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#### ILLINOIS STATE BAR ASSOCIATION

# YLD NEWS

The newsletter of the Illinois State Bar Association's Young Lawyers Division

# Five simple rules to protect your reputation as a law student

By Marie K. Sarantakis

"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently." - Warren Buffett.

e often hear that we should not judge others and therefore may wrongfully assume that we, ourselves, are not being judged. But the truth remains that others are observing and forming opinions on us every day based on our words, behaviors, and dress. It's human nature. We must be cautious to not become too complacent. The legal community, while expansive, is particularly close-knit. The people sitting next to you in class, attorneys you meet at events, and judges you appear before on the bench are all people that you will run into again and again throughout your career.

From the very moment you walk into your law

school orientation, you begin to build a reputation for yourself. You have to be aware of the way you carry yourself and how others will interpret your actions. The manner you are perceived will affect the respect you receive from others and the opportunities that will come your way. You may very well graduate from law school at the top of your class, with an impeccable résumé to boot, but if you're known as the guy or gal who drinks too much at functions, you might as well kiss all of that hard work goodbye. Here are five tips to help you preserve your reputation as a law student:

1. Have respect for everyone around you. Courtesy should not be limited to your professors or bosses, but rather you should mind your manners with everyone. Say hello to the

Continued on page 4

# YLD announces new professional development Luncheon Series for the new bar year

SBA's Young Lawyers Division Council (YLD) will once again hold a series of one-hour professional development luncheons for law students and young lawyers at the ISBA's Chicago Regional Office. Each luncheon will focus on topics relevant to young lawyers and will feature a panel of experts discussing topics proposed by a moderator, as well as taking questions from the audience. Please check the ISBA YLD Web (http://www.isba.org/sections/younglawyersdivision) for updated information about the panelists and topics that will be featured this upcoming year. The professional development

luncheons are scheduled as follows:

- September 30, 2013—Financial Planning for Young Lawyers
- November 13, 2013—Advice From the Bench
- February 11, 2014—Topic to be determined

If anyone has questions regarding the Professional Development Luncheon Series, they can contact the Co-Chairs of the committee: Heather Pfeffer, at hpfeffer@cassiday.com; George Schoenbeck, at gschoenbeck@sosinarnold.com; or Jessica Durkin at jessica@mdr-law.com. ■

#### INSIDE

Five simple rules to	
protect your reputation	
as a law student	1
YLD announces new	
professional	
development	
Luncheon Series	
for the new bar year	1
From the Chair	2
Mark your calendars	
now!	4
The Young Lawyers	
at the 137th Annual	
Meeting	5
Character and fitness:	
Why young lawyers	
need to dedicate	
time to improving	
their physical health	5
Flexible volunteer	
opportunity available	
to law students	6
Upcoming CLE	
programs	7

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#### From the Chair

By Jean A. Kenol

elcome to the 2013-14 year of the YLD of the ISBA! I am thrilled to serve as this year's chair and I am especially enthused after our Annual Meeting in Lake Geneva. We hit the ground running and the committee chairs have already begun planning for what will prove to be a fun and productive year.

Every year the YLD sets out to serve the needs of new lawyers and law students as they enter into and navigate through their legal careers. Through the newsletters, CLEs and our professional development luncheons, the YLD provides its members with opportunities to gain practical insight on some of the challenges we face as new attorneys.

YLD also seeks to give back to the community through our Children's Assistance Fund. The Children's Assistance Fund works in concert with the Illinois Bar Foundation and seeks to provide grants to organizations related to children and law across the state. The funding for these grants comes from the various social events the YLD plans and organizes. Our annual Bean Bag Tournament, Semi-formal Soirée and Holiday Party are all extremely fun

events that have raised thousands for very worthy causes.

Finally the YLD provides an opportunity to network with bright and enthusiastic lawyers from across the state. The YLD can provide valuable contacts as well as life-long friendships. The YLD has been tremendous to me over the years both professionally and personally. I hope that you have a similar experience.

I'd be remiss if I did not thank our past Chair Meghan O'Brien for her leadership and Janet Sosin who is retiring after 31 years with the ISBA, including 20 years as the YLD's staff liaison, for her guidance. The YLD was left in tremendous shape thanks to these amazing women. I am confident that we can continue our tradition of success with the leadership of Chris Niro, our new vice chair; Jerry Napelton, our new secretary; and Lynne Davis and Rachel McDermott, our new staff liaisons.

Please be on the lookout for our coming events including our September events: Day at the Races at Arlington Race Track and our first professional development luncheon.



YLD's 2013-2014 Officers (From L to R): Secretary Jerry Napleton, Ex-Officio Meghan O'Brien, Chair Jean Kenol and Vice-Chair Chris Niro

#### YLD NEWS

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The articles in this newsletter are not intended to be used and may not be relied on for penalty avoidance.

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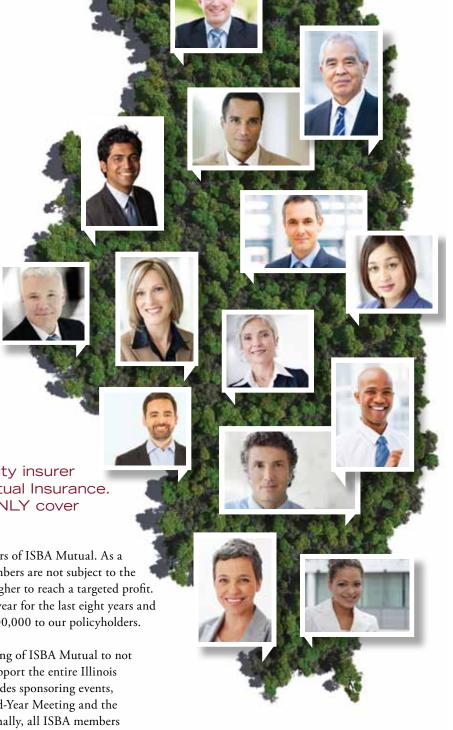
This unique focus stems from the founding of ISBA Mutual to not only provide competitive rates, but to support the entire Illinois legal community. Our involvement includes sponsoring events, such as, the ISBA's Annual Meeting, Mid-Year Meeting and the Solo & Small Firm Conference. Additionally, all ISBA members are entitled to absolutely free online legal research through Fastcase in which we completely underwrite 100% of the program.

Our story is simple, we take care of the Illinois legal community.

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#### Five simple rules to protect your reputation as a law student

Continued from page 1

janitor when you walk by. Get to know your barista. It simply takes two seconds and a few muscles to smile. Watch how quickly your quality of life and mood improves when you radiate positivity. Psychologically, a pleasant person exudes likability. You want to be known as the person who makes everyone's day a little brighter. Besides, you never know who is going to be a future colleague, client, or superior.

- 2. Never gossip. If for no other reason, it is rude and tacky. What you say about others will reflect more negatively on you, than it will on the person you are talking about. Secondly, you never know with whom you are speaking and who else is around. If you are willing to gossip about others, those talking with you will be very guarded in fear that you will make disparaging comments about them in the future. Part of being an attorney is respecting client confidentiality. Start practicing that skill now.
- 3. Dress appropriately. That goes for the courtroom, events, or simply the grocery store. Pretend you are a celebrity and that paparazzi are lurking everywhere. You want to be known for your charisma

- and charm, not your torn-up, ratty jeans. Now, I'm not suggesting that you dress in a plain, nor boring manner, rather make sure that the topic of conversation leads to how sharp of a dresser you are. You want to look neat and tailored. Fair or not, you are judged based on your looks and people will make assumptions about your intellect and character by looking at you. Whether you are putting on sweatpants or a suit, the act of getting dressed requires the same amount of effort, so why not look like a million bucks?
- 4. Do not become intoxicated. There is always that person at a function who has taken one too many trips to the open bar. I assure you that everyone knows their name, and not in a good way. Be extremely cautious that when drinking, it is only on a social level and that you do not become inebriated. An often unspoken social rule is to go so far as set your drink down whenever being photographed. Granted that this is not always possible, but try your very best to not be captured by an event photographer with a drink in hand.
- **5. Clean up your social media accounts.** Luckily with social media you are able to

control the image of you that is made public. Realize that what may be impressive to your best friend could potentially be offensive to your boss. You should delete posts that are less-than-flattering and emphasize your accomplishments. Also, take advantage of features controlling who has access to your information as a precaution if you have anything that could reflect negatively against you. While tedious, it is extremely beneficial to go back and review past posts and images. Purge anything that remotely resembles you being crowned College Beer Pong Champion. When you look back at your MySpace statuses or Facebook photos from a few years back, you may find posts where you may not have been using your best judgment.

During my past year of law school I have witnessed these careless errors being made, and quite frequently. I share these tips with you so that you don't have to wait to witness or fall victim to these fatal errors yourself. It is important to learn from others' mistakes and remain constantly aware of how your words, actions, and behaviors can be interpreted by others. These five simple maxims will help ensure that you are putting your best face forward.

# Mark your calendars now!

he 16<sup>th</sup> ANNUAL YLD HOLIDAY PARTY will be held on Friday, December 6, 2013 at the Cubby Bear in Chicago. A fundraiser for the YLD Children's Assistance Fund, this party is crucial to the continued ability of the YLD to provide grants to nonprofit organizations (across the state) related to children and law. Each ticket buys four hours of food, drink, music, and great company. The event is not limited to attorneys, so bring your loved ones, bring your friends, bring everyone.

Check the YLD Web site this fall for more information and to purchase tickets online. In the meantime, pencil us in. We look forward to seeing you this holiday season at the Cubby Bear, supporting non-profit organizations across the state that benefit children, all while having a blast.

Looking for great advertising opportunities? Interested in supporting the cause? Contact Angel Wawrzynek at Wawrzynek@ForYourJustice.com for more information. All sponsors' logos will be prominently displayed during the party and circulated to the ISBA membership thereafter.



# The Young Lawyers at the 137th Annual Meeting

By Sarah E. Toney

he 137th Annual Meeting kicked off on Thursday, June 20th with YLD members attending the opening reception on the terrace of the Grand Geneva Resort in Lake Geneva, Wisconsin. This year, the reception paid tribute to Janet Sosin, someone very near and dear to the YLD. Janet has been YLD's longtime liaison and to those on the YLD who worked with her, she was the driving force behind keeping the YLD running. Incoming YLD Chair Jean Kenol spoke on behalf of YLD and thanked Janet for all her service and dedication to YLD.

The YLD meeting was held on Friday in a room with a view overlooking the rolling hills

and trees of Lake Geneva. The YLD gathered to welcome their new members, as well as to highlight this year's upcoming events: A Day At the Races at Arlington Racetrack, the Annual Holiday Party at Cubby Bear, volunteering at the Chicago Marathon, as well as the Soirée in the Spring and the annual bean bag tournament. Outgoing Chair Meghan O'Brien was given a gift to show the YLD's appreciation for the wonderful job she did as Chair. After the meeting, the 2013 Young Lawyers Division gathered for a group photo.

After the YLD meeting, about 20 YLD members and their spouses gathered for a fun-filled, all-you-can-eat dinner at the

Grand Geneva. It was a great way for members to have a fun night out together while not breaking the bank. After dinner, YLD members met up on the outside patio of the Grand Geneva and had some cocktails while taking in the amazing view.

Also noteworthy for the weekend: YLD member Angelica Wawrzynek was honored at the Awards Luncheon for winning Young Lawyer of the Year. In addition, YLD is excited to announce at least seven members have been elected to serve on the Assembly of the ISBA! For up-to-date news on the YLD and its members, please visit us on Facebook at: facebook.com/ISBAYoungLawyers.

# Character and fitness: Why young lawyers need to dedicate time to improving their physical health

By Christopher Niro

ongratulations, you have been sworn in to the Bar, you have made it through law school and hopefully you are gainfully employed. We have all heard of the college "Freshman 15," but how about the "first year associate 30?" More and more often, (especially) young lawyers are willing to trade off getting physical activity in lieu of "impressing the partners," a.k.a., burning the midnight oil, subsisting on a diet of coffee, takeout food and remaining parked behind their desk for 8-10 billable hours per day. But it doesn't need to be that way. More and more firms are beginning to recognize the importance of physical health and the longevity and productivity of their employees. Most firms allow-and some even encourage-their lawyers to take advantage of health benefits, whether it is a gym in the building, down the street or a partnership with a fitness professional to set up a corporate wellness program for all employees.

"Not having enough time" is the most common excuse for not exercising...I would know, I said it repeatedly. But just going out and hitting the gym for an hour a day might not be enough physical activity. In fact, the American College of Sports Medicine is singling out our sedentary lifestyle as a health risk factor, regardless of whether we're getting the proper amount of exercise. This should not, of course, serve as an excuse to just give up on getting any exercise. According to Frank Nunez, founder of UNICUS Fitness, getting your body moving every hour, even if it's just taking a couple of laps around the office, can help reduce the pressures you put on your body from sitting all day. (Writer's note: Try not to stop at other people's offices or desks and indulge on the candy they may have sitting out...). Do you get a morning coffee? Try walking another block or two to the Starbucks farther away...trust me, there are plenty of them around. Finally, take advantage of any program that your firm may participate in...or even suggest one yourself. The gym down the block would love the opportunity to get new members, approach them and see if they would give your firm a discount if more people join. You could even go so far as to enlist the services of a professional, like Mr. Nunez, to come in and design a fitness program for your entire firm. He has created a company dedicated to helping busy people

like lawyers find time to contribute to their physical health and balance with their work obligations. (http://www.unicusfitness.com)

Personally, I have found that by dedicating time in my daily calendar for getting exercise has been the best way to stay fit and, it has improved my productivity at work...but it isn't easy. I make an effort to not schedule any meetings or conference calls between 11:45 and 1:15 pm, every day. No, I do not always go and workout for that entire period, and things do come up that make me change my schedule. But I have found that just blocking off that time becomes a habit that allows you to start to get exercise in the middle of the day, or even just go for a long walk when the weather allows.

The aim here is not to over-burden an already busy schedule that we all maintain. Instead, we should all start to pay attention to and take steps to improve our physical health. The habits we form now, early in our practice, will shape how we act for the rest of our careers.

<sup>1.</sup> In full disclosure, I have been a client of UNI-CUS since 2009.

## Flexible volunteer opportunity available to law students

By Marie K. Sarantakis

olunteering, while in law school, can be a rewarding experience. Students are able to enhance their résumés and serve their communities, all while gaining practical legal experience outside of the classroom. The challenge remains that law students often balance very busy schedules. Many juggle allocating time between rigorous coursework, extracurricular events, jobs, and family activities. Fortunately, Illinois Legal Aid Online (ILAO) makes it possible for those with busy schedules to volunteer by setting their own hours while working from home.

ILAO helps lower-income Illinois residents obtain the legal information they need, free of charge, by visiting IllinoisLegalAid.org. Spanish-speaking visitors can visit the companion site, AyudaLegallL.org. Law students are able to volunteer, on either Web site, as a LiveHelp Operator and assist visitors via

instant message. Operators provide plainlanguage information for common legal problems and help visitors navigate the legal system. LiveHelp Operators will frequently encounter questions regarding accidents, divorce, domestic violence, guardianship, immigration, mortgage foreclosure, pro se representation, taxes, traffic, etc. If an operator is unable to locate the relevant legal information, they can refer visitors to the appropriate local, free or affordable, resource in their area, based on the nature of the problem.

Since launching person-to-person assistance in 2009, LiveHelp Operators have chatted with an average of 77 visitors per day, totaling around 19,730 chats per year! ILAO provides a valuable service to Illinois residents and is made possible by volunteers offering their time. ILAO simply asks students to commit to at least one to two hours per

week online. Volunteers can work remotely from their computers and schedule their own hours, making this a very flexible volunteer opportunity. Law students are able to help from anywhere in the world so long as they have Internet access. LiveHelp Operators also have the option to work out of the ILAO Office located at 17 N. State Street, Suite # 1590, Chicago, IL 60602. Volunteers are needed every week between the hours of 9 a.m. until 9 p.m. Monday through Thursday, and 9 a.m. until 5 p.m. on Fridays.

ILAO is currently looking for volunteers and will be holding multiple training sessions throughout the fall and winter. If you are interested in learning more about becoming a LiveHelp Operator please contact LiveHelp Program Coordinator Viannie Bell via e-mail at vbell@illinoislegalaid.org or by telephone at (312)977-9046 ext. 22.



YLD Council members for the 2013-2014 bar year meet in Lake Geneva.

### **Upcoming CLE programs**

To register, go to www.isba.org/cle or call the ISBA registrar at 800-252-8908 or 217-525-1760.

#### September

**Thursday, 9/5/13- Teleseminar**—Generation Skipping Transfer Tax Planning. Presented by the Illinois State Bar Association. 12-1.

Monday, 9/9/13- Chicago, ISBA Chicago Regional Office—ISBA Basic Skills Live for Newly Admitted Attorneys. Complimentary program presented by the Illinois State Bar Association. 8:55-5:00.

**Tuesday, 9/10/13-Teleseminar**—Choice of Entity for Real Estate. Presented by the Illinois State Bar Association. 12-1.

**Tuesday, 9/10/13 – Webinar**—Intro to Legal Research on Fastcase. Presented by the Illinois State Bar Association – Complimentary to ISBA Members Only. 10:00 – 11:00 a.m. CST.

Wednesday, 9/11/13- Chicago, ISBA Chicago Regional Office—2013 Cyberlaw Symposium. Presented by the ISBA Intellectual Property Section. 8:45-5.

**Wednesday, 9/11/13- Live Web-cast**—2013 Cyberlaw Symposium. Presented by the ISBA Intellectual Property Section. 8:45-5.

**Thursday, 9/12/13 – Webinar**—Advanced Tips for Enhanced Legal Research on Fastcase. Presented by the Illinois State Bar Association – Complimentary to ISBA Members Only. 10:00 – 11:00 a.m. CST.

**Thursday, 9/12/13- Teleseminar**—UCC 9: Fixtures, Liens, Foreclosures and Remedies. Presented by the Illinois State Bar Association. 12-1.

Thursday, 9/12/13- Chicago, ISBA Regional Office—Trial Practice Series: The Trial of a Retaliation Case. Presented by the ISBA Labor and Employment Section. 8:55-4:15.

**Thursday, 9/12/13- Live Webcast**—Trial Practice Series: The Trial of a Retaliation Case. Presented by the ISBA Labor and Employment Section. 8:55-4:15.

Monday, 9/16-Friday, 9/20/13 - Chicago, ISBA Regional Office—40 Hour Mediation/Arbitration Training. Presented by the Illinois State Bar Association. 8:30-5:45 daily.

Tuesday, 9/17/13- Springfield, INB Conference Center—Fracking in Illinois- Facts and Myths Explained. Presented by the ISBA Environmental Law Section; co-sponsored by the ISBA Real Estate Law Section, the ISBA General Practice, Solo & Small Firm Section, and the ISBA Agricultural Law Section. 8:30-5:00.

**Tuesday, 9/17/13- Teleseminar**—Transactions Among Partners/ LLC Members and Partnerships/LLCs- Major Tax Traps for the Unwary. Presented by the Illinois State Bar Association. 12-1.

**Thursday, 9/19/13- Teleseminar**—Estate Planning to Reflect Religious and Philosophical Beliefs. Presented by the Illinois State Bar Association. 12-1.

Thursday, 9/19/13- Chicago, ISBA Regional Office—Responding to Government Investigations in Health Care. Presented by the ISBA Health Care Section. 12:30-4:30pm.

**Thursday, 9/19/13- Live Webcast**—Responding to Government Investigations in Health Care. Presented by the ISBA Health Care Section. 12:30-4:30pm.

**Friday, 9/20/13 – Peoria, Par.A.Dice Hotel**—DUI & Traffic Updates – Fall 2013. Presented by the ISBA Traffic Law Section. 8:30 am – 5:00 pm.

**Tuesday, 9/24/13- Teleseminar**—Update on Advising Physician and Dental Practice, Part 1. Presented by the Illinois State Bar Association. 12-1.

**Tuesday, 9/24/13- Live Webcast**—The Role and Reach of Government's Independent Inspectors General. Presented by the Standing Committee on Government Lawyers. 9:30-11:30.

Tuesday, 9/24/13- Chicago, ISBA Regional Office—Staying out of Trouble:

Avoiding Sexual Misconduct and Mismanagement of Client Money. Presented by the Attorney Registration and Disciplinary Commission. 12:30-3:20.

**Tuesday, 9/24/13- Live Webcast**—Staying out of Trouble: Avoiding Sexual Misconduct and Mismanagement of Client Money. Presented by the Attorney Registration and Disciplinary Commission. 12:30-3:20.

**Wednesday, 9/25/13- Teleseminar**— Update on Advising Physician and Dental Practice, Part 2. Presented by the Illinois State Bar Association. 12-1

**Wednesday, 9/25/13 – Webinar**—Introduction to Boolean (Keyword) Search. Presented by the Illinois State Bar Association – Complimentary to ISBA Members Only. 10:00 – 11:00 a.m. CST.

Wednesday, 9/25/13- Friday, 9/27/13- Chicago, ISBA Regional Office—Advanced Mediation/Arbitration Training. Presented by the Illinois State Bar Association.

**Friday, 9/27/13- Collinsville, Gateway Center**—Social Security and SSI Disability
Law. Presented by the ISBA Standing Committee on Disability Law. All Day.

#### October

Thursday, 10/3/13/-Saturday, 10/5/13-Itasca, Westin Hotel—9th Annual Solo and Small Firm Conference. Presented by the Illinois State Bar Association. Thur 9-8:30; Fri 8:30-8:00; Sat 8:30-12:05

**Tuesday, 10/8/13 – Webinar**—Intro to Legal Research on Fastcase. Presented by the Illinois State Bar Association – Complimentary to ISBA Members Only. 3:00 – 4:00 p.m. CST

**Tuesday, 10/8/13- Teleseminar**—Ground Leases: Structuring and Drafting Issues. Presented by the Illinois State Bar Association. 12-1.

Thursday, 10/10/13-Friday, 10/11/13-Galena, Eagle Ridge Resort and Spa—A Child Custody Trial. Presented by the ISBA Family Law Section. 8-5 both days. ■

#### YLD NEWS

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