

The *Cross* Examiner



Stars of the Year

By Jessica A. Ballou¹



As the outgoing Chair of the CBA YLS, I'd like to thank the 2006-2007 Executive Committee for their tremendous work. Through their efforts, we were able to offer another year of sophisticated programming to our members, including a variety of social, charitable and educational events. All of the Executive Committee members deserve my personal thanks for their enthusiasm, event planning and leadership. Thank you for your service to the Bar and for the roles you played in making my year as Chair a successful one.

There were a few Executive Committee members who demonstrated extraordinary initiative and leadership this year. These individuals were recognized as "Stars of the Year" at the annual YLS Executive Committee retreat held on June 15, 2007 at the Norwich Inn and Spa:

C. Donald Neville—Don has been involved with the CBA YLS for a number of years. This year, he served as a CLE Director, which is a position near and dear to my heart. Several years ago, when I served as the CLE Director for the YLS, I organized the very first YLS "Basic Practice Series." This series has evolved from something small and new, to a powerhouse program of more than a dozen quality seminars each fall, relied upon and looked forward to each year by our members and the CBA at large. Of course, the Basic Practice Series, and now our spring-time

1. Jessica A. Ballou is the Past Chair of the CBA YLS. She recently relocated to San Francisco, California where she works as a litigation associate at LeBoeuf, Lamb, Greene & MacRae.

(Please see page 2)

In This Issue

Stars of the Year 1

Momentum 1

Elements of Style
for Lawyers 4

Finding Optimal Work-Life
Balance 5

For Solos, YouTube Is
Marketing Genius 5

American Bar Association
Young Lawyer's Division:
Update..... 7

Calendar of Events

SEPTEMBER

- 10 **Foreclosures 101**
6–8 p.m.
CBA Law Center, New Britain
- 24 **How to Avoid the
Grievance Committee**
6–8 p.m.
CBA Law Center, New Britain

momentum...

The Connecticut Bar Association's Young Lawyers Section profiles two outstanding young lawyers in this issue of the Cross Examiner. Emeka N. Nwankpah and Richard H. Agins are recognized for their commitment to the legal profession, demonstration of leadership, and principled integrity.

Emeka N. Nwankpah is the Senior Business Practices / Compliance Officer for Pratt & Whitney, a division of United Tech-



nologies Corporation (UTC) reporting to Pratt & Whitney's Vice President & General Counsel. Emeka is responsible for creating and implementing the Pratt & Whitney Business Practices program throughout Pratt & Whitney's domestic and international sites which includes (a) promoting the UTC Code of Ethics; (b) conducting and/or overseeing investigations of alleged violations of the UTC Code of Ethics or related company policies; (c)

facilitating periodic compliance risk assessments and audits; (d) providing or coordinating ethics and compliance related training programs; and (e) providing interpretive guidance and requisite approvals in the areas of ethics and compliance. Emeka received his J.D. and M.B.A. from the University of Connecticut.

"Being a young legal professional can be exhilarating and daunting. The skills that you've acquired and/or honed in law school (problem solving, legal research and analysis,

(Please see page 2)

Momentum

(Continued from page 1)

communication, counseling, negotiating, and recognizing and resolving ethical dilemmas) provide a suitable basis for launching a promising and rewarding career. The advice I would give any legal professional who really wants to excel can be summed up in two phrases; "Getting it while Getting it D.O.N.E" and "Chart Your Own Course".

Getting it While Getting it D.O.N.E. – In any organization, you will encounter resource maximization initiatives. New and innovative methods of doing more with less are promoted, implemented and institutionalized (if successful). But you will also encounter pockets of negativity and cynicism that challenge and attempt to obstruct these resource maximization initiatives with non-constructive criticism, passive-aggressive behavior and the like. If you want to distinguish yourselves, try to understand the reasons behind these initiatives and champion them. Willingly offer constructive criticism and insightful suggestions. Be part of the solution, not part of the problem. Demonstrate to your managers that you get it.

Likewise, in any organization, you will encounter ever-increasing work product requirements. In order to maximize your organizations investment in you, you need to get things D.O.N.E. D – Determination (focus your energies on solving real problems and producing measurable results); O – Ownership (own your assignments and job responsibilities and drive them to results); N – Networking (get the right people involved and keep the right people informed); E – Excellence of Execution (whatever your assigned task, do it extremely well and share the knowledge you've glean with your colleagues). In sum, plan your work and work your plan.

Chart Your Own Course – Recognize that you have highly transferable skill sets that are valued in various industries and occupational pursuits. Don't limit your possibilities. Chart your own course. You may find more fulfillment and opportunities in the road less traveled. Also realize that career advancement is more than just having the right credentials. It often depends on understanding of what your organization needs and fulfilling those needs in a manner your organization will acknowledge and appreciate. I've been blessed enough to have mentors that have their proverbial "finger on the pulse of the organization". The advice I've received has been invaluable. That being said, seek the input but make your own decisions. In sum, seek productive mentor relationships, expand your horizons, and chart your own course."

Richard Agins focuses his practice on the representation of institutional, high-yield and distressed debt investors in complex workout and insolvency engagements involving domestic, cross-border and multi-

(Please see page 3)



Stars of the Year

(Continued from page 1)

Advanced Practice Series, wouldn't be possible without the efforts of our CLE Chairs. As one of our CLE Chairs, Don played a crucial role this year in our continued CLE success, including his ability to work well with CBA staff members and lead the YLS in new initiatives, such as his various CLE undertakings at the CBA's Annual meeting. For this, Don Neville is a CBA/YLS Star of the Year.

Brian P. Rice—Brian was a newcomer to the Executive Committee this year, which can be a very overwhelming experience, particularly when you're immediately charged with the responsibility of planning one of our most important events. Brian joined us as a co-Diversity Chair for the YLS. This position has only been in existence for a few years, and as such, its responsibilities are very open-ended, leaving a great deal of discretion to the chairs in terms of how to best guide the YLS in diversity-conscious event planning. Brian worked with his co-chair to make the second YLS Diversity Reception an impressive event, with over 100 individuals in attendance, numerous program sponsors, distinguished speakers and three award recipients that collectively enabled us to celebrate diversity in the broadest sense. What was most impressive about Brian, however, was not the impressiveness of this particular event, so much as his enthusiasm for diversity, and his professional demeanor throughout the year. Brian demonstrated leadership skills by demonstrating his willingness to be a team player, which is crucial in this profession and imperative for those directing projects for the YLS. For this, Brian Rice is a CBA/YLS Star of the Year.

Jonathan Weiner—An important project that we introduced this year was the YLS "Public Service Series"—a program designed to provide discrete, yet rewarding pro bono and public services opportunities for our Section. This was another new position, and another new series, which also left room for a leader to come forward and show initiative. That leader was Jon Weiner. As our Pro Bono/Public Service Director, Jon organized a toy drive for a local pediatric hospital last June and a drive for our troops in December. Jon also worked closely with Statewide Legal Services to provide pro bono opportunities for our members, scheduling training and counseling sessions to assist with their Security Deposit clinics. Jon also organized a special event this spring, where approximately 30 young lawyers gathered to cook brunch for a local mercy house in Hartford. Jon provided numerous opportunities for our Section to give back and in the process affirmed his position as a well-respected leader in our organization. For this, Jon Weiner is a CBA YLS Star of the Year.

Stacy Smith Walsh—Last year, Stacy Walsh came to me with a very ambitious idea for the YLS Women in the Law Committee. She had just attended an ABA Leadership Academy for women and wanted to do something similar for Connecticut. Stacy ran with this idea, formed a conference committee and from June through May, diligently planned what was one of our most successful events this year. Over 100 women

(Please see page 3)

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Momentum

(Continued from page 2)

national restructurings. He represents official and ad-hoc committees of creditors and bondholders as well as other institutional lenders. He has also represented debtors in domestic and cross-border financial restructurings.

Richard's recent representations include the official committee of unsecured creditors of Allied Holdings, Inc., the largest short-haul transporter for new vehicle manufacturers and logistical services provider for secondary-market vehicles; the Chapter 11 Trustee and Plan Administrator for multiple Refco entities; the Trustee of the Loewen Creditor Liquidating Trust; and the bondholder committee of Examination Management Services, Inc. (EMSI). His recent cross-border restructuring experience includes representation of an ad hoc committee of public bondholders in the restructuring of Corporación Durango, S.A. de C.V., one of Mexico's largest paper products manufacturers, in the first pre-arranged *concurso mercantil* under Mexico's recently revised insolvency laws, and in the companion U.S. proceedings under section 304 of the Bankruptcy Code. As part of that transaction, Richard was responsible for drafting bilingual documentation for recognition by the courts of both countries.

Before becoming a lawyer, Richard practiced as a certified public accountant and held financial and operations executive positions in industry, where he was responsible for accounting and finance, production, construction management, importing and customer relations. Richard spent 10 years as a director, and later as treasurer, of the Shield Institute for Retarded Children in New York City, and currently serves as a director and treasurer of Literacy Volunteers of Greater Hartford. While working, Richard attended law school at night, serving as managing editor of the Pace Law Review, vice president of the Honor Board and a member of the Board of Visitors.

"When I was asked to write a brief piece for the Young Lawyers Section Newsletter, my immediate response was: 'I am a relatively new lawyer, but I am not a young lawyer.' This distinction is more than semantic, because it speaks to the issues of diversity and inclusiveness in our profession. I actively pursued membership on Bingham's Diversity Committee because I believe (as does my firm) that our profession should mirror society-at-large and should provide opportunities to all, irrespective of their individual characteristics and differences. So, in keeping with the request that I provide some words of advice to young lawyers, my first suggestion would be to change the name of our affiliated group to the New Lawyers Section.

The law was always my first career choice but, for various reasons, it did not become my first career. In looking back on the years I spent pursuing other careers, though, it is evident that no experience is wasted; everything I have done in the past bears upon my practice as a financial restructuring lawyer. I had a friend who exhorted me long ago not to "do what you do" for a living, but to "do what you are." At last, I am doing work that calls upon all my skills and interests and that provides tremendous satisfaction – it is who I am. Based on my good fortune, I am able to offer this advice: look for and involve yourself in work that you find satisfying and challenging. The legal profession offers diverse opportunities to those with ingenuity, creativity and drive. Don't settle for second best – in your choice of opportunities, your work, or the work of others. And, finally, become and stay involved with your firm and the larger community; we are, after all, a service profession." TGE

Stars of the Year

(Continued from page 2)

signed up for our Women in the Law Pathways conference, which was divided into programming on diversity, rainmaking, work-life balance and professional development. The conference sought to stem the tide of women leaving the profession. Stacy and her committee secured Secretary of State, Susan Bysiewicz, as the keynote speaker and awarded former judge Anne C. Dranginis the "Ladder Award" for leaving the ladder down for other women in the profession. The event was meticulously planned, with mailings and programs and sponsorships at a level rarely seen at YLS events. With her leadership and initiative, Stacy has set a tremendous example for our Executive Committee. For this, she is a CBA/YLS Star of the Year.

Mychal S. Boyd—Stacy worked closely with her co-chair Mychal Boyd, another newcomer charged with significant responsibilities from the outset. Mychal embraced this responsibility and worked with Stacy—only to plan and run the Pathways conference, but to plan and execute a number of other events for the Women in the Law committee. It was a very good year for the Women in the Law committee and the energy and enthusiasm displayed by both co-chairs must be recognized. For this, Mychal Boyd is a CBA/YLS Star of the Year.

Jeffrey J. White—Jeff White served as Don Neville's co-director for CLE this year. The CLE positions are some of the most difficult positions to hold because they require tireless work, planning and monitoring over twenty seminars from September to May. Not only did Jeff work to successfully enhance our Basic and Advanced Practice series, but he volunteered his time to make the YLS 60th Anniversary Celebration and Reception a special event. Jeff took it upon himself to find sponsorship for a special video history of the YLS, which he worked to produce from scratch over the course of the year. The video included a number of memorable photos and interviews with past YLS Chairs. Jeff is always thinking of ways to enhance the YLS experience and go the extra mile for our event planning. For this, Jeff White is a CBA/YLS Star of the Year.

Nicole A. Bernabo—Most, if not all, of the special events I've described above were in some way contributed to by our special events advisor, Nicole Bernabo. As a veteran member of the YLS, Nicole worked with Jeff White to make our 60th Anniversary Reception a special event. She handled the food and the programs. She gathered pictures for a collage. She made personal calls to former YLS Chairs to encourage their attendance. She also worked on the planning team for the Women in the Law Committee for many of their events and their Pathways conference. Nicole made herself available to advise the Diversity Chairs for the Diversity reception. She also assisted with the first issue of the Cross Examiner. Nicole was available to each committee as they planned their special programs and her experience and sunny disposition has served the YLS well for years. For this, Nicole Bernabo is a CBA/YLS Star of the Year.

Proloy K. Das—Finally, although I consider all of my fellow officers "Stars of the Year," one seems to consistently stand out with respect to his dedication to the YLS. This year, Proloy Das served as our Secretary and is now the incoming Treasurer. His commitment to the YLS is evident in so many ways: from sending out countless sectionwide emails (and fielding complaints about each and every email), to contributing his thoughts and advice on each of our special events (including nominat-

(Please see page 3)

Elements of Style for Lawyers: Stylist Andrea Ward on Dressing to Impress

By Nick R. Scalia¹

Being the smart, confident, successful attorney you want to be takes all kinds of work—but, fortunately, dressing the part doesn't have to.

According to New Haven-based style consultant Andrea Ward, a 35-year veteran of the clothing industry, all it takes to develop a winning wardrobe are a few key pieces, some good judgment, and—most importantly—a clear idea of who you are and what image you want to project.

“Essentially, my goal is to create the ultimate ‘signature wardrobe’ that depicts the style and lifestyle of a businessperson,” says Ward, who works primarily with professional women. “The most important thing is to really understand your style and lifestyle, and know what your needs are and how you function on a daily basis—then you'll make the best choices for your image.”

Ward advises her clients, before they set foot in a store, to assess every aspect of their professional and personal lifestyle as it might relate to their wardrobe. The first step is to ask and answer questions about your day-to-day routines. How formal is your office environment? Do you spend a lot of time in court? Do you travel often? On the road or in the air? Each of these questions, she says, will help to determine what needs to be in your closet.

Also important to consider is one's own self-image, including everything from personality type and personal taste to skin tone, hair type, and figure. “You want to pull out clothes that make you feel good in the morning,” Ward says.

At that point, she says, it's time to assemble a small collection of basics, everyday pieces that are flexible, functional, and resilient. For women, that includes a jacket or blazer, a pant or trouser, skirt, dress, and one three-piece suit (jacket, skirt, and pant). “These should be black, or at least dark,” she says.



In Ward's philosophy, the next most important pieces are those she calls “component basics”: white or off-white shirts or blouses, layering shells (“underpinnings”), and at least one sweater set or cardigan. These will “incorporate the neutral aspect” of your basics, she says, but also “give them a little zest, keep things a little bit lovely.”

Once you've got those two levels taken care of, it's time to consider “essentials and novelties,” which includes both accessories and pieces with a bit more style or flourish than the basics. Jewelry, scarves, shawls, wraps, jackets, and trendier or more colorful skirts, pants, and sweaters fall into this category—“these make your clothes more exciting, and really create the illusion of a signature wardrobe.”

One thing that's important to keep in mind when putting together a wardrobe is that you don't necessarily need to spend a lot of money to create a style that works for you. Ward says that she can effectively work with clients in every budget range, and indeed, one of her pet peeves is the tendency of people to “over-shop.” Essentially, this is when someone buys an abundance of items that they don't really need and won't really wear, rather

Stars of the Year (Continued from page 3)

ing a candidate for the Ladder Award for the Women in the Law Pathways conference), to taking pictures at our various events, to planning special events of his own, with the continued success of the Distinguished Speaker Series, which he started last year (bringing us Supreme Court Justice Scalia in 2006 and former Solicitor General, Seth Waxman in 2007). Proloy represents us well in these ways and also outside the Executive Committee by regularly supporting the events of other bar associations. For this, Proloy Das is a CBA/YLS Star of the Year.

Congratulations to the Stars of the Year and to the 2006-2007 Executive Committee. It's been my pleasure to serve as Chair. TGE

than spending on a handful of pieces that look and fit right. “We as Americans love to shop, and the problem is that you go into a store and buy something that's on sale and you end up wearing an outfit that maybe doesn't fit your right,” she says. “It's better to buy something at full price and get the right fit, as opposed to thinking you got a bargain—you didn't get a bargain if it sits in your closet and you never wear it.”

Colors, textures, and patterns also play an important role in the image you project, a fact that Ward feels is especially true for those in the legal profession. She stresses subtlety in dressing for the legal arena—for example, the simple, classic combination of a black suit and white silk blouse, with some well-chosen accessories, she says, “makes you look serious and important, but not overbearing.” Colors can be effective, too, but that bright red suit isn't always the best choice for a professional setting. “I find that, even with an accomplished professional person, when you're sitting and talking with them and everything they're wearing says, ‘look at me,’ you really lose who that person is.”

Most important, according to Ward, is to find what best represents you. “It's all about how to get across your professional and personal lifestyle,” she says. “If you look great and feel great, you're going to be successful.” TGE

1. Nick R. Scalia is the Associate Editor for the Connecticut Bar Association. Andrea Ward can be contacted via her website, at www.andreawardrobe.com.

Finding Optimal Work-Life Balance: Pathways and Obstacles to Success

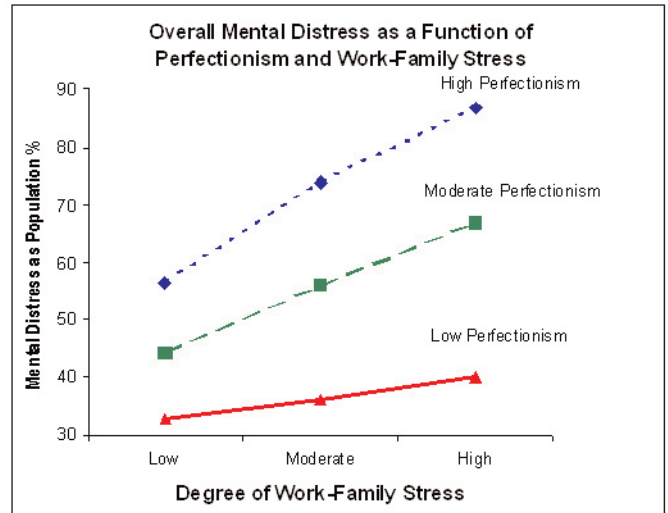
Traci A. Cipriano, J.D., Ph.D.¹

Is the glass of water half-full or half-empty? Do you often worry about being perfect in everything you do? These questions relate to your personal outlook and tendencies to be optimistic and/or overly perfectionistic. Optimism refers to the tendency to expect the best in uncertain times, to expect more good things than bad to happen overall, and feeling positive about your future. Perfectionism refers to never being satisfied with your work performance and feeling your best effort is never good enough.

What does this have to do with work-life balance you ask? Plenty! Results of a recent study of 236 attorneys, primarily based in Connecticut, suggest that personal outlook and approach to life strongly influence attorneys' abilities to maintain a healthy balance, and can improve psychological well-being. An increasing number of Americans report having difficulties balancing work demands and family responsibilities. Maintaining such balance is especially difficult for attorneys, a number of whom leave the profession, forsaking prestige and income.

Participants were recruited in person during YLS events and on-line. They described their family demographics and also estimated the extent to which work pressures interfered with family responsibilities and vice versa. They also evaluated their current levels of psychological distress, which encompassed anxiety, depression, and somatic (physical manifestations of psychological distress) complaints. Finally, they completed two questionnaires that assessed their tendency toward perfectionism and their level of dispositional optimism.

As a whole, men and women attorneys reported fairly similar experiences in terms of overall stress, work-family stress, psychological health, perfectionism, and optimism. They also were about average compared to national norms in terms of overall psychological health.



Findings suggested that attorneys who have difficulty balancing work and family life are at a significantly greater risk of experiencing decreased psychological well-being. While most findings applied equally to men and women, women reported significantly greater difficulty achieving balance, significantly greater stress related to their profession, and were more likely than men to have had an upper respiratory illness over the preceding 30 days. Those women attorneys who took the most time off from work in order to deal with family issues also experienced some of the greatest psychological distress, as well as distress-related physical ailments.

(Please see page 6)

FOR SOLOS, YOUTUBE IS MARKETING GENIUS

By Susan Cartier-Liebel¹

Your Internet presence just got more exciting. Imagine, potential clients can click on your web site and be linked to your personal video introducing them to your services, philosophies and mission, all



for free? Imagine your own infomercial without the cost of running it on television, more targeted to your potential client base and all available for just the cost of creating it?

YouTube.com (recently purchased by the geniuses at Google for \$1.65 billion, copyright infringement issues and all) offers this free service by allowing you to upload your video to its web site. You can link to the YouTube site through your own site, per-

mitting you an "in person" introduction to potential clients.

One very ingenious young lawyer out of California did just that to give herself a competitive edge. Allison Margolin, a newly minted Harvard Law School graduate, who concentrates in criminal law, is very passionate about the decriminalization of marijuana. Her video highlights not just her criminal practice, but has testimonials of her and a client on the courthouse steps. The video allows her to showcase her mission through a medium her client base would most likely use.

(Please see page 6)

Work-Life Balance

(Continued from page 5)

Preoccupation with family issues while at work, preoccupation and worry about work while at home, and being too exhausted to meaningfully interact with family while at home, were all directly related to poorer psychological health. In addition, high levels of perfectionism were also related to poorer psychological health, both directly and in combination with high levels of work-family stress. Poorer psychological health was also related to lower levels of optimism in the face of work-family stress. The accompanying figure depicts the levels mental distress of participants (in terms of national population percentages) who reported low, moderate, and high levels of perfectionism under low, moderate, and high levels of work-family stress.

Attorneys low on perfectionism reported the least mental distress and the least amount of change as work-family stress increased (from 33% to 40%). Conversely, highly perfectionistic attorneys reported experiencing the greatest mental distress across all 3 levels of work-family stress, and also showed increasingly greater risk as work-family stress increased. The overall mental health of highly perfectionistic attorneys who reported the most work-family stress was poorer than 89% of the U.S. population. Similar findings applied to depression (77th percentile) and anxiety (73rd percentile) among the most highly perfectionistic attorneys at the highest level of work-family distress.

Attorneys who had high levels of optimism tended to fare much better psychologically, even when they experienced a great deal of competing work and family demands. Optimism was found to be particularly important for male participants. The men who reported the highest levels of work-family stress and the lowest levels of optimism fell at the 84th percentile in terms of overall mental distress (women = 70th) and the 89th percentile in terms of somatization (women = 87th). Both men and women who reported high levels of work-family stress and low levels of optimism experienced anxiety at levels that placed them at the 75th percentile, according to national norms.

The legal profession is a demanding one, especially for those who value a family life. These outcomes suggest that staying free from anxiety and depression involves keeping sacred time for family, keeping an optimistic outlook towards work, and learning to say "good enough" to the multitude of life tasks that are completed each day. For instance, if you are your harshest critic, go easier on yourself and be sure to recognize your strengths. It is important to keep in mind that doing a good job doesn't necessarily mean "perfection" and more time does not necessarily mean better quality. If you truly cannot meet your goals, perhaps you need to reflect and consider something more realistic. If you find yourself thinking negatively about yourself, your work, or your role as a spouse, partner, parent and/or child—stop yourself! Recognize your value, skills, assets and potential and think positively about your future. Recognize that you are someone who always gets the job done. If life is uncertain, expect the best. Finally, expect that the balance of good things will outweigh the bad, as they often do. **TCE**

1. Ms. Cipriano's Ph.D. will be awarded upon completion of her internship at Connecticut Valley Hospital/River Valley Services in Middletown, CT in August. She will begin her postdoctoral residency at the Institute of Living in Hartford, CT, in September.

YouTube

(Continued from page 5)

Now, this might not be for everyone, but YouTube lets you take the concept of an electronic brochure, your web site, to a whole new level. When I did a YouTube search of lawyer videos, I found 81; at least 10 were from one law firm, 30-second spots each highlighting a particular practice area within the law firm. Others were amateur videos mocking "late night cheesy lawyers." The upshot is, this is virgin territory for clever marketers.

Whether this type of advertising comports with the ethics rules in California is between Attorney Margolin and the California Grievance Committee. However, based upon the proposed new rules in New York (1200-5-a), Attorney Margolin would be in violation for: (1) having a current client give a testimonial; and (2) having it done in front of the courtroom he is about to enter. That's a real shame. By going to <http://youtube.com> and searching for "Allison Margolin," you can decide for yourself if her advertisement is misleading to the public, and whether or not the legal profession's image suffers indignities.

The wonderful benefit of an Internet video is it can be as long as you would like and plays for free on the computer for each individual who specifically goes to your web site to do some preliminary research on you. Therefore, with each hit to your web site, you are getting the opportunity to present your own infomercial over and over again. This laser-focused advertising is powerful and cost effective.

Getting this type of targeted advertising for minimal investment is an amazing opportunity for the entrepreneur who is smart enough to grab the horns of this bull and ride it until the "legal advertising police" come with sirens blaring. And you know they are coming. The right to advertise is to the American Bar Association what the right to have an abortion is to the Republicans. It's a hot button issue that remains very divisive.

Given all the fuss recently about lawyer advertising, Internet communications, pop-ups and now blogs, video advertising like YouTube will certainly raise more than a few paternalistic graying eyebrows. But why? If it is a commercial like any other commercial, should it matter where it is played? As long as it passes muster like regular TV and radio "commercials," it shouldn't.

We've got to stop hog-tying every lawyer when it comes to competitive and creative presentation of their skills and philosophies under the ever-broadening (some would say suffocating) umbrella of public protection. If the judiciary and anti-lawyer advertising crusaders really want to protect the public, make them the gatekeepers of pharmaceutical advertising. With their zealotry I may, once again, be able to watch the evening news without 20 commercials encouraging me to become a prescription drug addict. **TCE**

1. Susan Cartier-Liebel is solo practitioner, adjunct professor at Quinnipiac University School of Law and a business consultant for solo and small firms. She can be reached at SCartier_Liebel@comcast.net. Copyright © Susan Cartier-Liebel (2006) All Rights Reserved. No portion of this material may be copied, transmitted, posted, duplicated or otherwise used without the express written approval of Susan Cartier-Liebel.

AMERICAN BAR ASSOCIATION YOUNG LAWYER'S DIVISION: UPDATE

By Daniel Schwartz¹

The American Bar Association's Young Lawyers Division (ABA YLD) is a tremendous resource and provides great leadership opportunities for its affiliate members. Like the Connecticut Bar Association's Young Lawyers Section (CBA YLS), there are substantive program committees, project coordinators who implement member service and public service projects, and a variety of other ways to get involved. Unique to the YLD are the national meetings, held quarterly around the country (and sometimes even OUTSIDE the United States!). In May 2007, the YLD met in Montreal, Quebec in a special joint meeting with the Montreal young lawyers' bar. At the meeting, the presentations ranged in

variety and scope from how to start-up a legal blog to how to cross-examine witnesses. This year, the ABA YLD meetings will be held in San Francisco, Los Angeles, Charlotte and Washington, DC and, as usual, the CBA YLS expects to send several members as delegates. The schedule for each conference is available on the YLD website.

Over the next bar year (August 2007-August 2008) there are even more ways to get involved in the YLD. The main public service project is the "Wills for Heroes" program, a program that provides simple wills, advanced medical directives and powers of attorney on a pro bono basis to first responders. Training is provided and a sneak peek of the program can be found at <http://willsforheroes.org/>.

Lastly, the CBA YLS is pleased to have its own Elizabeth Acee take on Assistant Secretary-Treasurer to the ABA YLD during the 2007-2008 bar year. This position will provide Connecticut young lawyers a great opportunity to get involved. Feel free to contact the new ABA YLD District Representative Maressa Torres or past CBA YLS chair Elizabeth Acee for more information. Participation in the YLD is free so long as you are an ABA member and information can be found on the ABA YLD website: www.abanet.org/yld. **T&E**

1. Daniel Schwartz is the YLS District Delegate to the ABA and a member of the labor and employment practice at Epstein Becker & Green, P.C.

Young Lawyers and Their Guests Kick Back At the Annual YLS Gala



Nathan Angliss, Patrick Skuret, and Danielle Omasta at the 2006 YLS Holiday Party



Alyssa Schultz and YLS Executive Committee member Jonathan Weiner enjoy themselves at the annual YLS Holiday Party.