



# The Bar Bulletin

PROTECTING RIGHTS • PURSUING JUSTICE • PROMOTING PROFESSIONALISM

## FROM THE PRESIDENT

# A responsibility to our principles

## How a disaster can bring out the best in us



TAD DELEGAL  
JBA PRESIDENT

I am drafting this column as we all are wondering how Hurricane Irma is going to affect us in Northeast Florida. We watch our cellphones to catch the latest projections to see if it's coming our way (while guiltily hoping that it will go in a direction that will cause it to hit somebody else).

We share a sense of dread and excitement, but at the same time, we are reminded of the strength of our society and our profession as we observe the efforts to help those in Houston who were recently affected by another storm.

I hope that by the time you read this, we will have escaped a natural disaster. Sadly, it is only in the wake of disasters that we sometimes see the best in ourselves.

Certainly, that was true after Sept. 11, 2001, when a man-made disaster, created by terrorists, changed our view of the world and our safety in it. Following that tragedy, we came together and put aside our political differences and our



The National September 11 Memorial & Museum in New York City commemorates the those killed in the terrorist attack. Special to the Daily Record

social disagreements.

We had just endured one of the most divisive presidential elections that anyone could remember. Our state was mired in weeks of recounts, and the new president was elected through a process that many found questionable. Less than a year later, our country came together to fight pure evil and rallied behind that same leader.

Support for the president, though,

wasn't unconditional, nor should have it been, and our profession assured that the government maintained fidelity to the concepts that made this country great.

We still had our differences after 9/11, and lawyers gave voice to some of those differences. Though we found ourselves fighting the very worst elements of the

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## INSIDE



Attorney Lana Darlington  
Jordan Benjamin

### PRO BONO You can change a life

Attorney helps man who fled his home country of Ecuador because he faced persecution.

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### POINTS OF VIEW

#### Hiring more police for city

Hire more police or spend more on after-school programs? Defense Attorney John Kessenich and Assistant State Attorney Connor Larkin weigh in on the issue.

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Katie Dearing, President-elect of The Jacksonville Bar Association

### COMMENTARY

#### How lawyers can help in disasters

In disasters, lawyers can do more than contribute money or other resources.

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## YOUNG LAWYERS

# Give yourself a break during the workday



COURTNEY GAVER  
THE JACKSONVILLE BAR  
ASSOCIATION YOUNG LAWYERS  
SECTION BOARD MEMBER

I am a sociable person. I enjoy getting to know people and consider myself a "people person."

In my former nonlegal jobs, I always took a lunch break. It was a time to check out mentally from the work at hand, fuel up for the afternoon and, of course, catch up with my co-workers.

Even throughout my internship and clerkship days in law school, I recognized the importance of utilizing lunchtime to get to know my peers. For instance, during my federal externship, it was daily lunches in chambers that allowed me to forge relationships with sitting clerks who I remain friends with today.

Of course, those were the days before billable hours, tangible deadlines and figuring out what it means to "practice" law.

During my first year as an associate, I watched partners and associates work diligently through lunch every day, bowing out of work-related events due to impending deadlines and a lack of "time." While I was sad that so many young lawyers were failing to utilize this time to get to know senior partners and fellow attorneys, I too found myself eating alone at my desk. This became my new normal.

An often-cited survey finds that 81 percent of Americans do not take a lunch break. That is four out of five people who

are working through lunch every day.

Closer to home, the Huffington Post recently reported that 62 percent of professionals are dining "al desko."

But why? It is no secret that sitting behind a computer desk all day is extremely unhealthy, both mentally and physically. In fact, the World Health Organization has identified sedentary behavior as the fourth leading factor that increases death.

So, why do we do it? Many young lawyers attribute it to the fact that our day is counted in six minute increments and

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PRO BONO

# Man who fled Ecuador gains resident status

Attorney describes how she helped a family stay together, and the personal rewards of doing so.

BY KATHY PARA  
THE JBA PRO BONO  
COMMITTEE CHAIR

Many times, the path to a goal requires multiple steps, and in the life of an immigrant, there are no guarantees.

When attorney Iana Darlington Jordan Benjamin accepted a pro bono immigration case, it was clear that in order to avoid deportation and achieve permanent resident status for her client, it would be at least a two-step process and there would be risks along the way.

In the end, the goal was accomplished — legal permanent residence status for her client. Benjamin describes her case:

**What were the basic facts of your case?**

My client fled his home country of Ecuador because he faced persecution. His country was fraught with government corruption, restrictions on freedom of the press and violent oppression of indigenous peoples.

My client fled to the U.S. and married an American citizen. They have two children. When the family moved to Florida, my client did not have documentation, but he and his wife began building a life for their children.

Knowing the stability of their family was in jeopardy and with the possibility of deportation an ever-present threat, my client and his wife sought assistance. The best course was for him to return to his home county and then reenter the U.S.

Together we drafted special documentation for him to return to his home country and then re-enter the U.S. as a permanent resident.

**What were you able to accomplish for your client?**

We were able to file a waiver for my client to obtain a visa. Though my client had to return to his home country before he could be permanently reunited with his family, it was necessary.

My client is now a permanent resident of the U.S. and able to enjoy the benefits awarded to every resident.



Special to the Daily Record

Iana Darlington Jordan Benjamin helped a client facing persecution in Ecuador re-enter the U.S. as a permanent resident.

**Why was the outcome important to your client?**

He is the primary caretaker of his two young children. He and his wife have no family in his home country. Additionally, it would have been a complete economic, social and spiritual burden for my client to have to return to his home country because of the persecution he faced.

**What did you gain from the experience?**

It was important to me because I am an immigrant. I have a unique perspective of the immigrant experience, so I often find myself deeply concerned about the plight of immigrants. I learned that whenever I am presented with an opportunity to use my time, skills and talent to impact a life positively, I should never hesitate to take such an opportunity.

**What is the name of your firm? In what areas do you practice?**

The name of my firm is Darlington

Jordan Law. I practice immigration law, family law, real estate law and I also create wills and trusts for clients.

**What advice do you have for other attorneys considering pro bono involvement?**

It is so rewarding when you get the desired result for your client, especially when your client is on the brink of deportation with the possibility of experiencing permanent separation from family. I encourage my peers to take just one pro bono case. One case can change a life, change a family, change a community or change the world. That change, that impact, starts with just one case.

**FOR INFORMATION ON THE OPPORTUNITIES AND OUR LOCAL ORGANIZATIONS OFFERING THEM, ATTORNEYS ARE ENCOURAGED TO CONTACT KATHY.PARA@JAXLEGALAID.ORG.**

EVENTS

**WEDNESDAY**  
**LITIGATION SECTION HAPPY HOUR**  
6 p.m., Topgolf Jacksonville

**WEDNESDAY**  
**EQUAL JUSTICE AWARDS CELEBRATION**  
5:30 p.m., Hyatt Riverfront Jacksonville

**SATURDAY**  
**ASK-A-LAWYER**  
8:30 a.m., FSCJ Downtown Campus

**THURSDAY, SEPTEMBER 21**  
**SWEARING-IN CEREMONY FOR NEW ATTORNEYS**  
10 a.m., Duval County Courthouse, Courtroom 406. Attorneys being sworn in should arrive at 9:15 a.m., and should bring a driver's license/proof of identification, and Florida Bar results to complete paperwork. Each attorney may have up to three guests present at the ceremony. RSVP at [jaxbar.org](http://jaxbar.org).

**THURSDAY, SEPTEMBER 21**  
**POST SWEARING-IN HAPPY HOUR**  
5:30 to 7:30 p.m., Bellwether, 100 N. Laura St., Suite 100. Open to all JBA members and newly sworn-in attorneys.

**FRIDAY, SEPTEMBER 29**  
**COFFEE AT THE COURTHOUSE**  
8:30 a.m., Duval County Courthouse, Chief Judge's Chambers

**COMMITTEE MEETINGS**

**TUESDAY**  
**JUDICIAL RELATIONS COMMITTEE**  
Noon, JBA Conference Room

**WEDNESDAY**  
**VINTAGE LAWYERS MEETING**  
Noon, Golden Corral, Southside Boulevard

**TUESDAY, SEPTEMBER 19**  
**ELDER LAW COMMITTEE**  
Noon, JBA Conference Room

**THURSDAY, SEPTEMBER 21**  
**SOLO PRACTITIONER/SMALL FIRM COMMITTEE**  
Time and location TBD

**TUESDAY, SEPTEMBER 26**  
**APPELLATE COMMITTEE QUARTERLY LUNCHEON**  
Noon, Whiteway Deli

**THURSDAY, SEPTEMBER 28**  
**PRO BONO COMMITTEE**  
Noon, JBA Conference Room

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Special to the Daily Record

Jamie Karpman, left, is an attorney-advisor in the Office of General Counsel, U.S. Department of Housing and Urban Development. Leah Goryl works as leasing counsel at Regency Centers.

# Karpman, Goryl named co-chairs of the Transactional Law Section

## THE JACKSONVILLE BAR ASSOCIATION

Jacksonville Bar Association President Tad Delegal has appointed Jamie Karpman and Leah Goryl as co-chairs of the Transactional Law Section. They were selected based on their records of leadership, service and commitment.

The Transactional Law Section is responsible for hosting the Marshall M. Criser Jr. Transactional Law CLE Seminar.

The fifth annual seminar Nov. 8 will feature topics relevant to transactional law practitioners including the impact and consequences of social media endorsements on businesses, key aspects of documentary stamp and intangible taxes, intellectual property pitfalls, updates on developments in business law and what to watch out for when encountering health care law issues.

The section also directs the efforts

of the Corporate, Business, and In-House Counsel Law Committee, Elder Law Committee, Environmental & Real Property Law Committee, Estate Planning & Tax Law Committee, Franchise, Intellectual Property & Technology Law Committee and Health Law Committee.

Karpman is an attorney-advisor in the Office of General Counsel, U.S. Department of Housing and Urban Development. Her practice focuses primarily on multifamily and health care real estate transactions.

On behalf of the Office of Multifamily Housing and the Office of Residential Care Facilities, she has successfully closed more than 200 transactions representing approximately \$2.5 billion in federally insured loans and grants.

Karpman earned a bachelor of science in public affairs from Indiana University and her Juris Doctor, *summa cum laude*, from Florida Coastal School of Law. She is a licensed mem-

ber of The Florida Bar and the State Bar of Arizona.

In addition to serving as co-chair of the JBA Transactional Law Section, she is vice chair of The Florida Bar Journal Editorial Board, president-elect of the Jacksonville Women Lawyers Association, and chairs committees for the Florida Coastal School of Law Alumni Association Board and the Florida Association for Women Lawyers.

In 2016, FAWL named Karpman a "Leader in the Law," and she was voted Florida Trend Legal Elite in 2016 and 2017 as one of the top government/nonprofit attorneys in the state.

Goryl works as leasing counsel at Regency Centers, where she represents employees in field offices across the country in matters ranging from negotiating leases and lease-related documents to reviewing title and managing community relationships.

She joined Regency in 2016, after working as an associate attorney at

Driver, McAfee, Peek & Hawthorne, where her practice focused on real estate law including retail leasing, commercial transactions and land use and zoning matters.

Some of Goryl's favorite memories as a JBA member include visiting the underserved elderly community while delivering gifts as part of the annual Holiday Project (which she notes is a great way to involve family and friends in the JBA and thanks her husband for driving the "sleigh"), gathering like-minded real estate and environmental attorneys to learn and socialize while co-chairing the Environmental and Real Property Committee, and being published in the Bar Bulletin.

She looks forward to using her passion for helping others and her love of learning to inspire the various committee leaders within the Transactional Law Section to make this the best year yet for its members.

## UPCOMING CLEs

### FRIDAY

#### Family Law Seminar Friday at Courthouse

8:30 a.m. to 4 p.m., Friday, Duval County Courthouse, Jury Assembly Room.

**Sponsored by:** Chambers QDRO Consulting Services LLC, Divorce Power Analyzer, Mediation Service Center LLC & Exit Real Estate Gallery.

**Featured speakers:** Dyonnda G. Thurston, Christie Guerrero, Justin D'Arienzo, Suzanne Greene, Connie Bird, Josh Shilts, Michael Korn, Richard Tierney, Jay Henderlite, Zachary M. Alfant.

**Topics:** This CLE includes practical tips and tricks for family law attorneys including: How to assess and deal with an incompetent client; perfecting the record for appeals; updates on

the new Collaborative Law Statute; the differences between temporary and concurrent custody; tax issues specific to divorcing spouses; the differences between domestication and registration in Florida; and a demonstration from Divorce Power Analyzer to answer those "how do I" questions.

**JBA member price:** \$175. Non-member price: \$245. Paralegals welcome.

**Find out more:** Email Carla Ortiz at [cortiz@jaxbar.org](mailto:cortiz@jaxbar.org) for registration details. 7.5 General CLE Pending Florida Bar accreditation. Visit [jaxbar.org](http://jaxbar.org) to register.

### NOVEMBER 8

#### 5Th Annual Marshall M. Criser, Jr. Transactional Law CLE Seminar

The seminar will feature topics relevant to all transactional law practitioners.

Learn about the impact and consequences of social media endorsements on businesses, key aspects of documentary stamp and intangible taxes, intellectual property pitfalls, updates on developments in business law, and what to watch out for when encountering health care law issues.

#### Need CLE Hours? Check out The JBA website

The Jacksonville Bar Association is proud to introduce its new addition to [Jaxbar.org](http://Jaxbar.org) — a full access CLE video library where you can purchase online CLE presentations and get those CLE credits you need in your home or office. You may choose from as few as .5 CLER hours to as many as 8.0 CLER hours, including various certification hours. Just select the videos that correspond with the CLE credits you need, purchase them, watch online and submit for credit.

Topics include family law, technology law, transactional law and professionalism for new practitioners. Visit [jaxbar.org/cle-access/](http://jaxbar.org/cle-access/)



Photos special to the Daily Record

Attractive Nuisances: (From left) John Marees, Breonna Davis, Jamzie Shepard, Todd Davis, Belkis Plata, Chris Brochu, Rusty McCormick, Shannon Schott, Teddy Rivera, Darlyn DeArmas and Marvin De Armas.

# Summer kickball season comes to a close

**BY ASHLEA EDWARDS AND JOHN WEEDON**

On Aug. 16, four teams put on their kickball cleats for the last time to vie for first place in this summer's kickball league. The winning team would take home the Golden Kickball and bragging rights for next season.

The teams participating included Ansbacher, Farah and Farah, the Recess Rejects and the Attractive Nuisances.

The teams played for five weeks this summer as a part of The Jacksonville Bar Association's Young Lawyers Section annual kickball league. All four teams competed week after week, pending Mother Nature's mood, working toward the championship.

The night of the playoffs,

all four teams brought their competitive spirits, but only one team could leave with the first-place trophy.

The Recess Rejects and Attractive Nuisances competed in an almost too-close-to-call championship game, but after a lot of sweat and tears, the Attractive Nuisances claimed the victory.

It was a well-deserved ending to a fun and competitive season. For now, we will have to hang up our cleats and patiently await the next opportunity to play for the Golden Kickball.

If you or your firm are interested in joining in the fun, be sure to reach out to Ashlea Edwards ([ashlea.edwards@grayrobinson.com](mailto:ashlea.edwards@grayrobinson.com)) or John Weedon ([jweedon@hinshawlaw.com](mailto:jweedon@hinshawlaw.com)).



Recess Rejects: (Back row from left) Jacquelyn Beik, Amanda Reynolds, John Weedon, Ashlea Edwards, Jonathan Cagan and Alek Maiberger. (Front row from left): Paul Palasz and Jeff Rood.



Ansbacher: (Back row from left) Zach Roth, Nathan Woods, Guy Daniels, Hunter Lob and Mark Hudson. (Front row from left): Kimberly Jones, Katie Lob and Michael Strocchi.



Farah and Farah: (Back row from left) Nikita LaChatelle, Janna Burnet, James Burnet, Misha LaChatelle, Case Bessemer, Dillion Jess, Jordan Coley, Lisa Cattanaach, Khalil Farah and Patricia Sapp. (Front row from left) Psy Aldumaire, Shaun Rhodes, Megan Richards, Yinette Sanchez, Elyse Cossio, Stefani Serna and Sydney Hall.

## MONEY FOR ADDITIONAL POLICE

# After-school programs: Right prescription



JOHN KESSENICH  
DEFENSE ATTORNEY

The complex question of whether city funding should be allocated for more police officers or after-school and preventive programs can be reduced to a simple analogy: Do you want to treat the symptoms of a disease, or cure it? You can spray as much Chloraseptic as you want on a strep throat but, unless you use antibiotics, you're not actually curing the infection.

Juveniles are a significant percentage of those committing violent crime. After-school programs have been empirically shown to reduce violent crime by a substantial amount.

Certain programs have had success rates of reducing violent crime among

youth enrollees as much as 44 percent. As an added bonus, they improve enrollees' future opportunities. Participants commonly see an increase in GPA and standardized test scores.

From a purely economic standpoint, these programs pay for themselves. Any time a crime is committed, there is an economic cost associated. The cost of law enforcement arresting a suspect, of state lawyers to prosecute and defend, of courts to give due process and of incarceration all add up quickly. These combined expenses can be avoided by preventing crime before it happens.

As a practical tool, after-school programs provide a controlled environment for enrollees that would commonly be completely without supervision otherwise. Additionally, children in these programs will have access to mentors, a secure space to interact with their peers, and through this a stronger bond with their community.

By dissuading young people from committing crimes to begin with, we not only reduce the number of violent crimes, but also the long-term impact of someone entering the criminal justice system. The criminal justice system does not rehabilitate offenders, but instead sets many on a lifetime path of criminal activity, all at a cost to the

taxpayers.

An argument against increased police presence is not one that condemns police, the difficult job they do, and risks they take on behalf of our community. The men and women of the Jacksonville Sheriff's Office work hard to protect all of us.

It is possible an increase in police presence will have a short-term deterrent effect on violent crime in the areas where they are deployed. Despite this, important questions remain: What level of impact will they have? What are we giving up by implementing this strategy?

Mayor Lenny Curry has asked for 100 more police officers to address violent crime. The current sworn force of the Jacksonville Sheriff's Office is approximately 1,600 officers. The new officers represent an increase of 6 percent. It is doubtful such a minor increase in the police force will have a dramatic impact on violent crime.

While it is unlikely someone will commit a violent crime in an officer's presence, it is equally true police cannot be everywhere at all times, even with 100 new officers. Law enforcement is most effective in diligently pursuing those after the crime has been committed.

What impact additional law enforcement will have is unclear, especially given the small increase in proportion to the total force.

However, what is clear is that the resources of Jacksonville are not unlimited and a difficult choice has to be made.

Law enforcement will work diligently to catch those who commit violent crimes and will deter those in their immediate vicinity from committing them. Unfortunately, increased law enforcement presence does not address the lack of opportunities and inadequate support that contributes to young offenders committing violent crime.

After-school programs will prevent the problem of violent crime before it begins, reducing crime and providing opportunity to the young people of Jacksonville. This is an investment in our future as a city "treats" the cause of violent crime and not just the symptoms. A path that has a long-term economic benefit and addresses the cause of crime at the same time becomes an easy choice.

**JOHN KESSENICH IS AN ASSOCIATE AT EPSTEIN & ROBBINS, PRACTICING CRIMINAL DEFENSE, INCLUDING DUIS AND APPEALS.**

*By dissuading young people from committing crimes to begin with, we not only reduce the number of violent crimes, but also the long-term impact of someone entering the criminal justice system.*

POINTS OF VIEW

## The Bold New City needs a bigger police force



CONNOR LARKIN  
ASSISTANT STATE ATTORNEY

Psychologist Abraham Maslow once stated that if the only tool you have is a hammer, it is tempting to treat all your problems like nails. Social programs have become a policy hammer for one-tool activists who oppose Mayor Lenny Curry's balanced vision to reduce violent crime.

Curry proposed funding for the Jacksonville Sheriff's Office to hire 100 more officers for patrol duty. The mayor also advised increasing financial support for programs that provide

at-risk teens with after-school activities.

Opponents argue Jacksonville should direct all the funds to social programs by forcing JSO down to zero-growth budgeting for patrol officers.

The data confirms their proposition is unwise. First, it overestimates the efficacy of social programs. Second, it dismisses the value of policing.

Scientifically rigorous multisite experimental evaluations have found a consistent pattern of failure in federal benefits programs geared to tackle low academic achievement, poverty and relationship issues in populations at-risk for criminal activity.

By contrast, a landmark study from the National Center for Juvenile Justice found incarceration combined with targeted institutional care and school- or community-based aftercare significantly reduces the chance of subsequent arrest for youthful offenders.

Curry has it right. Consequences and care are vital tools to fix Jacksonville's crime problem, especially among young people. It's equally important that we make sure the Bold

New City has a proper team in place to get the job done.

Research analyzed by the National Institute of Justice confirms that police successfully deter crime when they strengthen a criminal's belief in the certainty of being caught. The best means to achieve this goal are through "hot-spot" and "problem-oriented" policing.

Hot-spot policing prioritizes manpower to zones with the most reported crime and creates a high chance of offender capture in those zones. It was pioneered in the mid-2000s when Minneapolis and Seattle concluded that about 50 addresses in their cities were responsible for up to half of emergency calls. Tests on the effect of doubling police patrols in their hot-spot areas yielded a 13 percent drop in citywide emergency calls.

Problem-oriented policing was developed in Boston as Operation Ceasefire, a police initiative to crack down on intergang gun violence. In contrast to the geographic approach of hot-spot policing, problem-oriented policing takes an identity approach

to ensuring the certainty of consequences.

Problem-oriented policing first identifies known gang members and offenders who exhibit an escalating pattern of violence. Next, it calls for thorough police work and targeted prosecution of those individuals. The strategy aims to cull the about 5 percent of defendants, who commit 50 percent of crimes in the U.S., for long-term incarceration.

While community workers are a valued asset, Jacksonville needs a robust police force on its team to control violent crime.

I encourage readers to appreciate the value of 100 new officers tasked with neutralizing the threat of violent offenders and to support Curry's proposal.

**CONNOR LARKIN IS AN ASSISTANT STATE ATTORNEY IN DUVAL COUNTY. ALL OPINIONS EXPRESSED HEREIN ARE STRICTLY PERSONAL. CITATIONS AVAILABLE UPON REQUEST.**

*Research analyzed by the National Institute of Justice confirms that police successfully deter crime when they strengthen a criminal's belief in the certainty of being caught. The best means to achieve this goal are through "hot-spot" and "problem-oriented" policing.*

COMMENTARY

# Lawyers are needed after natural disasters



KATIE DEARING  
PRESIDENT-ELECT OF THE  
JACKSONVILLE BAR ASSOCIATION

By now, we all have seen the destruction Hurricane Harvey wrought in Houston. Homes underwater, thousands of people rescued and tens of thousands displaced.

But amid the devastation, stories of neighbors helping neighbors emerged to give hope in an otherwise heartbreaking situation.

As the residents of southeast Texas begin to put their lives together again, they will continue to need help. They will need critical resources like food, shelter and clothing; but they also will need legal assistance. Insurance claims will have to be filed, lost vital docu-

ments replaced and mortgage or rental disputes resolved.

As Floridians, we unfortunately know this from experience. Even now, before we catch our breath from Harvey, we could find ourselves needing that same assistance.

By the time this article was submitted, Hurricane Irma had been upgraded to a Category 5 storm. It was bearing down on the Caribbean and was considered a dangerous threat to the U.S. Thus, it is entirely possible that by the time you are reading this, it could be from your evacuation destination, if you have one.

Some local residents still have not resolved disputes from Hurricane Matthew and continue to need legal assistance. With that recent event in mind, and given the (largely unexpected) destruction in Houston, The Jacksonville Bar Association asks the members of our legal community to be mindful of ways in which we can help those impacted by these storms. In Houston, there are several charities accepting contributions to help hurricane victims, including the American Red Cross, Catholic Charities, the United Way of Greater Houston and several others. Remember that it is a good idea to do a bit of research on any charity before you donate.

Lawyers can do more than contribute money or other resources, though. We can help hurricane victims put their lives back together and make sense of insurance and court systems that are difficult to navigate even in good times.

The Texas Supreme Court issued an order permitting attorneys licensed in other states to provide legal services to victims of Hurricane Harvey under the auspices of a legal aid program serving those victims. Any attorney in good standing in Florida (or any jurisdiction where the attorney resides) is eligible to provide pro bono disaster related legal services.

To make that task easier, lawyers in Texas are putting together a CLE, a manual, and other resources to support pro bono attorneys in their work. Registration for temporary practice in Texas is required, however, so make sure you follow the procedures established by the Texas Supreme Court.

More information on this program is available from The Florida Bar (flabar.org), the State Bar of Texas (texasbar.com) and the American Bar Association (americanbar.org).

For Hurricane Irma, it is likely that some in our state will need our help. That help will be short-term (e.g., filing insurance claims, resolving landlord-

tenant disputes, small business disaster loan applications and replacing vital documents) and long-term (e.g., potential mortgage foreclosures of uninhabited homes, FEMA assistance and lawsuits relating to real estate and insurance disputes).

If you are in a position to offer assistance on these issues, or to help colleagues whose firms are disrupted by the weather, please consider doing so.

If you want to help but do not know where to turn, please contact Jacksonville Area Legal Aid in Duval, Clay and St. Johns counties, which will be ready to assist low-income hurricane victims with their legal needs.

Lawyers have long been a force for good in this community, and we know about the volunteer hours offered, the community service performed, the clients represented without charge. We need to continue that service to our community, to our friends in Texas and to each other as we navigate yet another natural disaster.

**KATIE DEARING IS THE OWNER OF THE DEARING LAW FIRM, WHICH REPRESENTS CLIENTS IN COMMERCIAL LITIGATION, BUSINESS TORTS, REAL PROPERTY DISPUTES AND APPELLATE MATTERS.**

## Gaver

CONTINUED FROM PAGE 3

that an hour away from one's desk would be an utter waste as it is not billable. While this is true, many recent studies find that taking intentional breaks, including lunch, might be a better use of our time than slogging onward with a project, with a Lean Cuisine within reach.

Harvard Business Review recently conducted an experiment that found creative benefits from consciously scheduled break times. The study suggested that professionals should be mindful in stepping away from their desks throughout the day as well as being mindful to mentally alternate between tasks at predetermined intervals (e.g., switching tasks every hour, etc.).

The study found that doing



Photos special to the Daily Record  
Colt the Weimaraner puppy.

this helped reduce thought redundancy, facilitated creativity and helped generate new, innovative ideas at work. The study ended by stating, "Finally, don't skip your lunch breaks, and don't feel guilty about taking breaks . . . doing so may actually be the best use of your time."

After a year of regularly din-

ing "al desko," I began taking intentional midday breaks four months ago. That is when my husband and I welcomed a new Weimaraner puppy to our family. If you do not know anything about this particular breed of dog, a few words can sum them up: active, energetic, tireless.

Thus, I began the arduous task of forcing myself away from my desk a few times per week to make sure Colt was let out and worn out midday, every day. At first, I worried that I would miss an important call or email, or that my billable hours would fall by the wayside.

Four months in, I have realized how important it is to be intentional about giving myself some type of break away from my desk every day. Whether it is grabbing a quick lunch with a co-worker, getting outside to let the dog out, the break leaves me more energized and less distracted for the remainder of my workday.

Plus, in the wonderful world of technology, I am always accessible through my iPhone. An added perk that I did not expect is how much easier it is to say yes to midday philanthropic and community events that I might otherwise have felt guilty for my RSVP.

There are so many benefits of a midday break. Eating at your desk deprives you of these benefits. While you might feel more productive working through lunch, it is likely that your brain is being less efficient and less creative.

As attorneys, we strive to be innovators for our clients. So, go on, take a break, you'll thank yourself for it.

**COURTNEY GAVER IS AN ASSOCIATE AT ROGERS TOWERS AND SERVES AS A BOARD MEMBER OF THE JACKSONVILLE BAR ASSOCIATION YOUNG LAWYERS SECTION.**



## Tip off for YLS Basketball League

The summer/fall session of The Jacksonville Bar Association Young Lawyers Section Basketball League is underway.

Games are 7 p.m. and 8 p.m. Tuesday night at the Jacksonville Ice and Sportsplex through mid-October.

Teams from Dawson Orr, the Public Defender's Office, Heekin Litigation Group and Fidelity are battling for the championship.

Bragging rights will only last a few months, as the winter session will begin in January.

If you or your firm are interested in hitting the hardwood for the next season, reach out to John Weedon at [jweedon@hinshawlaw.com](mailto:jweedon@hinshawlaw.com) and Art Stresing at [astresing@pd4.coj.net](mailto:astresing@pd4.coj.net). You may sign up as a free agent or as a team.

## Delegal

CONTINUED FROM PAGE 3

human race, it was our profession's responsibility to ensure that we maintained the standards upon which our country is based.

In retrospect, while there can be some disagreement on some of the methods used, overall we were able to maintain the rule of law and respect for our institu-

tions. Lawyers played a large role in shaping that response, and ensuring that our system of government and commitment to decency was not jettisoned in the process of responding to the evil that attacked us.

Lawyers play a critical role after disasters, natural and man-made. Already in Texas, members of other state Bars are assisting those affected by Hurricane Harvey. I imagine the legal community will be called on to do the same after Irma.

In responding to these natural

disasters, I'm sure we will come together as a society and as a profession.

That certainly doesn't mean that our profession will forget about the challenges that are currently presented to it, and the very real questions that exist regarding the leadership of our nation. We live in an era in which large groups of our population are more committed to faction or partisanship than principles, and are willing to ignore substantial violations of those principles by persons of

their own factional or partisan stripe.

As lawyers, we serve the purpose of maintaining the integrity of a system that was created more than two centuries ago, and which has evolved into a country committed to preserving and protecting human rights. As we commit ourselves to the very real and important duty of assisting our fellow citizens in the aftermath of tragedy, we also need to recognize our continuing commitment to maintaining our principles.

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