



Raising the Bar

The newsletter of the
Young Lawyers Committee

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Being known for experience and expertise begins with seeking these qualities in the professionals you engage.





ENGINEERING INVESTIGATIONS AND ANALYSIS SINCE 1970.

Featured Article

Pro Bono Representation Helps Bridge the Justice Gap

By Caitlyn E. Haller



A disappointing truth in the American legal system is that many people facing persistent and significant legal struggles, including housing challenges, domestic violence, and family issues, cannot afford to hire a lawyer. The needs of our country's most vulnerable may seem overwhelming, especially for populations with limited legal resources. Lawyers with a drive to champion justice are uniquely positioned to provide some relief to these underserved communities.

The 2017 Justice Gap Report by the Legal Services Corporation found that eighty-six percent of the civil legal problems reported by low-income Americans are addressed with inadequate or no legal help. Legal Services Corporation, *The Justice Gap: Measuring the Unmet Civil Legal Needs of Low-Income Americans 6* (2017), available at <https://www.lsc.gov/media-center/publications/2017-justice-gap-report>. To help address this deficiency, the American Bar Association (ABA) adopted Rule 6.1 of its Model Rules of Professional Conduct ("Model Rule 6.1") to encourage lawyers to provide legal services to the victims of this justice gap. ABA Model Rules of Professional Conduct R. 6.1 (2019). ABA Model Rule 6.1 states that a lawyer should aspire to render at least fifty hours of pro bono legal services per year. *Id.* Model Rule 6.1 further urges that lawyers provide a substantial majority of those hours without fee or expectation of fee to persons of limited means or to charitable, religious, civic, community, governmental, and educational organizations in matters designed primarily to address the needs of persons of limited means. *Id.*

While the needs are great, there is an encouraging trend demonstrating that pro bono legal service is still a top priority for most in the profession. A 2018 ABA survey entitled, "Supporting Justice: A Report on the Pro Bono Work of America's Lawyers," shows that four out of five lawyers believe pro bono services are important. ABA Standing Committee on Pro Bono and Public Service & the Center for Pro Bono, *Supporting Justice: A Report on the Pro Bono Work of America's Lawyers 18* (2018), available at https://www.americanbar.org/content/dam/aba/administrative/probono_public_service/ls_pb_supporting_justice_iv_final.authcheckdam.pdf. The biggest

challenge for many lawyers appears to be finding the time to provide such services. *Id.* at 20.

For attorneys looking to make a difference, the following is a list of pro bono opportunities to direct you to organizations in need of legal assistance:

Natural Disaster Victims. The [ABA Young Lawyers Division Disaster Legal Services Program](#) provides pro bono disaster-related legal services to low-income victims of federally declared disasters when asked to do so by the Federal Emergency Management Agency (FEMA). [Legal services](#) are delivered via disaster hotlines, clinics, and disaster resource centers. A list of the currently active disaster legal hotlines can be found [here](#).

Military Personnel. The [ABA Military Pro Bono Project](#) connects eligible, active-duty service members with pro bono attorneys to assist with the resolution of civil legal issues in the following legal areas: consumer law (including bankruptcy), employment law, family law, guardianship, landlord-tenant, tax law, and trust and estates. A list of the current pro bono case opportunities by state is available [here](#). The Project is also the platform for [Operation Stand-By](#), through which military attorneys may seek attorney-to-attorney guidance via calls or emails.

Crime Victims. The [National Crime Victim Law Institute](#) (NCVLI) pairs crime victims with pro bono attorneys who fight to secure their rights. It also files amicus curiae briefs in victims' rights cases nationwide. The NCVLI provides training and technical assistance (research, writing, and strategic case advice) to volunteer attorneys. To sign up, submit this [questionnaire](#). You can also join the [National Alliance of Victims' Rights Attorneys & Advocates](#) (NAVRA), which is an excellent way to get involved with legal work on behalf of crime victims.

Children. [Kids in Need of Defense](#) (KIND) represents unaccompanied immigrant and refugee children in their deportation proceedings, ensuring that no child stands alone in court. No immigration experience is needed. [KIND](#) guides you through the duration of your case by offering you training, assigning a KIND attorney to advise you, guiding you on case strategy and providing practice tips, and giving you case samples and feedback on your filings.

Immigrants. [National Immigrant Justice Center](#) (NIJC) represents immigrants, refugees, and asylum-seekers. NIJC provides direct legal services to and advocates for these populations through policy reform, impact litigation, and public education. NIJC's Pro Bono Project partners with volunteer attorneys to provide free legal representation for low-income immigrants seeking family or protection-based relief. NIJC extensively screens all cases to ensure that only those who are legally eligible for the immigration benefit sought and those with the fewest private resources enter NIJC's program. NIJC provides training, technical assistance, and case support as necessary throughout the life of a case.

Human Trafficking. The [Human Trafficking Legal Center](#) (HT Legal) represents human trafficking survivors and works to hold traffickers accountable for their crimes. HT Legal receives most of its client referrals from nongovernmental organizations providing comprehensive social services for survivors of trafficking. HT Legal provides support to pro bono lawyers in three key areas: (i) training for attorneys willing to handle pro bono matters; (ii) technical assistance and mentoring to firms accepting pro bono matters; and (iii) free access to a comprehensive database of civil trafficking cases filed in U.S. federal courts since 2003. HT Legal attorneys are on call to provide references to relevant research, case law, and publications that may assist pro bono counsel in conducting their own legal analysis.

Sex and Gender Discrimination. [Legal Momentum](#) is a national nonprofit organization working to eliminate sex-based discrimination and secure equal rights. It participates in all areas of the law affecting women, including employment and housing discrimination, education, family law, violence against women, immigration, economic rights of

low-income women, and elimination of gender bias in the courts. It offers a wide range of [pro bono opportunities](#), including serving as lead counsel or co-counsel in litigation, researching and drafting legal memoranda and briefs, preparing Congressional testimony, drafting model legislation, and drafting informational pamphlets on legal topics.

Domestic Violence Survivors. [Sanctuaries for Families](#) provides legal services to individuals on issues relating to gender violence, divorce, public benefits and housing, immigration, LGBTQ, human trafficking, genital mutilation, and forced marriage. It does this by partnering up with law firms.

People with Disabilities. The [National Disability Rights Network](#) is a nonprofit membership organization working with Protection and Advocacy Systems (P&A) and Client Assistance Programs (CAP) to seek federal support for advocacy on behalf of people with disabilities. P&A and CAP work to improve the lives of people with disabilities by guarding against abuse; advocating for basic rights; and ensuring access to health care, education, employment, housing, transportation, and voting. This network includes agencies in every state working to provide legal protection and advocacy services for people with disabilities.

Caitlyn E. Haller is an associate with *Greenberg Traurig, LLP*, located in Chicago, Illinois, where her practice focuses on product liability, including pharmaceutical and medical device matters. Caitlyn is Chair of the Young Lawyers Public Service Subcommittee. She can be reached at hallerc@gtlaw.com.



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Article of Note

Connections Matter: Networking Tips for Introverted Attorneys

By Tom R. Pack



For many, law school can be an intensely social experience. Most folks at my law school came from elsewhere and lived on campus in the suburbs, and so there were quick connections and *lots* of social events with classmates. Days were filled with classes, events, study groups—in short, law school can be an extrovert’s paradise, and perhaps an introvert’s nightmare.

Law firm practice, however, is not law school. Most of us have solo offices, and doors up and down our law firm hallways are often closed. Communication is largely accomplished via email, and we spend long hours working on drafting motions or reviewing documents in solitude. While extroverted litigators may struggle for sufficient levels of social connection, I find that I have time to think, to consider, to prepare, to plan, all before presenting a strategy or work product to a partner or a client. The appeal of law firm life to an introvert is clear.

Almost four years ago, I moved to Minneapolis from San Francisco, following my now-husband who was matched for his medical residency here. This is a town where many young attorneys already have life-long connections, and so it became clear that I would need to build a substantial network to succeed. But little “sparks joy” (thanks Marie Kondo!) in me less than the prospect of walking into a wine-and-cheese reception with a hundred lawyers I do not know.

Now, I believe I have a strong network, both in Minneapolis and around the country. Like any other professional goal, I set a goal to engage in networking, and refused to use my introversion as an excuse. Here are some tips I found helpful:

Know and Accept Yourself

Know yourself, and accept yourself as an introvert. Accept the implications of this for networking, and accept that it will appear easier for others to engage in sustained networking efforts than it will be for you. And . . . this is just fine! Introverts have lots of advantages in the legal field, particularly in litigation. Perhaps there will one day be a pill to turn us all into extroverts for the duration of a

networking event or DRI conference, but until that day, you have to be intentional about building a network.

Virtual Networking

It’s 2019. Networking—which is about connecting with others and building a professional reputation for yourself—doesn’t have to involve large events, or even face-to-face interaction at all. I spend a portion of each day building my network in the legal field and in the community, even though most days I do not (thankfully!) meet new contacts or see professional contacts outside of my workplace. Technology means I can network through LinkedIn, e-mail, and by drafting articles for publication in newsletters (e.g., this one!) or other online media. LinkedIn and other forms of online networking require time and energy, and you get out of them what you put into them! (As an aside, there are some great tips on LinkedIn networking for attorneys [here](#).)

Find Alternative Venues for In-Person Networking

For me at least, it’s not as if *every* form of in-person social interaction is immediately exhausting. For example, I realized that accompanying more extroverted colleagues I like and trust to small-venue networking events (such as coffee or after-work drinks) with folks in *their* networks was not an overwhelming prospect. Don’t be shy about asking for introductions to folks with whom you share a common interest or work. For example, I asked for an introduction to the executive director of Twin Cities Diversity in Practice because I care deeply about diversity and inclusion in the legal industry and wanted to become more involved in those efforts. We met over coffee and have been connected professionally ever since.

Join a Board or Committee

Do well by doing good. Expand your network and give back to organizations you care about by taking a seat on a board of directors, alumni committee, development committee, or the like. Many boards meet in a small group setting that I have not found nearly as draining as large networking events, and you can work on board-related projects with others in a smaller setting. Presumably you

already have interests and passions in common with other board members, which removes some of the uncertainty I feel in a large-format setting where I worry there is no basis for connecting with someone. Law firms typically recognize the benefits of this work in the form and support it by sponsoring fundraisers or other events.

Trick Yourself into Going to Conferences and Networking Events—But Use Coping Strategies Once There

While there are creative ways to network, the fact is that conferences (like DRI conferences!), receptions, and other networking events are still the bastions of professional networking for attorneys. Successful attorneys cannot wholesale opt out of these events, but they can be less overwhelming if you make a plan.

- **Trick Yourself by Committing Ahead of Time:** You cannot cancel at the last minute if you have agreed to present at a conference, participate on a panel, introduce a speaker, or if you have a leadership role in the organization putting on the event. Trick yourself into going by committing when the event seems far off!
- **Charge Your Batteries Before, During, and After:** To the extent possible, I try to keep my calendar free if I am going to a networking event after a full day in the office. At a conference, I try to spend time alone before receptions and networking events. Don't feel bad about stepping out during a networking reception for five minutes to "send an email" or "make a call" and just clear your head. It isn't bad to skip a conference session to "get some work done," even if "getting work done"

really means "recharging" so you can be productive at a conference reception or another session.

- **Find Your Crew:** It can be extremely hard to connect in a setting when you know literally *no* one. But I know, or at least know of, someone at most events I attend. Don't feel bad about making a beeline for that person! The only danger here is staying entirely within your comfort zone. That person can engage with others alongside you, but it is a missed opportunity to only hang out with the folks you already know. If I am at a conference where I know no one, I'll try to approach someone at my table or on a break and meet that one person I can seek out at the reception with a hundred people.

You Don't Need to Go to Every Event

In major cities, you can find a networking event to attend nearly every day of the week if you choose. Other attorneys at your firm will be pushing to "fill the firm table" or "have a good presence" at many of them. Remember that it is fine to go home, or go to the gym, or stay in the office rather than going to every event. If you will be too drained to meaningfully connect with other people due to your schedule, skip this one, and fuel up for the next one!

Tom R. Pack is an associate at Maslon LLP in Minneapolis, Minnesota, where he represents businesses in product liability matters and in other complex business litigation, with a focus on the drug and medical device industries. Tom can be reached at thomas.pack@maslon.com or, in the spirit of this article, add him on LinkedIn or say hello at an upcoming DRI Young Lawyers event.

Leadership Note – The Chair's Corner

DRI Young Lawyers Committee 2019 Annual Report

By Baxter Drennon



As we prepare to wrap up another DRI year and I complete my term as Chair of the YLC, I wanted to take an opportunity to report on the work of the committee and to say thank you to all of the members of the YLC. I will be forever thankful to have had the opportunity to serve as the Chair of the YLC. I have learned so many lessons over the last three years while on the YLC executive committee, but none more significant than these two: first, people care

more about how you make them feel than they do about anything else; and second, it is more important to welcome people into the door of the room than it is to stand on the stage at the front of it. You all have made me feel incredibly lucky, and I am honored to have had the chance to welcome so many of you into the YLC.

I want to say a special thank you to Shannon Nessier and Stephanie Wurdock. Both are incredible lawyers

and tireless leaders. To me, though, they have been the best of friends. Under their leadership, along with newly appointed Second Vice Chair Catherine Kopiec, the YLC is in great hands.

2019 Annual Report

The Young Lawyers Committee of DRI was started in 1991 in an effort to recruit young-lawyer members to DRI; to provide leadership, business development, and promotional opportunities to young lawyers; and to help transition young lawyers into greater involvement into one of DRI's other substantive law committees. While those goals have been refined somewhat over the years, the DRI Young Lawyers Committee remains committed to the personal and professional success of DRI's young lawyer members. 2019 has been another banner year in that regard.

Now in its 28th year, the Young Lawyers Committee has grown to over 2,649 members, with over 200 new members in 2019. Committee membership is made up of lawyers who have been in practice for less than 10 years. The 2019 Young Lawyers Committee is led by a steering committee of over 80 lawyers from more than 30 different states and provinces. The Committee offers countless opportunities for committee members to gain notoriety and develop business through its publications, seminar, webinars, and general committee activities.

Active participation in the Young Lawyers Committee provides several unique advantages for young lawyers. Because membership is limited to those less experienced in their practice, members of the Young Lawyers Committee do not have to compete against more experienced attorneys when attempting to create relationships with in-house counsel and other attorneys at Young Lawyers Committee events. Likewise, members of the Young Lawyers Committee are able to quickly participate in committee leadership, preparing them for involvement in other DRI substantive committees. Finally, the programming put on by the Young Lawyers Committee is often designed to assist young lawyers in developing their practice skills or personal business, making them better equipped to make partner in their firms.

As always, the highlight of 2019 was the Young Lawyers Seminar. This year, the Young Lawyers Seminar took place in Nashville, Tennessee. The theme of the Seminar was "Welcome to the Main Stage," and it focused on the skills and knowledge that young lawyers need to be assigned and handle large cases, including class actions and multi-district litigation. From business development tips to

making an effective closing argument, each of the over 200 attendees left the seminar with key information that will make them better lawyers. Along the substantive learning aspects of the seminar, the Young Lawyers Seminar also emphasized the need for young lawyers to network with their colleagues from around the country. In addition to the traditional cocktail party, the 2019 Seminar included networking events centered around a service project at Thistle Farms, yoga, and microbrewery tour. These networking events help build relationships amongst the young lawyers, who can share ideas and encouragement based on their common experiences. Ultimately, the information learned and the relationships made at the Young Lawyers Seminar can make a big difference in a young lawyer's career.

In terms of professional goals, making partner is a near universal goal amongst members of the Young Lawyers Committee. Because of that, members of the Young Lawyers Committee partnered with other leaders in DRI to put on the [Pathway to Partnership Webinar Series](#). The six-part webinar series provides on-demand advice to young lawyers looking for an edge in making partner in their firms. The webinar series is a great example of the success that can result from the Young Lawyers Committee collaborating with members of other DRI committees.

Finally, 2019 was a year of strategic implementation for the Young Lawyers Committee, and we are excited about the future results that will come from this year of laying ground work. In 2018, members of the Young Lawyers Committee, along with other leaders of DRI, participated in task force to "reimagine young-lawyer involvement in DRI." That task force identified five issues that were key to ensuring young-lawyer success in DRI: recruitment; education; opportunities; support; and engagement. Based on the task force's work, we implemented several new programs and made a few key changes. A few of those new programs and changes are listed below:

- **30, 60, 90 New Member Program** – New committee members are now contacted three times, in three different ways, by three different committee members at intervals of 30, 60, and 90 days from the time they join DRI to ensure that they are welcomed to the committee and given all the information needed to become an active committee member.
- **One Ask Packages** – To make it easier to budget their DRI involvement and to request funds from their firms, young lawyers can now pay their membership dues, pay to attend the Young Lawyers Seminar, and pay to attend either the Annual Meeting or another substantive seminar all in one bundled package. This allows young

lawyers to make only one “ask” for funds for DRI involvement, and importantly, it offers a reduced overall price for participation in these events.

- **Young Lawyers Engagement Subcommittees** – To make it easier for lawyers experiencing out of the Young Lawyers Committee to become involved in other DRI committees, we have created Young Lawyers Engagement Subcommittees. The goal is for each DRI Substantive Law Committee to have a Young Lawyers Engagement Subcommittee made up of experienced and younger committee members. The purpose of each Subcommittee is to identify leadership roles and other committee opportunities that are well suited for a young lawyer. The Subcommittee will then work with the

Young Lawyers Committee to identify and place a young lawyer in the role.

Ultimately, there is no better place for a young lawyer to become engaged in DRI than the Young Lawyers Committee. For 2019, we hope that the YLC’s increased focus on recruiting and engaging new members made an already great committee even better.

Baxter D. Drennon is the immediate past chair of the DRI Young Lawyers Committee and a member of the DRI Membership Committee. Baxter is a partner at Wright, Lindsey & Jennings LLP in Little Rock, Arkansas, who focuses his practice on both product liability and transportation litigation.

DRI Young Lawyers Member Spotlight

Chelsea Suvlu



How and why did you first get involved with DRI?

I was hired at Tucker Law Group by Dick Tucker in September 2016—at that time, Dick was the incoming Northeast Regional Director for DRI and encouraged me to join! Dick described the organization as a great way to make new friends from around the country and that I would have the opportunity to attend some amazing seminars in some amazing cities ... he was right!

What DRI committees (other than Young Lawyers) are you most interested in, and why?

Workers’ Compensation because it is my primary area of practice, and also the Women in the Law Committee for the sense of community and the great luncheons!

What is your favorite part about being a lawyer?

Both the competitive and collegial nature of the work. I was a Division I track athlete in college, so I enjoy getting to maintain some of that sense of a team within my firm, but also striving to win battles against our opponents.

When you are not practicing law, what do you enjoy doing?

I love to cook and host brunches and dinners with family and friends! When I am not at work or in the kitchen, I

also enjoy going for hikes and getting outdoors with my husband, Dylan, and two little boys, Lincoln and Calvin!

What has been your biggest success in your legal career thus far?

Developing a high level of respect among my mentors and peers. It is incredible how much easier it is to be successful when people trust what you say because you have taken the time to establish a good working relationship with them.

What is most important piece of advice you have been given related to practicing law?

Keep it simple.

What is the greatest concert you’ve ever been to?

Honestly? My first concert when I was twelve years old was Cher, and it has been a hard one to match! I have been to a lot of great shows since then, including Ed Sheeran, Jack Johnson, Sheryl Crow, Train, Bryan Adams, and Jonny Lang (to name a few).

What was your very first job?

At age twelve, I got a job at a local sandwich shop and farmer’s market. I did everything from baking cookies and making sandwiches to doing the dishes and stocking shelves. I haven’t been able to stop cooking and experimenting in the kitchen since, but now it’s all for fun!

If someone is visiting your state, where is it essential that they go to eat?

Maine has an incredible restaurant scene, and not all of the best places are in Portland A couple of my favorites include Primo in Rockland and Burning Tree on Mount Desert Island.

Chelsea Suvlu joined Tucker Law Group as an associate in 2016, having previously practiced as an attorney advocate

for the Maine Workers' Compensation Board in Bangor. Over the past several years, her practice has included litigating claims before the Board's Administrative Law Judges and Appellate Division, representing the employers and insurers of Maine. In addition to being a member of DRI, Chelsea is also a member of the Maine State Bar Association, Penobscot County Bar Association, and Tri-State Defense Lawyers Association. She is admitted to the State and Federal Bar in Maine.

Membership Minute

Cash for Everyone

By Kate Van Namen



Who couldn't use a little extra spending money? Each person who recruits a new member to join the Young Lawyers Committee before October 11 will receive a gift card.

This is an easy one. With lots of new law school graduates, we all have fresh faces joining our firms. These new associates are eager to learn and looking for opportunities to meet new people. Tell them about DRI Young Lawyers and how you've made the most of your membership!

Any new recruit who has practiced for fewer than five years will receive a certificate to attend a substantive seminar free of charge and will also qualify for discounted DRI seminar packages. All other new members receive a CLE credit to use toward registration for any substantive seminar.

Be sure to have them list your name on the application with the Young Lawyers Committee, and you'll win, too!

In addition to a gift card for your hard work on behalf of the committee, you'll also earn a \$100 DRI CLE credit for every new member you recruit.

Help your membership committee spread the word about how great the Young Lawyers Committee is and get rewarded today!

Kate Van Namen is a member of the Butler Snow, LLP in Memphis, Tennessee. She is licensed to practice law in Tennessee and Mississippi and concentrates her practice in the areas of general and commercial civil litigation, products liability, and construction litigation. She is the Co-Chair of Membership for the Young Lawyers Committee and can be reached at kate.vannamen@butlersnow.com.

Timeout for Wellness

Top Eight Benefits of Regular Exercise

By Samantha Woods



We all know we should exercise. Really, it is on my to-do list, even if I rarely actually get it accomplished. In case you are needing some motivation, here are 8 of the top reasons to be getting your recommended amount of exercise, according to wellness experts at Healthline. See *The Top 10 Benefits of Regular Exercise*, Healthline.com, <https://www.healthline.com/nutrition/10-benefits-of-exercise> (last visited Sept. 30, 2019).

It Can Make You Feel Happier

Exercise improves your mood and can help alleviate depression, anxiety, and stress. *Id.* This is because exercise can actually produce physical changes in the brain, including the parts of the brain responsible for anxiety and stress and those that are sensitive to hormones such as serotonin and norepinephrine, which reduce feelings of depression. See *id.* More well known, perhaps, is that exercising also increases the body's production of endorphins, which cause positive feelings and can help reduce feelings of pain. See *id.* And, the good is that it doesn't take an intense or extended workout to enjoy the mood-boosting benefits of exercise, because your mood can be improved even from light to moderate physical activity. See *id.*

Good for Your Muscles and Bones

Exercise plays a vital role in building and maintaining strong muscles and bones. *Id.* Physical activities, like weight lifting, help promote the ability of your muscles to absorb amino acids, which helps them grow and reduces their breakdown. See *id.* This is especially important for us as we age, since we tend to lose muscle mass and function, thereby leading way to increased risk of injury. See *id.*

It Can Increase Your Energy Levels

One would think that exercise would decrease energy levels, but it actually does the opposite. In fact, one recent study found that six weeks of regular exercise reduced feelings of fatigue for 36 healthy people who had reported persistent fatigue. *Id.*

It Can Reduce Your Risk of Chronic Disease

Regular exercise has been shown to decrease the risk of developing chronic diseases. *Id.* Not only can it improve [insulin sensitivity](#), cardiovascular fitness and body composition, it can decrease blood pressure and blood fat levels, as well. See *id.*

It Can Help Improve Skin Health

According to the wellness experts at Heartline, our skin can be affected by the amount of oxidative stress in your body. *Id.* Oxidative stress occurs when the body's antioxidant defenses cannot completely repair the damage that free radicals cause to cells, which can then damage their internal structures and deteriorate your skin. See *id.* A good defense to oxidative stress? Regular moderate exercise! Sweating it out at the gym can stimulate blood flow and induce skin cell adaptations that can help delay the appearance of skin aging. See *id.*

It Can Help Your Brain Health and Memory

Exercise can even improve brain function and protect memory and thinking skills. *Id.* Doing a little cardio increases heart rate, which, in turn, promotes the flow of blood and oxygen to your brain. See *id.* Exercise also stimulate the production of hormones that can enhance the growth and function of brain cells. See *id.*

It Can Help with Relaxation and Sleep Quality

Regular exercise can also help you relax and [sleep better](#). According to the wellness experts at Heartline, the energy depletion that occurs during exercise stimulates recuperative processes during sleep. *Id.* In addition, the increase in body temperature that occurs during exercise is thought to improve sleep quality by helping it drop during sleep. See *id.*

It Can Reduce Pain

Last, but not least, moderate exercise has been proven to reduce chronic pain. In several recent studies, exercise has been shown to help control pain that is associated with

various health conditions, including chronic low back pain, fibromyalgia and chronic soft tissue shoulder disorder. *Id.*

As you can see, moderate exercise offers a host of benefits for your mind and body, making it more than worthy of moving to the top of your to-do list.

Samantha Woods practices at Martin Pringle Law Firm in Wichita, Kansas, focusing on civil and commercial litigation,

including medical malpractice defense and products liability, as well as bankruptcy and creditor's rights. Samantha is Co-Vice Chair of the Wellness Subcommittee and can be reached at smwoods@martinpringle.com.

News & Announcements

Have Good News to Share?

Have you or one of your fellow young lawyers recently received an honor, a promotion, or a defense win? Do you have any announcements for DRI Young Lawyers? Please contact the Editors, **Taryn Harper** (harpert@gtlaw.com), **Anna Tombs** (atombs@casselsbrock.com), **Natalie Baker Reis** (nbaker@mrchouston.com), and **Darin Williams** (dwilliams@lanermuchin.com), so we can share it in *Raising the Bar*!