

# BAKER DONELSON

## WOMEN'S INITIATIVE

### STRIVE



Issue 1, 2019

This is an advertisement.

**W**elcome to the first issue of Strive for 2019! We are so excited to be the new editors of the Baker Donelson Women's Initiative newsletter and look forward to working with our colleagues and clients to bring you relevant, useful, and inspiring content. As busy professionals, we all share the struggles of finding the right balance between our personal and working lives, particularly when it comes to self-care. Self-care comes in many forms – taking care of our physical, mental, financial, personal, and professional well-being. In this issue, we address all of those areas from estate planning to meditation to financial wellness. Also, make sure to check out the Baker's Dozen with valuable tips from our attorneys about the ways they promote self-care in their lives.

A note about this issue's cover photo: They say a picture is worth a thousand words and this one speaks volumes. Baker Donelson attorney [Colleen Jarrott](#), front and center in sunglasses, is a member of the Women Energy Network (WEN) board of directors and serves as the Biennial Conference Chair and Programs Director. We're proud of all the work Colleen put into orchestrating, planning, and executing the amazing [WEN 2019 National Conference](#), which brought more than 550 women from the energy industry together in Denver last month. #wen2019 #behold

– Strive editors



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## SELF-CARE: MAKING SURE AFFAIRS ARE IN ORDER

[Courtney K. Brust](#), 410.862.1142, [cbrust@bakerdonelson.com](mailto:cbrust@bakerdonelson.com)



Having your “affairs in order” is a pillar of self-care, and boils down to a simple concept: you should have a written, detailed plan about your life and assets. A life and asset plan provides peace of mind for everyday life and strategy for major events. All women, regardless of their age or stage in life, should embark on a plan as an essential element of self-care. The plan should address basic needs and objectives, and include the legal tools necessary to carry out those objectives during emergencies, or after your death.

Estate planning provides women the opportunity to review their current circumstances, both financial and personal, in light of future goals. The term “estate planning” is often a misnomer. There is a common misconception that you must have an “estate,” or built-up wealth, before needing a plan. Instead, a good estate plan addresses not only hard assets, regardless of value, but also physical wellbeing and personal relationships. Perhaps a better term would be to call it “life planning.”

Whichever term best fits you, a good plan consists of three basic documents that every woman should have in her toolkit:

1. Financial power of attorney
2. Health care power of attorney
3. Last will and testament

Each document addresses a different need, but combined, they create a blueprint to ensure your wishes and desires are carried out during an emergency and that your loved ones are cared for after your death. The self-reflective process of creating your life plan provides the opportunity to really assess your current assets as well as your future goals and objectives.

Financial powers of attorney and health care powers of attorney (sometimes referred to as health-care proxies, or advance directives) are documents that address lifetime needs. A financial power of attorney nominates an individual to administer finances during life when you are unable to do so yourself. A power of attorney can be used for convenience, but is most useful during times of crisis because it allows the agent to administer another’s finances when that person is unable to act for herself.

Health care powers of attorney are similar to financial powers of attorney and are useful for the same reasons, but in the context of physical wellbeing. Health care powers of attorney nominate agents to make or communicate health care decisions. Most health care powers of attorney also incorporate “living will” provisions, or preferences concerning life support measures, in the event of health care emergencies. Many jurisdictions have default provisions for the nomination of agents on your behalf, if a health care provider needs a decision maker. However, a health care power of attorney provides control by nominating an agent in advance of a crisis, and often sets forth life preferences so that there is no guesswork for the agent.

Without financial and health care powers of attorney, most jurisdictions require a court proceeding for the appointment of agents, even if there is an emergency. Court proceedings are lengthy and costly, and a judicial officer ultimately selects the agent. By having these documents in place, an agent can usually bypass the court and has a more seamless way of carrying out his or her duties during urgent situations. These documents are much more cost effective, and provide control over the appointment of agents and direct care. In short, powers of attorney help maintain financial and physical wellbeing during your lifetime in the face of the unknown, regardless of your age or net worth.

The last of the three documents is a last will and testament, which dictates the disposition of property at death. Even for women with few assets, the will is an important document to have in the toolkit, because without a will, many states have default provisions for how property passes at death. A will provides the ultimate control over distribution of assets rather than relying on default law. Wills are especially important for families with minor children because they also set forth the nomination of guardians and caretakers. In addition, wills typically incorporate specific provisions relating to the financial care of minor children.

## SELF-CARE, *continued*

A trust is another form of estate planning, appropriate in certain situations, that distributes property at death. For women with more complex assets, a will (or trust) not only disposes of property but also addresses potential death taxes and legacy planning. The last will and testament is the last piece of the plan to make sure that loved ones are cared for after death, regardless of the size of the “estate.”

While having a formal will in place is ideal, another option is to review the titling of your assets to verify that those closest to you have access to your accounts, or are the beneficiaries of such assets. Every woman, however, regardless of your stage in life, should execute financial and health care powers of attorney because these documents are critical during times of crises. Women with young children should also routinely review emergency contact lists, such as those at work and at school,

for themselves and their dependents to make sure information is up-to-date. Another component to a good plan is having a network of professional contacts, consisting of a financial advisor, accountant, attorney, and/or insurance agent, to develop assets and fine-tune goals.

Every woman should establish a plan that touches on the varying needs and goals for any stage in her life. The plan can begin with a conversation with loved ones or a trusted consultant, or it can start with a formal set of planning documents. A good plan is not always set in stone, though, and the best plans are those that are revisited and updated every few years. The peace of mind that comes with knowing affairs are in order, whether it's for herself or for her loved ones, is a key element of every woman's self-care.



### TIPS FOR PROFESSIONAL WOMEN: Q&A WITH NATALIE R. BOLLING, SENIOR ATTORNEY, VULCAN MATERIALS COMPANY

Katie Dysart, 504.566.8611, [kdysart@bakerdonelson.com](mailto:kdysart@bakerdonelson.com)



#### Can you tell us about the various leadership positions you have held in your career and how you achieved those positions?

Let's see: I started out as a mentor in law school to younger, diverse law students. I mentored clerks while at Frilot, Partridge. Then, Katrina forced me out of New Orleans and led me to Baker Donelson where I began in labor and employment, then financial services. I started managing the Financial Services Team and its work following the economic downturn. In 2013, I was named as the Mortgage Litigation Group vice-chair, along with Katie Dysart (shout-out!). From 2014 to 2015, I served as a Fellow in the Leadership Council on Legal Diversity, and from 2015 to 2016, I served as the Defense Research Institute Publications chair of the Diversity Committee. I am also co-chair of the Employment Litigation Committee for ABA TIPS.

Frankly, I achieved all of my leadership positions through a combination of hard work and effective networking. If you can nail work ethic with a healthy mix of effective and intentional networking habits, opportunities to participate in leadership positions should be a natural progression.



#### What are the challenges of being a woman in a senior in-house counsel position?

I don't think the challenge relates necessarily to being a woman in this particular in-house position because I am fortunate that I work with progressive men and have other women on our legal team, and we all are super supportive of one another. I believe one of the biggest challenges I face constantly is adjusting to what my day-to-day will look like due to ever-changing business needs and employment issues that often times need rapid-fire legal responses.

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## TIPS FOR PROFESSIONAL WOMEN, *continued*

### **How do you put together your ideal legal team? Does diversity play a role?**

First, top-notch legal work/talent is a baseline requirement in any undertaking. I believe it is necessary to analyze each issue at hand separately to determine the desired ultimate outcome. Then, I put together a team that I believe can efficiently and effectively accomplish that desired outcome. Diversity, regardless of the stage in my career, has always been near and dear to me. In developing a legal team, it is not always possible to have a diverse team of players, but I certainly try to be intentional about seeking out diverse individuals and providing access to diverse lawyers when thinking about staffing a matter.

### **Are there any real “don’ts” when it comes to working your way up the corporate or professional ladder?**

A real “don’t” for me is to try to be anyone you are not. Authenticity eats strategy for lunch, so worry less about how to be strategic and more about how you can develop a career-building/climbing strategy that truly fits who you are and what you are capable of.

### **What are the top four pieces of advice you would give to an aspiring female professional?**

1. Embrace the power of being a female. You think differently than others, and there is nothing that should cause you to shy away from that.
2. Know your worth. If you don’t, there is nothing to encourage others to recognize it.
3. Stay involved in the conversations with decision-makers; in the community; in current affairs; and in your own self-care.
4. Always try to keep your sense of humor, even in the most difficult of times and decisions.

### **Who is someone whom you admire or has had significant impact on your career and why?**

I know you only asked for one person, but I have to give you two. First, as cliché as it may sound, my mother. She is one of the strongest, most encouraging, and smartest women I know. She did not pursue higher education, but she was there with me every step of the way to make sure I had exactly what I needed to pursue my own. She showered me with pride for the smallest accomplishments, and obliged me with a swift kick in the rear when I needed one. That kind of support is immeasurable. The second person I particularly admire is actually a former shareholder at Baker Donelson, Fern Singer. I will never forget the day she interviewed me to work with her. She said, “If you can survive in Iowa for three years being from Alabama, you can do anything and I want to work with you.” It made me laugh and also made me realize I had a friend and mentor for life. Fern taught me to speak up for what I needed, to work hard always, and to make myself proud of me first...the rest would follow.



**In developing a legal team, it is not always possible to have a diverse team of players, but I certainly try to be intentional about seeking out diverse individuals...**



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## FINANCIAL WELLNESS FOR WOMEN: THE 10 RULES OF INVESTING

[Kathlyn Perez](#), 504.566.8672, [kperez@bakerdonelson.com](mailto:kperez@bakerdonelson.com)



We have all heard that women tend to put everyone else's needs before their own. I have observed this first hand with busy clients, my colleagues, and myself. Of course, women putting themselves last can have many detrimental effects, including on our health, time management, self-care, and especially long-term financial security.

I receive panicked calls regularly from friends on the eve of their first big trip without the kids wondering what they need to do to plan for guardianship of their children if their plane goes down. I hear colleagues say they do not know their credit score, how much is in their 401(k) (even if they know they need to max it out), and the ins and outs of our Firm's benefits. According to a recent *Forbes* [article](#), 61 percent of women would rather talk about their own death than money. The same article also notes that there are two key areas in which women fall behind: saving and investing. In an age when women are far outliving men, what steps should women take now to ensure their long-term financial security? How can women meet their personal and financial goals, achieve philanthropic goals, and teach their children how to become financially savvy adults?

These issues and more were addressed at a recent Baker Donelson New Orleans Women's Initiative event. Morgan Stanley Financial Advisor Beth Colón, CFP®, CDFATM, who focuses her financial advisory practice on serving women, provided valuable insights into how and why women should plan for their financial futures. The event raised many good questions about decisions impacting the financial wellness of women. With only a few prepared remarks, Beth spent the balance of her time fielding questions

like, "Should I max out my 401(k) or invest in a 529 Plan for my child?" and "Should I pay off my student loan debt first or aggressively pay off my car?" Beth's answers were guided largely by her "Top 10 Rules of Investing" which include:

1. Pay yourself first
2. Have a spending plan
3. Know the basics
4. Diversification is key
5. Inflation erodes purchasing power
6. Turn off the "talking heads"
7. Have a plan
8. Create a system for saving
9. Create a system for distribution
10. Talk to your CPA about the tax code changes

Attendees left the event armed with information on how to make important financial decisions and empowered to face head on many of the big life decisions that are often left on the back burner. In addition, each attendee received a folder containing a checklist of critical documents to prepare and include in the folder as well as easy forms to have on hand, including a consent to treat a minor for use by babysitters/caregivers, a HIPAA release (critical for parents with college-aged children in case of emergencies), and a basic power of attorney.

Baker Donelson's Women's Initiative is committed to creating an environment where women thrive. Helping our female attorneys and clients make informed decisions about their financial futures is only one way that we live that commitment.



## EASY WAYS TO TRACK AND ORGANIZE KEY HEALTH INFORMATION – FROM YOUR SMARTPHONE!

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Getting your health-related affairs in order is a key – and often very daunting – step in caring for our families and ourselves. Putting your

health-related affairs in order is actually much easier than you think. Here are a few simple steps we can all take that will help you feel much more in control of these issues.

The “Medical ID” app makes the information that you input available to anyone in case of an emergency – without your phone’s password (simply tap the “Emergency” button from your phone’s lock screen, and then tap “[Medical ID](#)”). First responders, good Samaritans, or even you can access your critical information quickly, including your health history, medical conditions, allergies, prescription medications, general medical notes, emergency contacts, and more. You can even sign-up to be an organ donor from the app. Beware that this information can be accessed without a password, so make sure to consider the privacy implications.

The “Notes” app is also a simple way to consolidate important information. For example, you can create a note with a list of questions to ask during your next appointment with your

doctor or one with the contact information for all of the health care providers and pharmacies (with phone numbers) that you and your family use.

Below are just a few of the health care-specific apps available:



**CareZone** this app helps you manage medications and doctor’s instructions for you and your family, all in one place. It has a calendar for creating schedules, a journal to log relevant issues and incidents, and reminders for taking medications. It even allows you to scan your medications instead of typing the information in.



**GoodRx** this app allows you to compare prescription drug prices and find deals on medications. This can make you a more informed consumer by educating you on what’s available, as well as costs.



**Medscape** this app includes a lot of material, including drug side effects and interactions, health industry news and data, and instructional videos about various medical procedures.

## NO PRESSURE MEDITATION WITH “THE ANXIOUS LAWYER” BY JEENA CHO

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I have just come back from maternity leave, have a trial looming in my first month back, lots of very busy clients I am excited to catch up with after being away for a few months, and my fair share of mommy-guilt about leaving my precious baby boy. Anxious? No, not me! Time to meditate? Definitely not me! Then there it was, an article in the March 2019 issue of the *American Bar*

*Association Journal* with the title, “Self-care for Mommy Lawyers” by Jeena Cho. The article talked about self-care for working mothers and how the idea of self-care is not selfish but necessary. As I read through the article, I realized this advice was applicable to all lawyers and I wanted to know more. That’s when I turned to Jeena Cho’s book, [The Anxious Lawyer](#), which she co-authored with Karen Gifford.

## NO PRESSURE MEDITATION, *continued*

*The Anxious Lawyer* sets out an eight-week guide to help lawyers build a practice of mindfulness and meditation. Those steps include:

1. Beginning to meditate
2. Mindfulness
3. Clarity
4. Compassion toward others
5. Self-compassion
6. Mantra repetition
7. Heartfulness
8. Gratitude

Cho and Gifford start the book by sharing how they each came to meditation and the benefits they have experienced from that practice. They acknowledge that people meditate for many different reasons, including stress or anxiety management, increased focus and productivity, quitting bad habits, and dealing with difficult events, just to name a few. Whatever your reason for turning to meditation, Cho and Gifford offer an eight-week, self-guided, flexible program that allows the reader to explore various exercises to help cultivate their own meditation practice.

While set out as a step-by-step guide, the authors acknowledge that each step may not be helpful or natural for everyone. As a result, there is no pressure. You can choose your own adventure

by using the book and the steps in any way that works. The recommendations start with breathing exercises, setting an intention, actually finding time each day to devote to the practice, and then walk the reader through the ways to meditate and practice mindfulness throughout your regular day. The personalized stories of Cho and Gifford are helpful because they demonstrate how they use the meditation practices in their legal practices. Through these stories, we are able to see how these steps may fit into our daily law practices, and even our personal relationships and interactions.

While the steps presented are not necessarily unique to this book, the authors recognize the roadblocks many lawyers face when starting a meditation practice. The idea of another obligation distracting from the billable hour, the unnatural feeling of focusing on yourself, and the artificial feeling of meditation all make the idea of mindfulness and meditation a true challenge for lawyers. As the authors point out, however, it is clearly a worthy endeavor. Lawyers rank fourth among professionals with highest suicide rates, and suffer from depression at twice the rate of the general population. While we all deal with our own stressors, anxiety, or pressures, finding a little time to carve out for meditation might be well worth it. The authors found that meditation supports a more effective and enjoyable legal practice, and who doesn't want that!

## BAKER'S DOZEN: BEST SELF-CARE TIPS

Self-care is not self-indulgence. Self-care is self-respect. In a busy world of work, family, community, charitable, religious, etc. responsibilities, we are pulled in so many directions. Our own needs often play second fiddle to increasing demands on our time and energy. We compiled the best tips from our attorneys to help you make a conscious effort to put you on that list of priorities.



### 1. APPS

**Free Headspace** I am sure many of us have this same issue – turning off the brain to fall asleep. I have tried melatonin, warm baths, a glass of wine, but this app has been the hands-



down best tool to quiet the noise in my head to get some much-needed rest.

– [Katie L. Dysart](#), Shareholder, New Orleans



**Shipt** I have used [Shipt](#) for grocery delivery for three months and it is life changing. My Sundays are now free after church. And, I spend less because I do not see a bunch of other food to buy!

– [Angie Davis](#), Shareholder, Memphis

*continued*

## BAKER'S DOZEN, *continued*

**App Life360** To keep up with your teens' whereabouts, track their phones using this app. You can upgrade to get weekly or daily driving reports that show how fast the teen was driving, whether they slammed on the breaks or accelerated, and even how many times they texted during each drive.

– [Angie Davis](#), Shareholder, Memphis

### 2. BOOKS



**Mom Hacks** by Darria Long Gillepsie  
– [Amy W. Mahone](#), Of Counsel, Chattanooga



**Girl, Wash Your Face** and **Girl Stop Apologizing**  
by Rachel Hollis  
– [Danielle Yance](#), Attorney, Birmingham



**Audible Books** by Brené Brown  
– [Kelly M. Preteroti](#), Shareholder, Baltimore



**You Are a Badass** by Jen Sincero  
– [Donna M. Glover](#), Associate, Baltimore



**The Happiness Project** by Gretchen Rubin.  
I picked up the quote from this book that I feel epitomizes my life with my toddler son, “The days are long, but the years are short.”  
– [Sarah Casey](#), Of Counsel, New Orleans

### 3. BOUNDARIES

Step one is to set boundaries regarding your time and priorities and knowing your limitations. Step two is to respect and abide by your own boundaries so you can use that time toward your priorities, whether it be personal time, sleep, time with your family, or hobbies.



– [Kimberly A. Chojnacki](#), Associate, Houston



### 4. EXERCISE

**Early Morning Exercise** For self-care, I wake up at 5:00 a.m. to jog or go to barre class. With three little ones, if I don't exercise in the morning, it won't get done. Plus, it puts me in the right frame of mind to tackle the day.



– [Tessa P. Vorhaben](#), Of Counsel, New Orleans

**Partnering** Go to a spin class with a friend once a week. This helps us keep ourselves accountable and energized!

– [Daisy Karlson](#) and  
[Laura E. Collins](#), Associates, Birmingham



**Set Workout Times** Fitting in time to exercise is tough, but I found that working out at a 4:30 p.m. Orange Theory class every Friday afternoon has been a wonderful addition to my self-care routine. A Friday afternoon workout is a great release from the week's stresses and helps me transition into an exciting weekend with my family.



– [Kathleen G. Furr](#), Shareholder, Atlanta

**Peloton Workouts** [Peloton Workouts](#) offer live and on-demand workout classes.

– [Kelly M. Preteroti](#), Shareholder, Baltimore



### 5. GRATITUDE



Morning gratitude practice before looking at any technology

– [Kathlyn Perez](#), Shareholder, New Orleans



### 6. INSPIRATION

I love following empowering Instagram pages like [the.wing](#) and [i\\_weigh](#)

– [Kathlyn Perez](#), Shareholder, New Orleans

## BAKER'S DOZEN, *continued*



### 7. MEDITATION

The [Calm](#) app is great for meditation and putting a restless mind to sleep at night.

– [Kathlyn Perez](#), Shareholder, New Orleans

I believe whole-heartedly in the power of meditation. Just ten minutes a day can make a profound difference in a person's well-being and can teach one how to acknowledge her thoughts without judgment rather than being ruled by the chattering of an untrained brain unleashed. There is an app called "[Waking Up](#)," and I highly recommend taking a look at adding a meditation practice to any busy woman lawyer's life.



– [J. Lane Crowder](#), Of Counsel, Chattanooga



### 8. ORGANIZATION

I highly recommend the app [Remember the Milk](#) if you are a list-maker like me. It allows me to organize my lists by topic, person, etc. and has hashtags and text/email reminders. I can view my lists on my computer and it syncs to my phone, too.



I also follow [TheHomeEdit](#) on Instagram, run by two hilarious Nashville women who offer organization tips.

– [Dena H. Sokolow](#), Shareholder, Tallahassee



### 9. PAMPERING

For the last four years, I have taken one hour each week to get a massage. I book a month in advance through an app so there is no hassle. I go to the same person every time so she knows exactly what I need. They automatically draft my debit card and include my usual tip so there is not one second of wasted



time. I arrive two minutes before my appointment and walk out 55 minutes later. It has changed my life!

– [M. Kim Vance](#), Shareholder, Nashville

I'm a big fan of "on the go" pampering. I try to do five-minute under-eye masks before work on Mondays and I always travel with face masks. These habits are simple, but help me feel hydrated and refreshed. I recommend Patchology's [Flash Patch](#)



[Rejuvenating Eye Gels](#) and SHISEIDO Benefiance [WrinkleResist24 Pure Retinol Express Smoothing Eye Masks](#).

– [Daisy Karlson](#), Associate, Birmingham



### 10. TECHNOLOGY HACKS

I have an [Amazon Smart Speaker](#) in every room/area of my house and I dictate my grocery list to it as I think of things. The list syncs with the Amazon Prime Now app, allowing me to have those items delivered from Whole Foods for free in two-hour windows every week or so (with Prime).



– [Emily R. Billig](#), Associate, Baltimore



### 11. WORK EFFICIENCIES

I try to get way ahead on work before the last month of the fiscal year. Then, I try to take off every Friday that month and work on my scrapbooks, drink red wine, and eat dark chocolate. I feel no guilt because I'm taking those days with cash (time I already banked) rather than on credit (knowing I'm going to have make up for it). I start the new year refreshed and renewed.



– [Christy Tosh Crider](#), Shareholder, Nashville



### 12. TRAVEL

I always travel with tea tree oil, which is good for a lot of things, and ten antibiotic tablets, which have gotten me home a few times. No matter the season, I always pack a black lightweight turtleneck and black socks. I have had what was to be warm weather turn cold in San Diego, Orlando, and Dallas, and learned that these two things can save the day. I always pack athletic shoes.



– [Linda S. Finley](#), Shareholder, Atlanta

## BAKER'S DOZEN, *continued*



### 13. PODCASTS

(Some of these are not self-care, but who cares? They are great)

“[Hustle & Flow](#)” with Heather Hubbard, Life Coach/Attorney. I listened to the podcast on timekeeping strategies “Capturing Billable Hours” (January 28, 2019 episode) recently.

– [Angie Davis](#), Shareholder, Memphis

A few months ago, I listened to a great podcast by Harvard Business Review called “[Perfect is the Enemy](#)” that talks about how Type A perfectionists can find freedom from the fear in making mistakes, which holds us back, and how to recognize “fear” even when it doesn’t necessarily feel like you’re afraid.

– [Laura E. Collins](#), Associate, Birmingham

“[The Dropout](#)” about Elizabeth Holmes of Theranos, ambition, and fame gone terribly wrong.

– [Tessa P. Vorhaben](#), Of Counsel, New Orleans



“[My Favorite Murder](#)” – “Stay Sexy and Don’t Get Murdered” are pretty much words to live by.

– [Jenna M. Bedsole](#), Shareholder, Birmingham

I’m a true crime nut, which I attribute to my start as a gang prosecutor. After a long, stressful day, I actually look forward to my half-hour commute home because I listen to a variety of true crime podcasts. Sounds absolutely crazy, but it provides a complete escape from my workday. By the time I arrive at home, I’ve transitioned from work mode to wife/mom mode, and my focus is where it should be. And, yes, I do make a point to check my surroundings for intruders as I pull in my driveway! My favorite podcasts are [My Favorite Murder](#), [Criminal](#), [True Crime Garage](#), [Crime Junkies](#), [Over My Dead Body](#), [Root of](#)



[Evil](#), [Dr. Death](#), [Serial](#), [Dirty John](#), [Up & Vanished](#), [Southern Fried True Crime](#), [The Drop Out](#), [Unsolved Murders](#), and [Serial Killers](#).

– [Blair B. Evans](#), Of Counsel, Memphis



## 20 QUESTIONS WITH KATY FURR

[Kathleen G. Furr](#), 404.221.6533, [kfurr@bakerdonelson.com](mailto:kfurr@bakerdonelson.com)

We asked Katy Furr – shareholder, bankruptcy attorney, Women’s Initiative Parental Leave Committee Co-chair and Atlanta Office Leader, mother, daughter, and Game of Thrones fan – 20 questions to learn more about how she wears so many hats (and maybe a crown) with ease.

### 1. If you weren’t a lawyer, what would you be?

I would have pursued a job in law enforcement or became a middle school or high school teacher

### 2. What are the three qualities that got you where you are today?

Perseverance, assertiveness, and kindness.

### 3. What was the moment you felt you made it?

Passing the bar exam. I still remember calling my dad after I passed. He left a meeting to take my call and began crying, which was a very rare occurrence for him.

### 4. What change would you like to see in the legal industry?

The nastiness associated with some cases and lawyers is unnecessary. Not everything has to be unicorns and rainbows, but lawyers can always treat their adversaries and others with respect.

### 5. How did you make your first dollar?

I earned my first official paycheck as a lifeguard and teaching swim lessons.

### 6. What was the last thing you binge-watched?

We just finished watching “Game of Thrones,” and now we can’t wait for the final season!

### 7. What book left a lasting impression on you?

Number the Stars by Lois Lowry.

### 8. What movie has the greatest ending?

“The Usual Suspects.”

### 9. What food are you not ashamed to admit you love?

Anything with salted caramel.

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## 20 QUESTIONS, *continued*

- 10. If you could live abroad, where would it be?** New Zealand.
- 11. What is one thing you're exceptionally good at?** Being organized. Isn't every mom though?!
- 12. What is one thing you're epically bad at?** Drawing. I lack the creative gene.
- 13. What superhero power would you want to have?** Teleporting.
- 14. What is something that's better in theory than in practice?** Any Pinterest project.
- 15. What store can you not leave without buying something?** Target, and my credit card confirms that statement.
- 16. How do you clear your mind after a bad day?** Running with my black lab, Tillman.
- 17. If you could compete in an Olympic sport, what would it be?** Swimming.
- 18. What are three qualities you thought you wanted in a partner?** Stunning good looks, humor, and honesty (the latter two still matter now).
- 19. What are three qualities you now know matter?** Compassion, dependability, and trust.
- 20. What relationship advice would you give to your younger self?** It's less about getting from point A to point B in the fastest, most efficient manner possible and more about enjoying the ride and those that are on it with you.

## OFFICE UPDATES



We held a Women's Initiative Summit for our Baltimore and Washington, D.C. women attorneys where they had the opportunity to network, share business development goals, and hear from our Firm's leaders. We had a great turnout and it was a huge success!



The women in our New Orleans office hosted a Financial Wellness Seminar at the famous Shaya restaurant in January.



To celebrate another year of recognition by *Working Mother*<sup>®</sup> Magazine as one of the "Best Law Firms for Women," we passed around the trophy to each office to take a picture with a powerhouse female client or mentor. What a fun way to memorialize our success!

Baker Donelson's Birmingham office and Medical Properties Trust co-sponsored the Laura Crandall Brown Foundation [Taste of Teal Gala](#) on March 9 in honor of our late partner, [LeAnn Mynatt](#).



# STRIVE

Issue 1, 2019

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## NEW FEMALE FACES

Baker Donelson is proud to announce the addition of the women attorneys featured below to our team.

### ATLANTA

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Janelle E. Alleyne  
Business Litigation



Suzanne Lewis  
Labor and Employment

### BALTIMORE

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Ty Kelly  
Government Enforcement  
and Investigation



Adetoro T. Olugbemi  
Health Law

### BALTIMORE

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Alison Schurick  
Government Enforcement  
and Investigation



Bailea S.J. Tinsley  
Corporate Restructuring  
and Bankruptcy

### FORT LAUDERDALE

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Desislava K. Docheva  
Financial Services Litigation  
and Compliance

### NEW ORLEANS

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Nyka M. Scott  
Business Litigation

### WASHINGTON, D.C.

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Barbara J. Comstock  
Government Relations  
and Public Policy



Samantha N. Williams  
Corporate Finance  
and Securities



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## BAKER DONELSON WOMEN IN THE NEWS



[Emily R. Billig](#), [Amy K. Elder](#), [Monica A. Frois](#), [Ty Kelly](#), and [Kathryn Perez](#) were newly recognized as “America’s Leading Lawyers for Business” by [Chambers 2019](#).



[Ty Kelly](#) admitted to [American College of Trial Lawyers](#).



[Daily Record](#) and [Law360](#) highlight [Ty Kelly](#) and [Alison Schurick](#) to the Government Enforcement and Investigations Group.



[Emily T. Brackstone](#) quoted in the March 18 edition of the [San Fernando Business Journal](#) discussing start-up incubators and their benefits in the medical field.



[Linda Klein](#) quoted in [Bloomberg Law](#) on proposed ABA resolution regarding electronic device searches at the border.



[Sheila P. Burke](#) comments on CMS proposed rule on modernizing Medicare drug benefit in [Nashville Medical News](#).



[Jackie G. Prester](#) featured among [EB5 Investors Magazine](#) “Top 15 Corporate and Securities Attorneys.”



[Alisa L. Chestler, CIPP/US](#) quoted in [Bloomberg Law](#) on trend of tech companies partnering with health care, in [HIPAA Regulatory Alert](#) on operational issues involved in access to patient records, and in [Law360](#) about the continued growth of cybersecurity practice area in 2019.



[Kristine L. Roberts](#) discusses 2019 financial services litigation trends in [Law360](#).



[Kavita Shelat](#) highlighted in [Memphis Business Journal](#) as a finalist in the “Best of the Bar: Ace Associate” category



[Washington Business Journal](#) and [The Hill](#) highlighted the addition of former Congresswoman [Barbara J. Comstock](#) to Baker Donelson’s Government Relations and Public Policy Group.



[Ashley L. Thomas, CIPP/E](#) quoted in [Bloomberg Law](#) on proposed HHS ruling allowing exceptions to information blocking ban



[Leslie D. Goldsmith](#) quoted in [Politico](#) on major Medicare payments case before U.S. Supreme Court.

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