

THE GBA NEWS DOCKET

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Marcus Allen Shields
*President of the
Greensboro Bar
Association*

Message from the President

Members,

As we bring 2022 to a close, I want to thank each of you for your continued commitment to the GBA. We are well underway with the Habitat for Humanity House Build. Your continued support is needed to finish the house and we ask those who are willing to volunteer. We would like to thank the President of the North Carolina Bar Association, Attorney Clayton Morgan, for being our distinguished guest speaker at the November Member Meeting. We hope to see each of you at the Holiday Party that will be held on December 7, 2022. Registration closes December 2nd at 5:00 PM so [Register Today](#). Be on the lookout for information related to the Legal Aid Fundraiser as well as the Annual CLE event.

Marcus Allen Shields
President, Greensboro Bar Association 2022-2023

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Happy Holidays!



You can contribute news or topics of interest to the GBA by contacting Editor Jonathan M. Parisi:
jparisi@spanglerestateplanning.com

DECEMBER CALENDAR NOTES

- December 7 **Holiday Party,**
5:30 PM, Elon Law
- December 14 **GBA Board Meeting,**
4:00 PM, Self Help Building
- December 15 **YLS Holiday Party,**
5:30 PM, Ward Black Law
- December 20 **Submission Deadline**
for January Newsletter
- December 21 **YLS Board Meeting,**
12:00 PM, Sigmon Klein, PLLC

[Click to keep up with GBA Events Online](#)
[Click Here for Legal Community Events](#)

Connect with us!



[GBA Young Lawyers Section](#)
[Greensboro Bar Association](#)

Wellness Corner

BarCARES is a confidential, short-term intervention program provided cost-free to members of the 24th Judicial District Bar and other participating judicial district bars, voluntary bar associations and law schools. If you would like additional information about the program and/or its availability in your area, please contact the BarCARES coordinator at 919.929.1227 or 1.800.640.0735 or click on the icon below.

BarCARES®

HOLIDAY PARTY



Reservations are required and must be made by Friday, December 2 at 5:00 PM.

[Click to Register Today](#)

NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Jonathan M. Parisi at jparisi@spanglerestateplanning.com. All written submissions should be made in Word format and should be in complete and final form, and any photographs should be submitted in jpeg format. Any photographs submitted should contain a caption identifying the person or persons in the photograph and, where applicable, other information necessary to understand the context of the photograph. Submissions made in other formats, including e-mail text submissions, may not be considered for publication.

A CONFIDENCE HIT AND 3 TIPS TO RECOVER



Camille Stell is President and CEO of Lawyers Mutual Consulting & Services. Continue this conversation by contacting Camille at camille@lawyersmutualnc.com or 800.662.8843.

Today I felt my confidence ebb.

“We don’t know you. We haven’t seen you present. We don’t trust you yet because you’re an unknown entity to us. We’ll need to see your materials in advance and have time to make adjustments if needed.”

Now, lest you think the law firm found me by a Google search or they hired me after I cold called them, let me give you some background.

Someone on the professional staff had been asked to find a speaker. This person had asked many professional colleagues and was given my name by *all* of them.

Once the firm reached out, I sent over an expanded bio (seriously, it goes back to the time when dinosaurs wandered the earth) and we had an introduction call. Then I had two more calls with other professional staff and with multiple lawyers. And on the fourth call when they said they were 95% sure they were going to hire me, they hit me with the comments above and then they asked me to drop my price.

Here’s where the confidence dipped, today at 3:00 on a Zoom call.

I kept a bright, shiny smile. I told them why my price was my price and was not negotiable. I told them I’d be thrilled to have their input on my materials – though what professional is thrilled for their client to redo their work??

I didn’t remind them that I had already invested three hours in being vetted, set aside time for four Zoom calls, that I prepared a proposal and a draft agenda, only to revise it twice because the law firm parties could not agree on the content they wanted.

I told them how excited I was about the opportunity and how much I appreciated their trust in me – though they had just reminded me that in fact they did not trust me.

In other words, I faked it. But the call did shake my confidence. What if I was charging too much? What if I didn’t have the right skill level? What if my content was no good? What if I wasn’t an effective presenter? What if I was untrustworthy?

I’ve been in the legal profession since my junior year of college. And that was more than a minute ago. Many of you reading this know me and you would say, “What?? You had a crisis of confidence? I can’t believe it!”

That’s why I’m sharing the story. No matter where you are in your career, you will have those moments when you wonder if you are up to the task. You will wonder if you’ll ever get hired. You will wonder if you will ever be 100% confident. The answer is yes to all. But, sometimes, you will fail the task. Sometimes, you won’t be right for this *particular* job. And sometimes your confidence will take a hit.

What are the lessons learned from this?

- 1. Know your strengths.** I am not good at everything; I don’t pretend to be. But I’m a good speaker. I prepare. I know my material. I know my audience. I work hard to be relatable, a little funny, tell stories that are impactful, and I always try to leave the audience wanting a little more. So when this firm who hasn’t heard me speak makes me feel less confident because they question my abilities, I rely on the knowledge of my strengths. I know I am a good speaker and that has been reinforced by evaluations, attendees speaking with me after programs, and being asked to speak frequently. Everyone can have an off day, but unless I fall off the dais and can’t get back up, I will do a good job for this firm.
- 2. Surround yourself with support.** I immediately reached out to a supportive colleague and shared my feelings. I asked them to review my agenda and provide feedback. My colleague confirmed I was on the right track. He thought my content would be a great fit for the firm training. And he reaffirmed my own belief that public speaking is one of my strengths.

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Young Lawyers Section: Connections



Robert Trimble is President of the Greensboro Bar Association's Young Lawyers Section and is an associate attorney with [Sigmon Klein, PLLC](#).

As 2022 comes to a close, the YLS is grateful for all of the support received from its members and members of the GBA throughout the past year. The Young Lawyers Section is excited for what we have planned for the remainder of the year and for what we have upcoming in 2023. We are planning even more opportunities for young lawyers to socialize and network, as well as opportunities to support our community and those in need. Keep an eye out for CLEs, speaker luncheons, and community service projects which are being planned for the upcoming year.

At the end of October, the Young Lawyers Section held its Fall Swearing-in Ceremony for the admission of newly licensed attorneys to the state and federal courts. Congratulations to the 14 newly licensed attorneys who took their oaths and were admitted to practice in State and/or Federal Court. The YLS would like to thank Judge Eagles, Judge Albright, and Judge Vincent for presiding over the ceremony, as well as all the State Court and Federal Court clerks who helped to organize the event.

We also want to thank all the Young Lawyers Section members and GBA members who were able to join us to support our newly licensed attorneys!



YLS Holiday Party and Donation Event:

Spread some holiday cheer with the YLS while also supporting a good cause! The Young

Lawyers Section is hosting its annual holiday party on Thursday, December 15th, 2022, from 5:30 pm to 9:30 pm. The party is being held at Ward Black Law located at 208 W. Wendover Ave. in Greensboro. This will be a great opportunity to socialize with other young attorneys in Greensboro while enjoying food, drinks, and games. The Young Lawyers Section will also be collecting donations of children's shoes and children's winter clothes at the event. These donations will be delivered to Backpack Beginnings in Greensboro, where they will be distributed to children in need in our community. Spouses are welcome to join; please RSVP to Robert Trimble at robert@sklawnc.com by December 8th if you plan to attend. We hope to see you there!

YLS Kickball Team:

The Young Lawyers Section is recruiting for its 2023 Kickball team! In 2022, the YLS premiered its coed beginner league kickball team, "Torts Illustrated." 21 members strong, the team had a fun-filled season and was celebrated at the YLS End of the Year Party! We look forward to growing our team and camaraderie in the 2023 spring season. Membership and jerseys are FREE, courtesy of the YLS. SPOTS ARE LIMITED, so sign up today at [YLS Kickball Team Interest Survey \(surveymonkey.com\)](#). We are also accepting submissions for the 2023 team logo/t-shirt design. Please submit all suggestions to Team Manager, Elizabeth Robertson, at earay@crlegalteam.com. We look forward to seeing you on the field! Let's play ball!



Connect with YLS:

YLS is in the process of scheduling a social event for our members. An e-mail blast will be sent out in the coming weeks regarding this event. We hope you can join us!

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GBA SUSTAINING MEMBERS 2022-2023

James C. Adams, II
Michael J. Allen
J. Alexander S. Barrett
Vance Barron
June L. Basden
Jack B. Bayliss, Jr.
Marc D. Bishop
Stacey A. Brady
Doris R. Bray
Barbara R. Christy
Charles W. Coltrane
Sally B. Cone
William O. Cooke, Jr.
John M. Cross, Jr.
Wanda Bracks Daughtry
W. B. Rodman Davis
Kearns Davis
Rachel S. Decker
Paul M Dennis
Daniel L. Deuteran
M. Jay DeVaney
J. Scott Dillon
Robert D. Douglas, III
Robert H. Edmunds, Jr.
Edgar B. Fisher, Jr.
K. Michelle Fletcher
John M. Flynn
Jamie Lisa Forbes
W. Erwin Fuller, Jr.
Richard W. Gabriel
James L. Gale
Michael John Garrigan
Tomakio S. Gause
Michael H. Godwin
Harry G. Gordon
Garland G. Graham
Kenneth M. Greene
Charles T. Hagan, III
Carrie A. Hanger

Eloise Hassell
J. Patrick Haywood
Richard H. Hicks, Jr.
Jack Hicks
John T. Higgins, Jr.
Thomas P. Hockman
George W. House
Micah Huggins
Henry H. Isaacson
Marc L. Isaacson
Sharon O. Johnston
Paul L. Jones
Kenneth L. Jones
Daniel P. Karlsson
Kenneth R. Keller
Adam G. Kerr
April E. Kight
Amy H. Kincaid
Anita Jo Kinlaw-Troxler
Robert O. Klepfer, Jr.
Jennifer L. J. Koenig
Kenneth Kyre, Jr.
D. Beth Langley
Bruce A. Lee
Kathryn S. Lindley
Paul H. Livingston, Jr.
Jamey M Lowdermilk
Anne B. Lupton
Howard Arthur MacCord, Jr.
Martha C. Massie
Jonathan V. Maxwell
Thomas E. Medlin, Jr.
John B. Miles
Larry I. Moore, III
John R Morgan
Maureen Demarest Murray
Michael Dana Nash
Jeffrey E. Oleynik
Justin N. Outling

John Covington Overfield
Seldon E. Patty
Christina Freeman Pearsall
Galina "Allie" Petrova
Jim W. Phillips, Jr.
Andrew Pinto
Richard L. Pinto
John P. Reilly
Crystal Richardson
Sarah H. Roane
Russell M. Robinson, III
Stanley L. Rodenbough, IV
Mr. Kevin Alan Rust
E. Steve Schlosser, Jr.
Robert L Scott
Kurt A. Seeber
Desmond G. Sheridan
John H. Small
Donald K. Speckhard
Stanley E. Speckhard
Scott K. Tippet
Dennis Toman
Marc Ernest Trigilio
William S Trivette
Randall A. Underwood
Richard L. Vanore
Christopher J. Vaughn
Nicholas Vazqueztell
Thomas C. Watkins
Robert A. Wicker
Howard L. Williams
Gregory S. Williams
Charles H. Winfree
Edward C. Winslow III
Keith A. Wood
Carolyn J. Woodruff
S. Kyle Woosley
Charles P. Younce
Elizabeth Zook

THANK YOU FOR YOUR SUPPORT!

CARRUTHERS & ROTH ADDS TWO NEW ATTORNEYS

Carruthers & Roth has added two new associates to its team. James R. Paul has joined the firm's Commercial Real Estate practice, where he will support clients as they buy, sell or develop a property, negotiate leases, resolve title claims or navigate other real estate-related matters and disputes. Sydney ter Avest has joined the firm's Business, Tax and Estates practice, where she will support clients in matters involving corporate and business law, estate planning, and wealth transfer and preservation.



James Paul

James Paul

A native of Burlington, NC, James is a magna cum laude graduate of East Carolina University where he earned a B.S. in criminal justice. He earned his J.D. degree from the University of Notre Dame, where he gained experience through a variety of internships and externships. He represented indigent juvenile justice clients in St. Joseph County, IN, and worked in the public defender's office in Forsyth County,

NC. He also received a faculty excellence award for his work involving end-of-care orders, advance directives, healthcare powers of attorney and their compliance with Catholic canon law.

"We are pleased to have James join us and look forward to the contributions we know he will make to our team and the clients we serve," says Chris Vaughn, managing director at Carruthers & Roth.

James can be reached at 336.478.1150 and by email at jrp@crlaw.com.



Sydney ter Avest

Sydney ter Avest

A native of Chapel Hill, NC, Sydney earned a B.A. in public policy from the University of North Carolina at Chapel Hill. She then earned a J.D. degree from the Campbell University School of Law – serving as both a teaching scholar and research assistant and achieving multiple academic honors in civil and criminal law. She also was president of the Health Law Association.

"We look forward to working with Sydney to address the unique needs of the many individuals, businesses and corporations our practice serves," says Scott Dillon, a senior member of the Carruthers & Roth Business, Tax and Estates practice.

Sydney can be reached at 336.478.1187 and by email at sta@crlaw.com.

50 YEAR LAWYERS HONORED

The North Carolina State Bar quarterly meeting, held in Raleigh in October 2022, included recognition for the lawyers licensed in 1972. They were honored at the 2022 50 Year Lawyers Luncheon which was open to the honorees and their families.

The list below is everyone in the class of 1972 who have Greensboro addresses and are members of the GBA.

Active Members:

Dennis E. Boring
Robert A. Franklin
Hunter Galloway
John T. Higgins, Jr.
Robert S. Hodgman
Edwin Tom Maddox
Howard L. Williams

Inactive Members:

Walter L. Beavers
Michael D. Meeker
Terry L. Weatherford

NEW MEMBERS

Approved on November 11, 2022

Kionie James

Endorser: Sarah H. Roane

Armitra Renee Harris Moore

Endorser: Margaret A. Dudley

Tyler Charles Jameson

Ellis and Winters LLP

Endorser: Marcus A. Shields

Robert H. Levin

Brooks Pierce McLendon Humphrey & Leonard, LLP

Endorser: S. Leigh Rodenbough, IV

Sylvia ter Avest

Carruthers and Roth, P.A.

Endorser: Sarah H. Roane

WARD BLACK LAW HOSTS TOYS FOR TOTS EVENT

This year is Ward Black Law's 15th year as the Triad's kick-off location for the Marine Corps Toys for Tots campaign!

Santa Claus and the Marines' "Gunny Claus" will be on site in the afternoon and available for pictures.



Our event here at the office- 208 West Wendover Avenue in Greensboro- will be Friday, December 2nd from 7 am to 6 pm! New unwrapped toys, checks made out to the Toys for Tots Foundation or cash are welcome!

Active duty Marines in dress blues will be on site all day long to collect contributions and meet our visitors. Come by and thank a Marine for their service!

We will have Krispy Kreme doughnuts, Special Blend coffee and Biscuitville biscuits available in the morning.

From about 11:30 to 12:30, we will have delicious grilled chicken lunches, courtesy of the non-profit "Grill 4 God" from Statesville.



We would love for you to stop by on Friday, December 2nd.

Can't come by that day? We are collecting toys and donations now through December 9th.



A CONFIDENCE HIT AND 3 TIPS TO RECOVER Continued from page 3

3. Keep it positive. While I took a moment to feel all my (bruised) feelings, I moved on to the next pressing item on my 'to-do' list. I have other clients and other projects who inspire and motivate me. Getting their feedback on my work will inspire me to tackle this new project with enthusiasm.

Everyone experiences a blow to their confidence from time to time. Sitting alone with your feelings may cause you to over-exaggerate the situation or to ruminate. "I'm no good at my job." "I'll never get another project." "I'm a failure."

Don't allow negativity to overcome you. Take the criticism, work on what needs to be corrected if anything, but also believe in yourself enough to know that sometimes, it's not you, it's them.

Camille Stell is the President of Lawyers Mutual Consulting & Services and the founder of the online community, Leading Law. Continue this conversation by contacting Camille at camille@lawyersmutualconsulting.com or 919.677.8900 or join Leading Law at Leading Law - Lawyers Mutual Consulting.

YOUNG LAWYERS SECTION: CONNECTIONS Continued from page 4

Do you have an idea for a future YLS event, service project, and/or social activity? Please share by emailing Robert Trimble at robert@sklawnc.com.

Do you want more information about upcoming YLS events or to find out how you can get involved? Check us out and follow our [Facebook](#) page (Greensboro Bar Association's Young Lawyers Section).

If you would like to be added to the YLS email list, please email Robert Trimble at robert@sklawnc.com.

YLS would like to celebrate life's milestones with our members. Email info@greensboroyls.org to share personal and professional updates about yourself that you would like celebrated on the YLS Facebook page.



GREENSBORO BAR ASSOCIATION
24th JUDICIAL DISTRICT BAR
122 North Elm Street, Suite 805

Mail: Post Office Box 1825
Greensboro, NC 27402

Email: admin@greensborobar.org
Phone: 336.378.0300
FAX: 336.378.0688
Website: www.greensborobar.org