

LAW MATTERS

2018 November

Volume XXX No. 7

Annual New Admitees' Breakfast

Tuesday, November 6, 2018

Music City Center Davidson Ballroom

7:15—8:00 am Registration and Coffee

8:00—9:00 am Program



Chief Justice Bivins is from Kingsport, Tennessee. He received his B.A. from East Tennessee State University and received his J.D. from Vanderbilt University School of Law. He began his legal career at the former Boulton Cummings Conners & Berry law firm in Nashville. He served as Assistant Commissioner and General Counsel at the Tennessee Department of Personnel from 1996 to 1999. He was appointed to the Circuit Court, 21st Judicial District in 1999 by Governor Don Sundquist, and returned to the Tennessee Department of Personnel from 2000 to 2001. Once again, he returned to private practice in 2001. In 2005 he was appointed to the Circuit Court, 21st Judicial District by Governor Phil Bredesen and was elected to the court in 2006 where he served until being appointed to the Court of Criminal Appeals in 2011. Governor Bill Haslam appointed Justice Bivins to the Tennessee Supreme Court in 2014.

Along with holding memberships in various judicial and bar associations, he serves as President-elect of the Tennessee Judicial Conference, and is a member of the John Marshall American Inns of Court. Justice Bivins has been actively involved in community boards and foundations in Williamson County, as well as the Intercollegiate State Legislature. He is a former softball coach and board member of Girls Softball Association of Franklin.

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PRESIDENT'S MESSAGE

by Ashonti Davis



This month's past president's message spotlights Barbara Moss. Barbara penned a thoughtful and personal message about resilience. Developing resilience is essential to managing and overcoming both personal and professional setbacks, and I am grateful to Barbara for sharing her story.



Past President's Message **Barbara Moss** **1994-1995**

It's been more than twenty years since I finished my term as president of LAW, and more than five years since I wrote a past president's message. As I searched for a topic, I realized that I know a lot of semi-interesting things. But the most interesting topic is always the story, so here is the story of reinventing yourself at the age of 63.

I started out with plaintiff's personal injury litigation in 1977. In 1981 I changed firms and my practice broadened to business and personal injury litigation of all types including employment, contract, medical and professional malpractice, securities fraud, and products liability.

To the best of my recollection, I handled my first sexual harassment case in the early 90's. "Halleluiah," I thought, "I'm going to be fully employed forever!" I had resisted specialization until then, but I loved employment law. I told my friends that I was practicing at the intersection of law and gossip.

I changed employment again in 1996 when I was brought into a major regional firm as head of the Labor & Employment Practice Group. My practice involved labor and employment counseling and litigation, business litigation, and alternative dispute resolution. With my expertise in employment litigation, I landed a gig writing for the Tennessean and wrote a column every two weeks for years—about 80 columns in all.

It was about 2007 when two national trends caught up with me. Twenty years ago, employment practices insurance was rare. By 2007, it was not, and much of the employment litigation began flowing to boutique law practices. Also, by 2007, a lot of the big companies, were bringing employment litigation in house.

By happy coincidence, after 22 years as a single mom, I married a great guy in 2007. He's a psychiatrist and psychoanalyst, and one of you said: "That will save you a lot of money." For the first time, I picked up my head and said: "Litigation is kind of stressful." Really, when you're a single mom, you can't even think the thoughts that might lead you to change your career focus.

I don't want to underplay the difficulty of having my work taper off abruptly. I shoveled blame on myself and I felt like a total failure. I went to my firm and said that I'd like to try estate planning. They said: "No." ("What do you mean, no???)

I took a few years to look around and pick an area of law that I wanted to do next. I decided to combat stress by opening my own firm in an unfamiliar area of law. No wonder I married a psychiatrist!

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To submit articles for the December issue, contact, Jennifer Moreno at jennifer.moreno@nashville.gov.

The most difficult part of reinventing yourself is going back to the position of not knowing—which is a very painful place. I studied intensively and found wonderful lawyers to look over my work while I was learning. I still feel like I'm struggling sometimes, but then I always have.

It turns out that I love the business of law! I liked learning about search engine optimization, for example, just long enough to make a decision and move to the next topic. I've always liked public speaking, and marketing to seniors is quite a bit about teaching them what they don't know and don't want to think about—how they are going to pay for care if they become disabled. I like being the employer and putting all those years of employment law practice to work as well as all the years of observing leadership in law firms.

So my message to you is that we are not locked into our law practices. Even at my (sort of advanced) age, it's possible to pick a different path and go down it.

Plan to do some holiday shopping or purchase your favorite Thistle Farms products for yourself at the November luncheon.



The women of Thistle Farms will have your favorite bath and body products, candles, home goods and more available for sale prior to and after the CLE.



**LAW Founder and Past President
Chancellor Claudia Bonnyman
Announces Retirement
Effective January 1, 2019**

The Trial Court Vacancy Commission is accepting applications for Chancellor Bonnyman's Chancery Court vacancy in the 20th Judicial District for Davidson County.

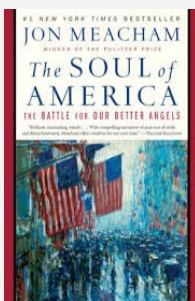
Qualified applicants must be licensed attorneys who are at least 30 years of age, have been residents of the state for five years and are residents of the 20th Judicial District.

Interested applicants must complete the [Trial Court Vacancy Commission Application](#) and submit it to the Administrative Office of the Courts by noon CST on **Nov. 12**.

UPCOMING EVENTS 2018

NOVEMBER

Thursday, November 8, 2018 Health and Wellness Book Club
6:00—8:00 pm
8220 West Chase Court, Nashville, TN 37221



Tuesday, November 13, 2018 (note date is 2nd Tuesday)
November Membership Meeting and One Hour Ethics CLE
“Ethical Quandaries for Government Attorneys”



Bob Cooper



Sandy Garrett



Alberto Gonzales



Clark Milner



Junaid Odubeko

11:15 am—Noon Registration/Buffer Opens
Noon—1:00 pm CLE

BB King's Jazz Club, 152 2nd Avenue North, Nashville, TN 37201

***Reservations must be made by Noon, November 9th**

For more program information and to register go to www.law-nashville.org/events

Wednesday, November 14, 2018
New Admittees Welcome to the Bar Happy Hour
5:30—7:30 pm
Bar Louie, 314 11th Avenue South, Nashville, TN 37203

Bar food provided by LAW—drinks on you.
Sponsored by the Networking Committee

To register for all other LAW events go to www.law-nashville.org/events

October Membership Meeting Recap

“Failure to Diagnose Breast Cancer”

By Jennifer Lankford

LAW members were given valuable information during the October luncheon, where Breast Cancer Awareness Month was recognized through the program, “Failure to Diagnose Breast Cancer,” which included insights from Robin Williams, M.D. specializing in breast surgery at Saint Thomas Medical Hospital; Brandon Bass, Shareholder with the Law Offices of John Day, P.C.; and Michele Marsicano, an attorney with Wiseman Ashworth Law.

Dr. Williams started off the program by providing startling facts and figures pertaining to breast cancer. She reminded us of the staggering statistic that breast cancer is the leading cause of cancer in U.S. women, after skin cancer. Breast cancer is also the second leading cause of cancer deaths in the U.S.

Over 266,000 women will be diagnosed with breast cancer in 2018, and, of course, men are not immune from breast cancer. There will be about 2,500 men diagnosed with breast cancer in 2018. In total, there will be over 41,000 deaths due to breast cancer in 2018 nationwide.

Dr. Williams examined the disparity among white and black women, including diagnosis rates and rates of developing and surviving cancer, and then directed our attention to the risk factors for breast cancer, which include: being over 50 years of age, having a family history of breast cancer, genetic mutations (BRAC-1), starting your period before age 10, experiencing late menopause, late pregnancies or not having children, excessive alcohol use, lack of exercise, and obesity. Signs of breast cancer include lumps in the breast, nipple discharge, inverted nipples, orange tinge to skin, and breast pain.

Diagnoses of breast cancer can occur through a needle biopsy. MRIs may also be used, along with mammograms, to detect masses in the breasts. Treatment can include mastectomies, chemotherapy, and radiation therapy.

Dr. Williams pointed out that screening guidelines changed in 2015. Women between 40-44 have the option of starting screening, while women between the ages of 45 and 54 should get mammograms every year. After 55, women can switch to exams every other year. Mammograms should continue throughout your life, or, as Dr. Williams put it “as long as you can walk through the door.” Self-breast exams, interestingly, have been removed from the guidelines because they have statistically been less successful at detecting breast cancer. However, Dr. Williams recommended still performing these exams and being familiar with your breast. For those women with a higher risk of breast cancer, e.g., due to family history, MRIs should be added to your yearly screening.

Brandon Bass next advised LAW members on causes of action available to them and others when a breast cancer diagnosis is not made in a timely manner. Specifically, Brandon discussed the process of investigating and suing healthcare providers for missing a breast cancer diagnosis. Brandon explained that patients can find it difficult to determine how treatable the cancer would have been if timely diagnosed. Tennessee's limits on the time to file a lawsuit and the amount of money available can also hurt a patient's ability to recover in a lawsuit. For these reasons, a patient's options are often limited.

Michele Marsciano next discussed how legal planning tools for end of life decisions can be a way for those with breast cancer diagnoses to regain some control in their life as they are coping with the unpredictability of their disease. Michele spoke about how Powers of Attorney allow patients to choose an agent to make medical and financial decisions if they lose capacity to do so and how Living Wills or Advance Care Plans allow patients to make their wishes known in accepting or refusing extraordinary measures of care.

Michele also discussed the fact that, in 2017, the Board for Licensing Health Care Facilities combined the content of the Living Will and Medical Power of Attorney into one form called the Advance Directive for Health Care. In the event patients lose capacity to make their own decisions and have not executed any of these documents, in an acute care setting, a healthcare surrogate can be identified by the supervising health care provider to make medical and end of life decisions.

Together, Dr. Williams, Brandon, and Michele offered invaluable insight on a critical health issue during this timely period – Breast Cancer Awareness Month. Thank you go all of our speakers for their wisdom.

Discounted Lyft Rides



We've partnered with Lyft to offer exclusive ride discounts to our November events!

Annual New Admittees' Breakfast

Code: LAWBREAKFAST

Save 10% off 2 rides to or from the Annual New Admittees' Breakfast with code LAWBREAKFAST.

Monthly Membership Meeting and CLE

Code: LAWLUNCH

Save 10% off 2 rides to or from the Monthly Membership Meeting and CLE with code LAWLUNCH.

Networking Happy Hour

Code: LAWHAPPYHOUR

Save 10% off 2 rides to or from the Networking Happy Hour with code LAWHAPPYHOUR.



Your Mental Health

By Jennifer VanOrman, LFMT

As a woman, full-time therapist and single mom, let me be the first to say authentically that my life is messy, hard and beautiful. I also have in certain seasons in my life needed medication and therapy to manage my anxiety and depression. Currently, I take an antidepressant not because I can't stop crying or can't get out of bed but because I find it makes me a nicer and more patient mom. I choose to begin this article in a very authentic way, hoping I can share some very important information to potentially help you assess your own mental health at this season of life and some potential steps to take if you decide you need some support for your mental health.

Some of you may have struggled with anxiety and/or depression consistently throughout your whole life. Or some, like many I see in my practice, are struggling and are surprised that they have made it this far in life and are just beginning to feel like it is beyond their ability to cope. In either case, I find it helpful to consider your personal level of stressors and your physical, mental and emotional resources. To illustrate my point, even if your resources seem fairly consistent to where you saw yourself 5 years ago, but your stressors have increased then you will see your body responding with increasing symptoms and signs of anxiety and depression. Adversely, if your stressors seem consistent over time but you have a depleting experience within your body, for example a grief experience, giving birth, an illness, divorce, financial stressors, etc., you may also experience a spike in signs and symptoms.

I would like to give you some of the signs I look for or questions I ask when sitting with a client to assess anxiety and/or depression. Do you find yourself feeling overwhelmed, feeling hopeless/like things are never going to get better, feeling like you have a shorter fuse with others, having trouble sleeping/sleeping more/feeling tired all the time, isolating from friends/social situations, not enjoying activities that you used to enjoy, having thoughts you cannot stop/obsessive thoughts, quick to anger, quick to cry/crying more than is typical for you, sudden weight loss/weight gain/changes in appetite, feeling like your thoughts are jumbled/can't make sense of them, trouble making decisions if you haven't struggled previously? Upon self-reflection, if you discover the presence of one of these signs, that is not troubling. But if you see yourself in several of these, it is worth taking a closer look.

Using the above language seems critical to me because I find many of us still struggle with old stigmas around depression and possible medication usage. Only really "CRAZY" people struggle with depression or severe anxiety and only "crazy" people seek therapy for life issues and certainly only "crazy" people take medication. This line of thinking is not true! Extremely normal and well-adjusted folks struggle, at certain seasons of life to cope with all the difficulties that life can present.

If you do find yourself experiencing several of the above, here are some things I would recommend you consider:

1. How are you doing on self-care? i.e. sleep, exercise, girlfriend time, dates with partner/spouse (if applicable), time alone, yoga, meditation, journaling, taking a bath, getting your nails done, massage, vacation, attention to your spiritual self. This is all about considering the question of are most of your activities and people in your life depleting and exhausting OR restorative and life-giving?
2. Do I need to add in the additional support of a medication for a season to increase my inner resources? If so, you can ask your therapist (even though they don't prescribe medication), talk to your general practitioner, talk to your OB/GYN, or find a psychiatrist.

3. Do I need to seek out a therapist to help process all that I am thinking and feeling? Could I use a neutral, wise and experienced person to talk through my life circumstances and questions for helpful feedback? You are welcome to contact me for referrals or better yet ask your friends if they have someone they see and connect with.

In my personal and professional experience, women give to a lot of different people and things in their lives especially when we also are trying to establish successful careers. My goal in my practice and in my own life is to create dialogue around how are we really doing? What is going on in our minds and hearts? How kind are we being to ourselves? I know we are all worth this level of care and consideration. Most of us are juggling many things, so if we go down, often the whole ship goes down. Take care of you so you can give to others out of overflow as opposed to depletion. I hope this article has provided the framework for a good check-in with yourself. I also hope that if you have noticed holes in your self-care and self-kindness routines and/or you have recognized a need for further care, you will prioritize yourself and take necessary action.



Jennifer VanOrman, LFMT is a licensed marriage and family therapist practicing in Nashville, Tennessee. Jennifer has received rave reviews from friends of LAW; to learn more about Jennifer and her services, please visit <https://jennifervanorman.wordpress.com>.

Lessons from Heather Hubbard

Heather Hubbard is the founder of “All Rise,” through which she empowers attorneys to set a new precedent in life and law.

Today, I’m going to share with you my top 4 tips for getting out of a funk — you know the blues, a good old pity-party-of-one, where you’re just angry at the world and no one seems to understand. We’ve all been there. When we find ourselves in that oh-so-familiar place, our tendency is to sink deeper and just wallow in our sadness. It takes courage and effort to shake it off. But, it’s so worth it. I’m not encouraging you to deny your feelings, but sometimes we get stuck and need some help out.

Tip #1 — Humor

There’s nothing like a good belly laugh to get re-centered.

One of my favorite movies is *Steel Magnolias* (I mean, who doesn’t love Dolly Parton?). There is this really intense scene at Shelby’s funeral where her mother, M’Lynn, completely breaks down in both anger and sadness. When no one can console her, Clairee encourages her to “take a whack at Ouiser.” It immediately lightens the mood. Speaking of Dolly, one of her character’s famous lines from the movie is “Laughter through tears is my favorite emotion.”

So, if you’re feeling down or angry or just can’t seem to get out of a funk, put on a funny movie (may I recommend *Anchor-man?*), watch an old SNL skit or get on YouTube and start looking for some funny videos. There’s a ton of stuff that can make you laugh for hours.

Tip #2 — Dance!

You simply cannot be in a bad mood when you’re dancing to some upbeat music. Try it... it’s literally impossible. This comes in really handy when you’re angry at yourself or others.

A few weeks ago, I scheduled my entire day around an appointment. Afterwards, I was going to take the day off and enjoy some down time. I screwed up the time, missed the appointment and went into a major funk. As a recovering perfectionist, I took myself on a guilt trip, punished myself by working instead of taking time off and, basically, just beat myself up all after-

noon. Finally, I realized enough is enough. When we make mistakes, we have to learn from them and then shake them off. And the best way to accomplish that is by having a dance party in your office. Before you know it, you're singing, laughing and moving, your bad mood lifts and joy takes over.

I keep a playlist handy on my iPod for times like this. Even if you have the awareness that you need to snap out of it, you probably won't be in the mood to go digging for fun music. You're more likely to just push play, listen to a sad country song and then wallow in your sadness. Don't get me wrong, I LOVE a good country ballad. But now is not the time! Have a tried and true playlist handy that will get you moving and smiling.

Do you really think you can stay in a funk after shaking it to Pitbull, Beyonce, Shakira, Justin Timberlake and others? I think not. Heck, even if you're in a good mood, turn up the music! What's the worst that can happen? Your neighbors or co-workers catch your moves on video and post it to YouTube? On second thought, don't answer that — just dance like no one is watching!

Tip #3 — Give to receive

A little perspective can do wonders for a bad mood. If you just can't seem to snap out of whatever funk has you down, go volunteer!

Every Saturday, I get to work with children and horses at Saddle Up. Even when I don't really want to leave the house on a Saturday morning, as I drive down the country roads leading to the horse stables, something shifts. I start to notice the sky, the farms and look forward to spending time with the children, horses and other volunteers. After each class, even on those days when a child really tests my patience, I always feel better. And then there are days like this weekend when the sun is shining, the rider touches my face and smiles (he can't speak) and a handsome new horse completely steals my heart by walking beside us the entire path. My cup is full – it runs over – and I am blessed beyond belief.

Whatever pulls at your heartstrings, do it. Donating money is always important, but if you really want to experience joy and receive the blessing of perspective, volunteer your time. Volunteer at a soup kitchen, homeless shelter, after-school program, public library, etc. There are endless opportunities to give (and, thus, receive). When was the last time you volunteered your time? Start planning a way to give today. I promise it will lift your spirits!

Tip #4 — Meditate

Yes, meditate. You may be thinking, "Oh sure, that works for you but it's never worked for me. If I try to meditate, I'll be in an even worse mood than before!"

Many people think that meditation is completely shutting off their minds. It's not, thank goodness!

Meditation is simply being relaxed and focused at the same time. When we're just relaxing, we're likely falling asleep. When we're just focused, we're likely going through our to-do lists or completing a task in a robot-like trance. When we're both relaxed and focused, we start to become more present and look at the world from our soul's perspective.

If we're fully present, although we may be sad or angry in the moment, if we truly feel our emotions and then just focus on our breath and presence, those emotions will generally start to subside and a gentle calmness will begin to emerge.

Most of our stress, anxiety, worry, sadness and depression comes from reflecting on the past or projecting into the future. If we just sit and be, we tend to realize things aren't nearly as bad as we had imagined. Our mind begins to get quiet and our soul begins to awaken, remembering our true spirit and connection to something much larger than ourselves.

When we let our minds control our lives, we experience endless drama. When we begin to identify with our souls (instead of our minds), our lives become much simpler and easier. We start to feel more joy and peace. Everything is a bit sweeter. And we begin to let go of things that don't really matter.

I've heard it said that prayer is how we talk to God and meditation is how we listen. That certainly has been my experience. It's amazing how a little silence can calm my nerves, comfort me and provide clear insight.

Heather's lessons above were originally published on her blog in January & February 2015 and are revised and published by LAW in October 2018 with express permission. For more insights and tips on the "hustle and flow" of being a lawyer (from marketing to taming the billable hour and more), visit www.HeatherJoyHubbard.com or listen to her podcast, Hustle & Flow with Heather Hubbard, named one of the top 25 legal podcasts by the ABA Journal.



“Why I Love Spas”

By Nikki Smith-Bartley

Ahhhhh.....

“How do I love thee? Let me count the ways!” But I’m not talking about Elizabeth Barrett Browning sonnets, I’m talking about spas. If anyone knows me well, they know I love spas. I’m a spa connoisseur. I love spas like most women love wine. But because I don’t drink wine (or any alcohol), I choose to unwind with spas instead. In fact, I love spas so much that I’ve done a spation in Scottsdale, Arizona where I spa-hopped: 3 spas in 3 days. That’s some serious spa-loving right there. Massages keep me sane. But you don’t have to be in Scottsdale to do a spation. We have some treasures right here in Nashville.

If you’re going for excellent treatments coupled with an impressive all-around ambiance I would suggest, Relâche at Gaylord Opryland Hotel, Escape on Highway 100 or Mokara at the Omni Hotel downtown.

Relâche has the luxury of being located in the heart of the Opryland Cascades, so the grandeur of the location alone adds to the ambiance. The relaxation room has flavored water, a hot tea selection and trail mix. Relâche also has a full suite of menu services available, which includes 10 different types of massages and 12 massage treatment enhancements, a whole host of facial, body, hand and foot therapies and a robust selection of salon services. There are also great amenities like rain showers, a sauna and a steam room. In other words, you have options for days. If you have decision anxiety, you may want to opt for a spa with fewer choices. If you like to have lots of options, this is your spa. You also have dining options while enjoying spa services. All treatments were top notch and the staff was super friendly. Cons – I believe the relaxation room is too small for a resort spa and it’s pricey.

Escape gets my vote simply for its relaxation room. You move from the waiting room where you sit under the “stars” to a candlelit relaxation room herein you sit in front of a movie screen filled with nature scenes like the shore of an ocean with sounds of the waves crashing. Very Zen and relaxing. You can also partake of tea, water, and yummy gingerbread cookies while you wait. After your treatment you can enjoy their steam room. If you’re someone who likes the mood to be set prior to your treatment and/or who likes to relax a bit more after your treatment, Escape is a good option. Escape also has options galore – 14 different massages, scrubs, peels, wraps, soaks, facials, nail care, salon services, etc. You name it, they have it. The look of the salon itself is also very exquisite and makes for a grand entrance. Cons- I did have a customer service issue at Escape, which has left a bad taste in my mouth. But setting that aside for the moment, it’s a great spa.

Mokara at Omni is also one of my favorites. The very lovely relaxation room filled with comfy chaise lounges and blankets, a nice selection of hot teas, DE-licious snacks and fruit flavored water set the tone. A steam room is also available for use after your treatments. It is a full-service spa with many options for facials, facial enhancements, massages, body treatments and an array of salon services. Because you’re lawyers I must also point out (as I did to the spa attendants) that their liability waiver is the most comprehensive liability waiver I’ve ever seen at a spa. So read carefully.

Fortunately, I had no issues with my treatment. In fact, I had a fantastic massage. I typically tip more if my massage therapist makes me fall asleep during my treatment, and this therapist had me snoring like I was calling hogs. (Ooooweeee). The 20% gratuity is automatically added to the bill, so they did my work for me. It was well worth every penny. They also offered me champagne after my treatment, but I declined. I thought the offer was a nice touch. Another big plus - parking. The spa will validate

your Valet parking. Cons – the locker room area was kind of small for the spa.

A few more quick plugs for the spas in my neck of the woods – Brentwood/Franklin area.

- ◆ A Moment's Peace – though the relaxation room is virtually non-existent, the other amenities make up for it. They also have a great little gift shop with everything from jewelry to make-up. The treatments were excellent and they offer a full menu of services. I enjoyed the “Queen for the Day” experience, which included a facial, a mud wrap, a massage, a pedicure while I ate lunch and a manicure. I felt like royalty when I was done. Every woman deserves to wear a crown. Cons – no real relaxation room.
- ◆ Woodhouse Day Spa – I loved the offerings in the retail shop in the waiting area: oils, candles, etc. But one of my favorite discoveries was in the relaxation room (where they provided hot tea, trail mix and water) - honey crystals. I never knew a such thing existed. I purchased some delicious teas and honey crystals before I left and I enjoy them often. Woodhouse offers tons of treatment options as well. But one of the unique offerings is sleep treatments. I haven't tried it yet, but it sounds intriguing. On my last visit I opted for a massage, which was great. The staff was warm and friendly. I left feeling rejuvenated. Cons – The relaxation room was more or less a room full of chairs (with snacks).
- ◆ Lifetime Fitness Spa/LifeSpa – what a treasure. It has a gorgeously modern relaxation room. However, if you are not a member of the gym, you probably won't spend a long time in the room because there are no robes, slippers, etc. because you undress in your therapy room. In other words, it's meant to be more of an in and out experience. Nevertheless, complimentary coffee, tea or water is available in the relaxation room before and after your treatment. But the BEST massage ever is their RSQ massage - it is Recovery + Relaxation Therapy, a combination of Swedish and deep tissue massage. O.M.G. every time I've gone and every time I have one, it is unbelievable. I highly recommend it. Cons – Unless you're a member, you may not be able to take advantage of the luxuries of the hot tub, steam room and sauna in the Women's locker room area, which adds a little more swank to the experience.
- ◆ Massage Envy – I am a member. You pay a monthly fee to get one discounted massage per month and additional deeper discounted massages throughout the month. It is an in and out experience – so also no robes or slippers, etc. However, one of the biggest benefits is the ability to get last minute appointments. But because it is a fairly high-volume business, sometimes that means the massage therapists are hit or miss. Fortunately, I've had a good run of great massage therapists, so it works for me. They also offer facials and other similar services.
- ◆ Aqua Foot Care – This is my go-to if I have a few extra minutes to spare and a few knots in my back or neck. This is a walk-in spot – No appointment necessary. You can get a chair massage, foot massage or table massage. Though in Brentwood, the facilities are not good. BUT the massages are great, especially for the price. So, their business model is working. I am a regular there. Don't judge me.

There's a spa for every one. Find one that suits you and then get a massage because studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. And, I know that us women lawyers could use some stress reducers in our lives. That said, find some time over the holidays to destress with a massage. Your body will thank you. Happy Spa'ing!



Nikki Smith-Bartley is a former LAW President. Nikki is the Vice President & Special Counsel, Diversity & Inclusion - Human Resources for Asurion.

The Culinary



Bourbon Steak

By Kimberly Faye Clark

Nowadays, it seems rooftop bars are a requirement for any downtown Nashville restaurant. When the weather is perfect, they are the absolute best place to visit. However, on the not-so-perfect days or for those who are not so fond of the outdoors, there is a new option to admire the Nashville skyline.

Bourbon Steak, located on the 34th floor of newly opened JW Marriott on 8th Avenue South, features spectacular 360-degree views of the Nashville skyline with its floor to ceiling windows. From any seat in the restaurant, you can enjoy celebrity Chef Michael Mina's culinary masterpieces while admiring our city's lovely views.

The swanky American steakhouse opened its doors early September, and I had the privilege of dining there twice in one week last month. The first experience was with a large group, about twelve to fifteen people, and the second time was a date night. The service was wonderful during both visits. Larger groups are sometimes difficult for restaurants to handle, but Bourbon Steak kept our wine glasses full and seamlessly timed our meals so we could eat together. While enjoying the views and atmosphere, it is easy to forget that you're there to dine. However, the wait staff will remind you by bringing complimentary fries and house made sauces—a surprising and well thought choice for a restaurant that could feel too upscale at first.

For both visits, we had the 'instant' bacon for the appetizer, which should tell you how much I loved it! It's hard to go wrong with lightly crisped pork belly on a bed of shredded brussels sprouts with a bourbon-soy glaze, and topped with tempura oyster. For my entrée during both visits, I opted for steak. My favorite was the filet mignon accompanied with black truffle butter. The truffle butter was a wonderful addition; however, the steak tasted amazing without any extras since it was cooked exactly as ordered. The side dishes at Bourbon Steak are large, sharable portions—one side dish is sufficient for two people if you want to leave room for dessert. One of my must-order dishes when available is mac and cheese, especially when there is truffle involved. Bourbon Steak's mac and cheese with black truffle did not disappoint; the truffle to creamy cheese ratio was perfect.

If beef and pork isn't your favorite, Bourbon Steak has plenty of other menu options including a selection of seafood offerings such as buttered shellfish platters, sashimi, tartare, and crudo ahi tuna tartare, as well as a Maine lobster pot pie. The pot pie sounded divine, and I will probably order that the next time we go. Also, our waiter said the pot pie is a great option to split as a side dish, albeit a pricey one.

There are many fabulous steakhouses in Nashville, but few that come with wonderful skyline views. With the holidays quickly approaching, Bourbon Steak would be a great option for an office dinner and to entertain clients or in-laws. Until next time, Cheers!



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.



Leadership Spotlight

Amanda Bradley Practicing Parents Co-chair

Where did you grow up? Whenever I meet people, I tell them I'm a unicorn because I was actually born and raised in Nashville. I moved to Brentwood right before starting high school, and now live in Franklin.

Tell us about your path to practicing law: My path to practicing law is an interesting one, I think. I don't have any lawyers in my family. I became interested in law as a kid and admired Justice Sandra Day O'Connor. I used to say that one day I was going to become the second female Supreme Court Justice, until RBG beat me to it! In my teen years I began pursuing music and theater, and went to the University of Kentucky (Go Wildcats!) to be-

come an opera singer. Plans changed and life happened along the way. I got married and divorced, and wound up moving back to Tennessee with my then two-year-old son as a suddenly-single parent. I'd been a stay-at-home mom for two years and had a degree in vocal performance so I wasn't exactly qualified to do much! A friend of mine was a lawyer here in Nashville and she needed a new legal assistant. I got the job, and my interest in law was renewed. I ended up working fulltime as a legal assistant while putting myself through law school at night at Nashville School of Law.

Tell us about your family. My immediate family all still lives in the area, and I am the oldest of two girls. My father worked as a recording engineer. He was on Music Row during Nashville's glory days and ultimately owned and managed his own recording studio. Sadly, that studio was demolished a few years ago and is now the site of a high rise condo near the Gulch. My mother was a stay-at-home mom who was incredibly involved in our schools growing up. I am a single parent and have a 10 year old son, and two dogs.

What do you do professionally and what is your favorite part of your job? I am a law clerk for Judge Frank G. Clement Jr. on the Tennessee Court of Appeals. If you know anything about Judge Clement, you know he loves to laugh and have a good time, so we get along great!

If you weren't a lawyer, what would you be and why? There was a time I thought I might pursue music therapy because I loved the idea of helping people through the power of music.

What is your favorite thing about being a LAW member? As a new lawyer, I enjoy the friendships I've made with other women in the legal community. The LeanIn mentoring groups have also been extremely valuable and meaningful to me.

What do you like to do in your spare time (if you have any)? I love spending time at Arrington Vineyards, trying out new spots for brunch with friends, and watching college football and basketball.

What books are you reading right now and what is the last book you read? I have been slowly making my way through RBG's "In My Own Words" for about a year. I don't spend as much time reading for fun as I used to, but I do still read every night with my son before bed, and we just finished up a trilogy called the Kane Chronicles by Rick Riordan.

What is your favorite quote, piece of advice, or a motto you try to live by? "The first time I see a jogger smiling, I'll consider it." – Joan Rivers

Any "fun facts" about you that other LAW members don't know? I am obsessed with the color pink. If it comes in pink, I probably own it.

What woman most inspires you and why? I know it's cliché because she's all over the media these days, but Ruth Bader Ginsburg is a woman who inspires me. She's smart as a whip and has an incredible work ethic, both which helped her to overcome the stigma of being a woman in times when few women were practicing law.

It's a Saturday in Nashville, what are you doing? I usually spend my Saturdays at the ballfield, watching my son's practices or games, hanging out with family, and I always make time to watch Kentucky basketball and football games.



Leadership Spotlight

Tayo Atanda Program Committee Co-chair

Where did you grow up? Tell us about your path to practicing law: I grew up in Ibadan, Nigeria. I migrated to the United States with my family at the age of 14. When I graduated from Stratford high school, I got an opportunity to work at Community Impact! Nashville (later merged with the Oasis Center) as a community organizer. My organizing work was largely focused on working with high school students to advocate for better college access resources in the two high schools that served the East Nashville community. We also organized around limiting the impact that predatory lending businesses had on the community. We organized and educated community members about financial literacy. This experience taught me about the positive impact that advocacy can have on a community. I decided to ditch my lifetime dream of being a physician and decided to be a lawyer so that I can continue to advocate for those that our community has long forgotten.

Tell us about your family. I have three siblings. Two sisters, one older, and an older brother. I am extremely proud of my siblings. They keep me grounded. They are all incredibly smart, witty and talented in their own unique way. I especially appreciate the support that we always have for each other. I am really lucky to have them in my life.

My parents are my rock. I would not be here today because of them. They have sacrificed a lot for my siblings and me. They left everything they know and their loved ones in Nigeria just so that my siblings and I can have a better life. It takes a special human being to make that type of sacrifice.

What do you do professionally and what is your favorite part of your job? My practice is primarily focus on alcohol licensing and regulatory compliance. I advise distilleries, breweries, retailers, grocery stores, etc. on the type of licenses needed to operate their business and all other regulatory compliance matters that are related to their alcohol business. In addition, I also advise different startups around regulatory compliance issues in their respective industry.

If you weren't a lawyer, what would you be and why? Probably a musician. I played a few musical instruments growing up and develop a serious interest in the bass guitar. But then, I went to law school so there's that. But I really enjoyed playing because it allowed my artist juices to flow.

What is your favorite thing about being a LAW member? I enjoy the monthly programs. I always find them to be very informative and engaging. I also appreciate the opportunity to collaborate with other LAW members on different projects.

What do you like to do in your spare time (if you have any)? I like to cook, read and binge watch Netflix shows

What books are you reading right now and what is the last book you read? I am currently re reading A People's History by Howard Zinn. The last book I read was Children of Blood and Bone by Tomi Adeyemi

What is your favorite quote, piece of advice, or a motto you try to live by? "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." - Nelson Mandela

Any "fun facts" about you that other LAW members don't know? I like politics, a lot.

What woman most inspires you and why? My Mother, Abigail Atanda. I admire her resilience, poise and grace. She always reminds my siblings and me of that sacred duty that we owe to those who are less fortunate.

It's a Saturday in Nashville, what are you doing? I'm usually out with friends trying out a new restaurant or binge watching a show.



New Member Spotlight

Berkley Schwarz
Director of Public Policy and Government Affairs
Tennessee Bar Association

Where did you grow up? Tell us about your path to practicing law: I am from Greenville, Mississippi, and I attended Mississippi State University. After the fall semester of my sophomore year, I still had not declared a major, so my parents sat me down and told me I had to make a decision. I had no idea what I wanted to do, so I decided I would go to law school after I graduated. My parents and I agreed that I would major in English in case I didn't go to law school so that I could always teach English. I knew I would never teach English and started law school at the University of Mississippi School of Law the fall after I graduated from college. When I graduated from law school, I accepted a job with a law firm in Jackson, Mississippi, where I practiced for a year and then moved to Washington, D.C. to take a 60% pay cut and work on Capitol Hill.

Tell us about your family. I met my husband, David, two weeks after moving to Washington DC. We were both working for Georgia Congressmen. We have two children – our son Baker who is 10 and our daughter Carter who is 8. They were born in DC, and we moved back South in 2011.

What do you do professionally and what is your favorite part of your job? I oversee Government Affairs for the Tennessee Bar Association. My favorite part of my job is when the General Assembly is in session.

If you weren't a lawyer, what would you be and why? I think I would still be working in government affairs since you don't have to be a lawyer to be a lobbyist.

What is your favorite thing about being a LAW member? I am really enjoying meeting other women attorneys in Nashville through LAW.

What do you like to do in your spare time (if you have any)? I enjoy spending time with my husband, children and my friends. We like to go to the pool in the summer and watch movies together. I also really love to read.

What books are you reading right now and what is the last book you read? I am always reading something on my kindle and listening to a different book on Audible. Right now I am reading Mississippi Blood by Greg Iles; it is really good. I love Greg Iles. I am listening to Something in the Water by Catherine Steadman which is also very good.

What is your favorite quote, piece of advice, or a motto you try to live by? I don't really have a quote or motto that I live by, but I do try to not take things personally and let others live their lives and not judge them. I have also learned the hard way over the years that I should always listen to my inner voice even if it means doing something I don't want to do -- because that is the voice of experience and is usually right even if (especially if) it makes whatever I'm doing harder.

Any "fun facts" about you that other LAW members don't know? I have a giant, 30+ pound Goldendoodle puppy, Griffin, who is five months old. We really love him, but I didn't realize how hard it is to have a puppy especially if you him to be well trained.

What woman most inspires you and why? My mother most inspires me because she is very smart and is always willing to envision the way things can be and never takes No for an answer. When she graduated from college, she taught elementary school until I was born. Then she threw herself into my parent's grocery store, which was originally my grandparents' store, and completely revamped it and turned it into a gourmet meat market and gift shop. When my sister and I were very young, she commuted to Delta State University, 45 min away from our home, and got her Masters degree. She then resumed teaching elementary school when I was in 3rd grade while also running the gift/gourmet food part of our store, and she did both of these full-time jobs until she retired a few years ago. No matter what is thrown her way, her answer is always – we will figure it out and can make this work.

It's a Saturday in Nashville, what are you doing? Eating lunch/brunch at Noshville, cheering for of my children at one of their games, going to the pool in the summer, or being extremely lazy and reading a good book in bed.

LAW Committee Corner

The Networking and Practicing Parents committees held a joint networking breakfast at Thistle Farms Café proving that networking events are just as fun at breakfast as after work!

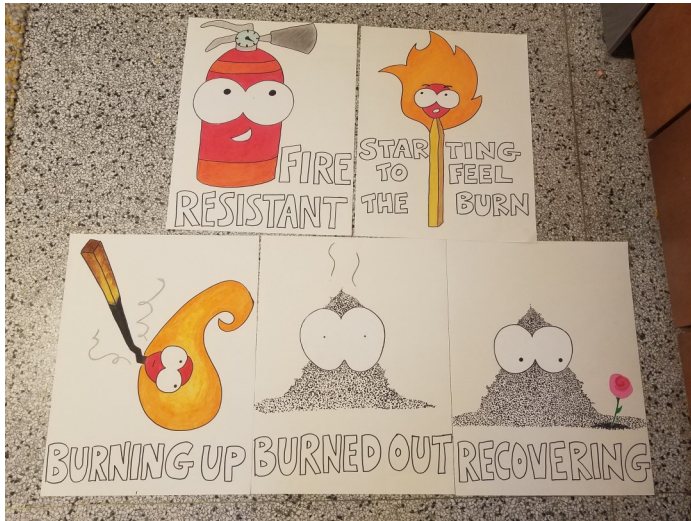


Practicing Parents Update

On Sunday October 7, the Practicing Parents committee planned an afternoon get-together at one of middle Tennessee's most popular pumpkin patches, Lucky Ladd Farms. It certainly did not feel like fall as temps were in the high 80s! Nevertheless, our group of moms and their kids braved the heat and were able to get to know each other in an ideal small group setting while checking out everything Lucky Ladd Farms had to offer, including the corn maze, bouncy pad, farm animals, and giant slides. Lucky Ladd has activities for kids of all ages. In fact, I was surprised there was still enough to keep my 10 year old's attention since we hadn't been here since he was little. It was a great way to spend a fall afternoon and be able to get to know other moms within the legal community, and of course, pick out that all important pumpkin.—Amanda Bradley

Mentoring/Member Development Committee Update

On October 4, 2018, the LAW Circles Committee welcomed Dr. Allison Duke, Associate Dean, College of Business, at Lipscomb University, to speak to Circle members about strategies for combating burnout. First, Dr. Duke encouraged us to examine the particular type of burnout symptoms we were experiencing. Apart from the common feeling of exhaustion, Dr. Duke also looked for feelings of cynicism and inefficacy or lack of productivity at work. To the relief of many in the audience, Dr. Duke's recommendations did not include a new yoga routine or the latest fad diet. Instead, Dr. Duke asked us to consider shifting our perspective and asking what aspects of our life or work are truly fixed and what we can change. Can you limit the time you spend with the colleague who always complains and makes you feel more cynical? Can you re-shape your job to do more of what really matters to you? For inefficacy, Dr. Duke spoke about the importance of creating your "brand." Can you look for opportunities to develop the skills you want? Can you focus on strengthening the skills that come naturally to you? And if your answer to all these questions is still "no," or "it's not an option," do you need to consider moving on to a new opportunity? After all, our own wellbeing as attorneys is at the heart of our duty to provide competent representation to our clients. - Callie Jennings



Welcome

The following persons joined LAW during the month of October:

Katie Bennett	Ann Murphy
Carolyn Buccerone	Ana Nettles
Maria Bush	Tamika Parker
Shundra Crumpton	Elizabeth Patton
Covington Dismukes	Lexie Smith
Savannah Flowers	TaKeena Thompson Sandifer
Cynthia Hiebert	Rachel Williams
Claire Horan	
Grayson Jones	
Ellie Keiper	
Kimberly McDonald	

KUDOS

... to Sherie Edwards on receiving the Association of Corporate Counsel Jonathan S. Silber Network Member of the Year at the ACC annual convention in Austin.

... to Gulam Zade on receiving the ACC Small Law Department Member of the Year at the ACC annual convention in Austin.

**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	Sarah Hannah	Erin Polly	Susan Neal Williams
Audrey Anderson	Laura Heiman	Sara Anne Quinn	Helena Walton Yarbrough
Anne Arney	Lisa Helton	Phillis Ramsby	Amanda Young
Kristi W. Arth	Jessica Hill	Sharon Ramos	Gulam Zade
Katherine Austin	Leesa Hinson	Jimmie Lynn Ramsaur	
Laura Baker	Jenny Howard	Sally Ramsey	
Rebekah Baker	Kyonzte Hughes-Toombs	Candice Reed	
Mary Balthrop	Lynne Ingram	Nathan Ridley	
Cindy Barnett	Jessica Jernigan-Johnson	Lisa Rivera	
Kathryn Barnett	Michele Johnson	Lauren Roberts	
Margaret Behm	Judge Kelvin Jones	Jennifer Robinson	
Jodie Bell	Judge Lynda Jones	Linda Rose	
Sonya Bellanfont	Brendi Kaplan	Rachel Rosenblatt	
April Berman	Anne Marie Kempf	Abby Rubenfeld	
Julian Bibb, Jr.	Nina Kumar	Jennifer Rusie	
Judge Cheryl Blackburn	Ed Lanquist	Joyce Safley	
Christen Blackburn	Pirjin Laser	Maria Salas	
Judge Melissa Blackburn	Lynn Lawyer	Julie Sandine	
Chancellor Claudia Bonnyman	Robyn Lee	Carolyn Schott	
Jan Bossing	Gena Lewis	Cynthia Sherwood	
Martha Boyd	Haverly MacArthur	Dianna Shew	
Dewey Branstetter	Alexandra MacKay	Marietta Shipley	
Hunter Branstetter	Nancy MacLean	Emily Shouse	
Mary Katherine Bratton	Chambre Malone	Beth Sims	
Lori Brewer	Anne Martin	Liz Sitgreaves	
Josh Burgener	Peggy Mathes	Laura Smith	
Jean Byassee	Kelly McCarthy	Lucinda Smith	
Karla Campbell	Carol McCoy	Mary Dohner Smith	
Tracey Carter	Susan McGannon	Camille Steward	
Margaret Casey	Elise McKelvey	Mariam Stockton	
Kay Caudle	Lori Metrock	Grace Stranch	
Justice Connie Clark	Amy Mohan	Judge Jane Stranch	
Nancy Krider Corley	Valerie Diden Moore	Allison Thompson	
Carrie Daughtrey	Marlene Moses	Scott Tift	
Judge Martha Daughtrey	Patricia Moskal	Elizabeth Tipping	
Ashonti Davis	Barbara Moss	Annie Tipps	
Jackie Dixon	Karen Neal	Martha Trammell	
Brenda Dowdle	Leighann Ness	Judge Aleta Trauger	
Sherie Edwards	Judge Alistair Newbern	Byron Trauger	
Amy Everhart	Scarlett Nokes	Robert Tuke	
Amy Farrar	William O'Bryan, Jr.	Vanessa Vargas-Land	
Kimberly Faye	Ashley Odubeko	Erica Vick	
Mandy Floyd	Tony Orlandi	DarKenya Waller	
Shana Fannesbeck	Janice Parmar	Emily Warth	
Victoria Gentry	Andrea Perry	Elizabeth Washko	
Jessica Gichner	Barbara Perutelli	Malaka Watson	
Elizabeth Gonser	Cynthia Podis	Bernadette Welch	
Dana Haas			