

LAW MATTERS

February 2021

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PRESIDENT'S MESSAGE

by Sara Anne Quinn



I hope you were able to join us for the Morning Check-In on February 10th. It was a great panel addressing both the challenges and benefits of remote work. I personally found comfort in hearing some of the challenges others have faced, many of which sounded very familiar to me. But the panelists also offered some great suggestions and tips for protecting the elusive work-life-balance specific to remote work, both for your own benefit and the benefit of co-workers and employees. Some of these suggestions included setting late-night emails to go out in the morning so the recipient did not feel any pressure to respond at night and setting aside specific times as “meeting free” times. Toward the end of the program,

one of the panelists, Rachel Rosenblatt, voiced a prediction that struck a chord with me. She predicted that mental health will be a focus of 2021, and employers and companies will need to take special care to address their employees' mental health after this past year. I could not agree more, and I am proud to say it is one thing I have already seen my firm taking big steps to do.

Earlier this week, I read an article about the effect of the pandemic on what was already a crisis in children's mental health. The pandemic has caused additional stress, anxiety, isolation, and fear for everyone, not to mention physical illness and the loss of loved ones for so many. While the article focused on children, this heightened strain on mental health is true for people of all ages, and true whether you have been isolating or because you have had to return to the office, court room or public space. The article pointed out that “social distancing” is a poor turn of phrase. While everyone needs to keep distant to stay well and stop the spread, we need to *physically* distance. It is imperative that we maintain *social* togetherness. Another article I saw addressed how social distancing and the pandemic has eliminated certain kinds of relationships completely from people's lives, those peripheral acquaintances, co-worker, and even the-stranger-next-to-you-in-line type of relationships. While I'm sure we all have one or two people we were happy to have an excuse not to bump into as frequently, most of us are wired to have contact with a variety of people throughout our day, not just with our closest family and friends. So, I encourage each of you to use the new year to check in with yourself and with someone else, even if that person may fall into the acquaintance category more than close friend.

For me this year, LAW has been a way to remain plugged in. I have attended meetings, CLE programs, Lean-In circle, book club, and other events. In fact, our December Trivia Night was honestly one of my favorite things I did in late 2020. Video chats don't replace in person contact, but they do help keep connections going. I have been so thankful for the relationships LAW has helped to continue and to foster this year. If you are looking for connection, I encourage you to attend more than just our monthly meetings. Join the Lean-In circle later this month for a discussion on mentoring or attend an upcoming networking event. As people are finally beginning to get their vaccines, it feels like we are turning a corner and getting closer to returning to in-person events. But until then, we can still continue to physically distance while connecting socially.

Save the Date

April 22, 2021 at 5:00 pm

Annual Meeting and 40th Anniversary Celebration

2020-2021 LAW BOARD OF DIRECTORS

Executive Board

Sara Anne Quinn, *President*
Kimberly Faye, *President-Elect*
Courtney Orr, *Secretary*
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Breakfast Committee

Kaley Bell/April Knox/Erin Palmer Polly

Community Relations

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Diversity

Mariam Stockton/Malaka Watson

Health & Wellness

Valerie Diden Moore/Rachel Taylor

Judicial Appointments & Elections

Katie Marshall/Bernadette Welch

Legislation & Litigation

Judea Davis/Jessica Lim/Caroline Spore

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Jenny Charles, Abby Sparks

Judge Marietta Shipley

Mentoring/Member Development

Alaina Beach/Nancy Krider Corley

Devon Landman/Kimberly Veirs

Networking

Katie Bennett/Stephanie Chavez

Shundra Crumpton/Blake Howell

Programs

Rachel Berg/Mandy Floyd

Corey Harkey/Elizabeth Moreton

2021 Marion Griffin Women's Symposium

Liz Sitgreaves/Kyonztè Toombs

40th Anniversary Celebration

Christen Blackburn

Executive Director

Melanie Gober Grand

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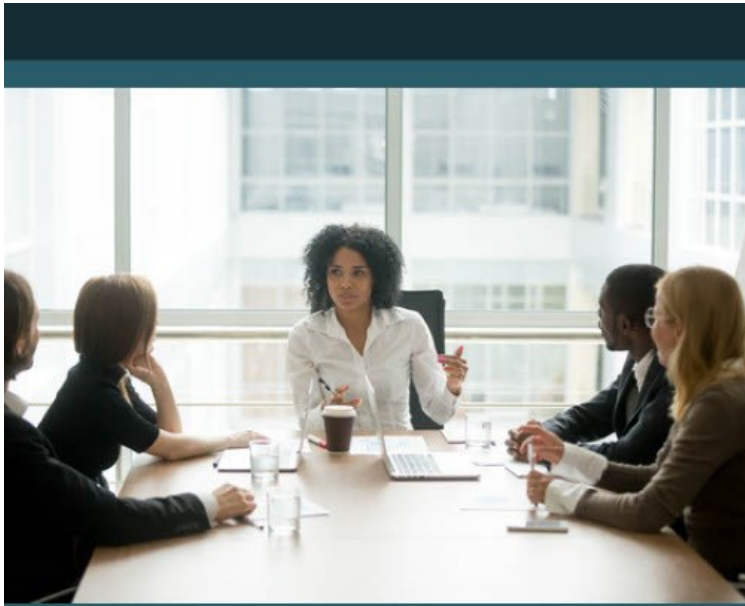
A LOOK BACK



As LAW – Marion Griffin Chapter prepares for the celebration of its 40th anniversary in 2021, we are taking a look back at previously published newsletter articles. This month, we are reprinting an article from the January 2013 issue on mentoring, written by Past LAW President, Mary Dohner Smith, and her law partner Teresa Rider Bult. [Click Here](#) to read, “Mentoring Yourself: How Women Find the Secrets to Success When “Real” Mentors Seem Scarce.”

Looking for Photos

The 40th Anniversary Celebration Committee is looking for photos from LAW events (paper or electronic). Please snail mail paper copies to LAW, P. O. Box 210436, Nashville, TN 37221, or email to info@law-nashville.org



Hear from small firm attorneys who sought out their own mentors and how mentoring programs work in large law firms. This is a must-attend for all new attorneys and law students!

MENTORS

WHY THEY'RE IMPORTANT & WAYS TO SEEK THEM OUT

23 February 2021 | Tuesday | 5 pm
ZOOM Register at info@law-nashville.org



Lindsay Smith
Baumgardner & Spata, LLP



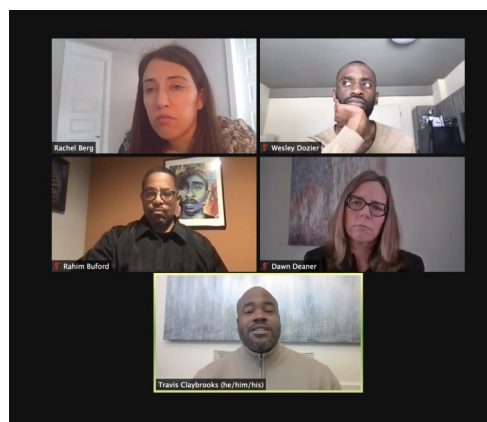
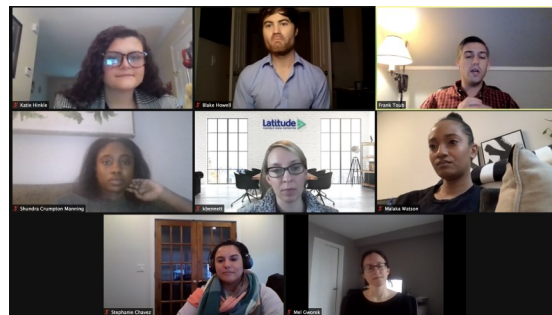
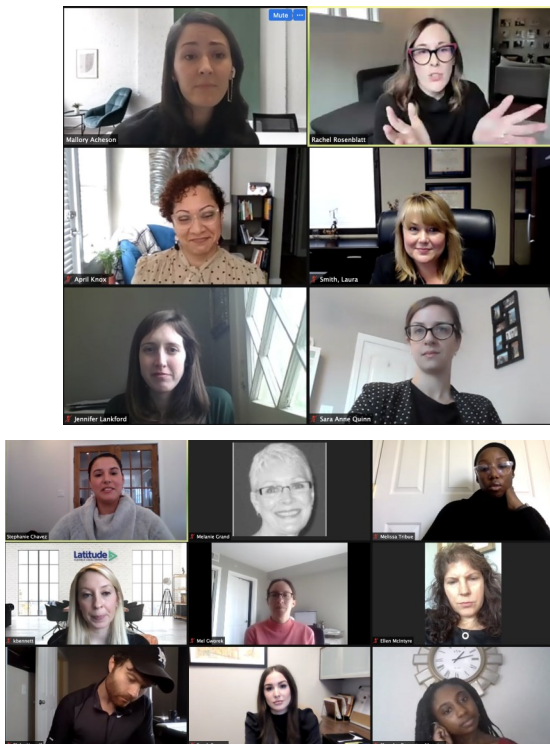
Alexa Spata
Baumgardner & Spata, LLP



Tiffany deGruy
Bradley Arant Boult Cummings, LLP
Birmingham Office



LAW HAS GREAT PROGRAMMING AND OPPORTUNITIES TO SEE AND TALK TO ONE ANOTHER (WHERE YOU CAN BE SEEN AND HEARD)



As the Lawyers' Association for Women—Marion Griffin Chapter celebrates its 40th anniversary this year, we are looking back on and honoring our past. As part of the celebration, we are highlighting a LAW founder and past president each month, finding out what drew them to LAW, what they remember most about their time as president, and their reflections on LAW's role in the community now and in the future.

Founder's Spotlight Judge Marietta M. Shipley



Why did you first get involved in LAW? I had graduated from law school in 1976—the first real wave of women lawyer graduates. We were the real trailblazers in the legal community. Nonetheless, we found it difficult to find jobs with private firms, much less with government positions. Of course, there were few women in any leadership positions but much less partners. There was one woman judge in the state, Judge Cissy Daughtrey. She exhorted us to form an organization of women lawyers, so that our voice would be heard, and we would be more visible.

In 1979, a group of women had “stormed” the YMCA and demanded that women could be members of the Y. We were successful and the majority of the women lawyers joined at that time. We were not allowed to have lunch in the Cumberland Club or City Club. We had attempted to run a woman attorney for the Nashville Bar Association (NBA) Board, but were unsuccessful. We were a rare sight at the NBA picnic, as it previously was all male and more oriented to cigar smoking and light-hearted gambling.

From 1976 forward, a loose group of women lawyers had sponsored a Breakfast at the Capitol Club (where we could eat). We invited the Supreme Court to attend. One member of the Supreme Court would deliver an address. The purpose was to show that there were women attorneys (less than 20 at the time)—but more women attorneys joined this list once LAW formed.

Margaret Behm and I formed the first all-women law firm in March 1980. We thought we would have only women clients. Not surprisingly, we had a lot of support from our male colleagues for referral and legal consultation. Our law firm conference room was site of this “infamous” organization. The present purposes are the official reasons we formed the organization.

What memories do you have about the formation of LAW? I have a particular memory of forming the By-Laws of determining the name of the organization. Lawyers Association of Women or Lawyers Association For Women. Mary Schaffner was very passionate about the “for.” She was very prescient in that argument, as it allowed us to have a male attorney on the board and to look less strident in our outlook. We had received a lot of male attorney support in our organization. At that time, the entire Supreme Court was male with one female judge in the state. I remember the 45 founders at the meeting to officially create LAW, all sitting in a circle at the Capitol Club. We were very fierce but humble about what we were doing.

What LAW committees did you serve on before or after becoming president? I had been on the Breakfast Committee, and most importantly, the Judicial Endorsement Committee in 1982. We had Walter Kurtz, Carol McCoy, and Rose Cantrell for one judicial position. (We punted and endorsed all three.) Barbara Haynes for General Sessions Judge and Muriel Robinson for Circuit Judge. We never did the judicial endorsement again. I was also on the Judicial Selection committee. I believe that during my tenure, we had a ten-year plan to change the by-laws to promote the participation of minority attorneys in the association.

What has changed about LAW and/or the Nashville legal community since you first got involved in LAW? The change is unbelievable. Women attorneys are well integrated into all levels of the legal community. The organization is thriving, over 400 members. The leaders of the organization move from LAW to NBA or TBA leadership. They are leaders in the community. There are three women judges in the Chancery Court. There is one Circuit judge, but there had been three. There is one Criminal judge. The Supreme Court now has three women on the Court, which is astounding—that is a direct result of LAW leaders and TLAW helping form the Judicial Selection Commission, although that has been somewhat diluted at this time. The pressure to appoint women and minorities has lessened and has to be readdressed. I was most impressed by the leadership rule that LAW had in the assault against the Supreme Court several years ago.

What do you hope LAW's role is in the Nashville legal community going forward? LAW should continue to relook at its purposes and resolve anew to work on some of its goals, including preparing women to run for office or to be appointed to judicial positions. LAW and TLAW should do a better job of creating a referral system of women lawyers across the state. LAW has done a good job in catering to specific populations of the legal community, such as parents or government employees or interests such as book clubs, etc. Although there are more Metro Council persons who are women, there needs to be a real push to get women into the political process. We must work better with the Napier Looby organization to have cross-pollination of both organizations. Surprisingly, many of the "founder" types are not members and that is a fertile field to work on.

What woman inspires you and why? My mind goes directly to Cissy Daughtrey and Margaret Behm, my former partner. They exemplify never letting their guard down, always inspiring women to strive further, always being in the forefront, pushing and never being satisfied that we have reached the top. She and Cissy are such encouragers of younger women. Margaret won the ABA Margaret Brent award at a very young age, given to her by Hillary Clinton. She has never stopped. Now I look at Stacy Abrams from Georgia who has taken on such difficult subjects as voter suppression. With women and minorities, it is never a one and done proposition. One must be constantly vigilant. And today, it goes without saying that Kamala Harris is the recipient of all the wonderful women and men who went before her. Remember, Joe Biden selected her. Now, she is a beacon of hope to all women, to women of color, and Asian women. What a glorious day, January 21, 2021.



Past President's Spotlight Marlene Eskind Moses 1996-1997

Why did you first get involved in LAW? I first became involved in LAW soon after I received my license to practice law. I wanted to connect with the legal community and more specifically females in our profession. At that time, we had no male members in LAW. I wanted to be supportive of female lawyers and in turn be supported by them. I was not sure how I could be a full-time practicing lawyer, a full-time wife and mother, and a community volunteer. I looked forward to having role models who had gone down the path successfully before me, who would be my friends.

What LAW committees did you serve on before or after becoming president? I served on numerous committees before becoming President of LAW, including newsletter, social, and membership committees.

What was one of your greatest accomplishment as LAW's president? One of my greatest accomplishments as President was as a result of a survey I sent to all members of the judiciary. At the time, in some courts, women had to wear skirts or dresses. Neither pants nor pant suits were allowed. I believed that surveying the judges would give us clarity as to which ones would put in writing that pants and pant suits were prohibited. As a result of the survey and pressure to publicly disclose their position, pants and pant suits were no longer prohibited for women in court.

What has changed about LAW and/or the Nashville legal community since you first got involved in LAW? The Nashville legal community has grown, and women have become more of an integral part of leadership. In the early 1980's and before, women were not accepted as leaders of bar organizations and few were judges. LAW changed the course of events in respect to opportunities for women in our community.

What do you hope LAW's role is in the Nashville legal community going forward? Going forward, I hope and believe LAW will continue to play an outstanding role in creating opportunities for women and the men who are allies. LAW has created superior CLE and networking events. LAW and its members have donated time and resources to important causes and enriched our community.

What woman inspires you and why? A woman who inspires me is my 92 year old cousin, Annette Eskind. She is a social worker by training (like me) and a community volunteer who cares deeply about our community. She successfully raised her two sons and has been a devoted wife, mother, grandmother and great grandmother. She is well respected by all who know her. Among her many accomplishments, she worked tirelessly helping couples who were unable to have children adopt them. She created a foundation to support public education in Davidson County, and she has given generously to support Vanderbilt University Hospital with their medical library and Diabetes Center. She is kind, thoughtful, smart, caring, compassionate and a true role model in every sense of the word. She has always been most supportive of me.



Board Member Spotlight

Brooke Coplon

First Year Director

Where are you from? Tell us about your path to practicing law. I am from Birmingham, AL and am a third-generation attorney—though I did not always want to go to law school. I always thought I would go into engineering or really do anything that wasn't what my parents did. Then, my senior year of high school I was on the "We the People" team—a competition about government and constitutional law—and started thinking more about law school. I started college as an engineering major but quickly realized it wasn't for me and switched to economics and pre-law.

What do you do professionally, and what is your favorite part of your job? I am a healthcare attorney and work in liability and operations. My favorite part of my job is being able to help a client think through a difficult problem and being able to arrive at a good solution for them.

What leadership roles have you had with LAW? I have been in leadership in LAW since 2015. I have been Co-Chair of the Networking Committee (2015-17), Membership Committee (2017-18), and Community Relations Committee (2018-19). Last year, I was Newsletter Editor, and this year, I am a First Year Director.

What is your favorite part of LAW? My favorite part of LAW is the people and the comradery. I have really missed going to in-person events during Covid-19, but have really appreciated being able to attend events like Lean In Circles and CLEs virtually through LAW.

Describe yourself. I am a hard-working married litigator and spend much of my time with my husband, dog, and cat. I am a huge Alabama Football fan. Roll tide!

It's a Saturday night in Nashville (pre-COVID-19) - what are you up to? I'm not even sure anymore! Probably trying a new restaurant with friends. Recently, I have been cooking through new cookbooks (New World Sourdough and In Bibi's Kitchen), burning through my Netflix queue, and shopping for our nursery décor for our baby boy (coming in April)!

Facebook or Instagram? Instagram.

Phone call or text? Text.

Netflix or Hulu? Netflix. (Currently loving Lupin and The Queen's Gambit.)

**First Amendment Basics and
Legal Observer Training
(rescheduled from January)
March 10, 2021 at 9:00 am**

**Ready to make an employment change?
Check out the job bank in the
Members Only
section on the website.**



Schooling and Lawyering in the Time of COVID-19

By Jane Salem

We all have a story about working in the legal profession while trying to educate our kids during a pandemic.

In a recent email, an attorney friend with littles wrote, “I cry, and cry, and then gouge my husband’s eyes out.”

Her first-grader is a model online learner. But her second grader, less of a rule-follower (in other words, a *future attorney!*), is “impossibly fidgety and cannot hold her focus for anything. She did remote today lying down on my couch in my bedroom wearing a swim fin/mermaid tail. I took a picture because one day, I know I’ll love that memory. Currently, however, I am beyond frustrated.”

As for me, I have a big, a high-school junior. Yes, that all-important time when grades will make or break a college application. She went from As and Bs as a freshman and sophomore, to *failing* this year in the all-virtual environment.

A vice-principal telephoned recently to suggest that I spend “two or three hours” every school day going through her assignments with her. My daughter is 16. Parents of teenagers, back me up on this one: you can’t go from letting your kid do her thing independently to micro-managing her. Plus, I still have a full-time job, grocery-shopping, laundry, and well, a semblance of a life. Although I daily wonder if I’ve simply abdicated as a parent because I’m not spending two to three hours on homework every night. I, too, have shed many tears.

Fulltime-lawyering and parenting has always been a struggle, but it has snowballed, no *avalanched*, during this pandemic. Our kids have already been dubbed the “coronavirus generation.”

Apparently, kids four to seven are affected the most, because they’re still learning to read and write. This can be overcome if they have support at home in addition to solid instruction.

As for preteen and teens, isolation is the biggest peril. As one article put it, “opting to stay in their rooms and spend hours connected to the Internet but not doing their academic work is another danger. Families are forced to supervise their work to make sure they’re studying and doing their homework. All of this can be exhausting and can also be a source of conflict.” This is *exactly* what’s happening at my house.

As I write this, Tennessee lawmakers will meet soon for a special session on education. Gov. Bill Lee’s webpage explains the need: “Preliminary data projects an estimated 50% decrease in proficiency rates in 3rd grade reading and a projected 65% decrease in proficiency in math. This loss only exacerbates issues that existed prior to the pandemic, where only one third of Tennessee third graders were reading on grade level.” Whether the special session will make a difference is an unknown. As another mommy-friend put it, “It’s politics.”

In the meantime, advice abounds on the Internet. I chose to focus on what the American Academy of Pediatrics has to say. Because, you know, *science*. I don’t understand it, but I support it. I found a pair of instructive articles on the AAP website.

In a recent article, Dr. Corinn Cross wrote that keeping a routine is critical. Let your kids help create it and put it in on your fridge. Be sure to include breaks from work or school to relax and connect with each other.

Dr. Cross wrote, “Wake up, get dressed and have breakfast at the normal time.” (I’m in sweats right now. Technically, sweats *are* clothing.) She recommends 20 minutes of class assignments followed by 10 minutes of physical activity for young kids, while older kids and teens might be able to focus on assignments for longer stretches. They should take breaks between subjects.

Dr. Cross further wrote that it's understandable that under these stressful circumstances, kids' screen media use will likely increase. Among her tips are to contact teachers about educational online and offline activities for your kids. For example, PBS Kids is sending out a daily newsletter with show and activity ideas. She further recommended using social media to check in with others, and to try video chats to stay in touch.

I think by now we've all heard of this Zoom thing, but it's nice to have a doctor say it's okay.

Dr. Cross also wrote that this is "a great opportunity to monitor what your older children are seeing online and follow what your children are learning." However, limits are still important. "As always, technology use should not push out time needed for needed sleep, physical activity, reading, or family connection. Make a plan about how much time kids can play video games online with friends, and where their devices will charge at night."

In another article, Dr. Damon Corb observed that it "might be tempt[ing]" to leave older kids alone, if that affords you the opportunity to get more work done. "However, tweens and teens still need structure and schedules and regular check-ins with parents on their daily work."

I agree with him, but my daughter long ago told me that the word "tween" is cringey.

Dr. Corb also urged parents and kids to set goals. "Teens are capable of forward thinking (like planning, anticipating and estimating), but don't often use those skills unless challenged. Goal setting is a great exercise for their brains."

He also said this is "an incredibly challenging time," and you might need to "reassess your work-at-home goals each week and set realistic expectations, reaching out for help if you need it."

So there you have it, a survival guide, without the daily cry, and sparing your spouse's eyes. Take from it what you will and disregard the rest.

Above all, I guess we just have to stay hopeful, or at least try. We have each other in these awful times.

Post-script: My kid did, miraculously, do well on her first-semester finals. Summer school might still be in her future. Summer school is online for high school in Nashville, by the way. Because what's the definition of insanity? To keep doing what you've always been doing and hope for better results. I digress.

We do have "check-ins" over an evening meal. When I told her about the "two to three hour" advice from her vice-principal, well, maybe she perceived that as a threat. As in, *what could be worse* than two to three hours with mom every night? And my new strategy is, she must do respectably on the college standardized tests and write an amazing college essay. I'm hopeful. I believe in her. And I always have my lawyer/mom/besties to listen to me when I feel a good cry coming on.



Jane Salem is a frequent contributor to LAW Matters. She is a staff attorney with the Tennessee Court of Workers' Compensation Claims in Nashville.



**Monthly installment of recommendations!
A reading, a video and a list of black-owned food establishments in Nashville**

It's been almost one month since Amanda Gorman became a household name when she took the podium on inauguration day and delivered the presidential inaugural poem, "The Hill We Climb." Gorman's talent is worth revisiting, this month, and every month. Watch the video and read the transcript here: <https://www.cnn.com/2021/01/20/politics/amanda-gorman-inaugural-poem-transcript/index.html>

View *The Washington Post's* Black History Month 2021 interactive website, which compiles "recently published stories and columns that represent Black excellence and triumph." The website is updated throughout the month of February. <https://www.washingtonpost.com/nation/interactive/2021/02/01/black-history-month-2021/>

As Black History Month is upon us, let us not forget to support the black-owned businesses in Nashville. Take a look at this list of 100 black-owned food establishments in Nashville: <https://wpln.org/post/interactive-map-nashvilles-100-black-owned-food-establishments/>

Vanderbilt Law's First Tenured Female Professor Dies at 95

Longtime Vanderbilt Law School professor and Nashville resident [Allaire Urban Karzon](#) January 24, 2021. She was 95. Karzon earned her law degree from Yale Law School before working as an attorney with the Office of Alien Property at the U.S. Department of Justice and in the legal department of RCA Corp. After moving to Nashville, Karzon served as counsel to Performance Systems Inc. and Aladdin Industries and practiced as a partner in Neal Karzon and Harwell. She joined Vanderbilt's law faculty as a lecturer in 1971 and taught tax law until her retirement in 1995, in the process becoming Vanderbilt's first tenured female law professor. Contributions in her memory may be made to the [Visiting Nursing Association of Western New York Inc.](#), 650 Airborne Parkway, Cheektowaga, N.Y. 14225.

Please Update Your Website Profile

- Contact information
- Practice areas
- Upload a photo

Note: Only members can access your profile.

LAW Members' New Family Additions During COVID-19

Shellie Handelsman & Decker



Tell us about your new fur family member: On Memorial Day weekend, I welcomed my new golden retriever puppy, Decker, to the family. He's now 8 months old, a little over 50 lbs., and a mix of crazy puppy and sweet, snuggly angel. Decker and Dakota (my 7-year-old golden) are best friends.

How did you find him? For the last couple years, I've been thinking about getting another dog so Dakota had a friend to play with. In the spring, my uncle was getting a golden because he lost his older dog. That litter ended up having 11 puppies, so my parents surprised me with Decker Memorial Day Weekend.

How, if any, has life changed? Somehow, I always forget how much work puppies are! The first couple months were eventful while training Decker and taking care of Dakota (he had surgery 3 days after Decker arrived). But after Decker was house trained and Dakota healed, it was much easier.

Life mostly changed because of the pandemic, but that also made it the perfect time to get a puppy. I rarely left the house, which made it much easier to train him and work at the same time.

Now that Decker is a bit older, we have a routine down. They go to doggie daycare a couple days a week and then work with me the rest of the time. This summer, Dakota taught Decker how to swim, which is Dakota's favorite thing to do! Plus, Decker's had some socially distanced playdates with Leo (Kimberly Faye's puppy) and Mowgli (Caroline Sapp's puppy).

Can you bring him to work with you? Yes! Although, I have my own practice and work from home, so that may not count.

New tricks? I've been training Decker since was a few months old. He knows how to heel, sit, stay, lie down, and come. However, he's definitely still in training!



Decker makes up his own tricks. He can hold two tennis balls in his mouth at once. He can open the screen door and let himself out. He talks when he plays with one of his squeaky balls (Dakota thinks he's crazy when he does this). He watches TV and when there are dogs on TV, he barks incessantly at the bad characters he doesn't like.

Favorite part / thing about your new pet? My favorite part is that I found Dakota his best friend. I wasn't sure if they would get along because Dakota doesn't typically play with other dogs. But I was definitely surprised - they play, roughhouse, and snuggle all the time.

Any advice for folks wanting to add a new pet to their family? Go for it! I've had dogs almost all of my life and they are the best companions. Plus, getting another puppy during a pandemic was the best decision!



Kaley Bell & Priya

Tell us about your new fur family member. We recently added Priya, our eight-week-old Vizsla, to our family in early November 2020. We lost our Weimaraner in early 2020 and knew we needed another family member in addition to our eleven-year-old miniature Dachshund. Though only seven pounds when she arrived, she is already getting bigger and should top at around 40 lbs.

How did you find him or her? My husband and I were always very interested in Vizslas because their breed and temperament were similar to the Weimaraners that we've had in the past. Around July 2020, I reached out to a Vizsla expert in Florida who directed us to a woman in Tennessee that owns Vizslas and also is part of the National Vizsla Rescue community. It just so happened, one of her youngest females was pregnant so we were able to get one of her puppies. We visited Priya's mom and dad, who lived on a large farm in Chapel Hill, TN, multiple times before we took Priya home. We felt immediately like part of their big Vizsla family and will be returning for play time when she's a bit bigger.

How, if any, has life changed? Life with a puppy is a constant adventure. We slept quite a bit less at first and feel like we are constantly asking her what she is getting into or what she has in her mouth. She's very playful and full of energy so she is keeping us on our toes (and off our phones) more than ever.

Can you bring him or her to work with you? We are both still primarily working from home so Priya has become a welcomed break and distraction throughout the work day, but her energy has required some schedule juggling on our part. We now stagger our lunches or short breaks throughout the day so one of us can play outside or play fetch with her while she's up and moving.

New tricks? So far, Priya can sit, stay, fetch, and drop the ball during fetch. She's also pretty good on a leash already though I think her motivation comes from getting to run around in new places outside more so than actually learning to walk on the leash. We are working on responding to "come" every time we say it instead of ignoring us and continuing to play—to be determined on if that skill sticks!



Favorite part / thing about your new pet? She has a sweet and spunky personality that constantly entertains us. I love how excited she gets when anyone new (dog or human) walks into a room. She has felt like the perfect fit from the very beginning, and we've really enjoyed watching her grow and learn so far.

Any advice for folks wanting to add a new pet to their family? Do your homework on the breed whether you are adopting or buying (even if it's a mixed breed) and have a game plan for bringing a puppy home and generally how you plan to train them. We did a lot of research on the breed so we were not surprised at how much attention and activity she required, but some people have no idea as to the personality or needs from a breed and can regret their decision if a dog is more active than they anticipated. My husband also read a puppy training book that helped us get a plan together for a smoother transition into life at home and skills we needed to effectively train her. It's a work in progress, and they always take up more time than you think so having patience is key!



Courtney Orr & Sonia



In February 2020, I had just begun to entertain the idea of adopting a new pet after the death of my cat, Maurice. The abrupt transition to working from home only sped up that process. I only lasted four days in isolation before I signed up to be a foster with Nashville Cat Rescue.

Sonia was part of a litter of three kittens, and I named them Ruth, Elena, and Sonia after the then-sitting three female Supreme Court justices. While all three were very sweet, it quickly became apparent that Sonia had no intention of being adopted to another person. She had claimed my house as her own.

Sonia's sisters have moved on to their forever homes. But Sonia is still a little fluffy bundle of joy in the house. She's been an endless source of amusement and companionship during quarantine, especially since I live alone. Her favorite game is fetch, and she loves a good snuggle. A true pandemic baby, she quickly learned that she had to entertain herself or nap when mom was talking to the weird silver box (aka during video calls). But she's quick to remind me when the workday is supposed to end, because that's play time!

Welcome to the family, little girl!



Caroline Sapp & Mowgli

Tell us about your new fur family member. In late June, my ten-year-old rescue Sheltie passed away from an enlarged heart. Working virtually from home just wasn't the same without her and my other Sheltie was lonely and wanted a playmate.

In October, I found an advertisement for a couple of male Golden Retrievers in Crossville, Tennessee. I called the phone number and only one Golden was left – he was at least twelve weeks old, and the owner was up front about the fact that the initial folks who had placed a down payment on him no longer wanted him due to an abdominal hernia and a potential surgery might be necessary to fix the abdominal hernia. Of course, I wanted him after this. Before picking him up, the owner had taken him to the vet who confirmed the hernia had actually closed on its own, and no surgery was necessary.

The first weekend of October, we picked him up and named him Mowgli. Just like the character in *The Jungle Book*, he is more comfortable being with other animals than with other humans, he's very shy around people (other than me and my significant other), is long and lanky, and full of sweetness.

He also has a rock collection (he doesn't swallow the rocks – he just finds them and holds them in his mouth – he's basically a rock collector). Then, he hides the rocks throughout the house. I may find a rock on the fireplace mantel, in the carpet, inside or top of his kennel, the laundry basket etc.



How, if any, has life changed? A puppy definitely changed my life. Potty training, trick training, walking on a leash – all new skills that had to be taught. Mowgli loves to collect rocks, socks, paper towels, toilet tissue, t-shirts, among other things. I now have to scout the room before letting him loose to ensure all the things are inaccessible. He's also could play all day, every day.

Can you bring him or her to work with you? Absolutely. Though I have been working virtually for a majority of the year, our office is very animal friendly.

New tricks? Mowgli has learned to sit, shake, load up (jump on the couch, in a vehicle, or on the bed), kennel (go into his kennel), and drop (drop whatever toy or item not belonging to him out of his mouth and onto the floor). He's also very skilled at hiding rocks in his gums or under his tongue. In addition, he knows how to mow the lawn with his mouth and will suddenly start grabbing grass and/or anything in the grass with his mouth and yanking it up. Supposedly, he's great at digging holes, but this new trick, as well as mowing the grass, has been put to an end.

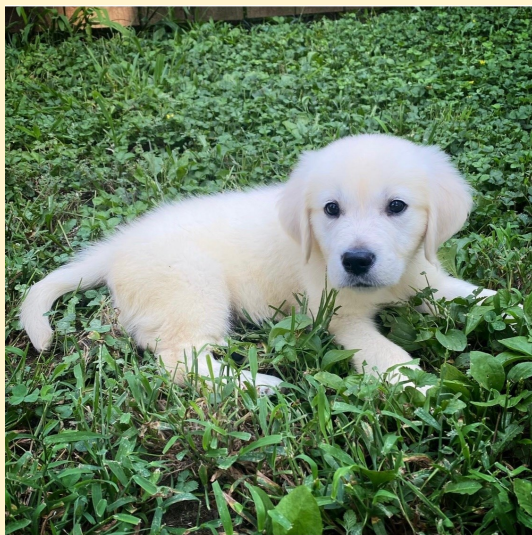
Favorite part / thing about your new pet? He's a lot like my Sheltie that passed in June 2020, even my vet, Dr. Piper at Grassmere Animal Hospital, noticed it. He's sweet, sensitive, a lap dog, shy, and likes to eat soil. A majority of the day, he's very calm (not very hyper like most pups) and wants to be with his owners or other dogs. He's very gentle

with my other Sheltie and loves to cuddle and play with soft toys.

Any advice for folks wanting to add a new pet to their family? 100% agree with Kaley – do your homework on the breed. My entire life I've always had a Shetland Sheepdog, which are pretty different from Golden Retrievers. Wiping their paws / the amount of dirt, mud, etc. are completely different, as is the bags you need to clean up the waste – seriously. I absolutely love Mowgli, but he is definitely a different type of dog than my Shelties. The main difference is size – I can scoop my thirty-pound Sheltie up – a sixty-pound Golden is a little different.



Kimberly Faye and Leo



Tell us about your new fur family member. I welcomed Leo home in September 2020. Leo is an English Cream Golden Retriever, and he is now six months old and the happiest puppy!

How did you find him? After losing my 17-year-old Chihuahua, Chippy, I was lost without having a fur baby, so I started searching for my new best friend. I have always wanted a Golden Retriever, and I knew I wanted a boy and wanted to name him Leo. Most local breeders had a waitlist for puppies, so I branched out my search and found the cutest little white fluff ball in Ohio, who the breeders had already named Leo! I knew it was meant to be.

How, if any, has life changed? Going from a Chihuahua to a Golden Retriever was a HUGE adjustment, but I knew what I was signing up for. Life with Leo has been great! We enjoy going to dog parks (which always leads to having to give him a bath), on walks, hanging with his buddies Dakota and Decker, and even traveling together.

The most recent way he has changed my life is the fact that we watch TV together, because he loves watching bird and squirrel videos on YouTube.

Can you bring him to work with you? When I'm working from home he is with me, but otherwise the office doesn't allow pets. Boo!



New tricks? I recently taught Leo to shake hands and we are working on giving hugs now. He's such a quick learner, which is good for my limited training skills. There are tons of dog training videos on YouTube that are very helpful.

Favorite part / thing about your new pet? The favorite thing about having Leo in my life is getting to share in his joy and happy personality. He is so friendly and is just a big goof ball, always making me smile.

Any advice for folks wanting to add a new pet to their family? Pets are the BEST, and everyone should experience the love of a pet. However, make sure you know and want the commitment of having a pet. I always wanted a Golden Retriever but knew I was not ready for that big of a commitment until now, because it is very different from a little lap dog.



Introducing Emme

By Jan Margaret Craig

It is likely that I have not had the pleasure of introducing you to my daughter in person, so I am grateful for the opportunity to introduce you via this editorial. We welcomed Emmeline “Emme” Temple Craig into the world on September 14, 2020, at 6:47 in the morning. Emme is named after two of her great-grandmothers: Patricia Hawkins, who I grew up calling “M-E,” and Shirley Temple Craig.

Emme and I have already created some wonderful memories together. Here are a few favorites:

- 1) *Emme’s Big Entrance.* Outside of my professional life and much to my husband’s chagrin, I have always been a fan of arriving fashionably late. My daughter tested my commitment to this practice when she decided to enter the world exactly two weeks after her due date and two full nights of labor. If you ever find yourself needing to induce a labor, give me a call, because I tried nearly everything—chiropractic adjustment, acupuncture, prenatal massage, the list goes on...and on...and on. Pregnancy and labor were, like many things in parenthood so far, both harder than expected and completely incredible. I love being Emme’s mom.
- 2) *Time Marches On.* According to my year-end Spotify recap, this 90s country song by Tracy Lawrence was the “one song that helped me get through it all.” That could not be more true, because somehow, “Time Marches On” became Emme’s nap and bedtime lullaby. I sang in the twangiest country possible, and she passed right out to lyrics like “sister calls herself a sexy grandma.” Odd choice, but hey, whatever works. It never failed to make me laugh that she would fall asleep to this song and my twang. The laughing helped me relax when I was dog-tired myself, which I think was part of the trick to settling her down as well. Just two Nashville girls, enjoying some good old country music.
- 3) *Halloween and the great pumpkin patch extravaganza.* Thanks to my mother-in-law and Target, Emme ended up with a million Halloween outfits. We had a blast dressing up in new costumes every day. We also got into the fall holiday spirit by enjoying plenty of fresh air and outdoor fun, visiting pumpkin patches at 12 South and Cheekwood. Emme even posed inside a pumpkin. Goodness knows I was not going to miss out on that photo opportunity!
- 4) *A Very COVID Christmas.* Thankfully, we are healthy and healed, but we did spend our first Christmas as a family of three quarantined at home due to COVID-19. Santa Claus paid a special visit, and Emme was an angel for her sick parents.
- 5) *Cheers to Emme!* As a liquor lawyer, I get to help local watering holes with alcohol licensing. Emme did a fabulous job helping from her office in my womb, where she was a bright spot of encouragement in a weird, work-from-home year. After she was born, Emme enjoyed the fruit of her labor with some al fresco dining at a client’s newly licensed restaurant.

I know we have many memories to come, but I am especially thankful for these early, formative ones as I learn to navigate motherhood. Hats off to Waller for the generous leave policy. I will always be grateful for the early times we spent just the two of us, me becoming an expert in Emme, mastering the art of making her smile.



Preeclampsia Isn't Always Pre

By Susan Neal Wiley

When I went to the hospital to deliver my daughter, I thought I knew about the risks of preeclampsia. I had heard the warnings about watching for sudden swelling of the hands or feet and headaches, and I knew my blood pressure was being taken at every prenatal appointment (at least every week in the final month of my pregnancy). None of my healthcare providers told me that preeclampsia can occur *after* childbirth. So, after my baby was delivered, it never occurred to me that preeclampsia was still a concern.

Larke O'Neal Wiley made her debut on a beautiful Thursday afternoon, and we were thrilled to welcome our 9lb 7oz baby. She was perfect! And, gratefully, the picture of health. Other than being completely exhausted after almost 24 hours of labor and a surprise C-section, I thought I was doing similarly well.



Friday in the hospital went smoothly. Larke was a great eater, and she had an immediately apparent easy demeanor. I was feeling great, and I even got up to take the best shower I've ever had.

New mothers are typically held in the hospital for 72 hours following a C-section delivery. But, because I was doing so well, the nurses mentioned to me on Saturday morning that I might be able to leave Saturday afternoon if we were ready to go home. After a discussion, my husband and I opted to stay until Sunday morning—mainly because we wanted the benefit of another night of help before we started parenting alone.

Thank goodness the looming sleep deprivation led us to that decision. By 9:30 p.m. on Saturday, my feet and face had swollen up to comical proportions. I was having difficulty breathing, and my blood pressure spiked to 170/110. (Normal blood pressure is less than 120/80, and a blood pressure of 180/120 is considered “hypertensive crisis”, i.e., stroke level blood pressure). Even scarier, my brain natriuretic peptide (BNP, a hormone produced by your heart that helps regulate blood volume) levels measured at 415 pg/ML when the normal range is below 100 pg/ML.

Essentially, I was at major risk for heart failure. Add to that a good bit of pulmonary edema (fluid on the lungs), and it is safe to say that I was extremely and dangerously sick with a case of severe post-partum preeclampsia. I was rushed to intensive care, where I endured 24 hours on a magnesium IV drip and received diuretic medication to remove the excess fluid from my lungs and extremities.

After another three days in the hospital and about a month of feeling like garbage because of the blood pressure medication, I have recovered well. There is no question it was worth it every time I look at my sweet daughter's face.

Now, here is my message to the LAW readership: if I had gone home on Saturday afternoon, I would have thought that my shortness of breath and general “out of it” feelings Saturday night were totally normal. I mean, I just had major surgery! I would have had absolutely zero idea that these were signs that I should get myself back to the hospital immediately.

So now if you didn't know, you know: preeclampsia isn't always pre-delivery.



Love in the Time of Pandemic

By Callie Jennings



My partner Stephen and I got engaged in 2018. After many years together, making it through college, law school, and medical school in different cities, we were looking forward to a big celebration with all of our friends and family. In addition to our own wedding, which we planned for October 2020, we had about a half-dozen of our friend's weddings on the calendar too, starting as early as February 2020.

Of course, when the pandemic hit, everything changed. Suddenly our friends were all contacting me to review their venue and vendor contracts and advise them on pandemic-related negotiations, cancellations, refusals to refund, and rescheduling. We cancelled our own big party, and I drew some lighthearted "forget the dates" to send out to everyone. Although we were disappointed, we were much more concerned with the health of our friends and family.

Eventually, we decided to keep our October 10th date and have a micro-wedding in my parents' backyard. Above all, we wanted to make sure everyone was safe. The guest list was limited to my parents, his parents, my little brother, his older brother and wife, his friend who officiated our wedding, and my childhood best friend. It was outside only, so we rented a big tent and small, separate tables for a distanced dinner.



Of course, after weeks of warm and sunny days in early October, it was rainy and overcast. But I like to think the rain just made us extra lucky. Apart from the weather, another difficult aspect of a COVID-19-wedding was finding ways for our larger circle of friends and family to contribute and feel included. Rather than throwing a cocktail party, rehearsal dinner, or brunch for wedding guests, for example, they sent champagne or bouquets of flowers. Although some of our friends opted to stream their wedding ceremony over Zoom, we decided to stick with the intimate feeling and go screen free. We did Zoom with a few family members after dinner, though. We also reminded everyone that we're still planning to have our big celebration in the future, so formalities like registries, showers, etc. can be put off until then. As the night went on and the parents went to bed, we were able to have a few more of our friends in Nashville stop by and sit outside with us.

Overall, it wasn't the wedding we originally envisioned, but it was just as wonderful. In our little backyard sanctuary, we felt a moment of reprieve from all the loneliness and pain this pandemic has caused. For that moment, and for the safety and health of everyone we love, we are truly lucky and endlessly thankful.



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