LONG TRADITION
OF GIVING BACK**

- To become a Fellow, the pledge is \$1,000 payable within a ten year period at \$100 each year; however, some may choose to pay the full amount or in greater increments over a shorter period of time.
- The OBF offers lesser payments for newer Oklahoma Bar Association members:
 - — First Year Lawyers: lawyers who pledge to become OBF Fellows on or before January 2, of the year immediately following their admission may pay only \$25 per year for 2 years, then only \$50 for 3 years, and then at least \$100 each year thereafter until the \$1,000 pledge is fulfilled.
 - — Within Three Years: lawyers admitted 3 years or less at the time of their OBF Fellow pledge may pay only \$50 per year for 4 years and then at least \$100 each year thereafter until the \$1,000 pledge is fulfilled.
- Sustaining Fellows are those who have completed the initial \$1,000 pledge and continue their \$100 annual contribution to help sustain grant programs.
- Benefactor Fellows is the highest leadership giving level and are those who have completed the initial \$1,000 pledge and pledge to pay at least \$300 annually to help fund important grant programs. Benefactors lead by example.

Your Signature & Date _____ OBA Bar# _____

PLEASE KINDLY MAKE CHECKS PAYABLE TO: Oklahoma Bar Foundation • Attn: Nancy Norsworthy • P.O. Box 53036
Oklahoma City OK 73152-3036 • (405) 416-7070

Many thanks for your support & generosity!

New Online Resource Makes Finding Pro Bono Work Easy

By Laurie W. Jones

Lawyers who want to fulfill their ethical obligation to perform pro bono service will find it easy and convenient to do so using a new tool on the www.probono.net/ok website. This new tool is the “New Cases” feature in the Advocate Resources Center section of the website. The mission of the probono.net organization is to support advocates participating in pro bono work throughout Oklahoma. The website is for lawyers and law students who volunteer time for a number of programs across the state; it’s an online community of resources and opportunities for pro bono work. If you haven’t visited the website recently, please do so and join this vibrant and active community of advocates. You’ll be surprised at the wealth of information and resources on the website.

The “New Cases” tool allows lawyers to review pro bono cases online that have been received by Legal Aid offices all over the state and that are awaiting assignment to a volunteer lawyer. The cases are listed by the type of case (divorce, foreclosure and others) and the case’s geographical location in the state. Lawyers can click on the case and read a redacted brief explanation of the case and its underlying facts. If interested in the case, the lawyer may click the “Review this case” button,

“The “New Cases” tool allows lawyers to review pro bono cases online that have been received by Legal Aid offices all over the state...”

and an email is automatically generated to the Legal Aid volunteer coordinator, who then contacts the interested lawyer for a conflicts check and to provide more information about the case. If the conflicts check is clear and the lawyer is willing to take the case on a pro bono basis, the case will then be assigned to him or her. Another feature of the “New Cases” tool allows lawyers to sign up for a “new case alert” if the lawyer is too busy to take a case just then, but is interested in taking a particular type of case or a case in a particular location at a later time.

The Advocate Resource Center section of the website is maintained by Legal Aid Services of Oklahoma Inc. in conjunction with many participating organizations across the state of Oklahoma and the

Oklahoma justice community. Initial partners or stakeholders joining Legal Aid Services of Oklahoma Inc. in the project are Domestic Violence Intervention Services, Oklahoma City University School of Law, Oklahoma Indian Legal Services Inc., Tulsa County Bar Association, Tulsa Lawyers for Children, Tulsa Oklahomans for Human Rights, the University of Tulsa College of Law and the University of Oklahoma College of Law. Stakeholders from the Oklahoma justice community assist with maintenance of the site. These stakeholders include representatives from the various committees and sections of the Oklahoma Bar Association, the Tulsa County Bar Association, the private bar, legal services programs, volunteer attorney programs and community based organizations.

Taking a pro bono case has never been easier: a few clicks of the mouse, a clear conflicts check, and a willingness to perform one’s ethical obligation and to improve access to justice in Oklahoma are all it takes now, thanks to the innovative work of the probono.net/ok staff.

Ms. Jones is an OBA Access to Justice Committee member. She serves as interim associate dean of academic affairs and pro bono and public interest law coordinator at the OCU School of Law.

YLD Staying Busy in 2012

By Jennifer Heald Kirkpatrick

The YLD had another great month in February. YLD officers Joe Vorndran, Kaleb Hennigh, LeAnn McGill, Roy Tucker and I attended the ABA Midyear Meeting in New Orleans the first week of February. The ABA Midyear Meeting brought together more than 400 young lawyers from all practice areas, practice settings and parts of the country. During the meeting, the division hosted a number of networking and educational sessions, debated issues of importance to young lawyers and provided much needed legal assistance to New Orleans-area veterans as part of its 2011-2012 public service initiative, Project Salute: Young Lawyers Serving Veterans. I was proud to report that Oklahoma's young lawyers had already provided volunteer hours to the OBA Oklahoma Lawyers for America's Heroes project, which was rolled out in 2011 and will continue on in 2012.

At the YLD board meeting held on Feb. 25 at the Tulsa County Bar Center, the YLD board assembled more than 100 Bar Exam Survival Kits which were distributed to those taking the February bar exam in Tulsa and Oklahoma City. The kits included such things as ear

plugs, pencils, pencil sharpeners, candy, stress balls and YLD koozies. A special thank you to the Family Law Section for their donation to the kits and to the following young lawyers (and their employers), who took time out of their busy schedules to greet and encourage those taking the bar exam on Feb. 28: LeAnn McGill (McGill and Rodgers), Lane Neal (McAtee and Woods), Nathan Richter (Denton Law Firm), Brandi Nowakowski (West Law Firm), Jill Ochstontz (Logan County District Attorney's Office), Timothy Rogers (Barrow Grimm) and Conor Cleary (Hall Estill). To welcome new admittees to the OBA, the YLD will host a reception following the April 26 swearing in ceremony and special "Welcome to the Bar" events at the McNellie's in Tulsa and Oklahoma City on Thursday, May 10 at 6 p.m.

I am excited to announce that the final touches are being made to the new and updated "You're 18 Now — It's Your Responsibility" legal guide and a companion video to be used in classrooms for the YLD's Community Day of Service on Friday, April 27. Our goal is to have at least one "18 and Over" presentation made in a

high school in all 77 counties on that day. If you are interested in assisting the YLD with this project, please contact Joe Vorndran at joe@scdtlaw.com or 405-275-0700.

YLD MIDYEAR MEETING

I'd like to extend a special invitation to all young lawyers to attend the YLD Midyear Meeting held in conjunction with the Solo/Small Firm Conference at the Choctaw Casino Resort in Durant June 21 – 23. In addition to the great CLE being planned for the conference, there will also be fun networking events and maybe even an opportunity to relax by the beautiful pool area during the weekend. Please mark your calendars to attend now and look for more details on the OBA website.

The next YLD board meeting is scheduled for March 24. We will be hosting a video conference at both the Oklahoma Bar Center and the Tulsa County Bar Center. I encourage any young lawyer interested in getting involved or simply interested in what we do to attend. I hope to see you soon!

Ms. Kirkpatrick practices in Oklahoma City and chairs the YLD. She can be reached at jkirkpatrick@hallestill.com.

Calendar

March

- 12 OETA Festival Volunteer Night;** 5:45 p.m.; OETA Studio, Oklahoma City; Contact: Jeff Kelton 405-416-7018
- 13 OBA Legal Intern Committee Meeting;** 3 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Candace Blalock 405-238-3486
- 14 OBA Board of Governors Meeting;** 10 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: John Morris Williams 405-416-7000
- OBA Day at the Capitol;** 11:30 a.m.; Oklahoma Bar Center, Oklahoma City and State Capitol; Contact: John Morris Williams 405-416-7000
- OBA Diversity Committee Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Kara Smith 405-923-8611
- OBA Women in Law Committee Meeting;** 3:30 p.m.; Oklahoma Bar Center, Oklahoma City and Crowe & Dunlevy Offices, Tulsa; Contact: Deirdre Dexter 918-584-1600
- 15 OBA Appellate Practice Section Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Greg Eddington 405-208-5973
- OBA Work/Life Balance Committee Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Sarah Schumacher 405-752-5565
- OBA Justice Commission Meeting;** 2 p.m.; Oklahoma Bar Center, Oklahoma City; Contact: Drew Edmondson 405-235-5563
- 16 OBA Lawyers Helping Lawyers Assistance Program Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma City with teleconference; Contact: Tom Riesen 405-843-8444
- OBA Awards Committee Meeting;** 1:30 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: D. Renée Hildebrant 405-713-1423
- 17 OBA Title Examination Standards Committee Meeting of the OBA Real Property Law Section;** 9 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: Scott Byrd 918-587-9762
- 20 OBA Bench & Bar Committee Meeting;** Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Barbara Swinton 405-713-7109

- 21 OBA Law Day Committee Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: Tina Izadi 405-522-3871
- 22 OBA Men Helping Men Support Group;** 5:30 p.m.; The University of Tulsa College of Law, 3120 East 4th Place, Tulsa, John Rogers Hall (JRH 205); RSVP to: Kim Reber 405-840-3033
- 24 OBA Young Lawyers Division Officers Meeting;** 10 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: Jennifer Kirkpatrick 405-553-2854



- 26 OBA Alternative Dispute Resolution Section Meeting;** 4 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa; Contact: D. Michael O'Neil Jr. 405-239-2121
- 27 OBA Lawyers Helping Lawyers Foundation Cornerstone Banquet and Auction;** Oklahoma Bar Center, Oklahoma City; Contact: John Morris Williams 405-416-7000
- 28 Ruth Bader Ginsburg American Inn of Court;** 5 p.m.; Oklahoma Bar Center, Oklahoma City; Contact: Donald Lynn Babb 405-235-1611
- 29 OBA Strategic Planning Finance Subcommittee Meeting;** 10 a.m.; Oklahoma Bar Center, Oklahoma City; Contact: Jim Stuart 405-275-0700
- OBA Military Assistance Committee Meeting;** 2 p.m.; Oklahoma Bar Center, Oklahoma City and Tulsa County Bar Center, Tulsa with teleconference; Contact: Deborah Reheard 918-689-9281

30 **OBA Section Leaders Council Meeting;**
11:30 a.m.; Oklahoma Bar Center, Oklahoma City and
University of Tulsa, Tulsa; Contact: Deborah Reheard
918-689-9281

**OBA Lawyers Helping Lawyers Assistance
Program Meeting;** 12 p.m.; Oklahoma Bar Center,
Oklahoma City with teleconference; Contact: Tom
Riesen 405-843-8444

31 **OBA Law-related Education State Social
Studies Meeting;** 8 a.m.; Oklahoma Bar Center,
Oklahoma City; Contact: Jane McConnell
405-416-7024

April

3 **OBA Government and Administrative Law
Practice Section Meeting;** 4 p.m.; Oklahoma
Bar Center, Oklahoma City; Contact: Tamar Scott
405-521-2635

5 **OBA Men Helping Men Support Group;**
5:30 p.m.; The Oil Center – West Building, Suite
108W, Oklahoma City; RSVP to: Kim Reber
405-840-3033

OBA Women Helping Women Support Group;
5:30 p.m.; The University of Tulsa College of Law 3120
East 4th Place, Tulsa, John Rogers Hall (JRH 205);
RSVP to: Kim Reber 405-840-3033

6 **Board of Bar Examiners Meeting;** 9 a.m.;
Oklahoma Bar Center, Oklahoma City; Contact:
Board of Bar Examiners 405- 416-7075

10 **OBA Law-related Education Committee
Meeting;** 12 p.m.; Oklahoma Bar Center, Oklahoma
City with teleconference; Contact: Suzanne Heggy
405-556-9612

OBA Legal Intern Committee Meeting; 3 p.m.;
Oklahoma Bar Center, Oklahoma City with tele-
conference; Contact: Candace Blalock 405-238-3486

11 **OBA Diversity Committee Meeting;** 12 p.m.;
Oklahoma Bar Center, Oklahoma City and Tulsa County
Bar Center, Tulsa; Contact: Kara Smith 405-923-8611

12 **OBA Women Helping Women Support Group;**
5:30 p.m.; The Oil Center – West Building, Suite
108W, Oklahoma City; RSVP to: Kim Reber
(405) 840-3033

13 **Oklahoma Bar Foundation Committee Meeting;**
1 p.m.; Oklahoma Bar Center, Oklahoma City; Contact:
Nancy Norsworthy 405-416-7070

**OBA Solo and Small Firm Conference Planning
Committee Meeting;** 1:30 p.m.; Oklahoma Bar
Center, Oklahoma City and Tulsa County Bar Center,
Tulsa; Contact: Collin Walke 405-235-1333

OBA Family Law Section Meeting; 3:30 p.m.;
Oklahoma Bar Center, Oklahoma City and OSU Tulsa;
Contact: Tamera Childers 918-581-8200

17 **OBA Bench and Bar Committee Meeting;**
12 p.m.; Oklahoma Bar Center, Oklahoma City and
Tulsa County Bar Center, Tulsa; Contact:
Barbara Swinton 405-713-7109

18 **OBA Law Day Committee Meeting;** 12 p.m.;
Oklahoma Bar Center, Oklahoma City and OSU Tulsa;
Contact: Tina Izadi (405) 522-3871

**OBA Clients' Security Fund Committee
Meeting;** 2 p.m.; Oklahoma Bar Center, Oklahoma
City and OSU Tulsa; Contact: Micheal Salem
405- 366-1234

OBA Women in Law Committee Meeting;
3:30 p.m.; Oklahoma Bar Center, Oklahoma City and
Tulsa County Bar Center, Tulsa; Contact: Deirdre Dexter
918-584-1600

19 **OBA Access to Justice Committee Meeting;**
10 a.m.; Oklahoma Bar Center, Oklahoma City and
Tulsa County Bar Center, Tulsa; Contact: Rick Rose
405-236-0478

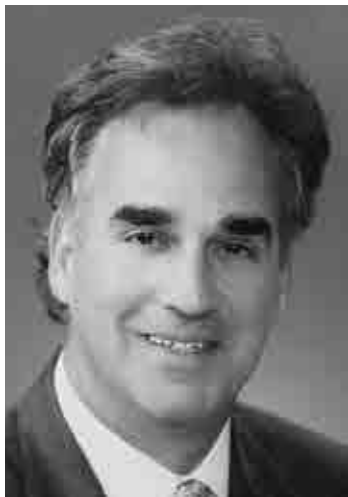
OBA Work/Life Balance Committee Meeting;
12 p.m.; Oklahoma Bar Center, Oklahoma City and
Tulsa County Bar Center, Tulsa; Contact:
Sarah Schumacher 405-752-5565

OBA Justice Commission Meeting; 2 p.m.;
Oklahoma Bar Center, Oklahoma City; Contact:
Drew Edmondson 405-235-5563

20 **OBA Lawyers Helping Lawyers Assistance
Program Training;** 1:30 p.m.; Oklahoma Bar Center,
Oklahoma City; Contact: Tom Riesen 405-843-8444

**OBA Rules of Professional Conduct Committee
Meeting;** 3 p.m.; Oklahoma Bar Center, Oklahoma
City and Tulsa County Bar Center, Tulsa; Contact:
Paul Middleton 405-235-7600

21 **OBA Young Lawyers Division Officers Meeting;**
10 a.m.; Oklahoma Bar Center, Oklahoma City;
Contact: Jennifer Kirkpatrick 405- 553-2854

Dowdell Nominated to Federal Bench*John E. Dowdell*

John E. Dowdell of Tulsa has received a presidential nomination to serve on the U.S. District Court for the Northern District of Oklahoma. He has been a partner at the law firm of Norman Wohlgemuth Chandler & Dowdell PC since 1987,

where he handles a wide variety of complex civil litigation and criminal matters before both district and appellate courts.

Since 1999, he has also served on a pro bono basis as an adjunct settlement judge in the Northern District. Prior to joining his law firm as an associate in 1983, he served as a law clerk for Judge William J. Holloway Jr. of the U.S. Court of Appeals for the Tenth Circuit from 1981 to 1983. Mr. Dowdell received his J.D. in 1981 from the TU College of Law and his B.A. in 1978 from Wake Forest University.

Douglas Steps Down as OBA Educational Programs Director

Long-time Director of Educational Programs Donita Bourns Douglas has stepped down from the OBA as of March 2. She has been named director of professional services for InReach, a leading provider of continuing education management solutions.

*Donita Douglas*

She will be assisting InReach achieve their goal of helping hundreds of organizations expand their continuing professional education programs online. She may be reached at ddouglas@InReachCE.com or by phone at 405-418-7591.

As Ms. Douglas moves on, the OBA has big shoes to fill and is currently considering candidates for the position of educational programs director. A job description is posted online at www.okbar.org/s/yh3os, and candidates have until Friday, March 30, to apply.

OBA Member Reinstatements

The following members of the OBA suspended for nonpayment of dues or noncompliance with the Rules for Mandatory Continuing Legal Education have complied with the requirements for reinstatement, and notice is hereby given of such reinstatement:

Mitchell Kenneth Coatney, OBA No. 21066
8 Sherman Lane
Ponca City, OK 74604-5723

Steven Allen Hart, OBA No. 19113
5106 S. 85th W. Avenue
Tulsa, OK 74107

James Charles Neeld, OBA No. 16931
7227 Metcalf Avenue
Overland Park, KS 66204

OBA Member Resignations

The following members have resigned as members of the association and notice is hereby given of such resignation:

H. Mark Baggett, OBA No. 11212
708 Sycamore Creek Rd.
Allen, TX 75002-2242

Wendy Jean Brame, OBA No. 18263
3620 Virginia St.
Sioux City, IA 51104

Charles Michael Chapman, OBA No. 1611
24111 Snipe Lane
Laguna Niguel, CA 92677

Joanna Douglass, OBA No. 19079
116 Greenbriar Lane
Jackson, TN 38305

Elton A. Ellison, OBA No. 2701
4103 Fogel Lane
Silver Spring, MD 20906

Gregory Aaron Fraser, OBA No. 30321
P.O. Box 2562
Lindale, TX 75771

Robert Brian Hug, OBA No. 10077
11 Bailey Court
Bloomington, IL 61704

Skipper Akey Jones, OBA No. 166
1451 Laamia Street
Honolulu, HI 96821

Sammy B. Karnes, OBA No. 4882
4359 W. Briar Rock Court
Eagle, ID 83616

Edward H. King, OBA No. 5027
5501 Saratoga Cir.
Ft. Collins, CO 80526-4374

Sean E. Lindley, OBA No. 19513
203 Piney Point Lane
Woodland Park, CO 80863

Joseph Charles Lowe, OBA No. 18584
908 Glenmark Court
Edmond, OK 73013

Diana Marie Martinez, OBA No. 20418
2121 Saratoga Drive
Austin, TX 78733

Margaret Shelby McDonald, OBA No. 21749
5211-B Capitol Ave.
Dallas, TX 75206

Richard Kyle Nuttall, OBA No. 21993
103 Fayette Street
Buckhannon, WV 26201

Jacalyn Peter, OBA No. 17893
29200 E. 160th Ct.
Brighton, CO 80603

Job Innocent Serebrov, OBA No. 14520
128 Dodge Road
Plainfield, NH 03781

Jerry D. Wade, OBA No. 9257
712 E. 8th Street
Sulphur, OK 73086

Salliann Parker Walker, OBA No. 14878
3100 Castlerock Road
Oklahoma City, OK 73120-1818

Angela Michelle Dupy White, OBA No. 14051
11700 Bravada Drive
Edmond, OK 73013

Clinton High School Wins State Mock Trial Championship

Clinton High School's Gold Team defeated Ada High School's Maroon Team in the final round of competition to claim the Oklahoma High School Mock Trial Championship. The final round of competition was held March 6 in the Bell Courtroom at the OU Law Center in Norman. The two teams argued a case that focused on the criminal prosecution of the spouse of a fallen U.S. service member accused of arson and murder.

Teams are paired with volunteer attorney coaches. Clinton's attorney coaches are Julie Strong and Judge Jill Weedon.

Oklahoma Bar Association President Cathy Christensen of Oklahoma City said, "The Clinton High School team demonstrated excellent presentation skills, and I am confident it will represent Oklahoma well at the national competition in Albuquerque, N.M. in May."



Clinton High School Gold Team celebrates their first-place win in the state Mock Trial championship.

Kudos

Mike Voorhees has been renewed for a three-year term as a member of the board of directors for the Oklahoma Foundation for Medical Quality. The foundation serves Oklahoma healthcare providers and the public by working to improve the quality of healthcare in the state. Mr. Voorhees has also been appointed to the Oklahoma City Board of Adjustment. He is a member of the Shelton Voorhees Law Group of Oklahoma City.

Oklahoma City attorney **Jeff Dasovich** has been named a fellow of the College of Workers' Compensation Lawyers. He will be inducted in San Antonio in March 2012.

TU College of Law professor **Richard Gebhart** has been elected vice chair of the Federation of State Beef Councils, a division of the National Cattlemen's Beef Association. The election was held during the association's recent annual convention and trade show in Nashville, Tenn. Mr. Gebhart is a fourth generation Hereford breeder in Rogers County.

Wewoka attorney **Glenn J. Sharpe** has been appointed gaming commissioner by the Seminole Nation of Oklahoma. He will serve on the Seminole Nation Gaming Agency, an independent regulatory agency of the Seminole Nation.

On The Move

Gov. Mary Fallin has announced that **Steven Mullins** of Norman is her new general counsel. Prior to joining the governor's office, he was an assistant U.S. attorney for the Western District of Oklahoma. He has also served as the senior legal advisor for the U.S. Department of Justice in Kabul, Afghanistan, and general counsel to the 94 U.S. attorneys. He was appointed the U.S. attorney for the District of South Dakota by President George W. Bush and served in multiple positions for the Western District of Oklahoma. He is also currently an adjunct law professor at OU and has instructed numerous training courses for the U.S. Department of Justice. He is a graduate of the OU College of Law.

The Tulsa law firm of Campbell & Tiger PLLC announces that **A. Diane Hammons** has joined the firm. Ms. Hammons was most recently the attorney general of the Cherokee Nation, and had previously served as the nation's general counsel. She has more than 20 years experience in Indian Country and Indian law issues. She has also served as an Oklahoma assistant attorney general in the criminal appeals division, focusing on death penalty appeals. She is a 1984 graduate of the OU

College of Law and was a member of the OBA's inaugural Leadership Academy in 2009.

Fellers Snider announces **Robert G. McCampbell** has joined the firm as a shareholder and director. Mr. McCampbell is formerly a shareholder with Crowe & Dunlevy and served as U.S. attorney for the Western District of Oklahoma from 2001 to 2005. His areas of practice include administrative and regulatory practice, appellate practice, election and campaign finance, healthcare litigation, litigation and trial practice and white collar crime. He is a fellow of the American College of Trial Lawyers and a 1983 graduate of the Yale Law School.

Hall Estill announces five veteran attorneys are joining the firm's intellectual property practice in its Oklahoma City office. **Daniel Dooley** is a registered patent attorney with experience practicing in intellectual property law prosecution, litigation and counseling. He has more than 25 years of experience focusing on electronic technology and information management. He received his undergraduate degree in electro-mechanical engineering from the University of Minnesota, his M.B.A. from the University of St. Thomas, his J.D. with honors from OCU and a master of laws in intellectual property from Franklin Pierce Law Center. **Tyler Mantooth** focuses his practice on the procurement, enforcement and defense of intellectual

property rights and is knowledgeable in the fields of patents, trademarks, trade dress, unfair competition, copy-rights and trade secrets. He has experience in a variety of engineering disciplines, including mobile electronics, robotics, petroleum exploration, oil refining and pharmaceutical-grade manufacturing. He received his undergraduate degree in mechanical engineering and J.D. from the OU College of Law. **Bill McCarthy** received undergraduate and master's degrees in chemical engineering from OU and is a registered professional engineer. Along with an extensive track record of prosecution in the U.S. Patent and Trademark Office and litigation throughout the U.S. in patent/trademark/copyright infringement lawsuits, he focuses in all areas of intellectual property law including unfair competition, contract/licensing matters, and corporate and personal counseling related to intellectual property law. He has also served as an adjunct professor at OCU School of Law. **Randall McCarthy**, a registered U.S. patent attorney who practices in all areas of intellectual property, focuses on patent prosecution in a number of high-tech areas with a special emphasis on data storage systems, computer hardware, software and networks, control systems, communication channels and a variety of complex mechanical arts. He graduated from OU with a degree in electrical engineering and received his J.D. from OCU School of Law. **Dr. Michael Young**, a former assistant professor in neurology at OU as well as a private practice physician, is a registered U.S. patent attorney. He has experience with

a variety of technologies, including medical devices, biotechnology, electrical processes and systems, computer hardware and software, chemicals and related processes and mechanical devices. He received his B.A. and M.S. in biomedical engineering at Boston University where he also worked as a neurology resident. He also has post-graduate fellowships from the University of Florida, Spaulding Rehabilitation Hospital, Massachusetts General Hospital and Harvard Medical School. He received his J.D. from Creighton University College of Law in 2009.

Hall Estill also announces **Jeffrey C. Rambach** has joined the firm as a shareholder. Since entering private practice in 1989, he has concentrated his practice in all areas of taxation, trusts and estates, ERISA and employee benefits, mergers and acquisitions, business formations, tax litigation, charitable foundations and nonprofits. In addition, he assists clients with wealth transfer planning, business transactions and employee benefits. He completed his undergraduate degree at Boston University and received his law degree from Tulane University. He also received an LL.M. in taxation from Georgetown University Law School.

R. Alan Weeks has joined Columbus, Ga.-based W.C. Bradley Co. as vice president and deputy general counsel. He is a registered patent attorney who has been in private practice for more than 20 years in the field of intellectual property law, the last 14 of which were as a shareholder and director of the Fellers Snider law firm.

He will office out of the corporate headquarters of subsidiary company Zebco-Brands in Tulsa. The company also announced that **Alex Chan** has joined the corporate legal team as an associate attorney. He holds his J.D. degree from the TU College of Law and is an OSU graduate.

David L. Prescott announces he has closed his law office and retired after 38 years of private practice in Oklahoma City. He is a 1973 graduate of the OU College of Law.

The Tulsa law firm of Fry & Elder announces that **M. Shane Henry** has joined the firm as an associate. He has been of counsel with Fry & Elder for nearly two years. He earned his J.D. from the TU College of Law in 2006 and has an undergraduate degree in accounting. Prior to joining Fry & Elder, he was a solo practitioner for three years. His practice focuses on contested family law issues including divorce and child custody. He is a member of the Family Law sections of the OBA, Tulsa County Bar Association and the ABA.

Todd A. Murray has joined the law firm of Beeler, Walsh & Walsh as an associate. He was formerly associated with Looney, Nichols & Johnson. His practice primarily focuses on insurance defense, and he is a 2010 graduate of OCU School of Law. He is a member of the 2012 OBA Leadership Academy.

GableGotwals announces that two attorneys have been added to the firm. Former Judge **Deborah Shallcross** will be practicing full-time with an emphasis in

alternative dispute resolution but also including litigation and appellate practice. She joins the firm after serving almost 30 years on the bench assigned to all divisions of the Tulsa County District Court. During her tenure as a judge assigned to the civil division, she presided for 20 years over complex oil and gas, toxic tort and class action litigation as well as hundreds of jury and non-jury trials. Prior to her judgeship, she was an assistant public defender representing children in Tulsa County and began her career in private practice in Shawnee. She can be reached at 918-595-4819.

John Barker is returning to the firm after serving as the ONEOK general counsel for the previous seven years. He joined ONEOK Inc. and ONEOK Partners LP after 30 years with GableGotwals where he served as their general counsel, senior vice president and assistant secretary. His legal practice is primarily related to general commercial business matters, mergers and acquisitions, corporate governance, securities, public equity and debt offerings and finance. He can be reached at 918-595-4815

Pamela J. Brown and **Kenna K. Bolton** have joined their offices on an office share basis. They are now located at 7012 N.W. 63rd Street, Suite 103, Bethany, 73008. Both attorneys are graduates of OCU School of Law. Ms. Brown has been in practice since 2004 and has extensive experience in family law, father's rights and deprived court actions. Ms. Bolton has been in practice since April 2011 and practices in a variety of areas, including criminal, family law, probate and contracts.

Jack H. Petty, Rick Martin, John D. Miller, and Jeffrey I. Crain announce their association for practice at The Bethany Law Center in Bethany. Mr. Petty's practice emphasis is in real estate, wills, probates, guardianships and adoptions. He is the president and executive director of Bethany Adoption Services Inc. with more than 600 adoptive placements. Mr. Martin's practice emphasis is in trusts and estate planning, probates and guardianships, business organizations and planning, and real estate. Mr. Miller served 25 years as a special district judge in Pontotoc County, and he is practicing in the areas of civil litigation and dispute resolution, personal injury, landlord/tenant law, criminal procedure and family law. Mr. Crain's primary focus is in the areas of civil litigation and dispute resolution, probates, guardianships, and trusts and estates administration. The law practice is located at 6666 NW 39th Expressway, Bethany, 73008; phone: 405-787-6911; website: www.BethanyLaw.com.

Dunlap Coddling announces that **Jeffrey R. Anderson** has joined the firm. He practices in all areas of intellectual property, with an emphasis on managing IP portfolios, negotiating complex intellectual property transactions and agreements, and drafting and prosecuting patent applications. He gained significant field experience as an engineer before attending law school. Prior to joining the firm, he served as senior patent counsel for companies such as ConocoPhillips and renewable fuels company KiOR Inc. He graduated from the OU College of Law, receiving his J.D.

with honors in 1997. He received his B.S. degree in chemical and petroleum refining engineering in 1985 from the Colorado School of Mines.

Stan Koop announces the relocation of his law office to 1014 24th Ave. N.W., Suite 100, Norman, 73069. The phone number is 405-701-3085; email: stan@stankooplaw.com; website: www.stankooplaw.com. His practice will continue to focus on civil litigation including insurance bad faith, personal injury and contract disputes.

Tulsa firm Graham Allen & Brown PLLC announces three attorneys have joined the firm. **Lori Guevara** will focus on tribal litigation, immigration, Social Security Disability and bankruptcy. She previously worked for the TU Boesche Legal Clinic, where she trained law school students in tribal, family and criminal defense law. She has also practiced in Seattle. She earned her undergraduate degree from the University of South Florida, then graduated in 1997 from Stetson University College of Law in St. Petersburg, Fla. She earned her LL.M. in Native American and indigenous peoples law from the TU College of Law, graduating with honors in 2003. **Thomas Landrum** concentrates his practice on civil trials and appeals. He received his undergraduate degree in business management at TU. He earned his J.D. at the TU College of Law. Before joining the firm, he represented children as a licensed legal intern for the Tulsa County Public Defender's Office Civil Division. **R. Thomas Seymour** joins the firm of counsel to their legal team. He will primarily focus on trial practice in business,

white collar criminal and civil rights cases. He has been a solo practitioner since 1982. He earned both his bachelor's and law degrees from Harvard, graduating with honors from Harvard Law School in 1967.

The law firm of Steidley & Neal, PLLC announces **Stacie L. Hixon** has been named a partner. She earned her law degree from the TU College of Law in 2002 and her B.A. and M.A. from OSU in 1996 and 1997. She is admitted to all the Oklahoma federal district courts as well as the Second and 10th Circuit U.S. Appeals Courts.

At The Podium

Doerner, Saunders, Daniel & Anderson LLP will host a seminar on American Indian law Friday, April 20, at the Sheraton Midwest City

Hotel at 5750 Will Rogers Road. The workshop will run from 9 a.m. to 1:30 p.m. and is open to the public. OBA members scheduled to speak are **Jon E. Brightmire**, presenting on "Sovereign Immunity," **Bryan J. Nowlin** discussing "Regulation of Indian Gaming in Oklahoma," **Stuart D. Campbell** addressing "Application of Dram Shop Liability to Tribal Gaming," a presentation from **David McCullough** on "Federal-Tribal Government Contracting and 8(a) Entities" and **Ross A. Crutchfield** discussing the "Application of Employment Laws in Indian Country."

Paul R. Foster of Norman was a featured speaker at the recent Community Bankers Association of Oklahoma Winter Leadership Conference held at South Lake Tahoe, Nev. He spoke on the topics of "Bank Sales and Acquisitions Part 1: Failing Bank Acquisitions from the FDIC or Sellers & Part 2: Navigating the Regulatory Puzzle — Acquiring or Selling a

Bank or Branch." He also coordinated and moderated the presentation of the federal bank regulatory panel.

U.S. District Judge Timothy D. DeGiusti in February met with the Fort Sill Office of the Staff Judge Advocate in Lawton. He shared his insights and perspectives as a federal judge and as a retired U.S. Army judge advocate.

Pauls Valley attorney Dan Sprouse spoke Feb. 21 at a meeting of the Capital Association of Professional Division Order Analysts at Remington Park in Oklahoma City. His topic was "Oklahoma Minerals, Quiet Title and Probate."

Submit news items via email to:
Lori Rasmussen
Communications Dept.
Oklahoma Bar Association
(405) 416-7017
barbriefs@okbar.org

Articles for the April 14 issue must be received by March 19.

Oklahoma Bar Journal Editorial Calendar

2012

■ April
Law Day
Editor: Carol Manning

■ May
Nonprofit Law
Editor: Dietmar Caudle
d.caudle@sbcglobal.net
Deadline: Jan. 1, 2012

■ August
Family Law
Editor: Sandee Coogan
scoogan@coxinet.net
Deadline: May 1, 2012

■ September
Bar Convention
Editor: Carol Manning

■ October
Opening a Law Practice
Editor: Melissa DeLacerda
MelissDE@aol.com
Deadline: May 1, 2012

■ November
Homeland Security
Editor: Erin Means
means@gungolljackson.com
Deadline: Aug. 1, 2012

■ December
Ethics & Professional Responsibility
Editor: Pandee Ramirez
pandee@sbcglobal.net
Deadline: Aug. 1, 2012

If you would like to write an article on these topics, contact the editor.

Thomas Edward Drummond of Tulsa died Feb. 10. He was born in Pawhuska on April 3, 1945, and attended high school at New Mexico Military Institute. He received his B.B.A. degree from OU followed by his J.D. from the TU College of Law. **He earned the Bronze Star for meritorious service as a second lieutenant in the U.S. Army, serving in Vietnam from 1967 to 1968.** He was a rancher, attorney and banker, who liked to say that he practiced the “3 Ps” — punching cows, practicing law and pounding the pavement in between. He was actively involved in the Osage County, Oklahoma and National Cattlemen’s associations, director of Texas & Southwestern Cattle Raisers Association and a commissioner on the Oklahoma Horse Racing Commission.

Memorial contributions may be made to First Presbyterian Church of Pawhuska or a charity of your choice.

H.B. “Hank” Watson Jr. of Oklahoma City died Feb. 8. He was born Feb. 21, 1927, in Henderson, Texas. **He served in the U.S. Navy during World War II on a destroyer in the Pacific.** He attended Southern Methodist University beginning in 1946, earning both his undergraduate and law degrees. He began practicing in the area of oil and gas in 1951, entering private practice in 1953 and co-founding the Oklahoma City firm of Walker & Watson in 1966. In 1971, he helped establish the oil and gas firm Watson & McKenzie, later serving as of counsel to the law firm of Hall Estill until his retirement in 1996. In 2006,

Hank was the recipient of the prestigious Eugene Kuntz Award for Leadership in Natural Resources Law and Policy. Hank was active in All Souls Episcopal Church in Oklahoma City. He participated in and supported the Alexis de Tocqueville Society, United Way, Allied Arts Circle Club, the National Cowboy and Western Heritage Museum, the Oklahoma Museum of Art and was a champion for Habitat for Humanity. He also assisted countless young people in pursuing their educational endeavors. He often said that “victory be claimed by a lawyer only if he or she steadfastly adhered to ethical principles while pursuing the client’s best interests.” Memorial contributions may be made to All Souls Episcopal Church.



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**Gungoll, Jackson, Collins,
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Shannon Macko**



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Ms. Macko was born and raised in Texas. She came to Norman, Oklahoma, to attend the University of Oklahoma as an undergraduate with a President's Leadership Class Scholarship. Macko earned the PACE Award, awarded to the top 1 percent of the freshman class. Following graduation in 2008, Macko began studies at the University of Oklahoma College of Law, where Macko attained the Dean's List every semester.

Macko's career at law school was hallmarked by her leadership: She was chosen to serve as a member of the College of Law Dean Search Committee, and she served as Vice President of the Student Bar Association, among others.

When out of the office, Ms. Macko enjoys traveling, studying languages and spending time with family and friends.

Macko can be reached at the firm's Oklahoma City office.

Gungoll, Jackson, Collins, Box and Devoll, P.C.
Attorneys and Counselors at Law
1-800-725-0436

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NOTICE OF HEARING ON THE PETITION FOR REINSTATEMENT OF BART LEWIS BARBER, SCBD #5807 TO MEMBERSHIP IN THE OKLAHOMA BAR ASSOCIATION

Notice is hereby given pursuant to Rule 11.3(b), Rules Governing Disciplinary Proceedings, 5 O.S., Ch. 1, App. 1-A, that a hearing will be held to determine if Lewis Barber should be reinstated to active membership in the Oklahoma Bar Association.

Any person desiring to be heard in opposition to or in support of the petition may appear before the Professional Responsibility Tribunal at the Oklahoma Bar Center at 1901 North Lincoln Boulevard, Oklahoma City, Oklahoma, at 10:00 a.m. on **Wednesday, April 4, 2012**. Any person wishing to appear should contact Gina Hendryx, General Counsel, Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, Oklahoma 73152, telephone (405) 416-7007.

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INTERESTED IN PURCHASING PRODUCING & NON-PRODUCING Minerals; ORRI; O & G Interests. Please contact: Patrick Cowan, CPL, CSW Corporation, P.O. Box 21655, Oklahoma City, OK 73156-1655; 405-755-7200; Fax 405-755-5555; E-mail: pcowan@cox.net.

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NORTHWEST OKLAHOMA CITY AV-RATED FIRM with beautiful office and excellent location has space available for one or two attorneys and one support staff. Includes reception area, free parking, conference room, phone, Internet, copier/fax/scanner. For more information, please contact Ann at 405-600-9300.

SOUTH OKC OFFICE SPACE (1553 sq. ft.) in a building complex surrounding a tranquil park-like setting in the Willowbrook Gardens Professional Building complex located on South Walker Avenue just south of I-240. Large reception area, 5 offices, 2 separate bathrooms, storage area and convenient parking. All bills included (\$12 per ft.). Call Jason 405-570-4550 or Jana Leonard at 405-239-3800.

LOST WILL

LOST WILL – Anyone having any record of drafting a will for Leah Jeanne Vaughn, please contact John Weedn or Candice Carlsen at Stockwell, Connor & Weedn in Miami, Oklahoma, 918-542-3306.

POSITIONS AVAILABLE

LITIGATION FIRM WITH OFFICES IN DALLAS, TULSA AND OKLAHOMA CITY seeks two to three experienced litigators for the firm's Tulsa and Oklahoma City offices. New hires will be located in downtown Tulsa and downtown Oklahoma City. The firm is a litigation firm with a broad client base and a strong, growing presence in Oklahoma and Texas. The law firm recently was recognized as one of the 40 fastest growing companies in eastern Oklahoma, and the only law firm on the list. The firm seeks attorneys with 4 to 7 years of experience or more in litigation. Those seeking a top litigation environment in which to mentor and be mentored are encouraged to inquire. Salary is above the norm when compared with commensurate job opportunities. Please send resume to "Box C," Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, OK 73152.

ASSISTANT U.S. ATTORNEY: The U.S. Attorney's Office for the Western District of Oklahoma is seeking to fill a temporary (less than one year) or term position (more than one year) which may expire April 30, 2013, subject to availability of funds. This position may be extended and/or made permanent without further advertising. Depending on the nature of the appointment, benefits may or may not be available. Salary is based on the number of years of professional attorney experience. Applicants must possess a J. D. degree, be an active member of the bar in good standing (any jurisdiction), and have at least one (1) year of litigation experience post-J.D. Resumes should be submitted to Lisa Engelke, HR Specialist, at usaokw.jobapplication@usdoj.gov. Resumes must be received by March 16, 2012, and should reference announcement number 12-OKW-01-A.

POSITIONS AVAILABLE

SPECIAL MUNICIPAL JUDGE POSITIONS. The City of Oklahoma City will accept applications Feb. 18 through March 19, 2012. Requirements include residency in the city of Oklahoma City and a minimum of four (4) years experience as a licensed practicing attorney in the state of Oklahoma. Special judges are called to act as a municipal judge during the absence of a full-time municipal judge. To obtain an application, see Deborah Clinton, Department of Court Administration, Room 105, 700 Couch Dr., Oklahoma City, OK 73102. Once the application has been completed, please return to Ms. Clinton. Names of the final applicants will be submitted to the city council for approval.

THE OKLAHOMA TAX COMMISSION LEGAL DIVISION seeks an attorney for an opening in its OKC office. Applicants must be licensed to practice law in Oklahoma. 0-5 years experience preferred. Submit resume and writing sample to Abby Dillsaver, Deputy General Counsel, 120 N. Robinson, Suite 2000W, Oklahoma City, OK. 73102-7801 The OTC is an Equal Opportunity Employer.

NORTHEASTERN OKLAHOMA LAW FIRM seeks attorney experienced in state and federal court brief and appellate writing. Trial, civil litigation experience or property law knowledge helpful, but not required. Send resume and WRITING SAMPLE to "Box X," Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, OK 73152.

LATHROP & GAGE LLP IS SEEKING ASSOCIATES to join its thriving oil and gas practice in its Denver, Colorado office. Qualified candidates should have 3-5 years of experience in writing title opinions. Landman experience a plus. Excellent academic qualifications and communication skills required. Send cover letter, resume and writing sample to crhodes@lathropgage.com and jmeritts@lathropgage.com. Visit www.lathropgage.com.

OKLAHOMA AND TEXAS OIL AND GAS TITLE EXAMINER. 10-Person AV Oklahoma City Law Firm looking for mature, experienced attorney for Texas and Oklahoma O&G title opinions. Must be able to travel. Reply to "Box H," Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, OK 73152.

LEGAL ASSISTANT NEEDED for small AV-rated litigation firm. Five years insurance defense experience required. \$36k to \$40k for the right person. Reply to mynewjobokc@gmail.com.

ATTORNEY OPENING, OKLAHOMA CITY: Ideal candidate will have 5 years of litigation experience in insurance defense, ability to handle personal injury cases to trial, work well in an electronic environment. Self-motivation, integrity and customer service skills critical. Apply at www.Statefarm.com/careers by entering job #31347. Excellent benefits, EOE.

OK INSURANCE DEPARTMENT LEGAL SECRETARY NEEDED. Salary: \$30,000 to \$35,000. For complete job details and requirements please visit www.oid.ok.gov.

POSITIONS AVAILABLE

AV RATED FIRM SEEKING EXPERIENCED ASSOCIATE with 5+ years experience for position in Tulsa office. Attorney will principally handle civil litigation and insurance defense. Position requires legal research, writing, depositions, and trial experience. Salary, benefits, and bonus potential based upon experience and efforts. Send resume and writing sample to CityPlex Towers, 53rd Floor, 2448 E. 81st Street, Tulsa, OK 74137.

SEEKING EXPERIENCED TITLE INSURANCE UNDERWRITER for commercial department of American Eagle Title Insurance Company in Oklahoma City. Email resume to eoffen@ameagletitle.com. No phone calls please.

ASSISTANT GENERAL COUNSEL: The Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) is recruiting for an assistant general counsel. This position performs highly responsible professional work in preparation and presentation of cases in court and administrative proceedings, and advises the agency and personnel regarding legal matters. This position will involve emphasis on public law, employment law and behavioral health law. Qualifications: Jurist Doctorate degree from an ABA accredited law school and member in good standing of the Oklahoma bar. Preference may be given for civil and administrative litigation and trial experience. Applicant should be willing and able to fulfill all job related travel normally associated with this position. Salary range: \$50,000 - \$63,250, applicants with 4 + yrs of experience \$55,000 - \$75,900. ODMHSAS offers excellent benefit and retirement packages; reference #12-19CO with job title and send resume with two (2) writing samples and a copy of your most recent performance evaluation to address below. Reasonable accommodation to individuals with disabilities may be provided upon request. Application period: 3/8/12 - 4/6/12. EOE. ODMHSAS - Human Resources 2401 NW 23rd, Suite 85, Oklahoma City, OK 73107 Fax 405-522-4817, humanresources@odmhsas.org.

HOUSTON AV-RATED LAW FIRM SEEKS ATTORNEYS licensed in Oklahoma to join its growing oil and gas practice. Candidates should have 2+ years of experience in writing title opinions. Being also licensed in Texas, Kansas or New Mexico is a plus. Excellent pay and benefits for qualified individuals. Please send cover letter and resume in confidence. Send replies to "Box W" Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, OK 73152.

NORTHWEST OKLAHOMA CITY LAW FIRM has two (2) positions available for oil and gas title attorneys with two (2) plus years experience writing ownership reports and/or title opinions. One of the positions require solid Texas title experience. The candidate may be a landman (but must have a J. D. degree) or be a practicing attorney. Ideally the candidate will have HBP experience (i.e., able to examine working interest title and calculate net revenue interests) and can begin work immediately. Pay scale is commensurate with experience. Send cover letter, resume and writing sample to oilandgasattorney@cox.net.

POSITIONS AVAILABLE

SADLER LAW FIRM LLP, a dynamic and rapidly growing Houston, Texas based oil and gas law firm is seeking applicants for an available title attorney position in its Houston office. In order to be considered, an applicant must have a current Oklahoma law license and be willing to relocate to Houston, Texas. Prior oil and gas title experience is preferred, but not required. Please go to the following link to apply: <https://home.eease.adp.com/recruit/?id=1293091> or visit our careers page at www.sadlerlaw.com.

THE DEPARTMENT OF HUMAN SERVICES, Office of General Counsel is seeking qualified applicants to fill assistant general counsel positions. The successful applicant will provide legal representation in either the children's services area (day care licensing, adoption and child welfare) or legal areas relating to vulnerable adults. Both will provide legal advice to staff and representation before administrative tribunals and district court. Send resumes to Retta.Hudson@okdhs.org.

ASSISTANT FEDERAL PUBLIC DEFENDER for the Northern and Eastern Districts of Oklahoma. This is a full-time position, and requires a minimum of 5 years experience in the area of criminal law. An applicant must be a member in good standing of a state bar in which he or she is currently admitted, and must be eligible for immediate admission to the bar of the U. S. District Courts in Northern and Eastern Oklahoma, the 10th Circuit Court of Appeals and the U. S. Supreme Court. Federal salary and benefits apply. The initial period of employment will be probationary, subject to successful completion of a background check. This position is subject to mandatory electronic transfer (direct deposit) of net pay. To view full requirements and qualifications, as well as instructions on how to apply, visit: <http://okn.fd.org>. Applications must be received no later than 4/06/12. Equal Opportunity Employer.

IMMIGRATION ATTORNEY NEEDED for busy Tulsa law practice. Must have 2+ years of experience. Salary and benefits commensurate with experience. Goal-based bonuses. A signing bonus will be paid to those with foreign language proficiency. Send resume to "Box Z," Oklahoma Bar Association, P.O. Box 53036, Oklahoma City, OK 73152.

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To Run or Not to Run?

By Margaret Travis

Last spring, at the age of 48, I decided I *needed* to run a marathon — before I was 50. I thought, “I have about 18 months to prepare, I can do this!” For those of you who actually know me in real life, that may sound like a preposterous goal. Some days it certainly feels that way. For those of you who don’t know me in real life, I’m fat, old and slow.

I started training with the Couch Potato to 5K app on my phone. I did most of my running on the treadmill at the health club. I didn’t like running outside; it was too hot or too cold, there were cars and dogs and people and sidewalk cracks and various other stimuli to contend with while trying to put one foot in front of the other. It took about 30 minutes to do the program and then another 20-30 minutes to get changed, get to the health club and get back home. Not too much of a commitment.

Then I started going to “boot camp” at Lake Hefner. I thought I needed something besides running to help build muscle. It was run by an evil woman who made me do diabolical things that made it hard to lift my arms over my head the next day. She wanted us to come to boot camp four days a week. I tried but I felt like that was cutting into my running time and taking my focus off of what I wanted to accomplish. I also got tendonitis in my elbow so that some days I actually couldn’t lift my arms over my head.



I signed up for my very first half-marathon. I asked a friend, who is a personal trainer, to formulate a plan so I would be ready to run a half-marathon. And she did. And it was marvelous. But I didn’t really like doing the “cross-training” part, so I began running on those days too. At one point I was running six days a week for an hour or more a day.

That much running caused my feet to hurt. I asked around and got a recommendation for a good “running doctor.” While he helped me with my foot pain, he always seemed more concerned with my knees. Specifically the swelling he found there. Me? I couldn’t really tell they were swollen. They might be a little sore but didn’t everyone have sore knees? Apparently the answer to that question is “no.” Who knew?

My running doctor sent me to get an MRI. Then he made me an

appointment with an orthopedic surgeon. The result? I’m missing some cartilage in my knee, my knee cap doesn’t track properly and part of my ACL is gone; in short, I have an old, jacked up knee.

What I didn’t have was knee pain. The orthopedic surgeon said, “So how long was your last long run?” I said, “Eight miles.” He said, “And your knee hurt the entire time you were running?” I said, “No.” And he said, “So your knee hurt after you ran your long run?” I said, “No.” And clearly exasperated he said, “Then why were you seeing the running doctor?” And I said, “Because my feet hurt.” His conclusion, “You must have a high tolerance for pain.” Not a conclusion I, or anyone close to me would ever have drawn.

So, four weeks of physical therapy and six injections in my knee later, I’m back to running. I’m training for a half-marathon. It takes a lot of time. Time away from my family. Time taking better care of my knee.

I can’t tell you that I **LOVE** running. The best I can do is that I don’t hate it anymore. I’ve lost 45 pounds. I sleep better when I do it. But the most surprising result of my running? My 9-year-old keeps his teachers and friends apprised of my progress, which may make all this work and effort worth it.

Ms. Travis practices in Oklahoma City.

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