



2008-2009 OFFICERS

President: Tracy Washington
President-Elect: Margaret Wilson, PLS
Recording Secretary: Brenda Dunlap, ALS
Treasurer: Mimi Mangrum
State Director: Ann Simmons
Past President: Lisa Brecht
Parliamentarian: Charlotte Edwards, PLS, CLA

2007-2008 COMMITTEE CHAIRS

Bulletin Editors	Allison Streepey PLS, Rita Thatcher CPS, ALS
Membership/Public Relations	TBA
Bar Liaison	Ann Simmons
CLE Programs	Andrea Burba (Johnston)
Day in Court	Trena Hall
Employment (Job Bank)	Mary Hand PP,PLS
History Book	Whitney Creech, ALS
Bosses Night/Award of Excellence	Ann Simmons and Stephanie Thompson PLS, PP
Nominations and Elections	Charlotte Edwards, PLS, CLA
Scholarship Chair	Debbie Wisdom, ALS
Audit Committee	Margarett Wilson, PLS
Ways and Means	Mimi Mangrum
Corresponding Secretary	Brandi Dodson (Spillers)

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HAPPY ST. PATRICK’S DAY!



President's Report

Members,

This will be my last report as President of GLRLSP. I just want to thank each of you for allowing me this opportunity. It will be an experience that I will never forget. I encourage each of you to get involved and help Margaret as she takes this association to a new level. I know she will do a great job as she has done so much for this association in the past and she has a great Executive Committee that will support her all the way.

We have a few meetings coming up soon and if you can make it, I encourage you to attend. The AALS Annual meeting will be in April in Springdale. It is sure to be an exciting time for all. Then we have the Leadership Retreat in June. From what I understand, you do not want to miss this opportunity. Then we have our Region 6 meeting here in Little Rock. Mark your calendar with these dates and plan to be there!

Tracy M. Washington

Report From President-Elect

By Margaret Wilson, PLS

I am so excited about the coming year in our chapter! Thank you all so much for allowing me to serve as your President in 2009-2010. I have big plans for our chapter and can't wait to get started. One of my projects is something we've never done before. I'll give you a hint – "say cheese!" Find out more at our next business meeting.

I am pleased to report that nearly all of the committee chairs have been filled. Thank you all for your prompt response to my request for volunteers. The only committee chair not filled is the Historian. Anyone interested? (I've included the duties of that committee at the end of this article.) The committees and their chair/co-chairs are as follows:

Bar Liaison – Ann Simmons
Certification, CLE and Program/CLE – Sheila Scott, Lisa Brecht & Mabelle Smith
Day in Court – Stephanie Thompson
Job Bank – Mary Hand
Membership – Mimi Mangrum
Public Relations – Stacie Givens
Publication – Allison Streepey & Stephanie Thompson
Ways and Means – Stacie Givens, Lisa Brecht & Tonya Lee

If I have left off anyone who expressed an interest in any committee let me know (mwilson@mitchellblackstock.com). I want to give each of you every opportunity to take a leadership role in our association.

We have a lot going on this year – Annual meeting in April, Retreat in June, Region 6 meeting in July, along with other meetings around the state – and I sincerely hope to see you at each event. The more you learn in your profession, the better you become in that profession. Take advantage of each opportunity to gain more skills and knowledge and to network with our sisters-in-law around the state.

Thanks again.

Historian: The Historian shall keep an annual record of the activities of the Association and shall supply the AALS Historian with material to include in the AALS President's history book. The Historian shall also submit the Association's history book in the annual history book competition at the annual AALS conference. The Historian shall present the history book to the retiring president for the president's term of office.

State Director's Report

By Ann Simmons

White County is partnering with AALS to present the Nuts 'n Bolts Seminar in Searcy on March 21, 2009. The seminar will be held in the training room at the Searcy Police Department, 101 North Gum, Searcy. Details in brief: NUTS 'n BOLTS, Saturday, March 21, 2009, 8:30 a.m. to 12:30 p.m. Cost is \$100.00 (book included). Come share the fun and knowledge!!! Questions? Call Linda Adair (501/905-5079), Janice Miller (501/342-6244), Janet Gordon (501/268-4201) or Cheryl Summerhill (501/268-7114).

Status of the NALS Advanced Legal Training Course

By Allison Streepey, PLS

The NALS Advanced Legal Training Course is complete with 18 students taking the final course exam. Seven of these students will be taking the PLS exam in the spring and more will take the PLS exam in the fall. We are proud of all the students who made it through the whole six months of training and wish each of them continued success.

CLEC Leadership Retreat At Ferncliff June 12-13

By Mimi Mangrum

On behalf of the CLE Committee, I want to invite you all to the 2009 Leadership Retreat. This years retreat will be held at the W.C. Brown Center of Ferncliff Camp & Conference Center. The cost for the retreat will be \$50 per person and will include one night's lodging (double occupancy), three meals and all CLE. The cost if you are interested in attending only on Saturday will be \$12 and will only include the noon meal.

This year the CLEC wants to bring you part of the "Think Big" campaign that NALS is promoting. Challenge yourself to "Think Big.....Change Yourself, Change Your Organization." CLE will be presented by our members.

Please remember that this is **NOT** just a conference for the President, President -Elect, Secretary and so on.....this conference is designed to make us **ALL** leaders! A registration form will go out soon and will also be available at the Annual Meeting. Mark your calendars and see you there!

Update On The 2009 Annual Meeting in NW Arkansas

By Mimi Mangrum

The 2009 Annual Meeting for AALS is right around the corner. The committee has worked very hard to make certain that this Annual Meeting is the best ever! April 24-26, 2009 is the date that we all will be traveling to beautiful Springdale in northwest Arkansas for our meeting. We will have great CLE, food and fun. I am so very impressed with our "goody bag" committee which has worked so diligently to make sure that you will all be extremely happy with your "goodies."

All of the rooms in the reserved block at the Holiday Inn and Convention Center in Springdale for the annual meeting have already been taken. If you plan to come to the meeting but have not yet made your hotel reservation, please let Mimi know **by 5:00 p.m. on March 17**. She will then contact the hotel and arrange for more rooms to be added at the special AALS rate of \$99; however, she must know how many rooms to add.

Please make every effort to attend the 2009 AALS Annual Meeting as four of our GLRLSP members will be sworn into positions on the AALS Board: Janice Miller as our President, Judy Davis as our President Elect, Ann Simmons as our Secretary and Linda Adair as our Past President.

I hope to see you all in Springdale on April 24-26!

AALS has a Booth at the Arkansas Bar Association Annual Meeting

By Allison Streepey, PLS

Would you believe... We are getting ready for the **AALS Promotion Booth for the Arkansas Bar Association's Annual Meeting in Hot Springs on June 10-13, 2009**. What we need from you is your **@LAW Magazines**. Also, please consider "manning the booth" for a couple of hours at the Arlington Hotel. We will be there as AALS Representatives on Thursday, June 11 and part of Friday, June 12. (More detailed information is coming soon.) You should have enough time to enjoy the great Bathhouse Row, the galleries, maybe go to Oaklawn for a race and famous corned beef sandwich, or visit the Outlet Malls for summer savings. You could make a mini-vacation out of this event and then go to the **GLRLSP Annual Retreat on Friday, June 12 and Saturday the 13th**. Think about the possibilities and save your @LAW Magazines for Allison Streepey, PLS, for this event. For more information write streepeyallison@uams.edu



NOTES FROM NALS

As we prepare to begin a new year with new officers, here is a reminder from the National Association of Legal Support Professionals about our Code of Ethics and Professional Conduct:

NALS CODE OF ETHICS

Members of NALS are bound by the objectives of this association and the standards of conduct required of the legal profession.

Every member shall

- Encourage respect for the law and the administration of justice;
- Observe rules governing privileged communications and confidential information;
- Promote and exemplify high standards of loyalty, cooperation, and courtesy;
- Perform all duties of the profession with integrity and competence; and
- Pursue a high order of professional attainment.

Integrity and high standards of conduct are fundamental to the success of our professional association. This Code is promulgated by the NALS and accepted by its members to accomplish these ends.

Canon 1. Members of this association shall maintain a high degree of competency and integrity through continuing education to better assist the legal profession in fulfilling its duty to provide quality legal services to the public.

Canon 2. Members of this association shall maintain a high standard of ethical conduct and shall contribute to the integrity of the association and the legal profession.

Canon 3. Members of this association shall avoid a conflict of interest pertaining to a client matter.

Canon 4. Members of this association shall preserve and protect the confidences and privileged communications of a client.

Canon 5. Members of this association shall exercise care in using independent professional judgment and in determining the extent to which a client may be assisted without the presence of a lawyer and shall not act in matters involving professional legal judgment.

Canon 6. Members of this association shall not solicit legal business on behalf of a lawyer.

Canon 7. Members of this association, unless permitted by law, shall not perform paralegal functions except under the direct supervision of a lawyer and shall not advertise or contract with members of the general public for the performance of paralegal functions.

Canon 8. Members of this association, unless permitted by law, shall not perform any of the duties restricted to lawyers or do things which lawyers themselves may not do and shall assist in preventing the unauthorized practice of law.

GREATER LITTLE ROCK LEGAL SUPPORT PROFESSIONALS
BUSINESS MEETING MINUTES (Revised Draft)
January 6, 2009

The regular monthly business meeting of Greater Little Rock Legal Support Professionals was convened at 12:00 at Franke's Cafeteria on Tuesday, January 6, 2009.

Brandi Dodson led the Pledge of Allegiance.
Mimi Mangrum led the Invocation.
Ann Simmons read the Code of Ethics.

Consent Agenda Items:

The November, 2008 Minutes were approved.
The December, 2008 Treasurer's Report was approved subject to financial review.

Officer Reports:

Ann Simmons, Bar Liaison Chair, asked for four volunteers at the annual meeting of the Pulaski County Bar Association in May.

Charlotte Edwards, Nominations Chair, announced that a Call for Nominations would be sent out to the membership ASAP.

Committee Reports:

There were no committee chair reports.

Recommendations of the E.C. Committee:

- **Recommendation No. 1:** That GLRLSP submit Margaret Wilson, PLS, as our nominee for the AALS Award of Excellence competition. The recommendation was approved.
- **Recommendation No. 2:** That Charlotte Edwards, PLS, CLA be the alternate State Director for the Winter Board Meeting. The recommendation was approved.
-

Discussion Items:

Mimi Mangrum, Annual Meeting Chair, requested volunteers to help with the programs and other items.

Doris Compton, Region 6 Director, requested volunteers to help with the Region 6 meeting in July.

Informational Items:

- NALS Professional Development & Educational Conference at Doubletree Hotel, Tulsa, Oklahoma - March 12-14, 2009
- AALS Annual Business Meeting & Educational Conference hosted by Greater Little Rock LSP - April 24-26, 2009. March 27, 2009 is the deadline to get the room rate of \$99 for the hotel.

- Region 6 Meeting hosted by AALS – July ____, 2009
- NALS 58th Educational Conference & National Forum at the Hyatt Regency, Irvine, California – October 8-11, 2009
- AALS Winter Board Meeting hosted by White County, _____, 2010

MARCH INSTALLATION OF NEW OFFICERS

From: Margaret Wilson [mailto:mwilson@mitchellblackstock.com]
Sent: Tuesday, March 10, 2009 11:18 AM
To: All GLRLSP Members
Subject: New Officer Installation Ceremony

Installation of our new EC will take place on Thursday, March 26, 2009, at 6:00 at the offices of Mitchell, Blackstock, Barnes, Wagoner, Ivers & Sneddon, PLLC, 1010 West Third Street. Linda Adair will be the installing officer.

Those being installed are:
 Margaret Wilson, President
 Mimi Mangrum, President-Elect
 Brenda Dunlap, Secretary
 Rita Thatcher, Treasurer
 Stacie Givens, State Director
 Charlotte Edwards, Parliamentarian

We will be having a meat and cheese tray with bread and fixings for sandwiches. Rather than setting a price for the sandwiches, we'll have a basket for donations. Any money collected over the cost of the food will be deposited into the GLRLSP general account.

Please let me know if you will be attending so I'll know how much food to order. Thanks. I look forward to seeing everyone there!

A Brief History of GLRLSP

Submitted by Ann Simmons, Rita Thatcher, CPS, ALS, and Allison Streepey, PLS
(Editors' Note: We thought this might be of interest to our newer members.)

In January of 1958, a group of legal secretaries in Little Rock and North Little Rock began work to organize the *Greater Little Rock Secretaries Association*. This group was headed by Ms. Mildred S. Brown of the Wright Law Firm. Mildred had been corresponding during the winter of 1957 with Ms. Anita Leigh, Membership Chair of *The National Association of Legal Secretaries*. Mildred was appointed the National Director for Arkansas to complete the organizational requirements and submit the necessary documents for the charter and to serve as the National Director pending subsequent elections.

On February 24, 1958, the organizational meeting was held at the Hotel Sam Peck and the Chapter's name, *Greater Little Rock Secretaries Association*, was chosen. Twenty-four secretaries who were eligible for membership attended that meeting.

The election of officers was held on March 10, 1958, and on April 1, 1958, twenty-eight charter members attended the banquet and installation of officers at the Hotel Lafayette, with the Honorable Edward L. Wright as the speaker and installing officer. Mr. Wright was then president of the Arkansas Bar Association. He was Mildred S. Brown's boss and throughout the years was an ardent supporter of the *Greater Little Rock Legal Secretaries*.

In 1999 the Association changed its name to *Greater Little Rock Legal Support Professionals* (GLRLSP). GLRLSP is a non-profit organization with membership made up of legal secretaries, paralegals, and other legal support professionals. Its purpose is to enhance its members' knowledge, skills and abilities through legal education, networking and helping others. We conduct and participate in legal education programs, conferences and seminars on the local, regional and national levels. We are part of a tri-level organization in conjunction with the national organization, NALS...The Association for Legal Professionals, and our state organization, AALS...The Association for Arkansas Legal Support Professionals.*

In recent years, several GLRLSP members have won the Award of Excellence at the State and National levels:

AALS Award of Excellence

Cathy Underwood, JD, PLS, CLA in 1991- 1992

Jeannie Smith, PLS in 1992 - 1993

Doris Compton, PP, PLS in 1993- 1994

Claire Martin, PLS in 1994 - 1995

Janice Miller, PP, PLS, CLA in 1996 - 1997

Linda Adair, PLS in 2005-2006

Ann Simmons, 2008 - 2009

NALS Award of Excellence

Cathy Underwood, JD, PLS, CLA in 1996

Janice Miller, PP, PLS, CLA in 1999

Every year, GLRLSP awards the *Mildred S. Brown Scholarship* to a student interested in pursuing a career in the legal field. This scholarship is based on scholastic achievement, leadership ability, and financial need. The *Mildred S. Brown Scholarship* is offered to any GLRLSP member in good standing or their immediate family.

* From GLRLSP 30th Anniversary Party Program (1979) author unknown

GRAMMAR TIP

Submitted by Charlotte Edwards, PLS, CLA

“WHO, WHICH, and THAT”

Who and *that* are used when referring to persons. Select *who* when the individual person or the individuality of a group is meant and *that* when a class or type is meant.

*She is the only one of my managers who can speak Spanish fluently.
He is the kind of student that should take advanced math.*

Which and *that* are used when referring to places, objects, and animals. *Which* is always used to introduce nonessential clauses, and *that* is ordinarily used to introduce essential clauses.

Laura’s report on employee benefits, which I sent you last week, should be of some help. (Which introduces a nonessential clause.)

*The report that I sent you last week should be of some help.
(That introduces an essential clause.)*

Which, that, and who may be used to refer to organizations. When you are referring to the organization as a single entity (in other words, as *it*), then use *which* or *that*. However, when you are thinking of the organization in terms of the individuals who make up the organization (in other words, when you think of the organization as *they*), you may use *who* or *that*.

Whenever we run short of computer supplies, the Brown & Simmons Company is the one that gives us the best service and the best prices.

We really like doing business with the people at the Brown & Simmons Company. They are a customer-oriented group who give us the best service and the best prices. (That may also be used in this sentence in place of who.)

(This may seem like a small, insignificant thing, but these “little” things are sometimes what give our documents that edge of quality. You may think “oh, no one is going to notice such a little thing - but some people do notice. Remember we always want our work product to be the best it can be.)

IT’S QUITTING TIME ALREADY? BUT I HAVEN’T DONE ANYTHING!!

By Rita Thatcher, CPS, ALS

Does your typical day at the office go something like this?

When you arrive at the office, you decide to water the office plants first.
On the way get water, you look over at the coffee pot and decide to make coffee.

As you start toward the coffee pot, you notice mail on your desk that was delivered after you left yesterday.

You decide to go through the mail before you make coffee.
As you start to open the mail, the phone rings.

You answer the phone and it's your boss, asking you to
print out a brief he needs for a meeting that day.

On the way back to your desk from the printer, you stop to chat with one of the other
secretaries, who reminds you that today is the office potluck.

You leave the document on her desk while you make a mad dash down the street to the
local grocery store to buy some potato salad.

When you get back to the office, you have three phone calls to return,
but first you need to retrieve the document for your boss.

On your way to pick up the document, you stop to put the potato salad
in the refrigerator to keep it cold.

One of the other attorneys is there and he asks you for a file that he needs immediately.
You return to find the file and the phone rings.

You answer the phone and it is one of your clients,
who is very upset about the amount of her bill.

You call the billing area to find out what amount was billed and why, only to find that the
billing person has gone to the potluck.

So you hurry to the kitchen to enjoy the pot luck lunch, only to be interrupted by a call on
your cell phone from your boss wanting his copy!

By now you can't remember where you left it, so you frantically enlist the aid of
everyone in the office.

As you search for the document, the billing person returns your call and
you get into a heated discussion on the billing snafu.

As you hang up the phone, you notice that you have received 78 e-mails so far, so you
start going through your "In" box.

As you are trying to answer your e-mails, the door opens and your boss bursts in,
demanding his copy.

You run down the hall screaming like a banshee and suddenly trip over the document
itself that someone has left on the floor.

You scoop it up and make your way, limping, back to your boss,
who proceeds to chew you out for not having it ready earlier.

At the end of the day:
the office plants aren't watered;
the coffee never got made;

the mail never got opened;
the client's billing error has not been resolved;
you're starving to death because you missed the pot luck;
your body is banged up and your ego bruised;
and you'll be lucky to have a job tomorrow!
And you're really baffled because you know you were busy all day and you're exhausted!

We've all had days like this, but not because we all have "Age Activated Attention Deficit Disorder"! Interruptions and distractions are the plague of the working professional today. But there are ways to control these critters, and organization and planning are your key weapons.

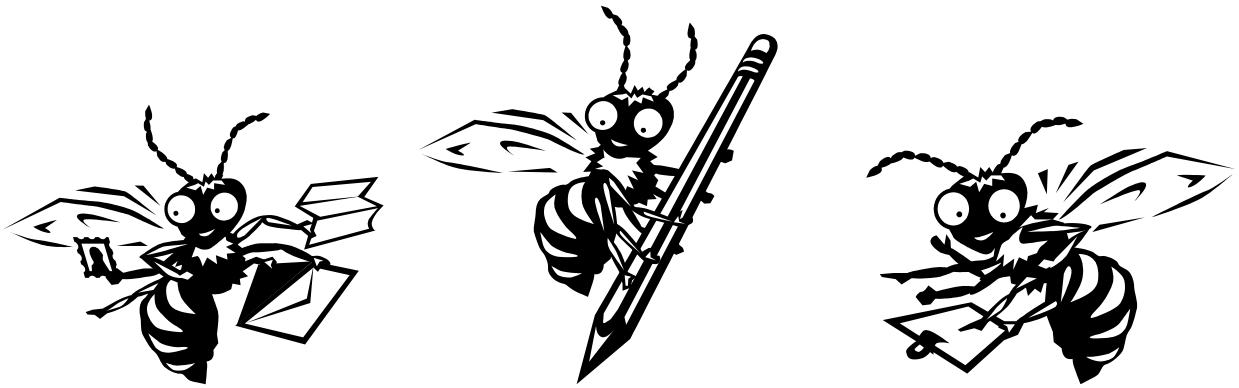
At the beginning of the day, make a list of the tasks that you need to do that day. You could also do this at the end of the day for the next day, but for me it works best doing it in the morning. You can use a daily/weekly planner, or just a legal pad. If you have a big project that you know will take several days, break it down into smaller tasks and put just the first 1 or 2 tasks on your list for the day. (As I grow older and more forgetful, this list becomes absolutely necessary!) I know you've all heard this before, but the trick is to actually use that list. Assign each task into one of the following categories: (A) absolutely must be done today; (B) would be nice to do today but could wait a day or so; or (C) to be done whenever there is time. Then further prioritize all your "A" tasks, "B" tasks, etc.

How do you set priorities? Sometimes it's pretty obvious – you have a filing deadline for a court case, or a letter your boss has told you must go out that day. Sometimes it's not so obvious. If someone has given you a task to do, be sure and have a clear understanding of when they expect it to be done. It also helps to look ahead and realize that, "Hmm, I'm out on vacation next week and this is going to be due the day I return – maybe I better finish it before I leave". I'm pretty flexible with my categories – sometimes I have a task that is really kind of a low priority, but I get tired of seeing it on the list and having it hanging over me every day, so sometimes I move it up and make a point of getting it done. Also, as situations change, sometimes an "A" task can become a "B" task or vice versa – that's why you need to review your list several times a day.

As the day goes on, it's very tempting to let a phone call pull you away from a job you are working on. E-mails are the same way, only worse. You're tempted to drop everything and handle that phone call or that e-mail right away because "it will only take a minute". But those "minute" interruptions can add up and steal your day. You need to add it to your list and determine if it changes your other priorities. If it is not that important, you can come back to it later.

Another way to handle phone and even e-mail interruptions is to ask the other person how urgent their request is. You might explain that you are in the middle of Project X, and ask if you could have the information to them by the next day. You might be surprised at how much can be put off until the next day. There will always be interruptions that you can't ignore – like when your boss comes out and says "I need this copied right now" or "Call right now and make this reservation". The important thing to remember is that when you have dealt with the interruption, to get back on track with your "to do" list. It's also important to carry over tasks that you did not complete to the next day; so when you are making your list in the morning, be sure to check the previous day's list for items that still need to be completed.

My planner is my lifesaver at work – I could probably do without my purse, but not without my planner. When I find myself going around in circles, I grab my planner and bring my focus back to the day's purpose. I still have days where I wonder where the time went, but by utilizing these organizational methods, luckily those days are the exception rather than the rule. Happy Planning!



WHAT'S THE BUZZ?

ANNOUNCEMENTS

Changes of Note

Changes to e-mail addresses: Please note that all Mitchell, Williams, Selig, Gates & Woodyard members' e-mail addresses have changed as of March 9, 2009. The name part will stay the same, but instead of @mwsgw.com it will now be @mwlaw.com. Please update your address listings.

Congratulations to Whitney Creech, ALS, who has been accepted into the Little Rock Bowen School of Law!

Stacye Dullard, ALS, is transferring to the Rogers office of Mitchell Williams to work for attorney Bob Balfe. Stacye will be leaving GLRLSP but will remain a member of AALS as a member-at-large. Stacye is also engaged and we hope to hear all good things from the happy couple.

Jeannie Smith, CPS, PLS, tells us, "As you may know, my career at Alltel is coming to an end with the purchase by Verizon. I am returning to private practice at the law firm of Gregory & LaRue. As always, you can reach via cell (912-3645) or jasmith@gregorylarue.com. My new office direct line is 628-9046."

Baby Time

Christina Hillman of Mitchell Blackstock welcomed their first daughter Robbyn Christina who was born January 22, 2009 at 6:30 p.m. She weighed 6 lbs 13 oz and was 21 $\frac{1}{2}$ inches. Christina and her husband, Robby have three other children (all boys).

Doris Compton, PP, PLS, has a new grandbaby, Carly Grace.

Charlotte Edwards, PLS, CLA is expecting a new grandbaby too.

Trena Hall of Mitchell Williams is expecting her second child in April. She will be having "Little Grace" by c-section on April 22. Trena said she will have several surgeries that day and is requesting special prayers that she will make a full recovery. She and her husband Terry have another daughter, Destanee, who is 11 years old.

There will be a new addition to **Ann Simmon's** family in September, as daughter Kristi is expecting her second child in September. Kristi and Dillon have one son, Devyn who will be five years old in March. Once again, she will be a proud Grandmother!

TRAVEL/ADVENTURE

by Mary Hand, PP, PLS



MARY, DAVE AND DIANE'S CARIBBEAN CRUISE

Our cruise was for Alzheimer's caregivers, in order to give them some much needed stress relief. Most of us took our spouses with us since they were still able to travel. I also took my daughter Diane who has been my alternate caregiver through Dave's illness. We REALLY needed this vacation!

We left for Miami on Sunday, February 8th, arriving at the Embassy Suites Hotel around 6:30 p.m. Dave made the trip without any mishaps. Once we got to the hotel and the shuttle driver unloaded the luggage, Dave tried to help by bringing in a suitcase (it had rollers) but then he turned around and tried to put it back in the van! Diane stopped him before he got it loaded! We had a very pleasant dinner with other caregivers.

Monday morning we had our buffet breakfast, gathered our belongings, and boarded the shuttle for the ship. We had a very speedy embarkation, and were met with champagne or orange juice as a welcome drink. We were invited to enjoy the lunch buffet until it was time to go to our rooms at 3 p.m. The view of Miami from the Veranda Grill was great! We discovered the first afternoon that we were to be served tea and canapés every afternoon in our room! Boy, were we spoiled!



We checked out our room (and deck!) before going up to the pool to visit with others. Later, we had our lifeboat drill, during which Dave fell down the last three steps on the stairs and twisted his foot. He refused to go to the doctor, refused a wheelchair and chose to limp back to the room. Since he could move it, and said he was okay, I didn't push it. At dinner that evening we met the other caregivers and their spouses, and we were all happy to be there!

On Tuesday morning and each succeeding morning we had breakfast on our balcony and loved every bite of it! We landed at Key West Tuesday morning. Dave agreed to use a wheelchair, thank goodness! The crew assisted us in getting the wheelchair off the boat to where we met our tour group for a tour of Key West. We enjoyed seeing the town and hearing of the history of Key West. Almost every café served Key Lime Pie! The whole area is made for tourists, and to offer a fun time for all visitors. The weather was perfect.



After the tour, we took a taxi to the Hemingway House, which we wanted to see (along with the beautiful gardens and the famous cats).



We then made our way back to the ship for our meeting with the caregivers group. These sessions (both morning and afternoon for an hour each) were exactly what I needed - to be face to face with other spouses (I like to call us "spice") that I knew and be able to say ANYTHING. Some of our experiences that happened on board were shared during our sessions as well!

On Wednesday, a day at sea, we spent relaxing and unwinding. Thursday, after breakfast on our balcony, we spent most of the day on Grand Cayman. We took a "tender" to shore. The ships can't dock there due to the coral. We opted for the tour of the island, followed by the swim with the sting rays.

Friday was another day at sea, which meant that most chose to spend a lot of time on deck by the pool, either reading, relaxing, visiting or just tanning. Saturday morning we disembarked and took the shuttle to the airport for the flight home. We were fortunate with no delays and no major problems. It was probably Dave's last trip, and he says that he had a good time. That made taking him worthwhile. I'm glad we were able to go.



WHAT'S THE SCOOP?

Stacie Givens is currently employed at Mitchell, Blackstock, Barnes, Wagoner, Ivers & Sneddon, PLLC and has been there since October 2005. As the legal assistant to Mike Mitchell, David Ivers, Robert Wright and Marty Bowen, her duties are various and multiple. Mike, David and Robert focus their practice toward the area of health law, so my days are mostly spent dealing with Medicaid, Medicare, Stark and anti-kickback rules and regulations. Mike is also a lobbyist, and Stacie assists in researching the bills to be introduced each session to know which will be applicable to our clients.

A new member to this organization, Stacie joined at the same time she decided to take the Advanced Legal Training Course, which she successfully completed. Stacie attended the AALS Winter Business Meeting in Hot Springs and felt "the CLE classes were helpful, but entertaining at the same time." Stacie tells us that "from just attending once conference, it was easy to see that there is a bond among the members. I will be attending the NALS Professional Development & Education Conference in Tulsa. By serving on the Christmas party committee, I was able to add my quirky spin with silly games for us to play. I look forward to serving GLRLSP as the State Director and to assist in other areas where I might be helpful."

NALS - AALS - GLRLSP has been very helpful for Stacie. "The organization has given me the opportunity to use my abilities and my skills to continue to make it all that it can be. I feel that I have been able to learn new skills that are helpful with my career, and know that over the months and years to come as a member, that this will only increase."

Stacie reports that her goal is to "first and foremost to perform my job to the best of my abilities." To increase her skills and knowledge, she added to her goals by finishing the NALS Advanced Legal Training Course. Her next goal is to pass the PLS exam. In the fall she plans to take and pass the PP exam. Stacie's drive and focus will help on the job and in her life.

The best advice she's ever been given was from talking with a very wise woman who reminded her that "in order to be accepted for who we are, we must first accept others for who they are." Stacie said, "Every time I think of this, it is a reminder to me that we are all different and unique in our own ways, but if we respect that in each other, then any differences between us should not serve as a barrier."

Dia Heard has a sincere passion for the legal field, so it is no surprise that she has gravitated to the best legal support association around! Dia joined NALS in September, 2008, and says "The NALS organization has allowed me to further my legal education and surround myself with people that are just as passionate about the legal field as I am!"

Dia currently works as a litigation paralegal for Alltel Corporation; she has been employed by Alltel for approximately 2 1/2 years. Prior to coming to Alltel, Dia worked for Wilson & Associates, PLLC & McCullough Law Firm. In her job, Dia conducts comprehensive investigative research related to litigation against Alltel; she drafts and updates correspondence, legal documents, case summaries and numerous reports needed in the management of litigation matters.

She also gathers documents and maintains case files in multiple open and potential litigation matters, as well as drafting responses to subpoenas received company wide. She works closely with Alltel's in-house and outside counsel to ensure that all deadlines are met and assist with case strategy, as needed.

Dia is single with a daughter, Amari Simone Withers. Her hobbies are writing short stories, reading, spending time with my family, singing and traveling!

Dia says the best piece of advice she has ever received is: "As long as you are breathing, there is hope". Sounds like good advice for all of us during these troubling times!

JUST FOR FUN

(submitted by Mary Hand, PP, PLS)

An older, tired-looking dog wandered into my yard.
I could tell from his collar and well-fed belly that he had a home and was well taken care of.

He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out. The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks. Curious I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.' The next day he arrived for his nap, with a different note pinned to his collar:

"He lives in a home with 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?"

FREE THINGS:

The **Science Café Little Rock** is beginning its 3rd year this month with a discussion on **Mysterious Physics** on **March 24, 2009**, from 7-9 p.m. at the Vieux Carré / the Afterthought, 2721 Kavanaugh (Kavanaugh and Beechwood), Little Rock, AR. Topics include everything from universal concepts/theories (light & acoustics) to medical applications (thermoradiotherapy) of physics. Try to get there early as last month was standing room only! The panelists will include:

- **Eduardo Moros, Ph.D.** - Professor and Director, Division of Radiation Physics & Informatics, UAMS
- **Debra Burris, Ph.D.** - Assistant Professor, UCA
- **Larry Coleman, Ph.D.** - Professor Emeritus of Physics, UALR

KUAR-FM89 Radio's science talk show will provide a "sneak peek" into the topic hosted by the Science café moderator, Dorothy Miles, Ph.D. at (6:05-6:30 p.m.) prior to the live event at 7 p.m.

As the weather warms and spring flowers abound, there are several parks in the area that beckon us outside. Little Rock's **Murray Park** on Rebsamen Park Road, is one of the hottest park spots, especially during the summer. Alongside the Arkansas River, it has eight busy pavilions, three soccer fields, two playgrounds (one handicapped accessible) and a boat dock. Murray Park is also a popular site for numerous fishing tournaments. It also includes Paws Park - Little Rock's first fenced, off-leash park for dogs. This doggy park has five foot high chain link fencing around two acres for large dogs and four foot high chain link fencing around a half acre for small dogs, a secure area for entering and exiting the park, water troughs and fountains in each area, benches, parking, trash cans and mutt mitts for cleaning up after your dog. Restrooms are located in the nearby playground area.

Riverfront Park, on LaHarpe Boulevard, stretches eleven blocks on the south bank of the Arkansas River in downtown Little Rock. Riverfront Park provides large areas for outdoor events, leisure activities and a glimpse of the state's history. The Belvedere Pavilion and the Sunken Patio area are available for rental. It's also home to many exciting concerts at the Riverfest Amphitheatre.

Quotes of the Day

Live as if you were to die tomorrow.
Learn as if you were to live forever.
--Mahatma Gandhi

If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place.
--Nora Roberts, American Author