

THE GBA NEWS DOCKET

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Hon. Bill Davis,
*President of the
Greensboro Bar
Association*

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Message from the President

GBA friends, many in our profession routinely work with substantial risk they will suffer from secondary trauma. Criminal attorneys review horrifying photos or video evidence. Family lawyers hear about their client's experiences of domestic violence. Child welfare attorneys work with children who have suffered abuse or neglect. Judges hear all of these and more in court. In many areas of the law, the need for legal services is directly tied to the client's trauma or the suffering of someone close to them. What's more, just about anyone may have a client who unloads their distress onto their attorney, whether or not it's connected with the legal issue they're discussing.

When I was a young attorney, I had the idea that to be professional, I needed to "toughen up," and "deal with" the kinds of secondary trauma exposures that lawyers experience without letting them affect me. With the benefit of more experience, I recognize how impossible that really is. Our reaction to trauma exposure is not something that we can directly control – it lies deeper than that. As we accumulate traumatic exposures and work harder to squelch our natural response, the inevitable effects build up whether or not we acknowledge them. What's more, responding to the suffering of others is a deeply human trait; if we suppress our response, we are denying our own humanity and care for others. Denying our humanity does spiritual damage.

Secondary trauma like this also directly affects physical health. We might experience sleep loss, suppressed immune response, headaches, stomach knotting, a racing heart. We could experience anxiety or panic attacks. We may be at risk to develop eating disorders or addictions. In addition to the effects on us, it may affect our relationships with family or loved ones, as trauma makes us withdrawn or affects our behavior toward them.

The first step in addressing secondary trauma is to acknowledge it. We have a responsibility to ourselves to take a step back, and think about what we are exposed to and how it affects us. We must also explicitly recognize that denial is not a good coping strategy. Once we recognize those fundamental facts, each of us should develop the tools to manage better our trauma exposure. That may include exercise, spending time outside, journaling, arts, or working with a therapist. Many of us have heard the tools that we can use to manage the strains of our work, but still struggle to make them a priority. However, this kind of care for yourself should be your highest priority, not a secondary plan "when I get around to it." You owe it to yourself and your loved ones. Take care of yourselves, friends.

A handwritten signature in blue ink that reads "Bill Davis".

Hon. Bill Davis
President, Greensboro Bar Association
and the 24th Judicial District Bar

You can contribute news or topics
of interest to the GBA by contacting
Editor Preston Edwards:
preston@denclaw.com

CALENDAR NOTES

- February 6 YLS to Gargoyles Game,
7:00 PM
- February 10 GBA Board Meeting,
4:00 PM, Self-Help Building
- February 12 Real Property Section,
5:30 PM, Tuggle Duggins
- February 18 YLS Board Meeting,
12:00 PM, Self-Help Building
- February 19 GBA Member Lunch,
12:30 PM, Greensboro Country Club
[Register Here](#)
- February 20 Submission Deadline
for March Newsletter
- February 25 Special Election,
3:30 PM, Old Guilford County Courthouse

- March 10 GBA Board Meeting,
4:00 PM, Self-Help Building
- March 12 Annual CLE Seminar,
8:30 AM, Zoom
[Register Here](#)
- March 18 YLS Board Meeting,
12:00 PM, Self-Help Building
- March 19 GBA Member Lunch,
12:30 PM, Greensboro Country Club
- March 20 Submission Deadline
for April Newsletter

[GBA Events Online](#) [Legal Community Events](#)

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to Follow Us on LinkedIn!](#)

NEW MEMBER

Approved on January 6, 2026

Tekia R. Bazemore
Legal Aid of North Carolina
Category: Newly Licensed
Endorser: Sarah H. Roane



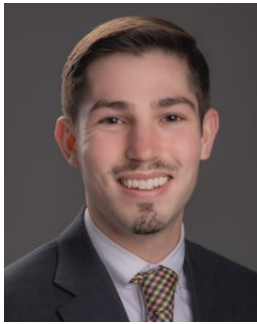
Wellness Corner

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®

NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Preston Edwards at preston@denclaw.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.



Jonathan Parisi is President of the Greensboro Bar Association's Young Lawyers Section and Attorney at [Spangler Estate Planning](#)

Young Lawyers Section: Connections



As we move into February, the Young Lawyers Section is energized by the strong start to the year and excited for what lies ahead. The past few weeks have already brought meaningful opportunities to connect, and the months ahead promise even more chances to build community, serve others, and engage with one another beyond the practice of law. With a full calendar of social, service, and professional opportunities on the horizon, we look forward to continuing this momentum together and strengthening the bonds that make our Section so vibrant.

Networking Over Lunch

Our January 8th networking luncheon was a great success, bringing together more than a dozen young attorneys for an afternoon of meaningful conversation and connection. Held at Liberty Oak, the luncheon provided an easygoing setting for members to build relationships, exchange ideas, and share insights about their practices. The energy and engagement at the table made it clear that our Section continues to thrive when we come together—setting a strong tone for the months ahead.

Hockey Night with YLS

We are excited to debut a brand-new social event for the Young Lawyers Section with a group outing to a Greensboro Gargoyles hockey game on Friday, February 6, at 7:00 p.m. Members are invited to join us for an evening of fast-paced hockey, camaraderie, and fun as the Gargoyles take on the Reading Royals. This first-of-its-kind YLS event is a great opportunity to connect outside the office in a high-energy setting. Spots are limited, so we encourage members to RSVP early to secure their place. RSVP by emailing younglawyerssection@greensborobar.org.



Torts Illustrated Is Back!

YLS is gearing up for another season of spring kickball, and we want you on the roster! Our team, Torts Illustrated, will compete in the local rec league from March through May, and all skill levels are welcome—no experience required. It's a fun, low-pressure way to stay active, build friendships, and show some YLS spirit outside the office. Interested in playing? Contact [Casey Robinson](#) and get ready to hit the field with YLS this spring!

Serving Our Community

While social connection remains an important part of YLS, service continues to be at the heart of what we do. In the coming weeks, we look forward to returning to our community roots through service-focused initiatives, including an upcoming dinner service with Urban Ministries, volunteer opportunities with Backpack Beginnings, and Read Across America at Hunter Elementary School. These events give our members the chance to give back in meaningful ways and support organizations making a tangible difference in our community. Additional details and sign-up information will be shared soon.



Continued on page 8



Camille Stell
is Vice President
of Risk & Practice
Management for
Lawyers Mutual
Liability Insurance
Co. of NC. Continue
this conversation
by contacting
Camille at [camille@
lawyersmutualinc.com](mailto:camille@lawyersmutualinc.com)
or 800.662.8843.

LEGAL TRENDS FOR 2026: WHAT GREENSBORO BAR LAWYERS NEED TO KNOW

The legal profession is no stranger to change, but as we head into 2026, the pace and scope of that change feel different. Technology is reshaping daily practice, clients are rethinking value, and demographic shifts are forcing firms to confront questions they've put off for years.

Add in evolving business models and a new generation of lawyers with different expectations, and it's clear that the practice of law looks meaningfully different than it did even five years ago.

These trends aren't limited to large firms or coastal markets. They affect Greensboro Bar Association lawyers across practice areas and firm sizes - and they reward those who plan ahead.

Artificial Intelligence Is Now Part of the Job

Artificial intelligence is no longer a "future" issue. For many lawyers, it's already part of everyday work. According to Clio's Legal Trends Report, AI adoption among lawyers jumped dramatically from 19% in 2023 to 79% in 2024.

As Clio CEO Jack Newton said in the report, "AI has reached the level of adoption the cloud took a decade to obtain."

Most lawyers aren't using AI to replace legal judgment. Instead, they're using it to support routine but time-consuming tasks such as research, first drafts of documents, summarizing information, and organizing data. Used properly, AI can free lawyers to spend more time on strategy, counseling, and decision-making.

What's changed most recently is how firms are thinking about training. Some firms have recognized that AI competence doesn't happen by accident. According to a [November 2025 Reuters article](#), the global law firm Ropes & Gray, is allowing associates to devote 20% of billable time to "hands-on AI exploration". This is dedicated time to learn and experiment with AI tools, understand their limitations, and think critically about ethical use. This approach treats AI as a professional skill, not a shortcut.

For Greensboro Bar lawyers, the message is clear, AI is becoming part of basic professional competence, and they need to understand the tools they're using, and the risks that come with them.

Prediction: Greensboro Bar lawyers will see more AI CLE programs and more discussion among practitioners, "what AI tools are you using and finding helpful in your practice?"

The Billable Hour Is Under Pressure (Again)

As AI makes legal work more efficient, it also puts pressure on traditional billing models. When technology can significantly reduce the time needed for certain tasks, clients understandably question whether time-based billing still reflects value.

Many firms are seeing increased interest in flat fees, phased pricing, and other alternative fee arrangements. Clients want predictability and transparency, and they're more willing than ever to compare providers based on those factors.

This doesn't mean the billable hour is disappearing. But it does mean firms need to think carefully about when hourly billing makes sense and how it aligns with client expectations. In an AI-enabled practice, value is increasingly measured by outcomes, not time spent.

Predictions: More Greensboro Bar law firms will include alternative billing discussions as part of their 2026 annual law firm retreats and monthly partner meetings. If you are a Lawyers Mutual insured and you need a guest speaker or facilitator to help with these discussions, give us a call.

Private Equity Is Already Influencing Law Firms

Private equity in law firms is often framed as a debate about non-lawyer ownership. But that framing misses what's actually happening. Even in jurisdictions like North Carolina, where non-lawyer ownership remains prohibited, private equity is already influencing the legal profession.

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GBA GENEROSITY MAKES ELEMENTARY SCHOOL PROGRAM A SUCCESS

Thanks to the many generous donations from our members listed below, the Greensboro Bar Association raised nearly \$4,500 to support Jones Elementary School this year! On December 1st, GBA members volunteered at the Jones Elementary Book Fair to assist students in grades K-5 the Traditional English program in selecting their own books with the funds raised by GBA. The students were delighted to shop at the Book Fair and make their own selections based on their interests!

With the funds raised, we will also purchase and deliver books as "graduation" gifts for all 5th graders at Jones at the end of this school year.

Your donations have truly enriched the school experience for Jones Elementary students. We thank you for your contributions and look forward to continuing to support Jones in the years to come.

Thank You to All of Our Generous Donors!

Ashley Benefield	Ronald Johnson
ShaKeta Berrie	Afi Johnson-Parris
James Bryan	Judge Lisa Johnson-Tonkins
Leigh Cain	Sharon Johnston
Gerard Chapman	Corinne Jones
Barbara Christy	Margaret Kantlehner
Sabrina Bailey Clark	Adam Kerr
Sally Cone	Beth Langley
Kathryn Corey	Angela Liverman
John Cross	Diane Lowe
Judge Bill Davis	Henry Mangum
Rachel Decker	Emily Meister
Robert Douglas	Peter Miller
Alan Duncan	Barbara Morgenstern
Rebecca Elliott	Maureen Murray
Erwin Fuller	Jennifer Noble
Melanie Hamilton	Jonathan Parisi
Terrill Harris	Abigail Peoples
Eloise Hassell	Craig Principe
Sharon Hicks	Erin Reis
Richard Hicks	Elizabeth Robertson
Judge Patrice Hinnant	Stephen Russell
Melissa Holloway	Steve Schlosser
Karen Jackson	James Slaughter

Thank u Greensboro
bar association I
appreciate u for
giving me a free
book ♡♡♡!!!



ROBERT C. CONE COMMUNITY INVOLVEMENT SOCIETY ESTABLISHED TO HONOR LIFELONG SERVICE AND LEGACY OF GREENSBORO LAWYER

The Community Involvement Committee is proud to announce the creation of the Robert C. Cone Community Involvement Society. This will be for service outside of the service as contemplated by the rules of professional conduct. Like the Herb Falk Society it will be based on service above 75 hours.

This award is named after deceased Greensboro lawyer and past GBA President Robert C. Cone. He was a native of Greensboro. He lived his entire life there with the notable exceptions of a year spent on an Israeli kibbutz and the years he spent in Chapel Hill as a Morehead Scholar attending UNC (Class of 1974) and UNC School of Law (Class of 1978).

Bob and his wife, Sally, were law school classmates. They married a few weeks after sitting for the Bar Exam, beginning their 38 years as husband and wife. They welcomed their son, Sam, in 1981 and daughter, Laurie, in 1982.

He joined Tuggle Duggins, PA in 1986 and remained there for 31 years, actively practicing until just before his death.

Bob served the legal profession in numerous ways. He chaired the UNC Law Foundation Board, leading by example through his personal giving and participation in fundraising endeavors. He served as President of the Greensboro Bar Association (GBA) and the GBA Young Lawyers Section, as Chair of the GBA Fee Dispute Resolution Committee, and co-founder of the Herb Falk Society, which promotes pro bono service by GBA members. He served as President of the Guilford Inn of Court and as a preceptor at Elon Law School. Cone was elected as an 18th Judicial District Bar Councilor to the NC State Bar and served from 2010 until forced to step down due to illness in 2016. Bob rarely said “no” when volunteers from the legal community were needed, as evidenced by his work on several GBA-sponsored Habitat for Humanity houses.

In 2011, Bob received the GBA Centennial Award, presented jointly by the North Carolina Bar Association and the Greensboro Bar Association. In 2016, he was honored with the State Bar’s John B. McMillan Distinguished Service Award.

Bob was a lifelong member of Temple Emanuel, where he chaired the Education Committee, taught Hebrew School, and led the successful effort to save the Temple’s historic Greene Street location. He supported the Greensboro Jewish Federation in innumerable ways and was honored posthumously as a recipient of the Federation’s Benjamin Cone, Sr. Leadership Award. He and Sally served as

hosts for Jewish refugees resettled in Greensboro from Baku, Azerbaijan. Bob served as a Trustee of the Jewish Foundation of Greensboro.

Within the broader community, Bob served as a Trustee of The Moses H. Cone Memorial Hospital (now Cone Health) for 20 years and chaired the Cone Health Foundation Board. He chaired the Greensboro Public Library Foundation Board and served as President of Rotary Club of Greensboro. He was an active Board member and supporter of Greensboro Urban Ministry. In 2016, Bob and Sally were honored as co-recipients of the North Carolina for Community and Justice Brotherhood/Sisterhood Citation Award for their “extraordinary efforts to combat bias, bigotry, and racism and create a more compassionate and respectful community for all of us.”

Report your hours [HERE](#). Report forms are due by **March 31, 2025**.

Read more about Robert C. Cone and his exemplary service [HERE](#).

****Legal Assistant Position Available****



WE ARE HIRING!

Job Duties:

- drafting basic pleadings, discovery, and correspondence
- electronic filing and service of legal documents
- corresponding with clients, clerks, and paralegals
- providing support to attorney with caseload of collection matters
- requesting medical records and medical bills from providers in personal injury cases

Qualifications:

- proficient with Microsoft Word and email
- 3–5 years experience in law firm setting preferred
- experience with law firm billing software preferred
- notary preferred
- paralegal certification not required
- coachable team player with a positive attitude

Compensation:

- \$36k - \$44k annually depending on experience and skill set
- health insurance (employee only)
- retirement benefits available after one year

OR

- part-time opportunity available on hourly basis

Send resume to: hannah@sklawnc.com

SPECIAL ELECTION FOR DISTRICT COURT JUDICIAL NOMINEES

DISTRICT COURT JUDICIAL VACANCY

Notice: Pursuant to N.C. Gen. Stat. § 7A-142 and the Bylaws of the 24th and 24H Judicial District Bars, notice hereby is given that a **SPECIAL JOINT MEETING OF THE 24th and 24-H JUDICIAL DISTRICT BARS** will be held on Wednesday, February 25, 2026, at 3:30 p.m. at the Old Guilford County Courthouse at 301 West Market Street in Greensboro, NC for the purpose of selecting nominees to submit to Governor Joshua H. Stein to fill the District Court judicial vacancy occasioned by the retirement of the Honorable K. Michelle Fletcher on January 31, 2026. Member check-in and ballot distribution will begin at 3:00 p.m.

Candidates: Any member of the 24th Judicial District Bar or the 24H Judicial District Bar who wishes to be a candidate for the judicial seat and who is a resident in either district must notify us of his or her intention in writing, **no later than 5:00 p.m. on Friday, February 20, 2026, five (5) days in advance of the meeting.** The notification shall state that he or she is duly authorized to practice law in the 24th and 24H Judicial District Bars, and that his or her residence address is located within either district. Notification must be delivered or mailed to at least one of the following: **John F. Nieman, PO Box 235, Julian, NC 27283** or e-mailed to Jfnieman32@gmail.com, or delivered or mailed to **Judge Bill Davis, PO Box 3008, Greensboro, NC 27402**, or e-mailed to William.B.Davis@nccourts.org. If you send notice by e-mail, please request confirmation that the e-mail has been received.

Each candidate is requested to submit a brief resume and a statement as to the candidate's qualifications, contained in one (1) .pdf file, for the judicial seat. Such information will be posted on the Greensboro Bar Association's website, www.greensborobar.org, and the High Point Bar Association's website, www.highpointbarassociation.com, prior to the special meeting to assist members of the 24th and 24H Judicial District Bars in evaluating the candidates. Submission of the resume and statement are helpful, but not mandatory.

Speeches by Candidates: Beginning at approximately 3:30 p.m., each candidate will be allowed three minutes, shared between themselves and any nominator or endorser, to address the members present. To accommodate our members' varying schedules, voting will be allowed before, during, and after the speeches. We encourage you, however, to listen to the presentations of the candidates prior to voting.

Voting: Voting shall be limited to those attorneys licensed to practice in North Carolina who are in attendance at the joint special meeting and are residents and members in good standing of either the 24th Judicial District Bar or the 24H Judicial District Bar. An attorney is not authorized to vote if he or she practices in, but does not reside in, either district, although such individuals are still encouraged to attend the joint special meeting.¹ Proxy voting is prohibited.

Each voting member of the 24th and 24H Judicial District Bars shall be entitled to vote for up to five candidates for the judicial seat by secret, written ballot. Ballots containing votes for more than five candidates

will be disqualified, and cumulative voting is prohibited.² Voting will close and counting of ballots will begin ten minutes after the conclusion of the candidates' speeches. The five candidates receiving the highest number of votes cast will be the nominees to fill the District Court judicial vacancy. In the event of a tie for fifth place, the names of the candidates involved in the tie shall be transmitted to Governor Stein, together with the names of the four other candidates receiving the highest number of votes.

Results of the Election: The results of the election will be announced at the joint special meeting. Following the meeting, we will transmit to Governor Stein the names of the five candidates (six if there is a tie for 5th place) receiving the most votes, along with the number of votes for each. The 24th Judicial District Bar and the 24H Judicial District Bar will be notified by e-mail of the results of the election, and the results will also be listed on the Greensboro Bar Association's web site, www.greensborobar.org.

Please attend and vote at this important joint special election meeting.

Thank you.

Judge Bill Davis
President,
24th Judicial District Bar
PO Box 3008
Greensboro, NC 27402

John F. Nieman
President,
24H Judicial District Bar
PO Box 235
Julian, NC 27283

William.B.Davis@nccourts.org Jfnieman32@gmail.com

Potential candidates seeking appointment to fill the District Court Judge seat upon Judge Fletcher's retirement please take note of this additional information. In addition to our Judicial District 24 and District 24H bar vote process (previously announced), candidates need to be aware that this seat will be on the ballot for election in November 2026, pursuant to NC Gen. Stat. 7A-142. The Governor's appointment will serve through December 31, 2026 and then the winner of the November election will serve the remainder of Judge Fletcher's term (through 2028). Please review the relevant statutes for full details.

Because the filing period has closed, the party nominees for the November election will be chosen by the executive committee for each of the political parties. The party executive committees must select their nominees within seven calendar days of the vacancy occurring. Judge Fletcher's final day in office will be January 31, so the party executive committees will need to submit their nominations by February 7.

Candidates should contact party officials of their particular political affiliation ASAP for more details about their party's executive committee nomination process. Candidates who are not affiliated with a political party should consult NC Gen. Stat. secs. 7A-142(d)(2)b. and 163-122.

¹ A current membership roster will be obtained from the North Carolina State Bar prior to the joint special meeting. If you recently transferred into either the 24th Judicial District or the 24-H Judicial District, please contact the North Carolina State Bar to make sure your information is current.

² Cumulative voting consists of a member casting more than one vote for a single candidate.

FOX ROTHSCHILD'S GREENSBORO OFFICE BRINGS HOLIDAY CHEER TO GUILFORD ELEMENTARY SCHOOL

For the second consecutive season, Fox Rothschild's Greensboro office partnered with the Guilford County Sheriff's Department to fulfill holiday wishes for Guilford Elementary School's Angel Tree.

Through the Angel Tree Program, which shares holiday wish lists with community donors, the team fulfilled wish lists of toys, clothes, gift cards and electronics, ensuring that students were able to experience the joy of unwrapping gifts this holiday.

This effort highlights the firm's dedication to supporting local youth through our Generation Fox initiative, which has contributed \$1 million to organizations empowering kids nationwide.

Photo, at right: Delivering holiday cheer! Our Greensboro office partnered with local officers from the Guilford County Sheriff's Department to fulfill Angel Tree wishes for Guilford Elementary students as part of our Generation Fox initiative, which is dedicated to empowering and uplifting youth in our communities.



SAVE THE DATE – ANNUAL LEGAL AID FUNDRAISER!



We hope you will join us for the 2026 Legal Aid of North Carolina fundraiser on **Saturday, April 11, 2026**, from 5:30 to 7:30 p.m. at BoxCar Bar + Arcade! Back by popular demand, the event will include a silent auction. We need your help in securing awesome items for the silent auction. Please reach out to [Jeanna Cooper](#) or [Emily Carico](#) if you would like to be a sponsor, join our committee, or donate to the silent auction.

Thank you!

YOUNG LAWYERS SECTION: CONNECTIONS CONTINUED FROM PAGE 3



Chimeaka L. White

YLS Member Spotlight: Chimeaka L. White, of The White Law Firm, PLLC

Chimeaka L. White is the founder and owner of The White Law Firm, PLLC, a plaintiff-side personal injury firm dedicated to advocating for individuals who have been harmed and too often feel unheard. Her practice focuses on wrongful death, sexual assault, premises

liability, motor vehicle crashes, and civil litigation, with a mission centered on accountability, advocacy, and service.

Before becoming an attorney, Chimeaka spent a decade building businesses and working across multiple roles

simultaneously. That entrepreneurial background shaped her resilience, strategic thinking, and leadership—skills that continue to define her legal practice. She began her legal career as a paralegal, gaining firsthand insight into the real-world challenges faced by injured clients and their families. In 2016, she earned her Juris Doctor from North Carolina Central University School of Law and opened her firm immediately after passing the North Carolina Bar.

A Greensboro native, Chimeaka earned her Bachelor of Science in Chemistry from North Carolina A&T State University while raising her two children, Harmony and Sincere. As both a mother and an advocate for women, she brings unmatched empathy, strength, and dedication to her work. She is an active member of the Greensboro Bar Association and the Guilford County Association of Black Lawyers and remains deeply committed to serving her

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HERB FALK SOCIETY 2025 REPORTING FORM AVAILABLE NOW

The Herb Falk Society was established to honor those members of the Greensboro Bar Association who contribute at least 75 hours of pro bono service in a calendar year.

The deadline for reporting pro bono work done in 2025 is **February 6, 2026**. The reporting has been simplified in recent years.

How to Submit your Pro Bono Hours?

Complete and submit the online Herb Falk Society form [HERE](#) and submit online (or mail to the GBA office if necessary). The reporting form link also has more

information about what types of activities qualify, and how to distinguish and count hours “pro bono” hours from “community involvement” hours. Spoiler alert: Some activities could be counted as either, but you should only list them in one submission.

This QR Code will also take you to the 2025 reporting form.



Questions or concerns?
Reach out to
Pro Bono Committee Co-chairs
[Jon Wall](#) or [Theodora Vaporis](#).

REGISTER FOR GREENSBORO BAR ASSOCIATION VIRTUAL 2026 ANNUAL CLE SEMINAR

March 12, 2026
Zoom

Please join the GBA for our annual Greensboro Bar Foundation Fundraiser- the Annual CLE Seminar!

The Annual CLE will be held virtually (Zoom) on **Thursday, March 12** from 8:30 am to 5:00 pm.

[REGISTER ONLINE](#)

Or

Register by Mail: Mail a check and the completed [Registration Form](#) to GBA office.

Cost:

- \$100 – Young Lawyers Section Member
- \$125 GBA Member (\$150 after March 4)
- \$150 Non-GBA Member (\$175 after March 4)

NC State Bar CLE Credit Pending Approval:

- 2 Hours of Technology or Professional Well-Being Credit
- 1 Hour of Ethics Credit
- 1 Hour of Ethics Credit (plus Trust Accounting Credit)
- 1 Hour of Professional Well-Being Credit
- 1 Hour of General or Professional Well-Being Credit

Topics Include:

- Mental Health, the Law and AI
- Trust Accounting: Behind the Numbers
- Trauma-Informed Law
- Tackling the To Do List: Task and Project Management
- Mindfulness in the Practice of Law
- From Burnout to Balance: Leveraging AI for Attorney Well-Being and Sustainable Practice

YOUNG LAWYERS SECTION: CONNECTIONS

CONTINUED FROM PAGE 8

community. Outside of practice, she enjoys fitness, cooking, gardening, and international travel.

Career Advice? At some point in the development of your law business, the volume of work will exceed your capacity—or your desire—to personally handle it all. Leverage is your ability to design systems, implement the right tools, and delegate effectively, so the business can grow without burning you out.. True leverage requires leadership. It demands clarity of vision, the ability to train and empower others, and the discipline to step out of low-value tasks to focus on strategy, client relationships, and long-term growth.

To learn more visit www.Justice4pain.com.

Connect with YLS

The Young Lawyers Section would like to celebrate the personal milestones and professional accomplishments of its members. Email YLS at younglawyerssection@greensborobar.org to share achievements that you would like celebrated on our social media platform and in the GBA's member newsletter!

For more information about YLS events & service opportunities, follow us on [Facebook](#) (Greensboro Bar Association's Young Lawyers Section) or email us to be added to our email list, younglawyerssection@greensborobar.org.

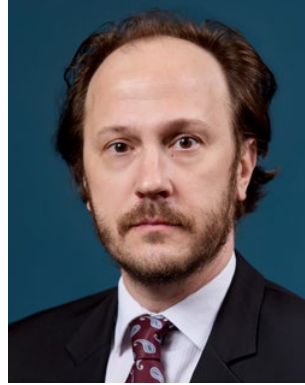
LAW FIRM CAROLINAS ANNOUNCES NEW SHAREHOLDER AND PARTNER IN GREENSBORO

Law Firm Carolinas has announced the advancement of two attorneys in its Greensboro office.



Jon Raymer

Jon Raymer has been named a Shareholder. Jon practices commercial and residential real estate and works regularly with builders, developers, investors, and property owners. He also supervises the firm's Greensboro real estate practice.



Andrew Brower

Andrew Brower has been named a Partner. Andrew heads the firm's estate planning and administration department and is a Board Certified Specialist in Estate Planning and Probate Law.

Law Firm Carolinas has five offices in North and South Carolina.

For more details, visit <https://blog.lawfirmcarolinas.com/law-firm-carolinas-announces-new-shareholders-and-partner/>

LEGAL TRENDS FOR 2026: WHAT GREENSBORO BAR LAWYERS NEED TO KNOW CONTINUED FROM PAGE 4

As Brooke Lively wrote in her January 2026 *Attorney at Work* article, "[Mea Culpa: What I Got Wrong About Private Equity in Law Firms](#)", private equity's impact shows up through alternative structures – those legal-adjacent businesses, technology vendors, managed services organizations, and affiliated entities that shape how firms operate. The more important question isn't simply who owns the firm, but who controls key decisions.

Governance matters. Who sets growth goals? Who influences staffing, compensation, and client selection? These questions raise real ethical and risk-management concerns, even when formal ownership rules are followed.

Clients are also paying attention. Transparency in business relationships and financial influences is becoming part of client trust. In 2026, lawyers need to understand not just the rules, but how evolving business models intersect with professional responsibility.

Prediction: Greensboro Bar lawyers will follow with greater interest discussions around private equity and its influence on law practices. Follow [Tom Lenfestey](#), CEO and founder of the [Law Practice Exchange](#) on [LinkedIn](#) for more information about law firm trends (as well as the buying / selling law firms process).

Succession Planning and Retirement Can't Be Ignored

One of the most significant trends shaping the profession has nothing to do with technology. It's demographics.

The total number of lawyers in the U.S. reached about 1.37 million in 2025, up from 1.35 million the prior year – the first growth since 2020 according to the American Bar Association.

Despite this growth, the overall expansion of the profession has slowed over the past decade. According to the ABA's data, a substantial percentage of practicing lawyers are at or beyond traditional retirement age. Nearly 14% of all lawyers are age 65 or older, compared with about 7% of workers across all occupations. We know from personal experience that lawyers tend to work longer than professionals in many other fields, into their 70's and even 80's.

Despite this, succession planning is still often delayed. Many lawyers intend to "slow down eventually," but without a concrete plan for transitioning clients, leadership, or ownership. When departures happen suddenly, the results can be painful - for clients, colleagues, and families.

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BECOME A LEGAL AID FUNDRAISER SPONSOR

On behalf of the Greensboro Bar Association and the Greensboro Bar Association Foundation, we invite you to consider becoming a sponsor of our 2026 Legal Aid of North Carolina fundraiser on **Saturday, April 11, 2026**, from 5:30 to 7:30 p.m. at BoxCar Bar + Arcade!

The event features a delicious, catered dinner, drinks from BoxCar, tokens to enjoy the arcade, and an evening enjoying fellowship. All proceeds will benefit the Greensboro office of Legal Aid of North Carolina.

Legal Aid of North Carolina (“LANC”) is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Here are just some of the critical services LANC provides:

- Secure protective orders for victims of domestic violence
- Help parents get the child support they deserve
- Defendant victims of violence in child custody disputes
- Stop illegal evictions
- Help disaster victims who have lost their homes
- Fight aggressive and illegal debt collection tactics
- Expunge old criminal records
- Correct credit records
- Fight housing discrimination

This year, LANC needs our help more than ever. Due to the statewide legislative freeze on the North Carolina IOLTA Board, LANC has lost approximately \$6 million in funding. This is 15% of LANC’s budget.

This fundraiser provides 5 levels of sponsorship, ranging from \$250 to \$2,000 in donations. Every dollar counts.

If you would like to become a sponsor, please review the attached sponsorship form, then reach out to us via email at jcooper@lanierlawgroup.com and ecarico@lanierlawgroup.com. Thank you for your consideration.

Best regards,

Jeanna Cooper & Emily Carico
LANC Fundariser Co-Chairs



GREENSBORO BAR ASSOCIATION'S 2026 NC LEGAL AID FUNDRAISER SPONSORSHIP PACKAGES

For more information please email Jeanna Cooper, jcooper@lanierlawgroup.com
or Emily Carico, ecarico@lanierlawgroup.com

PLATINUM

- 10 Tickets
- Sponsorship announced at event
- Company logo on sponsor poster at event
- Company logo displayed on table cards at event
- Company logo included in sponsor's list on promotional material

\$2,000

GOLD

- 8 Tickets
- Company logo on sponsor poster at event
- Company logo displayed on table cards at event
- Company logo included in sponsor's list on promotional material

\$1,500

SILVER

- 6 Tickets
- Company logo displayed on table cards at event
- Company name included in sponsor's list on promotional material

\$1,000

BRONZE

- 4 Tickets
- Company name included in sponsor's list on promotional material

\$500

COPPER

- 2 Tickets
- Company name included in sponsor's list on promotional material

\$250

SAVE THE DATE: SATURDAY APRIL 11, 2026
BOXCAR BAR + ARCADE

Please make checks payable to
the *Greensboro Bar Association Foundation* and Mail to:
Greensboro Bar Association Foundation
PO BOX 1825, Greensboro, NC 27402

[Sign Up Online Here](#) or Scan the QR Code -->>

 **GBA**
GREENSBORO BAR ASSOCIATION

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In 2026, succession planning is less about exit and more about continuity. Phased retirement, mentoring, and intentional client transitions help protect firm value and reduce risk. Firms that treat succession planning as a core business issue, not a personal one, are far better positioned for long-term stability.

Prediction: Greensboro Bar lawyers will begin planning their own retirement at a much earlier stage than the generation ahead of them. If you are a Lawyers Mutual insured, reach out for a *free* 1-hour consultation with Camille to discuss succession planning, winding down, or selling your law practice.

Young Lawyers Are Rethinking Legal Careers

Younger lawyers are approaching their careers differently.

Law school applications suggest continued interest in the profession, but younger lawyers are far less likely to assume that success follows a single, traditional path. Many are open to alternative roles - legal tech, startups, in-house positions, or flexible practice models - if those roles offer meaningful work, learning opportunities, and a sustainable lifestyle.

Retention remains a challenge, driven by concerns about workload, mental health, and unclear career paths. Younger lawyers tend to value experiential learning, timely feedback, and opportunities to build practical skills early.

Technology plays a major role here. AI and other tools aren't just productivity aids; they're learning platforms. Firms that invest in structured training - like Ropes & Gray's approach to AI skill development - send a clear message that they see young lawyers as long-term investments, not just billers.

For Greensboro firms, this doesn't require a large-firm budget. It does require intention: mentoring, transparency about career progression, and opportunities for younger lawyers to develop skills that matter in modern practice.

Prediction: The Young Lawyer Section of the Greensboro Bar will play an even more important role in the life of young lawyers encouraging networking that furthers

career growth, as well as education programs that prepare young lawyers for the leadership and substantive skills that will prepare them for the future.

The New Lawyer Skill Set

All of these trends point to a broader shift in what it means to be a competent lawyer. Legal knowledge remains essential, but it's no longer enough on its own.

Today's lawyers are expected to understand technology, communicate clearly with clients, manage risk, and adapt to change. Leadership, judgment, and business awareness matter at every career stage.

Bar associations, firms, and individual lawyers all have a role in supporting this evolution through education, mentoring, and thoughtful planning.

Prediction: The Greensboro Bar Association will begin a new strategic look toward the future – to make sure they are preparing lawyers for the legal marketplace that is unfolding before us.

Looking Ahead

The legal profession in 2026 is shaped by powerful, overlapping forces: AI, changing client expectations, evolving business models, demographic realities, and generational change. None of these trends exist in isolation.

For Greensboro Bar lawyers, the opportunity lies in preparation. Investing in technology competence, addressing succession planning early, and engaging younger lawyers intentionally can help firms and practitioners navigate change with confidence.

The future of the profession will belong to those who see these developments not as disruptions to resist, but as realities to understand, and opportunities to shape.

Camille Stell is the Vice President of Risk & Practice Management for Lawyers Mutual and the co-author of the book, RESPECT – An Insight to Attorney Compensation Plans available from Amazon. Continue this conversation by contacting Camille at camille@lawyersmutualnc.com or 800.662.8843.

