

# LAW MATTERS

August 2018

Volume XXX No. 4

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**August 21, 2018**

**Membership Meeting and  
One Hour General Credit CLE**

**11:15 a.m. Registration/buffet opens**

**11:45 a.m. Announcements**

**12:00 Noon CLE Begins**

**#metoo: A Double Edged Sword; Perspectives from  
Employment Lawyers and a Media Historian**

Speakers: Dean Bonnie J. Dow, Paige Lyle,  
Rachel Ross Rosenblatt, Jennifer Rusie

**B.B. King's Jazz Club**

**Cost:**

**Members: Lunch \$25/CLE \$15**

**Nonmembers: Lunch \$30/CLE \$25**

**\*Reservations must be made by Friday, August 17, 2018, at Noon.**

Register Online at [www.law-nashville.org/events](http://www.law-nashville.org/events)

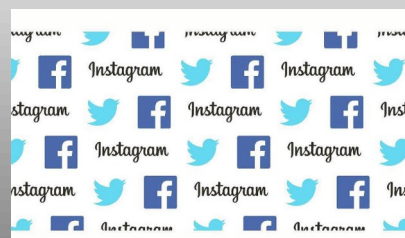
## LAW CALENDAR OF EVENTS

<b>August 14, 2018</b>	<b>11:30 am—12:30 pm</b>
<b>Board Meeting</b>	
<b>August 21, 2018</b>	<b>11:15 am—1:00 pm</b>
<b>Membership Meeting and One Hour General Credit CLE</b>	
<b>August 28, 2018</b>	<b>6:00 pm—7:00 pm</b>
<b>Book Club</b>	
<b>September 11, 2018</b>	<b>11:30 am—12:30 pm</b>
<b>Board Meeting</b>	
<b>September 21, 2018</b>	<b>9:00 am—11:00 am</b>
<b>Member Appreciation CLE</b>	

[Click Here](#) for a complete listing of LAW events  
and registration details!



**LAW's Monthly Membership Luncheon is held the  
Third Tuesday of the Month Unless Otherwise Noted.  
Guests Always Welcome!**



Follow @musiccitylaw

## PRESIDENT'S MESSAGE

by Ashonti Davis



This month's Past President's message features a leader that I dearly admire – Joycelyn Stevenson. Joycelyn embodies all of the key characteristics of effective leadership; she is smart, kind, driven, and most of all, humble. I have learned so much by watching Joycelyn over the years, and she inspires me to strive for more. I am grateful that she agreed to share some of her experience this month by writing this message.

### *Past President's Message*

**Joycelyn Stevenson**  
2011-2012



I had the privilege of serving as President of the Lawyers' Association for Women-Marion Griffin Chapter seven years ago. I truly believed at that time that bar associations were critical partners in the development and success of lawyers. Bar associations are where I first had the opportunity to serve in leadership capacities in the legal field. They provided a space for networking, building friendships and gaining relevant knowledge about the practice of law and our courts. I am likely an unusual person because I have been a member of, at a minimum, four bar associations throughout my entire legal career. One of the lessons that I learned from my work on the board of both LAW and as President of the Nashville Bar Association is the importance of having associations that are relevant to all members and that provide opportunities for attorneys of all practice areas and at all levels of practice. A few of the many lessons that I learned early in my career included the importance of treating people with respect, of helping others and striving to be the best in my practice. I also learned that there were so many opportunities to have an impact on the legal profession for example within law firms, universities, not-for-profits, corporations and government agencies, among others. I learned the value of collaboration and working respectfully with people from diverse backgrounds to accomplish common goals and to fight forcefully for the rights of my clients with dignity.

All of those early lessons helped me develop the skills to tackle my current role as Executive Director of the Tennessee Bar Association. It is interesting how every lesson, every disappointment, every failure, every success, every friend and opponent have impacted my journey, and more importantly, prepared me to work on issues affecting lawyers and law students across the state of Tennessee. Working on legal issues through a bar association on the staff side is rewarding and it definitely makes me appreciate the tireless work of so many to make sure that the rights of lawyers and their clients are protected and to support the continuing education of lawyers in the face of so much change within the profession. I am hopeful that one benefit of serving on so many boards and being involved in so many bar associations over the years will be fostering a renewed sense of comradery with local bar associations across the state. After a year on the job, I recognize there are opportunities for state bar and local bar associations to work together through networking, educational and legislative initiatives.

TBA traditionally hosts scheduled meetings with local bar leaders during our Leadership Conference in January and at our annual convention each year in June. During this year's convention in Memphis, we agreed to host quarterly conference calls with bar association leaders from across the state to determine common areas of interest and to discuss potential strategies. This year, under the leadership of our

## 2018-2019 LAW BOARD OF DIRECTORS

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Gulam Zade

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Caroline Hudson

#### 2019 Marion Griffin Women's Symposium

Kay Caudle/Andrea Perry

### Executive Director

Melanie Gober Grand

LAW Matters is a monthly publication of the Lawyers' Association for Women, Marion Griffin Chapter, P. O. Box 210436, Nashville, Tennessee, 37221-0436. Voicemail: 615.708.1827; Fax: 888.834.7370; [www.law-nashville.org](http://www.law-nashville.org).

To submit articles for the September issue, contact, Jennifer Lankford at [jennifer@thompsonburton.com](mailto:jennifer@thompsonburton.com).

current president, we will specifically reach out to local bar associations on TBA's legislative agenda to provide insight on our positions and seek assistance in educating our legislature on issues affecting the legal profession. To the extent there are opportunities for collaboration in programming, diversity initiatives, and networking, we are committed to exploring those opportunities so that we strengthen the legal community as a whole. Last year, TBA facilitated discussions with local bar leaders on critical issues of diversity and non-discrimination in the practice of law. We also worked together on creating open channels of communication for thoughts and concerns from our members.

There is so much more that we can do together and I am personally committed to working with LAW and strengthening the relationship of our two associations. I am hopeful that my unique perspective on the important work of bar associations will inspire others to get involved early and have a lasting impact on our city and our state. Thank you Ashonti for the opportunity to reflect on my journey. Time really does fly when you are having fun.

## *Upcoming Monthly Membership Meetings*

*August 21, 2018—One Hour General Credit CLE*

### *#metoo: A Double Edged Sword; Perspectives from Employment Lawyers and a Media Historian*

Sexual assault and harassment allegations in the film industry have flooded the headlines over the past several months. As the sheer number of individual victims empowered to come forward grows exponentially, their voices are testimony to a toxic culture with multiple enablers. Vanderbilt's Dean of Humanities and Professor of Communication Studies will first present on the power imbalance in Hollywood that has allowed assault and harassment to thrive. In response and in light of recent news, a panel of employment lawyers will then discuss sexual harassment in the workplace and the resulting culture change.



Dean Bonnie J. Dow  
Vanderbilt University



Paige Lyle  
Collins & Hunter, PLLC



Rachel Ross Rosenblatt  
Littler Mendelson P.C.



Jennifer Rusie  
Ogletree Deakins Nash  
Smoak & Stewart, PC



*There will be no Membership Meeting on September 18, 2018*



*October 16, 2018—One Hour General Credit CLE*

*A program on women's health. Watch for more details!*

## *Save These Dates*

*Friday, September 21, 2018*

*Two Hour Member Appreciation CLE*

**9:00—11:00 am**

**Belmont University**

**Private screening of the film**

**Balancing the Scales a film by Sharon Rowen**

**(<https://www.balancingthescalesmovie.com>)**

**Followed by discussion with Ms. Rowen.**

**Watch for an email with registration details!**



*2018 New Admittees' Breakfast*

*Tuesday, November 6, 2018*

**7:15 a.m. Registration and Coffee**

**8:00 a.m. Breakfast and Program**

**Keynote: Chief Justice Jeffrey S. Bivins**

## July Program Recap:

*by Tracy Alcock*

During LAW's July membership luncheon, LAW heard from Metro Nashville Council Member Bob Mendes. Mendes addressed important issues impacting our growing Music City including short-term rentals, the transit referendum, and the metro budget, among other issues.

Mendes first addressed Nashville's short-term rental issue. Mendes stated that an organic neighborhood-led resistance to Nashville's short-term rentals worked to influence new legislation. He explained Republicans were okay with legislation to limit short-term rentals with the mindset that short-term rentals should not be disturbing family neighborhoods. Meanwhile, multi-use housing can still serve as short-term rentals.

Next, Mendes discussed reasons why Nashville's recent transit referendum failed. As to why the referendum lost, Mendes pointed to multiple factors including the following. There were major problems with the transit plan. Voters found it hard to believe that people would actually use the transit. Finance was not there for the second step of the plan. The regressive sales tax funding source was questionable to voters. Affordable housing was not given forethought. The vote boiled down to trust. Voters were not willing to take a leap of faith. As far as what is next with Nashville's future transit, Mendes emphasized that community and civic organizations will need to take a lead. Community engagement is needed. A new plan might want to focus on a smaller transit system to get started, such as with one to two rail lines and not five rail lines as previously proposed. There should be a larger focus on affordable housing. Trust needs recovery before the next vote.

Finally, Mendes raised the topic of Nashville's budget. Mendes said there are some yellow warning flags with Nashville's budget. He mentioned that multiple shiny buildings have been built downtown, yet the budget was unable to pay the metro Nashville salary raises. He said that Nashville needs to be in control of expense and debt, which is a work in progress. He stated that Nashville has the lowest tax rate compared to Memphis, Chattanooga, and Knoxville, but there is tension due to budget concerns.

Mendes concluded by answering audience questions concerning the plans for Nashville General Hospital and what would happen if a Metro Nashville Council Member became Vice Mayor. LAW members left the membership meeting with a new level of awareness about our city and its current affairs.



*Tracy is a 2018-2019 Newsletter Editor. She is an Assistant General Counsel for the Tennessee Department of Health, Office of General Counsel.*





## Movement Brings Mind-Body Balance

by Lara Gill

We all know that regular physical activity (cardiovascular exercise) is vital for good physical health. It helps improve your overall health and fitness and maintain a healthy weight. So why aren't we all doing it? Many women cite a "lack of time" as the reason preventing regular exercise. To these women I want to ask: "will you have time for multiple doctor appointments? Time to take medication every day to treat high cholesterol or diabetes?"

In reality, the benefits of regular physical activity simply don't end with improved overall health and fitness and "looking good." Another benefit of regular physical activity is a mind-body balance. For example, regular physical activity has been shown to:

- Act as an antidepressant;
- Boost creativity;
- Stimulate fertility;
- Reduce PMS symptoms (including anger);
- Reduce the risk of dementia; and
- Stave off age-related vision loss.

The other good news is that finding moments to move is entirely within our grasp. Three 10-minute bouts of physical activity over the day have the same health benefits as a continuous 30-minute session. Exercise DVDs are a good way to slot some physical activity into a busy day. Building in activity with your children or pets, such as walking or playing in the park, is another way to stay active.

Luckily, the metro Nashville area is full of opportunities for exercise, some of which are free if it's your first time! Free classes for first-timers are offered by: Burn Boot Camp (military boot camp style exercise); Verticity (indoor cycling); Hotbox or Title Boxing (fitness kickboxing); CardioBarre (barre and ballet-inspired exercise); Gym 5 (full-service fitness club, free for the day); Small World Yoga (yoga/meditation); Studio Nova (Pilates/mega reformer, Nashville residents only, must register online); and Nashville Athletic Club (full-service fitness club, free three-day pass).

I challenge you to *FIND THOSE MOMENTS TO MOVE!*



Lara E. Gill is a new member of LAW. She recently relocated to Nashville, Tennessee, and is an Assistant General Counsel with the Tennessee Department of Health. She has been a certified group exercise instructor and trainer for more than 15 years and regularly teaches a variety of Pilates, yoga, cardio and body sculpting classes at various Middle Tennessee YMCAs. She is also certified in Barre and TRX®. Lara enjoys working out, hiking, playing with her dog, and enjoying outdoor activities with family and friends.



*by Tracy Alcock*

This summer my husband and I traveled to California. We had ten days to enjoy three destinations: Yosemite National Park, Napa Valley, and San Francisco. We rented an SUV and enjoyed the drive through California highways and backroads, stopping in several tiny towns along the way to our main destinations.

My husband and I both agree that this trip was a wonderful way to travel for both of us. We enjoyed having the car to enable us to leave when we wanted, stop when we wanted, eat where we wanted, and take in the sights along the journey. We found this way of traveling much more relaxing than the constant wakeup calls and rushing to get to train stations and airports on our trip last year in Europe.

This was my first visit to Yosemite National Park. My husband and I both loved experiencing the natural wonders of Yosemite Valley and the Giant Sequoia trees in Mariposa Grove. Our days in Yosemite involved vigorous hikes, breathtaking scenery and waterfalls, picnicking in the great outdoors, stargazing at night, guzzling water during the dry, sunny days, and chowing down on food at night thanks to our daily workouts. Yosemite was my favorite part of our trip to California. National parks always inspire and remind me of the great wonders of the world, and Yosemite is no exception. Yosemite is awe-inspiring and truly a must-see. I advise visiting the Valley on a weekday, as the weekends, especially in the summer, are excessively crowded.



Napa Valley was so much more than just wine to both my husband and I. Don't get me wrong, the wine flows endlessly and tastes like perfection in Napa. However, if you ever get a chance to visit, I recommend taking time to sit back and smell the roses as well – literally, they have gigantic roses everywhere you go along with other magnificent flower gardens. We loved Napa for the relaxation it provided us: mornings spent at our hotel saltwater pool; sessions working out at the gym and spa; sunset strolls around the beautiful and quaint downtown Napa, downtown Sonoma, and Yountville; afternoon visits to local wineries; and evenings experiencing some of the best cuisine we have ever tasted. We definitely will go back to Napa in our future. We could not get enough of its beauty and relaxation.



San Francisco was our final stop, where a gigantic Fourth of July celebration was being held at Fisherman's Wharf. We checked out the holiday celebration, and after listening to a few songs and getting our must-eat Ghirardelli ice cream, we jumped in an Uber and sped away from the crowds. Being such a big city, of course the Fourth of July celebration was crowded, packed, and filled with lots of interesting smells. Personally, I did not need to stay for the whole event. I'm not a fan of crowds, especially when I had just experienced true relaxation and leisure the past few days in Napa Valley. Over the next few days in San Francisco, we packed visits to several attractions including walking through the beautiful Golden Gate Park, enjoying the sights of the Haight-Ashbury district, walking across the Golden Gate Bridge (it was freezing even in July!), hiking up Nob Hill, watching a Giants baseball game, and eating amazing food and desserts.



We arrived back home in Nashville late on a Saturday night. It was nice to have Sunday to catch up on life and have a day to daydream about the vacation and not face reality just yet. I recommend taking time out of your busy lives to enjoy a vacation and experience a new city, place, and culture. The world is an amazing place, and I love being able to experience it through travel!



*Tracy is a 2018-2019 Newsletter Editor. She is an Assistant General Counsel for the Tennessee Department of Health, Office of General Counsel.*



# An Open Letter to Working Parents

by Joyce Grimes Safley

## Dear Working Parents:

Have you ever gone to the hairstylist and been so exhausted that you have fallen asleep and *snored* while your head is in the shampoo bowl? Have you and your partner or spouse ever argued over who makes the grocery store run—because both of you want to go and have *a few blessed free moments* roaming the grocery store aisles looking at canned goods and listening to 1970's Muszak *without the children*? Have you ever dressed ultra professionally to go to an important client meeting or to court and looked down to discover sticky peanut butter fingerprints, or baby cereal spit-up on your suit or outfit? Have you ever noticed midway through a busy workday that you have on different colored shoes, i.e., navy and black (the dangers of getting the shoes you like in different colors)? Have you ever had to do the *walk of shame* at daycare at 6:20 p.m. and pay the late-fee to a disgusted daycare worker because you were stuck in court, a deposition, or an important meeting? *Or worse*, have both you and your spouse been in a critical client meeting, deposition or trial that ran late, and each assumed the other would pick up the children? True confessions: I can answer *YES* to each of these questions.

If you can answer “yes” to any of the above questions, this article is for you! I have never forgotten the days of being a single, working mom during law school; or later those days of my husband's and my having full-time law practices, respectively, and having three small children (also known as *the Days of the Walking Dead*), or the even busier days of working full-time while driving school-age children all over town and the United States (Ball practice! Out-of-state weekend tournaments! Sleepovers! School projects!) All of those memories really came home to me a few weeks ago.

My oldest daughter is an educator with her doctorate, has a full-time job, and has two small children aged six and three (my *delightful* grandchildren, but I digress). She lives in another state. At the exact same time in April and May that both her work and her husband's work became incredibly busy, her children's activities, church work, and requirements at home were all ramping up. (Swim lessons! End of school testing! Little league tournaments! Summer school principal planning! Children's church! School projects! Out of town business travel! Birthday parties! Mother's day! Ball practice! Home chores!)

During a Saturday morning FaceTime conversation in mid-May, I saw my daughter's face looking remarkably similar to mine, head in her hands (*headache?*) bemoaning the fact that she was exhausted, and she and her husband *simply could not do it all*. Then the clincher: “*Mom, this is all your fault. This is what you taught me to do.*” Of course. *It is ALWAYS the Mother's fault.* (Working parent Moms, just accept that you will hear these very words from your offspring one day.)

I looked her right smack in the FaceTime eye and said: “You need to remember what the Flight Attendant tells you every single flight you take!” Huh? That (seemingly random) remark got her attention! I repeated the well known instructions: “*in the event of a decompression . . . pull the oxygen mask toward you . . . and if you have small children, secure your oxygen mask first so that you can then assist your children with their masks, and care for your children.*”

I reminded her that I, in fact, did NOT do everything by myself. Her dad and I divvied up the children and home duties. (When I first heard the saying: “It takes a village to raise a child,” I liked that idea very much. Come and get my children, Villagers!) I called my in-laws, I called my mom, I called friends, or I called a baby-sitter to help if we were overwhelmed. While we didn't have tons of money to spend on a cleaning service when our children were little (school loans! three kids!), occasionally we used one to help keep our heads above water or above the *mess* during really busy times. The meals I served did not have to be organic, made-from-scratch meals. I thought it was no crime to grill food, buy precooked rotisserie chickens, serve hamburgers, make pasta and rice dishes, thaw and bake Stouffer's meals, and throw some vegetables at my family for dinner. (If you couldn't make a meal in 30 minutes or less, it wasn't served in our home for weeknight dinners between 1992 and 2010.) As long as a meal had a protein, a starch, and vegetables, I believed that I had fulfilled my parental obligation to feed my children nutritious meals.

I then went down the “Oxygen” list for my daughter:

1. How long has it been that you have taken an hour for yourself?
2. When is the last time you did something fun with your friends? (Taking your kids to Chick-Fil-A and meeting your friends and their kids there does not count.)
3. Did you call your near-by in-laws and tell them you needed help?
4. Did you hire a babysitter for a couple of hours to use for your work or for time to yourself?

5. Did you ask any of your friends to help you?
6. Did you get a cleaning service in to help with the housework or are you two trying to do it all yourself?
7. Do you need me to come for the weekend and help?
8. Have you thrown out the Prairie Woman's made-from-scratch cookbook and purchased Stouffer's lasagna, a pre-mixed salad, and brownie mix?

Research studies have shown that asking for help when you need it is a sign of *strength*, not weakness. All working parents should remember this! Importantly, *give yourself a break*. The "Super Woman" or "Perfect Parent" idea is a total myth.

"I can bring home the bacon; fry it up in the pan; and never ever let you forget you're a man; cause I'm a WOMAN – W-O-M-A-N . . . , I can rub and scrub this old house 'til its shining like a dime, Feed the baby, grease the car, and powder my face at the same time . . . ." <sup>1</sup>One of the most famous anthems for the "you can do it all" myth was a hit song in **1963**. (So the idea is definitely *dated!*) The "I'm a Woman" song is also remembered for being featured in television *perfume commercials* aired during Monday Night Football broadcasts in the **1980's**. The commercials suggested that women should easily be successful professionals, adoring wives, fabulous mothers, meticulous housekeepers, culinary geniuses, and seductive vixens with perfect hair and makeup, while wearing sexy clothes (and perfume!) around the clock. (Who needs sleep?)

Giving you the very same advice that I gave my own daughter, I respectfully suggest that all Working Parents apply the "Oxygen" or "Airline Attendant Rule": *Take care of yourself so that you can take care of your kids.*

---

<sup>1</sup>"I'm a Woman" sung by Peggy Lee (1963). Written by Jerry Lieber and Mike Stoller (1962).



*Joyce Grimes Safley is a Litigator, a Former Administrative Law Judge, a LAW Committee Co-Chair and Board Member, a LAW Circles Leader, a Wife, a Mother of Three, and "Gigi."*



## Spotlight on:



by Tabitha Robinson

The East Nashville Hope Exchange is a 501(c)(3) organization with the mission of strengthening the literacy of at-risk children in East Nashville. EHNE began as a community outreach program of St. Ann's Episcopal Church. Along with integrated, thematic curriculums and small student to teacher ratios, ENHE provides nearly 30 new books to each participant every summer. ENHE also hosts fun and culturally enriching field trips to places like the Nashville Zoo, the Frist Center for Visual Arts, and the Adventure Science Center.

As part of the program, ENHE invites members of the community to read to the program's participants with the goal of providing encouragement and allowing the guest readers to read "stories that show their passion for reading and how literacy is foundational to their life and vocation."

On June 22, Ron Cina, an attorney for NES, and I read to nearly forty 7 to 9 year olds as part of the East Nashville Hope Exchange Summer Program. I read *Oscar and the Bird: a Book about Electricity* to teach the children about electricity and electricity safety. The children asked many questions about being an attorney and also loved the NES toy hard hats and coloring books that we brought to them.

ENHE is always looking for new volunteer readers. You can find more information about the East Nashville Hope Exchange at [www.enhopeexchange.org](http://www.enhopeexchange.org).



*Tabitha Robinson is a 2018-2019 Newsletter Editor and is a Staff Attorney with Nashville Electric Service in Nashville, Tennessee.*





## LAW Board Member Spotlight – Courtney Orr

**LAW Board Role – Current and Past:** Currently serving in my second year as the networking co-chair. I was a member of LAW for two years before joining the board.

**Where did you grow up? Tell us about your path to practicing law:** I grew up in Maryville, Tennessee on a horse farm. I was a political science/international relations major in college, and I intended to join the State Department after graduation. I had no plans to go to law school. As part of the political science major, I had to take an American politics class, so I chose constitutional law, which was taught by the prelaw advisor. I was still adamant that I did not want to go to law school, but the professor singled me out to try to convince me to change my mind. By the end of that class, I was hooked and researching LSAT prep classes.

**What brought you to Nashville?** I had planned to move to South Carolina after law school, and I even took the South Carolina bar exam. Professor Penny White knew that I wanted to clerk for a judge, so she encouraged me to apply for clerkships with the new judges who had been appointed in the summer of 2014. I submitted my applications, and one month after the bar exam was over (and one week after I had moved into an apartment in South Carolina), Judge Robert Holloway, Jr., on the TN Court of Criminal Appeals offered me a job. I moved to Nashville and never looked back.

**Tell us about your family.** My parents still live in Maryville. They have a real estate business but are largely taking time to travel now. I have a younger brother who currently lives in Memphis but will likely have moved somewhere else by the time this profile is published. He also has his own real estate flipping business; he's a licensed auctioneer; and he's taking a course in computer programming. I have a cat named Maurice, who is the cutest fur baby you will ever meet.

**What do you do professionally and what is your favorite part of your job?** I work in the Criminal Appeals Division of the TN Attorney's General's Office. We represent the State in all criminal state appellate court litigation. Essentially, our office takes over for the District Attorneys' offices once a defendant has been convicted. We handle direct appeals, post-conviction appeals, state habeas corpus petitions, and appeals from other collateral attacks on a criminal conviction. My favorite part of my job is that it allows me to do a lot of really deep, detailed legal research on issues of constitutional law and criminal procedure.

**If you weren't a lawyer, what would you be and why?** As stated above, I probably would have joined the foreign service. I love to travel, and I still think it would be an interesting way to see the world.

**What is your favorite thing about being a LAW member?** I really like that LAW is a smaller organization that allows you to get to know the other members. It is easier to form lasting relationships with lawyers outside your practice area.

**What do you like to do in your spare time (if you have any)?** I play violin and harp. I am a member of the Nashville Philharmonic Orchestra. It's an all-volunteer community orchestra dedicated to pulling classical music outside the "downtown bubble" to different communities around the city. All of our concerts are free, and we move around town to play in different venues. Our next concerts will be in October. Check out our website for more details! <http://nashvillephilharmonic.org/>

**What books are you reading right now and what is the last book you read?** I recently read *The Power* by Naomi Alderman. I am currently reading *The Girls of Atomic City* by Denise Kiernan about women who worked in Oak Ridge during WWII and *Who Cooked Adam Smith's Dinner: A Story of Women and Economics* by Katrine Marçal about the implication of excluding "women's work" from economic theory.

**What is your favorite quote, piece of advice, or a motto you try to live by?** "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." -Howard Thurman

**Any "fun facts" about you that other LAW members don't know?** I was a freelance musician for about 10 years. I also knit. I recently finished a Harry Potter-themed knitted quilt, which will be entered into the Williamson County fair.

**What woman most inspires you and why?** Professor Penny White is one of the most inspiring and encouraging women I know. Most people know her from her time as a Tennessee Supreme Court Justice. I know her as a fierce advocate for her students and the young lawyers—women and men—who cross her path. I am certain that I would never have found the opportunities I've had without her help.

**It's a Saturday in Nashville, what are you doing?** I like to explore local festivals or find somewhere to hike or kayak a little bit outside of the city. Or I'm on my couch reading a book.



## New Member Spotlight Kristen Shields

**Where did you grow up? Tell us about your path to practicing law:** I grew up in Southeast Alabama with my immediate family and maternal grandparents. However, my other relatives live in Washington, where my parents are from originally. After serving in the military, my dad attended Vanderbilt University School of Medicine and completed his post-doctoral training at Vanderbilt as well. During this time, my older brother, Patrick, was born in Nashville, but my parents relocated before I was born. With well-educated parents and a Vanderbilt-trained physician as a father, I had a natural pursuit for excellence and a professional degree. In high school, I shadowed a local attorney out of interest in the legal profession.

One day, I tagged along during a visit to the jail where he met with a criminal defendant. I was drawn to the practice of law but swore off any association with criminal law. Ironically, after law school, I assumed an Assistant District Attorney position and proceeded to try over 120 jury trials.

**Tell us about your family.** I have an older brother, Patrick, who lives in North Carolina today with his wife, Gabby. My parents and 97-year-old grandfather still reside in Alabama. My mother, Beverly, has selflessly spent over a decade caring for my grandparents. My father remarried Sherry Demonbreun.

**What do you do professionally and what is your favorite part of your job?** I currently work at Counsel on Call and enjoy collaborating with team members on sophisticated document reviews and productions. It is rewarding to uncover new angles to suggest to clients that can impact the direction of litigation.

**If you weren't a lawyer, what would you be and why?** If I were not a lawyer, I would be a chiropractor because I could offer almost instant relief to people with aches and pains and strive to improve people's quality of life.

**What is your favorite thing about being a LAW member?** I am proud to be a member of LAW, an organization comprised of women who truly support and encourage one another as colleagues and friends. I very much look forward to our meetings and events and seeing the smiles of like-minded women who are genuinely happy to be there as well.

**What do you like to do in your spare time (if you have any)?** In my spare time, I love to exercise, spend time with my boyfriend and friends, embark on culinary adventures with the grill and in the kitchen, play with my blended family of four rescued dogs, and compose handwritten cards to loved ones.

**What books are you reading right now and what is the last book you read?** I am currently reading *You Don't Have To Be A Shark: Creating Your Own Success*, by Robert Herjavec, star of ABC's Shark Tank. Having watched virtually every episode and finding the entrepreneurs' books inexpensively on ThriftBooks.com, I made several purchases and have the next few months' worth of reading lined up. Other than Gwyneth Paltrow's three cookbooks that I repeatedly read, the last book I read was *The Noticer Returns*, by Andy Andrews, which is the sequel to *The Noticer*. I enjoyed these books so much years ago that I re-read them. They are chocked full of valuable lessons and reminders on perspective in life.

**What is your favorite quote, piece of advice, or a motto you try to live by?** There are two quotes that have been almost mantra-like throughout my legal career. 1) "Hard work beats talent because talent doesn't always work hard." 2) "Worry is unbridled thought." Entering high-stakes litigation after law school, everyone is more experienced. I repeated these phrases to stay focused on my tasks and my own style of lawyering, but they translate into other areas of life as well.

**Any "fun facts" about you that other LAW members don't know?** I love to rock out to Spanish pop music. I enjoy training for sporting competitions. My favorite artist whose paintings I get lost in is the late Thomas Kinkade. I have played tennis since childhood. When I was about ten years old, I danced as the entertainment on a cruise ship for a week in the Caribbean.

**What woman most inspires you and why?** When I was three years old, I enrolled in dance lessons. This hobby later developed into a passion with regular featured performances and traveling for competitions. The in-studio discipline learned from my dance director, Tracy Solomon, permeated all areas of life. Dancing four to six hours on average every day after school and most weekends left little time for academics or other activities, but I learned time management skills, among other things, by and through the leadership of "Mrs. Tracy."

**It's a Saturday in Nashville, what are you doing?** I am spending time with my boyfriend and friends, hiking, exercising at the gym or a cycling or Pilates studio, playing with my dogs, grilling out, listening to live music, eating at a local marina's cafe, or enjoying one of Nashville's many incredible eateries. I also try to sneak in watching a movie when possible.

# The Culinary



*by Kimberly Faye*



After thinking about my previous Culinary Dockets, I quickly realized that I tend to stay close to home when picking dining spots. The Gulch has amazing restaurants, and we love the convenience of walking, but I wanted to venture away from home for this article. Thankfully my fellow LAW members, Shellie Handelsman and Morgan Bernard, joined me for the adventure!

Not only did we venture away from my usual neighborhood, we also decided to be adventurous with our choice of cuisine, so we picked Lyra, East Nashville's new, upscale Middle Eastern restaurant. Lyra took over the former space of Holland House Bar & Refuge. The new space is open and very welcoming, with exposed wood beams and unique tile work.

We started the night with cocktails and took the waiter's recommendations for a few appetizers—the baba ganoush, hummus, and summer crudité. The baba ganoush was definitely our favorite dish of the night. It's an amazing roasted eggplant dip that Lyra serves in the eggplant's own skin. We enjoyed dipping sliced veggies and freshly baked Kurdish samoon bread.



For dinner, we opted to share the spiced hanger steak, which comes with berber spiced cauliflower and chickpeas, and creamed greens as sides. The steak was cooked to perfection, and the spicy sauce had the right amount of heat to add flavor without being overpowering. The creamed greens were also a favorite! By the end of the dinner, we did not have room for dessert. However, our waiter said we had to return to try the orange almond cake with a cardamon glaze. According to him it is their top selling dessert and will not disappoint.



We had a wonderful time exploring the new cuisine at Lyra. An exotic menu can be challenging and intimidating, but our waiter was very helpful in walking us through their creative dishes and answered all of our questions. If you're feeling adventurous, or if you already love Middle Eastern cuisine, I definitely recommend adding Lyra to your must-dine restaurant list!



*Kimberly is a 2nd Year Director on the LAW Board. She is an attorney at Waller Lansden Dortch & Davis, LLP, where she represents clients in all areas of the alcoholic beverage industry.*

Welcome

The following new members joined LAW in July!

**Mary Balthrop**

**Parris Bell**

**Elizabeth Boston**

**Lara Gill**

**Hilary Greeff**

**Gena Lewis**

**Lindsey O'Tousa**

**Elise Reecer**

**Baylor Swindell**

# LAW COMMITTEE CORNER

## *Recent Events*

### *July Networking Event*

*by Tracy Alcock*

LAW's Networking Committee held its July Networking Event at DeSano Pizza Bakery in Midtown. LAW members enjoyed visiting the Nashville classic restaurant and loved all of the delicious pizza. Several LAW members brought their summer associates to come and mix and mingle with LAW members. A fun time was had by all!



## **About our Members**

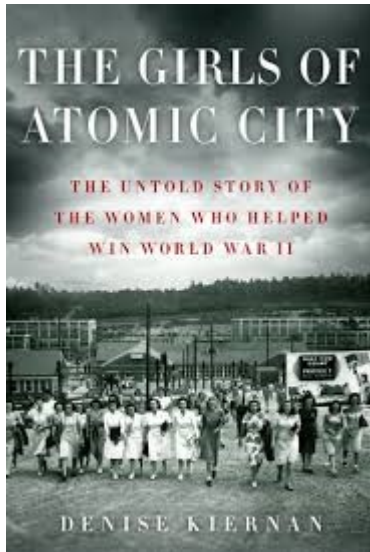
*With Deepest Sympathy to* **Andrea Perry** on the recent deaths of her father and aunt.

*Congratulations to* **Marlene Eskind Moses** on her election as President-Elect of the International academy of Family Lawyers.

*On the Move* **Jennifer Cook** has moved to Baker Donelson.

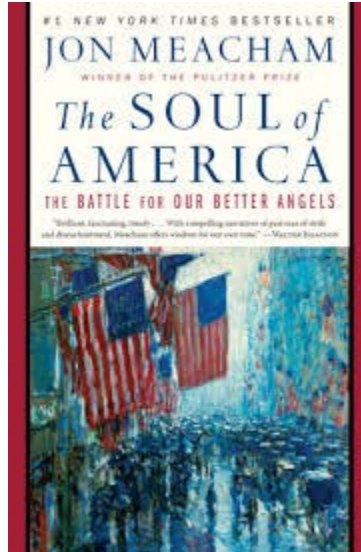


## Health & Wellness Book Club Selections and Tentative Meeting Dates



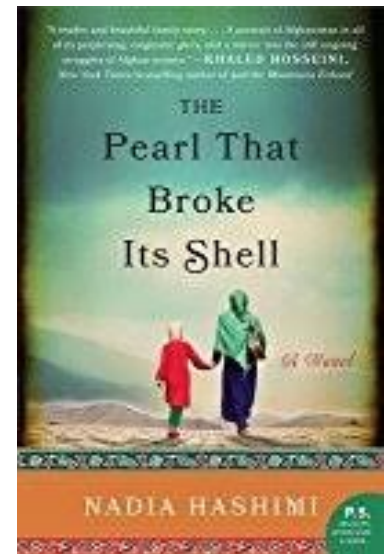
August 28, 2018 6:00—8:00 pm

621 S. 13th Street  
Nashville, TN 37206



October 23, 2018 6:00—8:00 pm

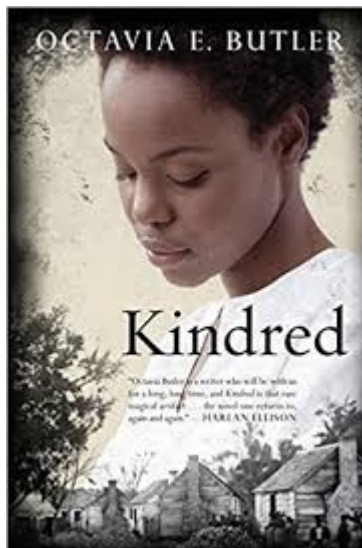
8220 West Chase Court,  
Nashville, TN 37221



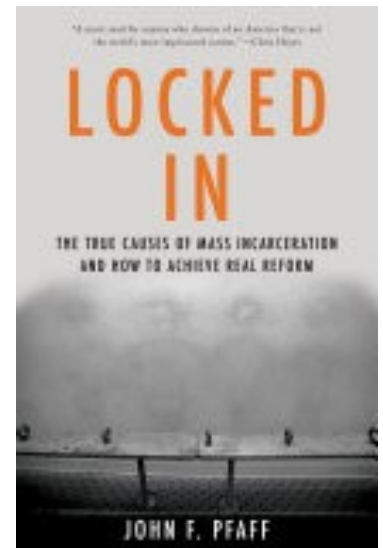
December 12, 2018\*



February 28, 2019\*



April 25, 2019\*



June 10, 2019\*

\*Meeting location to be announced.

**Thank you to our Sustaining Members who support the programs,  
mission and purposes of LAW above and beyond the Sliding Income Scale categories.**

Blind Akrawi	Brenda Dowdle	Carol McCoy	Carolyn Schott
Anne Arney	Sherie Edwards	Susan McGannon	Cynthia Sherwood
Kristi W. Arth	Amy Everhart	Elise McKelvey	Dianna Shew
Katherine Austin	Amy Farrar	Lori Metrock	Marietta Shipley
Laura Baker	Kimberly Faye	Amy Mohan	Beth Sims
Rebekah Baker	Mandy Floyd	Valerie Diden Moore	Liz Sitgreaves
Mary Balthrop	Shana Fomesbeck	Marlene Moses	Laura Smith
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Kathryn Barnett	Jessica Gichner	Barbara Moss	Mary Dohner Smith
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Martha Boyd	Michele Johnson	Erin Polly	Byron Trauger
Dewey Branstetter	Judge Kelvin Jones	Sara Anne Quinn	Robert Tuke
Hunter Branstetter	Judge Lynda Jones	Sharon Ramos	Vanessa Vargas-Land
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Margaret Casey	Haverly MacArthur	Linda Rose	Susan Neal Williams
Justice Connie Clark	Alexandra MacKay	Rachel Rosenblatt	Helena Walton Yarbrough
Nancy Krider Corley	Nancy MacLean	Abby Rubenfeld	
Carrie Daughtrey	Chambre Malone	Jennifer Rusie	
Judge Martha Daughtrey	Anne Martin	Joyce Safley	
Ashonti Davis	Peggy Mathes	Maria Salas	
Jackie Dixon	Kelly McCarthy	Julie Sandine	