

BAKER DONELSON Women's Initiative

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Sheila Burke Listed In Women Worth Watching



Sheila Burke serves as a Strategic Advisor and chair of the Government Relations and Public Policy Group at Baker Donelson.

This article was originally published by <u>Profiles In</u> <u>Diversity Journal</u> on October 6, 2014, in recognition of Ms. Burke's inclusion on their list of "Women Worth Watching."

I made the move from executive dean of the Kennedy School at Harvard University to deputy secretary at the Smithsonian Institution because of family considerations. My oldest child was beginning high school, which can be a very challenging transition, so I wanted to be more accessible, rather than commuting between Washington, D.C. and Cambridge every day of the week. I also saw the change as a tremendous challenge and opportunity.

On the Value of Building Relationships

At Harvard, I gained experience running a complicated academic institution with a multiplicity of responsibilities that I had not previously managed, including human resources and information technology. Key to that experience was the ability to build a team and to get buy-in for necessary changes. This entailed building a consensus in a multifaceted organization that included faculty and staff. That same skill was valuable in my work at the Smithsonian, where consensus building involved volunteers, academics and long-serving Smithsonian experts.

Learning to work with academics to reach consensus on what appeared at the time to be relatively minor issues was extremely valuable.



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Upcoming Events

Baker Donelson hosts many other events that may be of interest to you. To see a full listing of events, click here.

Sheila Burke Talks About the Lessons She's Learned

continued

The broader lesson is the importance of engaging people in decision-making. Rather than presenting them with a fait accompli, letting people be part of the process increases the likelihood of being able to reach agreement. It rarely works to just pronounce a solution, even when you have the authority to do so. It is always worth your while to build relationships with people who are both junior and senior to you. In my case, whether it was the women who worked in the Senate dining room or one of the security guards, I tried to create a collaborative environment. That approach not only recognizes the importance of their work to the organization, but also you'll find they are excellent sources on what's happening within the organization, which can be helpful to you as a manager. The instinct is to ignore the junior folks, which is a huge mistake, because they are the backbone of an organization.

On Finding Success and Staying Competitive

Be absolutely honest in all your dealings.

On the Importance of Role Models and Mentors

My first nursing supervisor was a tremendous role model who taught me two very important things that I have carried with me throughout my career: First, take responsibility for your actions and finish what you start; and second, never forget who the customer is. In that case, it was the patient. But I've found that advice is applicable in any profession, and it has served me well to this day.

On Facing Challenges

Having someone believe I wasn't up to the job that I was interviewing for, and working to prove I could do it, instead of giving up.

Advice to Young Women Starting Careers

Be the best-prepared person in the room.

Sheila Burke Talks About Women In Politics



Amy Mahone 423.209.4183 amahone@bakerdonelson.com

Inspired by Ms. Burke's recognition as a "Woman Worth Watching" and the recent election cycle, "Strive" Co-editor Amy Mahone sat down with Ms. Burke to get her thoughts on the current status of women in politics.

"We all know by now that there were a lot of 'firsts' in the mid-term elections – particularly for women. We saw the election of Joni Ernst, the

first female veteran in the U.S. Senate (and the first female Iowa has ever sent to Washington); Mia Love, the first African-American female Republican member of Congress; Shelley Moore Capito, the first female senator from West Virginia; and Elise Stefanik, who at 30 is the youngest woman ever to serve in Congress.

And, for the first time ever, Congress will have at least 100 female members.

What is the significance of these 'firsts' and for her takeaways from the election and what can we expect to see over the next few years?"



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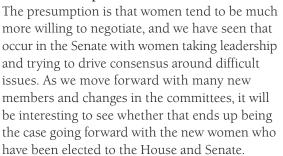
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Sheila Burke Talks About Women In Politics, continued

Ms. Burke's response:



We do not yet know how the Senate committees will be made up, but we do know how the House is going to play out. There are women on both sides of the aisle who hold very important positions, both in the leadership as well as in the committee structure. For example, on the Republican side, Cathy McMorris Rodgers from Washington State is the highest-ranking Republican woman in Congress and serves as the Chair of the House

Republican Conference, while Virginia Foxx of North Carolina continues her role as Secretary of the House Republican Conference.

On the Democratic side we have Patty Murray, also from Washington State, who currently chairs the Senate Budget Committee and serves as the Senate Majority Conference Secretary, Amy Klobuchar of Minnesota serving as Senate Chair of the Joint Economic Committee, and Elizabeth Warren of Massachusetts being appointed as the first ever Strategic Advisor of the Democratic Policy and Communications Committee.

Both the selection of women in the leadership and the fact that women are taking on major roles as spokespersons is a reflection of the important role that women are playing in government, as well as evidence of a growing sensitivity to women as an important part of the constituency.

Time Saver Savvy — Going Paperless with Your iPad!



Susan Wagner 205.250.8310 swagner@bakerdonelson.com

We'd all like to use less, carry less and store less paper. So here are some tips for going paperless with iPad.

1. Notetaking

Do you type or handwrite your notes? If you want to type, all you need is a Bluetooth keyboard and a good word processing app, such as Docs to Go or Pages.

If you're not a strong typist or think typing notes would be rude or distracting, you still have a few good options:

• First, with a notetaking app such as Notability, you can handwrite directly on the screen with your finger or a stylus. By the way, you can type into Notability, but that app saves as PDF, rather than text, so it's harder to turn your notes into a Word document or email later. So reserve Notability for when you want to include handwriting, illustrations (doodles) or a simultaneous audio recording (!).



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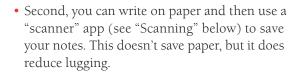
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Time Saver Savvy, continued



 Third, for a more substantial investment, you can buy a "smart pen," which lets you write on paper while capturing your notes in an app. I have not tried this and don't plan to, but some people swear by it.



2. Scanning

They say the best camera is the one you have with you. The same can be said of scanners. iPhone and iPad

scanner apps will never take as good a picture as a desktop scanner, and they don't have automatic sheet feeders. But if you scan documents, notes and travel receipts while you're away, you won't have to carry them back with you.

There are many good scanner apps. They take a picture, square and crop it, and then create a PDF, which you can store or email. If you don't already have a scanner app, take a look at Scanbot. For a few extra dollars, you can upgrade to the Pro version, which offers OCR to convert scanned documents (if they're typed, not handwritten) to searchable and editable text.

If you get a lot of business cards, you'll also want <u>CamCard</u>, which will scan a business card, read it and then turn it into a Contact.

We'd love to hear your ideas!

<u>Click here</u> to comment on our thread. We'll feature some of your ideas in upcoming issues.



3. Annotating

A PDF annotator will let you add highlighting, editing marks, margin notes, "Draft" stamps, signatures and more to a PDF version of a document.

<u>PDF Expert</u> (by Readdle) is the best of this breed, and it offers many other functions, such as rearranging pages, combining PDFs and completing fill-in-the-blank PDFs. It's also a great app for storing documents (not just PDFs) and organizing them into folders.

Notability (see "Notetaking" above) also offers basic PDF annotation, and that may be all you need. If you're getting Notability to take notes, try it for PDF annotation, too, before investing time and money in yet another app.

What if the document you want to annotate was sent to you in Word format instead of PDF? If you can't or don't want to ask your sender to convert it from Word to PDF and resend, you can convert it yourself. PDF Converter (by Readdle) does a good job of converting most Word documents and is also great for saving web content in PDF. Note that PDF Converter and other converter apps sometimes struggle with formatting, so your PDF may not look the same as the original Word document.



4. Reading

Don't forget to change your newspaper and magazine subscriptions to digital. Also check out <u>Flipboard</u>, which will

deliver a lot of free news content, as well as blogs and feeds from your social media accounts. And then there's the Kindle app with "Whispersync," so you can switch from iPhone to iPad without losing your place.

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On My Bookshelf — *The Invention of Wings* by Sue Monk Kidd



Jill Steinberg 901.577.2234 jsteinberg@bakerdonelson.com

The Invention of Wings is an absolute must-read, particularly if you like historical fiction. The book takes place in the early nineteenth century in Charleston, South Carolina, and focuses on the wealthy Grimke household who, like other rich white families in town, rely on slaves to sustain their lavish lifestyle. Hetty "Handful" is a slave who yearns for life beyond the suffocating walls that enclose her and the other slaves. One of the Grimke's daughters, Sarah, aspires to be a lawyer and a judge like her father, but is limited by the restrictions placed on women. Before reading (listening to, actually, since I chose the audio version) this book, I had not fully comprehended the challenges of women in the South and the obsession with appearances as depicted in Sarah Grimke's story, along with the bravery it took to go against convention. Handful's narrative brings the atrocities of slavery to life in a way that is



disturbing, but gives hope. If you listen to books, this is a great listen because you hear both Sarah's and Handful's voices. I did not realize until the end of the book that the Grimke sisters were actually real heroes in the abolitionist movement as well as early feminists.

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On Sarah's eleventh birthday, she is presented with Handful, the slave daughter of Charlotte, as her very own slave, a gift she is unwilling to accept but unable to refuse. Sarah is also desperate for more than just the basic education that is available to girls to make them good wives and mothers. She spends much of her time in her father's forbidden library and longs to escape the constraints of the society in which she lives. Early on, Sarah recognizes that she is "afflicted with the worst female curse on earth, the need to mold myself to expectations."

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On My Bookshelf, continued



Thus, Sarah and Handful are depicted as prisoners of their situation in different ways. As Handful says to Sarah: "My body might be a slave, but not my mind. For you, it's the other way round." Handful, as a slave, has no control over her life and can be literally bought and sold and given away as a gift. Her mother, Charlotte, is desperate to escape and plots and plans to buy freedom for her and her daughter. Sarah rebels in her own ways and teaches Handful to read, which is illegal in southern slave states.

This inspiring story of Sarah and Handful depicts their struggle to take control of their own worlds. Sarah and her younger sister, Angelina, work tirelessly as abolitionists and early feminists who paved the way for women's suffrage. The suppression of women is examined along with the tragic and hopeful lives of slaves. Sarah's bravery is depicted in her recognition that "to remain silent in the face of evil is itself a form of evil," and rather than just wish for slavery to end and for women to have rights, she does something about it.

The book follows Sarah and Handful for thirty-five years, alternating chapters about each. By mixing fact and fiction, Sue Monk Kidd has created an extremely well-written and compelling novel about the cruelty of slavery and the courageousness and resilience of both slaves and early abolitionists and feminists.

Women's Health Tip — An In-Depth Discussion with Dr. Kristopher Kimball on Gynecologic Cancer



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What exactly is a gynecologic oncologist?

A gynecologic oncologist is a specialist in obstetrics and gynecology who,

by virtue of education and training, is prepared to provide comprehensive management of patients with gynecologic cancer, including the diagnostic and therapeutic procedures necessary for the total care of the patient with gynecologic cancer. Gynecologic oncologists also are involved in research studies and clinical trials that are aimed at finding more effective treatments to further advance the treatment of gynecologic cancer and improve cure rates.

To become a gynecologic oncologist in the United States, a physician must first complete an approved four-year residency program in obstetrics and gynecology. Following this, he must complete a three-to-four year clinical fellowship in an approved gynecologic oncology training program. The additional years in a fellowship program provide the training needed for the optimal care of women with gynecologic cancer.



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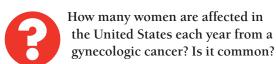


Women's Health Tip, continued



Advanced surgical techniques are taught during fellowship as well as training in the administration of chemotherapy and placement of brachytherapy devices for radiation therapy. After completing a fellowship, the gynecologic oncologist may practice in his specialty. To become board certified by the American Board of Obstetrics and Gynecology, an eligible candidate must pass a written and oral examination.

Studies have demonstrated that women treated by a gynecologic oncologist have a better likelihood of prolonged survival. Due to their extensive training and expertise, gynecologic oncologists can coordinate all aspects of a woman's cancer care and recovery. Gynecologic oncologists understand the impact of cancer and its treatments on women's lives, including future childbearing, sexuality and physical and emotional well-being, as well as the impact on the family.



In general around 90,000 women per year are diagnosed with a gynecologic malignancy.

- Endometrial cancer 45,000 (fourth most common form of cancer in women)
- Ovarian cancer 25,000 (fourth most common form of cancer death in women)

- Cervical cancer 12,000 (uncommon in the United States but the most common cause for death from cancer in women worldwide)
- Vulvar cancer 5,500
- Vaginal cancer 4,000

What are common risk factors for gynecologic cancers?

This depends greatly on the cancer. The most important risk factors for gyn cancers are as follows:

- Endometrial cancer: Obesity, unopposed estrogen, postmenopausal bleeding and a genetic predisposition (Lynch Syndrome)
- Ovarian cancer: Family history of ovarian cancer or breast cancer or genetic predisposition (Lynch syndrome, or breast and ovarian cancer syndrome), and a long history of uninterrupted ovulation (no children, or no period of birth control use)
- Cervical cancer: Persistent human papilloma virus (HPV) infection, smoking, not getting the HPV vaccination in a timely fashion and not getting regular screening (Pap test)
- Vulvar cancer: Persistent HPV infection, smoking and chronic irritation of the area.



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Women's Health Tip, continued



What is the most common gynecologic cancer? What is the most common symptom?

Endometrial cancer, or cancer of the lining of the uterus, is by far the most common gynecologic cancer. It is also one of the most commonly cured cancers. Abnormal vaginal bleeding or ANY postmenopausal bleeding should be evaluated with a biopsy and or a transvaginal ultrasound.

Are there screenings available to detect endometrial or ovarian cancer? If not, what are symptoms?

Unfortunately, there are no good screening tests for endometrial or ovarian cancer in asymptomatic women. Knowing your family history and communicating on a regular basis with your gynecologist is the best plan. Prompt evaluation of persistent symptoms is prudent.

Thankfully, endometrial cancer often presents early with symptoms such as abnormal vaginal bleeding or postmenopausal bleeding, and thus can be identified at early stages when it is the most easily cured.

Ovarian cancer, unfortunately, has less obvious specific signs or symptoms. Pelvic pain, persistent abdominal symptoms like nausea, vomiting, changes in bowel or bladder habits, early satiety and abdominal bloating or significant shortness of breath can all be related to ovarian cancer. As a result, knowing your risk for ovarian cancer is important. Women at very high risk may want to undergo additional counseling, testing or intervention.

It is important to remember that the Pap test is not a screening test for endometrial or ovarian cancer. It is only a screening test for cervical cancer. If you are diagnosed with a gynecologic cancer, what are the common treatment options?

Like most cancers, gyn cancers are treated with a range of multiple modalities including surgery, chemotherapy or radiation. Treatment is always tailored to the individual patient and her disease status. For example, early stage cervical and endometrial cancers are most often treated with MINIMALLY INVASIVE surgery (robotic or otherwise) alone. Uncommonly, radiation and/or chemotherapy will be used instead of or in addition to surgery. Rarely, early stage ovarian cancers can be treated with surgery alone, but most commonly ovarian cancer is treated with a radical debulking surgery followed by chemotherapy. The best form of chemotherapy for some ovarian cancer patients is actually delivered into the vein and the abdomen (intraperitoneal) during treatment.

Regardless, if one is diagnosed with, or there is a suspension of, a gyn malignancy, a gynecologic oncologist should be the central component of the treatment team so that the best outcomes are possible.

Can any gynecologic cancers be prevented?

The cervical cancer vaccine (Gardasil® or Cervarix®) given prior to the onset of intercourse (recommended by the age of 11) can prevent 70% of all cervical cancer in the United States. Clinical trials may soon validate an even more effective cervical cancer vaccine. Even for women who don't get the vaccine, routine Pap testing should drastically limit cervical cancer risk. Uterine cancer and ovarian cancer can be prevented with surgical removal of the related organ. These surgeries may be recommended for some patients at high risk. Knowing your family and personal history about gynecologic, breast, colon and pancreatic cancer is the first step to knowing if you are at risk.



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Women's Health Tip, continued

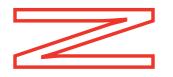


In evaluating a course of treatment and treatment providers, what questions should women ask? Women should always seek out fellowship-trained and current board certified practitioners in gynecologic oncology. One should always ask if minimally invasive surgery is an option. For select advanced ovarian cancer patients, intraperitoneal chemotherapy may be available. If traditional evidence-based therapies have been exhausted, clinical trials could be considered, so it is best to be treated at a center with clinical trials available. Asking your doctor about the availability of these interventions will give you an idea of his or her abilities to best meet your needs. It never hurts to ask for a second opinion. Remember, it's your body! Don't hesitate to ask to get your symptoms addressed and your questions answered!!

What are some of your favorite health tips?

<u>Click here</u> to suggest health tips for future issues.

Dr. Kristopher Kimball is a board certified, fellowship-trained gynecologic oncologist practicing at University of Tennessee Medical Center Cancer Institute in Knoxville, Tennessee. He received his doctorate of medicine at Vanderbilt University of Medicine. He completed his residency and fellowship at University of Alabama at Birmingham. Dr. Kimball is currently the Chair of the Gynecologic section of Robotic Surgery at UTMCK and the Associate Residency Director and Assistant Professor in the department of Obstetrics and Gynecology. He is active on the Institutional Review Board for new trials at UTMCK. He specializes in minimally invasive surgery; genetic counseling; endometrial, ovarian and cervical cancer treatment; and risk reduction for appropriate patients.



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City Spotlight: Comedy for a Cause Hits Close to Home for Knoxville Office



Kacie McRee 865.549.7119 kmcree@bakerdonelson.com

In April of 2013, Knoxville attorney LeAnn Mynatt, an avid runner, was preparing to run the Cooper River Bridge Run in Charleston, South Carolina, when she found herself having shortness of breath. After going to see a doctor in Charleston, LeAnn received some sobering news. She was diagnosed with stage four ovarian cancer.

LeAnn immediately underwent surgery and then began six months of chemotherapy treatment to fight the cancer. And fight she did. So it should come as no surprise to those who know her that one year later, LeAnn finished the Cooper River Bridge Run, her hair a little shorter, but her spirit even brighter.

"There were 18 of us. We ran it together, wearing teal in support of me, wearing baseball caps. We had a great time. We cried, we laughed, we celebrated and I was very, very happy to be back one year later doing the race I missed last year. It felt terrific," LeAnn told WATE reporter Lori Tucker in an interview on September 23, 2014.

When the Knoxville Office Women's Initiative met to discuss hosting a fundraising event in 2014, which cause to support was an easy decision. In honor of Ovarian Cancer Awareness Month, the event was scheduled for September. Teal invitations and flyers were sent out to promote the event because teal is the official color of the ovarian cancer cause. It was touted as an "Awareness Event" to raise awareness and education about not only ovarian cancer, but also uterine cancer and cervical cancer as well. These three types of cancers are known as the "Big 3" in the gynecologic cancer community.

And so, on Thursday, September 11, 2014, the Knoxville Women's Initiative hosted Comedy for a Cause in LeAnn's honor to raise money for gynecological cancer research and for patient needs. LeAnn served as the master of ceremonies for the event, which was put on in conjunction with UT Medical Center. The event sold out and was standing-room-





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City Spotlight, continued

Fellow Baker Donelson attorney <u>Jennifer Keller</u> even made the trip down from Johnson

City to support LeAnn and the event.

There was a silent auction with items donated from local businesses all over Knoxville, including Ijams Nature Center, a Knoxville-based non-profit organization, where LeAnn served as a Board member at the time of her diagnosis.

The evening began with a meetand-mingle cocktail hour and the silent auction. UT Medical Center set up an information booth for all guests to learn more about ovarian, cervical and uterine cancers and to make donations to support cancer

research. LeAnn delivered a heartwarming welcome to all of the cancer survivors and their friends and families who were in attendance. LeAnn told the crowd about her story and her battle with cancer and then introduced her doctor, Dr. Larry Kilgore. Dr. Kilgore, Dr. Kristopher Kimball and LeAnn discussed ovarian,

cervical and uterine cancers and their early warning signs. The headliner of the event was

local comedian Leanne Morgan, who brought down the house with her southern charm and

her self-described "Mom Comedy." At an event focusing on such a serious

topic, Ms. Morgan was able to bring tears of laughter to the audience members' eyes as she discussed her country upbringing in East Tennessee and shared hilarious anecdotes about her penchant for wearing Spanx and her crazy teenage daughter. The event raised more than \$5,000 in donations, all going

to benefit patient needs and gynecologic cancer awareness at UT Medical Center.

The event turned out to be a special night for everyone involved, but especially for those who have been personally affected by gynecologic cancer. It's rare when a first-time event exceeds everyone's expectations, and brings attention to such an important cause, but one thing is clear about next year's event – we are going to need a bigger venue!







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We want your feedback! Let us know what you think and share tips and tricks with us <u>here</u>.



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Baker Donelson Women In The News





Courtney Gilmer was quoted in Law360 on the CFPB Mortgage Servicer Sanction.





Kathlyn Perez and Nancy Degan were named among 2014 "Women of the Year" by New Orleans CityBusiness.



Ellen Tauscher commented in Bipartisan Policy Center's Letter Commending Alliance For Bangladesh Safety's Significant Progress.



Anne Turner was quoted in the Mississippi Business Journal on helping her client obtain a patent.





Linda Klein was featured in the Atlanta Business Chronicle's "2014 Who's Who in Law & Accounting" and the 2014 "Women Who Mean Business Awards." Linda was also featured on Legal Talk Network.



Virginia Love was featured in the Hamilton County Herald.

Looking For An "OnRamp" Back Into Legal?

Baker Donelson is among a select group of leading national law firms to participate in the OnRamp Fellowship, an innovative program to provide women lawyers re-entering the legal profession with an opportunity to update their skills and legal contacts through one-year, paid positions with top law firms. The program aims to replenish the talent pipeline in law firms with diverse, high-performing lawyers who have the potential and the desire to advance into leadership roles. To apply for one of the five positions Baker Donelson has with the OnRamp Fellowship, click here.

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