

THE GBA NEWS DOCKET

VOLUME 71, NUMBER 9; MAY 2022



Desmond Sheridan
*President of the
Greensboro Bar
Association*

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Message from the President

I started out my year as president of the GBA with the goal of returning to live meetings, especially our membership meetings. We got in just under the wire by having our last membership meeting of the GBA year live at Starmount Forest Country Club. We had a great program and a great turn out. It was particularly gratifying to see a big group of Elon Law students turning out to learn more about the bar, and, of course, do a little networking.

Also at the membership meeting, we elected officers for next year and re-elected some of our board members to serve additional terms. Our slate of officers for next year is Gerald Walden as President-Elect, Molly Hilburn-Holte as Secretary and Davis McDonald as our Treasurer. The re-elected directors are Rosetta Davis, Jennifer Mencarini, and Chelsea Peele.

Our speaker, Matt Brown, put on a great program about happenings at the Greensboro Coliseum and the Tanger Center. It's amazing how much they do to entertain us including a bunch of stuff I didn't even know about (like how the Coliseum folks are managing the Winston-Salem venues as well).

Our Scholarship Committee presented the newly-revised GBA scholarships to two Elon Law students and our Membership Committee rolled out a new program - having members assigned to greet new members and make sure they are introduced around. That was a success and it was a pleasure to meet the new members. And congratulations to the Herb Falk Society honorees – we can all be proud of their commitment to pro bono service.

Just a reminder about the annual picnic at the ballpark (live again finally) coming up on May 22. Please check the website for registration information and watch your emails for reminders.

I want to express my sincere appreciation for the hard work of our members, especially our officers, board members and committee members. Lots of people put in a lot of work to make the programming happen for many different sections of the membership and to benefit others, including the court system and nonprofits around Greensboro. We are all grateful to them.

As usual, our administrator, Diane Lowe, did great work in keeping our organization well managed and on track. I don't know how she does it all and makes it look so easy. Finally, a special thanks to our incoming President, Judge Marcus Shields. I know he will bring new energy to the job when he starts his term on June 1st. With Judge Shields at the helm, the next GBA year promises to be even better.

Desmond Sheridan
GBA President, 2021-2022

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

APRIL CALENDAR NOTES

- May 11 **GBA Board Meeting,**
4:00 PM, Self Help Building
- May 12 **Family Law Section Rooftop Roundup,**
5:00 PM, One Thirteen Brewhouse
- May 18 **Young Lawyers Board Meeting,**
12:00 PM
- May 19 **Battle of the Bars Trivia,**
5:30 PM, Blue Rock Pizza
(in High Point)
- May 19 **YLS End of Year Party, TBA**
- May 22 **Picnic at the Grasshoppers,**
1:30 PM, First National Bank Field

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

BATTLE OF THE BARS TRIVIA NIGHT



Let's Get Ready to Rumble! Are you a trivia master? Do you want to support your local Bar Association?

Join us for the High Point vs. Greensboro Bar Association Battle of the Bars Trivia Night on Thursday, May 19 at Blue Rock Pizza, located at 1529 N. Main Street in High Point. Doors open at 5:30 PM. Trivia game begins at 6:00 PM.

Limited food and drinks will be provided for your enjoyment. More importantly, at stake will be the trophy and all bragging rights for the year for the winning Bar Association! GBA took it home in 2021 and we're ready to repeat!

[REGISTER HERE](#)

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 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.



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.

PANDEMIC BRAIN FOG AND HOW TO OVERCOME IT

This morning I was looking for an article I recently wrote to share with a friend. It took me a while, but I finally found it. I wrote the article in January. January? How is it possible that I couldn't remember that it had been 12 weeks ago rather than 2 weeks ago?

According to Fast Company magazine, [the pandemic really has made my memory worse](#).

How our memory works

Art Markman, PhD, is a professor of Psychology and Marketing at the University of Texas at Austin and the author of "Bring Your Brain to Work".

According to Dr. Markman, there are three reasons why the pandemic has been bad for our memory.

In a normal day, we encounter a lot of information. Our brain does not store all of it because forming memories is energetically expensive. Our brain starts the memory process by estimating whether a particular piece of information is worth holding onto.

Even when we store this new information, our brain is trying to figure out how likely we'll need that information in the future. Information we use often is easier to retrieve than information we only need in specific situations.

And finally, memories are retrieved based on the similarity they have to the situation we are in right now.

The pandemic has disrupted all three of these aspects of memory.

1. WAS THAT A SQUIRREL? (WE ARE WORSE AT PAYING ATTENTION)

A common observation in memory research is that the more we can concentrate the more likely we are to remember. However, the pandemic has made it harder for us to concentrate. Many of us are feeling stress, burnout, anxiety or depression and these feelings make it harder to pay attention. Many people feel disconnected or at least less engaged from their work as a result of juggling

so many extra responsibilities and burdens such as managing illness, at-home school, or even navigating the journey back to normal.

As I write this article, it takes longer for specific words to come to me – I had to leave a blank above, then fill in "navigating" later. When this happens, my brain feels like mush. I experience a sense of fog that is similar to taking cold medicine, I can't quite get things into sharp focus.

According to Dr. Markman, "The net result of this disengagement is that less information is triggering the work that is required to turn those encounters into long-term memories. Days may feel like a blur when looking back on them, because very few specific events may have been stored at all."

2. WE ARE EXPERIENCING MORE SHORT-TERM ENCOUNTERS

During the pandemic we have had lots of short-term engagements such as multiple Zoom calls in a day or binge-watching a television series over the weekend.

However, according to memory research, when we briefly engage, our brain decides that we don't need to access that information later. As a result, you may have trouble remembering the plot of something you binge-watched when the new season drops.

Dr. Markman says if we want to remember some of the things we are doing more clearly, we should increase the time that we engage with them. Watching one episode of Ted Lasso per week rather than the entire series at once, will help us to better remember the details later.

3. EVERY DAY IS GROUNDHOG DAY

"Remembering information is easiest when there is some distinct factor that is associated only with that information", says Dr. Markman. "That is why you may have many memories of a trip to a country you visited only once. When you see pictures from that trip or even think back on it, you may be able to call up lots of detail."

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Nicole Scallon is President of the Greensboro Bar Association's Young Lawyers Section and a partner at Henson, Talley & Scallon, LLP.

Young Lawyers Section: Connections

End of Year Party:

YLS will be hosting an end of the year party that will take place Thursday, May 19, 2022. Keep a lookout for an e-mail blast and Facebook post regarding this event. We encourage all members of YLS to join us for an opportunity to connect!

Recap of Recent Events:

On March 17, 2022, YLS sponsored the dinner for Greensboro Urban Ministries. Café Pasta prepared the meal and it was a huge success!

YLS would like to congratulate John Wright, Grace Lay, and Hillary Kies, the winners of the March Madness Bracket Challenge!

The YLS Kickball Team Torts Illustrated is representing YLS well and is having a blast! Come out and support the team at the last two games of the season on May 2 at 7:45 pm and May 9 at 6:30 pm. Games are played at the Carolyn Allen Park Fields in Greensboro. We will celebrate the success of the team at the end of the year party!

Connect with YLS:

Do you have any ideas for future YLS events, service projects, and/or socially distant activities? Please share by emailing Nicole Scallon at nscallon@hensonlawyers.com. Do you want more information about upcoming YLS events or to find out how you can get involved? Check out our website at www.greensboroyls.org. Also follow us on [Facebook @ GreensboroBarYLS](#).



Pictured back row L-R: Tyler Nullmeyer, Mike Henson, Loch Saslow, Gunnar Robertson, Ben Raffte, Robert Trimble, Kris Quaas, Jonathan M. Parisi

Pictured front row L-R: Sarah Mullmeyer, Betty Touissant, Elizabeth Ray, Carole Allison, Chimeaka White, Lauren Quaas

YLS Celebrations:

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.

If you would like to be added to the YLS email list, please email Nicole Scallon at nscallon@hensonlawyers.com.

HERB FALK SOCIETY 2021 INDUCTION

The Herb Falk Society honors those members of the Greensboro Bar Association who contribute at least 75 hours of pro bono service annually. The eleven individuals inducted for 2021 were recognized at the April 21, 2022 annual meeting. They are:

Kearns Davis: 94.6 hours

Erwin Fuller: 120 hours

Richard Gabriel: 75 hours

PJ Lile-King: 110 hours

Eloise Hassell: 78.63 hours

Jonathan M. Parisi: 93.7 hours

Manisha P. Patel: 327.4 hours

Jim Slaughter: 81 hours

Theodora Vaporis: 107.6 hours

Gerald Walden: 108 hours

Jonathan Wall: 151.5 hours

Congratulations and thank you for your service!



Pictured L-R: Erwin Fuller, Richard Gabriel, Eloise Hassell, Kearns Davis, Jonathan M. Parisi, Jim Slaughter, Jon Wall and Manisha P. Patel

PANDEMIC BRAIN FOG AND HOW TO OVERCOME IT Continued from page 3

The pandemic has had the opposite effect because of our never changing view.

Many legal professionals were able to work remotely, and we were in our home offices much more than we were ever in our work offices. With no events to attend, no court to prepare for, and day after day of Zoom meetings, the scenery didn't change.

Now that we are back in the office, or working hybrid schedules, and more events are opening around us, we should begin to shake that feeling that we are experiencing Ground Hog Day.

Strategies for reducing brain fog

Our brains function better when our stress and anxiety levels are lower. Taking care of our mental health is an important key to better brain function. If you need to see a professional, reach out to the State Bar LAP program, BarCares, or your insurance company for guidance to find the professional help you need.

Other brain fog reducing strategies include:

- Making time to be outdoors
- Getting physical exercise
- Getting mental exercise such as doing puzzles, playing games, or learning a new language
- Practicing mindfulness, and
- Getting plenty of sleep

Most health care professionals agree that reducing brain fog and getting back to normal is a matter of time. Pace yourself, treat yourself with kindness, and the fog will begin to lift.

Camille Stell is the President of Lawyers Mutual Consulting & Services and the co-author of "Designing a Succession Plan for Your Law Practice: A Step-by-Step Guide for Preparing Your Firm for Maximum Value". Continue this conversation by contacting Camille at camille@lawyersmutualconsulting.com or 919.677.8900.

GBA FOUNDATION ACCEPTING GRANT APPLICATIONS FROM JUNE 1 TO AUGUST 1

The Greensboro Bar Association Foundation, Inc., formed in the early 1980's, is the bar-related entity through which many members of the Greensboro Bar Association extend their generosity to worthy causes in the community. Under the rules of the Foundation, monetary grants may be made to or in support of organizations and activities that relate to the legal profession, legal education, the administration of justice and, more generally, such activities which foster the honor and integrity of the law, facilitate the administration of justice, promote the study of law, maintain a law library, promote suitable standards of legal education and participate and promote activities which epitomize the contribution of lawyers to the community.

Grants vary in size and frequency, and are determined on the merit of the program, and the availability of funds. The grant request must originate from a non-profit organization located in the greater Greensboro, North Carolina area, and must be a non-profit organized

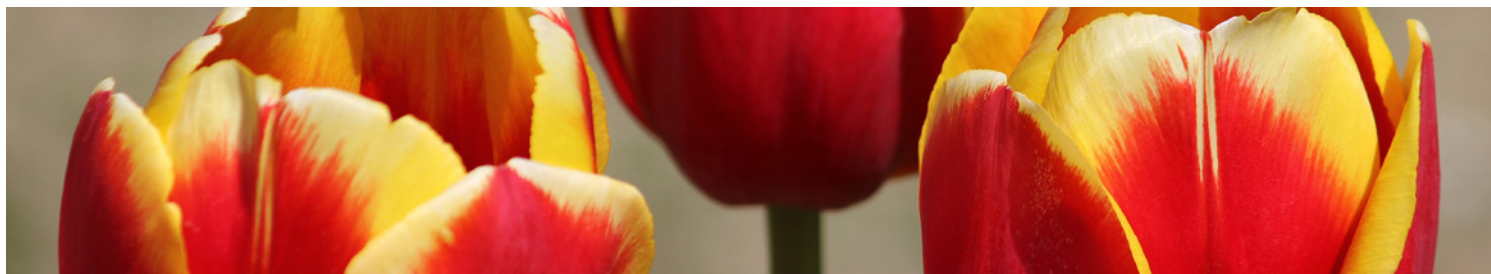
under section 501 (c) (3) of the IRS code or affiliated with a non-profit, tax-exempt organization. Grant proposals will be accepted annually from June 1 to August 1. Grant decisions will be made by September 30 and disbursements made by October 15.

Examples of organizations and programs that were granted funds over the last ten years include Church World Service Greensboro for immigration legal services and Court Watch for process servers, the Elon Law Library, the Guilford County Court Initiative, Kids Voting Guilford County and Northwest Guilford High School's Constitution Competition.

PRESIDENT SHERIDAN RECOGNIZED FOR OUTSTANDING SERVICE

President Desmond Sheridan was recognized for his service at the Annual Meeting of the Greensboro Bar Association and the 24th Judicial District Bar on April 21, 2022 at Starmount Forest Country Club. Judge Marcus Shields, the GBA's president elect, paid tribute to Mr. Sheridan's many accomplishments and contributions to our organization. One of Desmond's goals was a return to live meetings, so we were thrilled to present him with a token of our appreciation in person.

Thank you, Desmond, for serving the members of the Greensboro Bar Association well in another challenging year.



GBA 2022 ANNUAL PICNIC AT THE BALLPARK

Bring your family (kids too!)
for an afternoon of
food, fun, and BASEBALL!!!

Sunday, May 22

Picnic Buffet: 1:30-3:00 p.m.

Game Time: 2:00 p.m.

First National Bank Field
408 Bellemeade St.
Greensboro, NC

Greensboro Grasshoppers
vs. Bowling Green Hot Rods

[Register Here!](#)

When reserving, please indicate the number of adults ages 18+ and the number of children. (*PLEASE SPECIFY THE AGE OF EACH CHILD*)

Admission tickets and picnic wristbands can be picked up upon arrival at the big white tent in the middle of Bellemeade Street near the box office.



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