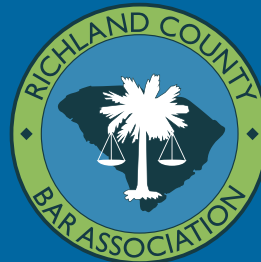


RICHBARNEWS

Newsletter of the Richland County Bar Association



KRISTEN HORNE
Treasurer

AMY HILL
President

WARD BRADLEY
President-Elect

UPCOMING EVENTS

Oyster Roast
Thursday, February 19

Judicial BBQ
Thursday, May 14


Family Night at Zoo
Thursday, May 28

Memorial Service
Friday, June 12

Judicial Reception
Thursday, August 20

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From the President, Amy Hill

It Takes a Village to Raise a Lawyer

As attorneys, we all work hard to give the impression that we are in control and can handle whatever the other side or the court may throw at us. We try to give our clients the idea that we have all the answers. Yet, we cannot do it alone. We need a village to succeed.

I am drafting this, my last President's Column, following the recent passing of my respected friend and mentor Professor William Quirk. He was an important part of my village. When I was a third year law student and decided that I wanted to work in our nation's capital, he made telephone calls and set up interviews, and he toasted me on my departure to Washington, DC. When I came back to Columbia, he welcomed me with a dinner at Ristorante Divino, where he was the consummate host. Many dinners later, including some that were poor attempts on my part to cook, he provided me with the most important advice of my career.

I was lamenting the busy life of a practicing litigator and the difficulties of small children. Admittedly part of my complaining was an attempt to minimize my children's impact on my practice, an annoying habit that I find many parents do try to show that their careers come first. Professor Quirk stopped me and said, "Enjoy your children, they are only young once." The comment made me pause. He had never seemed to be a big fan of small children. Yet, here he was, a lover of good food, independent films, Broadway plays, and fine wine (a list that does not always go hand in hand with the toddler set), admonishing me for not taking more joy in my small children.

It wasn't that I did not enjoy being a parent but, as a new parent, it seemed the practice of law and parenthood might be mutually exclusive. Being a parent in the legal world can seem like running on a treadmill with a backpack filled with rocks when everyone else seems to be running barefoot on the beach with the wind blowing in their hair. It is a misperception that undermines many young lawyer parents, both male and female. Professor Quirk gave me the confidence to admit that I enjoy both motherhood and practicing law. He never asked how I did it all or questioned that I could somehow not be an excellent lawyer and a good mother at the same time. Rather, he took joy in hearing the latest funny stories of my crazy



continued on page 6...

- PAGE 1 -

From the Editor, Dave Maxfield



Interesting Fact 1: Michael Caine has starred in more than 1700 major motion pictures. Between 1965 and 1973 alone, he made 650 movies, completing them at the rate of one every three days.

Interesting Fact 2: I completely fabricated the above statistics. But they do seem plausible, don't they?

Interesting Fact 3: Michael Caine and I have been spending a lot of time together lately. Why? Because I've been some trouble sleeping lately. A lot of trouble, actually. Just a few weeks after my 20th Law School Reunion, for the first time in my adult life, I have been waking up almost every morning at 3:53 a.m. with a thousand thoughts running through my head, mostly about work. With little to do other than spin uselessly through task lists that I won't start for another 4 hours, there are but two choices: stare at the ceiling or get out bed and see what's on TV.

After the first couple nights of lying there restlessly, I broke down and went with option 2. And that's when I re-discovered Michael Caine. Not the Blame it on Rio / Jaws: The Revenge "just here for the paycheck" Michael Caine of my youth, but the young, cool, resilient Michael Caine invariably playing the part of a British soldier in some faraway desert campaign. Because - **Interesting Fact 4** - as an actor, Michael Caine has taken part in every British war, combat operation, minor skirmish, and field training exercise from the year 1618 (See, *The Last Valley*) through the Anglo-Zulu War (See, *Zulu*) to World War II (339 other movies).

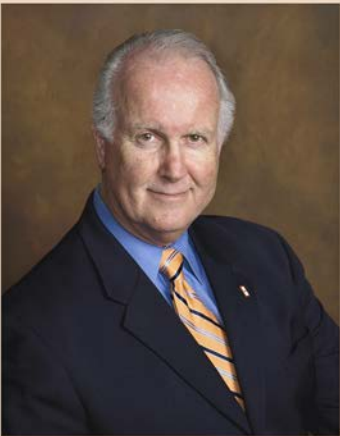
They're all great. But if I had to choose a favorite, it would be 1975's *The Man Who Would Be King*. The year is 1882. Caine is Peachy Carnehan, a sergeant of the Queen's Own Royal Light Infantry and the comrade-in-arms of fellow soldier (and con-man) Danny Dravot (Sean Connery). Returning home from service in India with no prospects, the pair decide to seek their fortune in by running guns north of the Khyber Pass to the kingdom of Kafiristan, where a local chief is at war with a neighboring tribe. When Danny takes an arrow to the chest but survives (thanks to a bandolier hidden under his jacket) the locals suspect he's a god. He is summoned before the chief high priest who mistakenly confirms not only that Danny is a god, but the returned "son" of Alexander the Great.

A fabulous treasure is bestowed upon him and he is made supreme king. While Peachy is keen to hightail it out of Kafiristan with as much loot as they can carry, Danny decides he rather enjoys life as an absolute monarch. And before long, Danny is believing his own hype. He talks about building a modern infrastructure and dreams of a future where he meets Queen Victoria "as an equal." Finally, he's forcing even Peachy to bow to him.

What happens next? Let's just say things go downhill rather quickly for King Danny (literally).

But you probably saw that coming, right? Because pride cometh always before the fall. I saw it coming too. But, fresh off my 20th Law School Reunion in the darkened TV room at 5:15 a.m., I empathized with Danny.

continued on page 3...



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From the Editor (...continued from page 2)

Why? Because a part of me wants what Danny wanted: to be seen as in control and successful. To be seen as having conquered the odds. In short, to be seen as having "made it."

Reunions are wonderful opportunities to see old friends. But they are also what keep the Rent-a-Lamborghini guys in business. Falling on milestones, we make them into more than what they are, turning them into one of life's pulse-checks. When others ask us how we are doing, inwardly we ask ourselves that same question. And, even if we feel we really do have it "made," a part of us wants not only confirmation from our former comrades-in-arms, but admiration.

I don't want to give you the wrong idea about my reunion, because everyone was totally low key, and-non-posturing. Still, when asked what I did, it would have been nice to say "Ambassador to Denmark" instead of "solo practitioner."

Because in some ways, we are all like kings of our own little Kafiristans. We create the infrastructure, taking on ever more cases, projects and responsibility. We create the image, striving to project confidence in the courtroom and mastery on our websites. We then spend tremendous energy running our little kingdoms and protecting the images we've created. Our fear of forgetting something, of making a mistake, or of losing a case wakes us up at night. Then the fear that the happening of such things somehow might prove that we are impostors keeps us awake and sends us off into the TV room.

At least, for me it does. So, my early New Year's Resolution is to be more Peachy and less Danny. Or maybe even to be more like Michael Caine himself, who never lost sleep over the occasional flop (or certainly not enough to miss six Oscar nominations). Heck, I may even hightail it out of work early to night and go watch *The Swarm* with my kids.

Dave Maxfield can be reached at dave@consumerlawsc.com.

Past Presidents Reception

To see more photos from this event, go to <http://richbar.org/EventPhotos.aspx> and scroll down to the 2014 Past Presidents Reception.



Free Legal Research Tool for Members of the South Carolina Bar

by Bill Latham



The South Carolina Bar now provides its active members with free access to Fastcase® - a legal research database similar to Westlaw and Lexis. Fastcase replaces the Casemaker service previously provided by the Bar. Fastcase indicates that its “libraries include primary law from all 50 states, as well as deep federal coverage going back to 1 U.S. 1, 1 F.2d 1, 1 F.Supp. 1, and 1 B.R. 1. The Fastcase collection includes cases, statutes, regulations, court rules, and constitutions. Fastcase also provides access to a newspaper archive, legal forms, and a one-stop PACER search of federal filings.”

To access Fastcase®, Bar members should login to the SC Bar’s website <http://www.scbar.org> using their username and password. Fastcase is accessible from the link at the top left of the Home Page. This takes you to the Fastcase page of the Bar website which in turn has a link to the Fastcase website and gives you access to the database resources.

Fastcase’s design is fairly intuitive. Search options include the familiar Boolean (key words with connectors), natural language and by citation. By default, search results are listed in relevance order, but you can resort the list in date order, highest-court first, alphabetical order, or most cited cases at the top of the list.

Fastcase also has free mobile apps for iPhone/iPad (Apple App Store) and Android (Google Play) devices for research access on the go. I have been a fan and recommended the Fastcase iPhone and iPad Apps since they came out several years ago. However, because they are free to everyone, the mobile apps do not allow you to print from the application and they do not have the full functionality of the web version provided under the subscription available to SC Bar members. As a partial solution for its subscribers that also use the mobile apps, Fastcase recently introduced Fastcase Mobile Sync. This allows you to connect your SC Bar and Mobile App Fastcase accounts, bringing together favorites and search history from the mobile devices to the desktop. Now when you save cases on your mobile device you can access them through your desktop from where you can print, find expanded search information, and access support from Fastcase reference attorneys.

Fastcase provides the following instructions for syncing your SC Bar and mobile app Fastcase accounts:

- Log into Fastcase through your SC Bar landing page. Once logged in, scroll over the Options menu and select Mobile Sync.
- Once on the Mobile Sync page, you will be prompted to enter an email address. This will be your username for logging in using the mobile app. When you’ve entered your email address, click Go. [Fastcase] will send an email to this address to confirm that you own it. The email will contain a link that you must click to complete the sync process.
- If you already use Fastcase for the iPhone or Fastcase for the iPad and are syncing your accounts, please use the email address associated with your preexisting app account.
- If you have already established a mobile app account, simply click the link in the email, and your two accounts will automatically link together.
- If you are creating a new mobile app account, you will be prompted to enter a password and to confirm your first and last name. After that, just click Finish, and your existing desktop account will be linked to your new mobile account.

One shortcoming of Fastcase is that while it links citing cases and subsequent history, it does not purport to provide the comprehensive case history provided by Shepards (Lexis) or Keycite (Westlaw). As Fastcase explains in the Frequently Asked Questions link on its website:

“Authority Check is Fastcase’s citation analysis feature. It searches for other cases that cite your case and displays the results as a list of hyperlinked case names. This is a great research tool for finding related precedents, or to help determine the continuing value of a case as a precedent. In addition, you can use Authority Check on the Results page to sort search results in order of authority - with the most often-cited cases at the top of the list. Note that authority check only lists later citing cases in the Fastcase database. We do not hold Authority Check out as a complete replacement for services such as Shepard’s or KeyCite - both of which we like very much. We also recommend searching for a few words in the heading of the case to find related precedent. Setting the results display to show the most relevant paragraph will show you some of what each court said about your case.”

continued on page 7....

Free Legal Research Tool

(...continued from page 4)

The lack of curated negative history analysis may prevent complete elimination of the need for Westlaw or Lexis, but using Fastcase for the bulk of your research and then checking your cited cases using Shepard’s or Keycite should result in considerable cost savings.

Finally, the SC Bar is providing free Fastcase training webinars that earn one hour of CLE credit. Dates for these courses and registration information is available on the Fastcase page of the SC Bar website: <http://www.scbar.org/MemberResources/Fastcase-MemberLogin.aspx>

Bill Latham can be reached at bill.latham@nelsonmullins.com. You can read more of his articles at <http://hytechlawyer.com>.

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continued on page 16...



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Retired) is an Iraq War veteran. Gene and Kenny represent disabled veterans at all levels of the VA administrative process. Our nation’s veterans fought for our country. Let BNTD fight for them! Call us at 877.524.4675 for a free consultation.

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It is now possible to register for membership or renew your membership online by going to <http://richbar.org/MembershipRegistration.aspx>. You can make the \$100 payment online using Pay Pal. If you would prefer to register by mail, this is still an option too. The mail-in membership registration form can be found here: <http://richbar.org/Membership.aspx>.

life both in my practice and with my boys. He also took joy in debating the latest political issue, but that is the subject of another column altogether.


Sometimes I feel like I am asked at least once a day how I do it all. I usually just smile and answer that I don't know. But the truth is, I don't do it all. No, I am not committing malpractice or ignoring my children. Rather, I have a lot of help from my village and I hope each of you do too. There are those who pick my boys up from school when I am running late. Then there are the grandparents who seem to appear from nowhere to handle a day when school is closed. There is the kind neighbor who shows up at my door with a fully prepared meal that she claims is leftovers. There is the legal assistant that reminds me of legal deadlines as well as elementary school deadlines and doctors' appointments. There are my sweet boys who ask with genuine interest what I did at work. There are the mentors who walked me through my first trial and hiring my first nanny. There are the colleagues who encourage me to sleep on it rather than respond angrily to the other side. There is my husband who enjoys discussing the legal issues of the day over a glass of wine while we eat a family meal with toddlers. There are the opposing attorneys who respect my vacation plans and maternity leave. There are the clients that open up to me to tell me about their own families. There are the clients who are true friends. Then there are those who simply provide humor and encouragement.

I need that village, not just because I am a mom practicing law, but because I need others to guide me in my practice and balancing my life outside of the office. I think we hear quite a bit about the difficulties women face in the workplace, but sometimes we lose sight of the fact that both women and men have a lot to balance in this modern legal industry, whether they are parents or not. We live in a world of 24 hour access and work weeks that seem normal at 60 or 70 hours (or more if there is a trial). It is hard to be a lawyer in today's modern world and even more difficult to maintain an identity and enjoy some down time. We all need people who listen when we complain and encourage us when we are down. But most importantly we need those people to help us maintain our identity, and take joy in the practice of law and life outside of the office. We all need a village.

If you do not have a village reach out and be a village to someone else. I promise the rewards will be great and the help will be reciprocated. So, raise your next glass (it probably should be a good red wine) to Professor Quirk, who worked at what he loved: teaching and writing. He created a large village where he fostered and encouraged his students and colleagues alike. I only hope that he understood that we each considered ourselves a part of his village as well.

Amy Hill can be reached at ahill@sowellgray.com.

LHL provides confidential support and referrals for lawyers suffering from alcohol, substance abuse or depression. For assistance, advice, referral or kindness, freely given within the confidence of professional trust, the LHL's resources are only a phone call away. Call (803) 799-6653, ext. 181 or our confidential, toll-free help line at 1-866-545-9590.



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Depression Awareness

by Eleanor Duffy Cleary



Bradshaw, Tipper Gore, Alan Alda, Catherine Zeta-Jones, Buzz Aldrin, Brooke Shields, and Bon Jovi.

But other than at the newly-implemented mental health CLE presentations, you will rarely hear of a lawyer who admits to having depression. Despite the recent attention to statistics showing lawyers suffer unusually high rates of depression and suicide, the fear of being ostracized, condemned, mistrusted, or even fired prevents lawyers from admitting to their own struggles with depression.

As long as that remains the case, lawyers will continue to hide their illness, self-medicating with alcohol or drugs, engaging in risky behavior, and sometimes taking their own lives.

By now, we should all realize that depression is an illness, not unlike heart disease or cancer. Even if we understand that fact on an intellectual level, we still tend to say things that reveal we think of depression as a bad character trait. Most people tend to believe that those who suffer from depression are somehow less than those who do not.

Read this list of six statements made to or about depressed lawyers when they have dared to open up about their condition. Then think about whether you may be unwillingly guilty of keeping depressed lawyers from seeking help.

1. *People are about as happy as they make their mind up to be.* This might be true for some people but depressed people can make up their mind to stop their depression about as easily as jaundiced people can decide not to be yellow. It doesn't work that way. Cognitive and behavioral therapy can help people cope with the symptoms

and function more easily, but depression is a physical medical ailment that will not go away by letting your frown be your umbrella.

2. *Don't they have pills for that?* I actually heard a learned judge dismiss an alleged diagnosis of depression with this statement. There are pills and modern pharmacology has lifted the fog of depression for many sufferers. But it takes time and money to find drugs that work and some people never find the right drug.

3. *Snap out of it and lift yourself up by your bootstraps.* You know you've said it. I've said it. If you're even slightly educated on the subject, you know that a clinically depressed person cannot snap out of it. They can mask it, suppress it, drown it, and smoke it but eventually it will surface if left untreated.

4. *Your kids need you.* Our kids need us to be healthy, and if we are too ashamed to get help when we need it, our kids will suffer.

5. *Think of all the people who are really suffering.* This remark, and its cousin, "think of how rich/smart/successful/healthy/lucky you are" does not ease anyone's depression. In fact, depressed people tend to be highly empathetic and the thought of all the suffering of other people has the effect of deepening their sadness.

6. *You can't abandon your job/client/post.* Well, sometimes you just have to. If a lawyer needs an emergency appendectomy, you would not dream of making that statement. But if a lawyer has a debilitating depressive episode and tells his boss, a colleague, or a judge that he cannot meet his obligations, he will likely be faced with this guilt-inducing phrase.

We have all worked with the flu or severe pain to meet deadlines or fulfill our obligations to our client. And likewise, depressed people often plow through work while suffering from the symptoms of depression. But like the flu, sometime the illness will way-lay a person and the work cannot get done. That's life. Men plan and God laughs. If you get hit by a car, a deadline is going to be missed. The world won't end. Don't make a depressed lawyer feel any worse by suggesting he should be able to "man up" and work when he cannot.

continued on page 12...

Noteworthy News & Announcements



Fisher & Phillips announces that **Karen Luchka Wingo** of the Columbia office has received the Girl Scouts Honor Pin from the Girl Scouts of South Carolina – Mountains to Midlands council, Pin recognizing a volunteer who has significantly contributed to meeting one or more council goals in membership growth and retention, fund development, or increased community visibility in two or more geographic areas.

Kirby Law announces that **Angela Kirby** has received *Columbia Business Monthly's* 2014 Legal Elite of the Midlands Award.

Fisher & Phillips announces that **Hagood Tighe** and **C. Edward Rawl Jr.** have been named to *Columbia Business Monthly's* 2014 Legal Elite of the Midlands Award.

Bruner Powell Wall & Mullins announces the following attorneys have been recognized as *Best Lawyers in America*: **James L. Bruner, Warren C. Powell, Jr., Henry P. Wall** and **E. Wade Mullins III.**

Rob Tyson of Sowell Gray has been certified as a mediator.

Pennington Law Firm announces that **Tara L. Hummer, Clark C. Dawson, and Michelle K. Baxter** have joined the firm as Associates located at 1501 Main Street, Suite 600, Columbia 29201.

Nexsen Pruet announces that **Will Lewis, Chandler Martin** and **Sara Svedberg** have joined the firm's Columbia office located at 1230 Main St., Ste. 700, 29201. (803) 771-8900.

Rogers Lewis Jackson Mann & Quinn announces that **Jennifer Cooke** and **Andrew McLeod** have joined the firm as associates located at 1330 Lady St., Ste. 400, Columbia 29201. (803) 256-1268.

Bruner Powell Wall & Mullins announcements that **Caitlin E. Creswick** has become an associate of the firm located at 1735 St. Julian Place #200, Columbia, 9260. Phone: 252-7693.

Bluestein Nichols Thompson & Delgado announces that **Bennett Gore** has become an associate of the firm located at 1614 Taylor St. 29201 Phone: 779-7599.

Rosalyn Frierson, Director of South Carolina Court Administration, has been inducted into the National Center for State Courts' Warren E. Burger Society during NCSC's Annual Recognition Luncheon in November. The luncheon, held at the Willard InterContinental Hotel in Washington, D.C., was hosted by Arkansas Chief Justice Jim Hannah, president of the Conference of Chief Justices (CCJ) and chair of the National Center for State Courts (NCSC) Board of Directors.

James McLaren has been named President of the American Academy of Matrimonial Lawyers, a national organization comprised of more than 1600 of the leading top divorce and family law attorneys in the country.

Emily Farr of Haynsworth Sinkler Boyd has been accepted to the 2015 Class of Leadership Columbia.

Collins & Lacy announces that **Christian Stegmaier** has been named chair of the DRI 2015 Retail & Hospitality seminar which will be held in Chicago in May of 2015.

Nelson Mullins announces that **Alana Williams** has been appointed to the board of the Riverbanks Park Commission.

Lisa M. Hostetler announces the opening of her office **LawyerLisa LLC** located at 1224 Huger St., Columbia, 29201. Phone: 803-563-5163. Fax: 888-958-7850.

Nexsen Pruet announces that **Erin Cowan, Will Lewis, Chandler Martin** and **Sara Svedberg** have become associates of the firm located at 1230 Main St. #700, 29202. Phone: 771-8900.

Richardson Plowden announces a brand new website: www.RichardsonPlowden.com.

Collins & Lacy is pleased to announce **Andrew Cole** has been named Vice Chairman of the Home Builders Association of Greater Columbia's Remodelers Council. He will assume the role in January 2015.

continued on page 9...



Noteworthy News & Announcements (...continued from page 8)

J. Lewis Cromer & Associates announces that its office has relocated to 1418 Laurel St., 29201. Phone: 799-9530.

McKay Cauthen Settana & Stubley announces that **George D. Gallagher** has become an associate of the firm located at 1303 Blanding St. 29201. Phone: 256-4645.

Sowell Gray Stepp & Laffitte announces that **Grady Beard** has been elected to the SCWCEA board of directors, a non-profit organization of over 800 workers compensation professionals in South Carolina.

William C. Dillard Jr. has been appointed to the City of Forest Acres Planning Commission.

Tiffany Hendricks of Sowell Gray has been named to the Midlands Technical College Foundation Leadership Council.

McKay Cauthen announces that **Brandon Jones** has been accepted to the 2015 class of Leadership Columbia.

Turner Padget Graham and Laney announces that **Lanneau W. Lambert Jr.** has been elected president-elect of the National Conference of Bar Presidents.

Sojourner Caughman & Thomas announces that **JP Lee** has been named a Trust and Estate Fellow of the ABA Real Property Trust and Estate Law Section.

McAngus Goudelock and Courie has been ranked 15th in the large employer category for Best Places To Work in South Carolina.

John Nichols, a founding member of Bluestein, Nichols, Thompson & Delgado, has received the Injured Workers' Advocates first President's Award. IWA is a nonprofit association of attorneys dedicated to protecting and advancing the rights of injured workers and their families in South Carolina.

Gignilliat Savitz & Bettis announces that **T.**

Foster Haselden has joined the firm located at 900 Elmwood Ave #100, 28201 as an associate. Phone: 799-9311.

Collins & Lacy announces that **Christopher M. Huber** has become an associate of the firm located at 1630 Lady St. 29201. Phone: 256-2660.

Joseph Dickey has been accepted to the 2015 class of Leadership South Carolina.

Collins & Lacy is looking for statewide non-profit organizations to be considered for its 2015 Denim Day drive campaign in which attorneys and staff wear jeans in exchange for donating to these organizations. This is a great opportunity to expand on the firm's mission of contributing and supporting community service and volunteerism which is an integral part of the Collins & Lacy culture.

McAngus Goudelock announces that **Adam Ribock** has become an associate of the firm located at 700 Gervais St., 29201. Phone: 779-2300.

continued on page 10...



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Lisa M. Hostetler announces the opening of her office **LawyerLisa LLC** located at 1224 Huger St., Columbia, 29201. Phone: 803-563-5163. Fax: 888-958-7850.

Collins & Lacy announces that **Blakely Molitor** has been appointed to the Narcotics Use Advisory Committee of the SC Workers' Compensation Commission.

Bluestein Nichols announces that **John Nichols** has received the Matthew J. Perry Public Service Award from the SC Association for Justice.

Margaret Pope of Pope Zeigler has been appointed to the board of directors of the Palmetto Trust for Historic Preservation.

Andrew Kunz, of Turner Padget has been appointed to the DRI Young Lawyers Steering Committee and selected as the Vice Chair of the Corporate Counsel Subcommittee.

David Williams Siddons has been certified as a specialist in taxation law by the SC Supreme Court.

Gallivan White & Boyd announces that **Breon Walker** has been chosen by the SC Chamber's Diversity Council as a committee member.

Nelson Mullins announces that **John Kuppens** has been elected as second vice president of DRI, The Voice of the Defense Bar.

Crowe LaFave announces that **Danny Crowe** was included in the latest edition of *The Best Lawyers in America*.

Samuel C. Waters has joined The Finkel Law Firm as an attorney Of Counsel. He was formally a partner at Rogers Townsend & Thomas.

Collins & Lacy announces that **Andrew Cole** will serve as chair of the Practice and Procedure Committee for the SC Bar and **Blakely Molitor** will serve on the Narcotics Use Advisory Committee for the SC Workers' Compensation Commission.

Turner Padget announces that **Mike Chase** is speaking at the SC Workers' Compensation Educational Association Conference held in Hilton Head in October.

The McKay firm announces that **Courtney R. Pawley** has become an associate of the firm located at 1301 Gervais, #901, 29201. Phone: 256-4645.

Janet B. Haigler has been appointed by United States Trustee Judy A. Robbins to the panel of Chapter 7 Trustees for the District of South Carolina.

continued on page 12...

RICHBARNEWS

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Rates are as follows:
Classified Ads - \$1.00 per word
Quarter Page Ads - \$75.00
Half Page Ads - \$150.00
Business Cards - \$50.00

All ads must be prepaid. Ads must be obtained by the 15th of the month previous to publication in January, March, June, September and November.

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or e-mail lfoster@mcnair.net

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at 803-217-7557

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Noteworthy News & Announcements (...continued from page 9)

Charles W. Whetstone, Cheryl F. Perkins, John Eric Fulda, Drelton Carson, Palmer Freeman, Jr. & August G. Swarat II announce the change in the firm’s name to Whetstone, Perkins & Fulda, LLC.

Fisher & Phillips partners **Cheryl L. Behymer, Michael D. Carrouth, G. Daniel Ellzey, Stephen C. Mitchell, Jonathan P. Pearson and J. Hagood Tighe, and associate Karen L. Wingo**, have been included in the 2014 edition of *South Carolina Super Lawyers*, a record of outstanding lawyers representing more than 70 practice areas who have attained peer recognition and a high level of professional achievement.

Fisher & Phillips associate **Edward Rawl** is listed in *Rising Stars®*, a record of the best attorneys who are 40 or under, or who have been practicing for 10 years or less.

The **Adams and Reese** Columbia office held its first ever “Pro Bonothon” in conjunction with the South Carolina Bar and University of South Carolina School of Law on October 17 at the firm’s office. Using the SC Law Answers program, operated by the SC Bar, 12 attorneys and seven law students answered more than 65 legal questions in two hours.

Depression Awareness (...continued from page 7)

Consider also that many brilliant and creative minds have been racked with depression. If depressed people are shunned away from our profession, we all suffer. While depressed people may not always be “at their post,” they tend to excel because of their cognitive gifts and ability to empathize. If they feel free to seek treatment without fear of stigma, their ability to contribute to society is increased exponentially.

If you’ve made any of the six comments above, or some variation, don’t feel guilty about it. Instead, think before you speak and try to be the person who encourages the depressed lawyer to speak out, get help, stay alive, and keep making our profession better.

Eleanor (“Ellen”) Duffy Cleary can be reached at ellen@clearylawnllc.com.

EMPLOYMENT OPPORTUNITIES

The RCBA posts legal-related employment opportunities on our website. Visit <http://richbar.org/EmploymentListings.aspx>.

Additionally, we post the listings on the RCBA Facebook and LinkedIn pages. To submit a listing, please email it to rcba@richbar.org.

HEALTH & FITNESS
by John Hearn



Healtholidays

Here we are again. Eatin’ season. Maximus mandibles munchiness. 1000 calories per slice. You know the drill. This is not your first time down the chimbley.

And every year, sure as Santa, the same old tired advice about avoiding holiday poundage on the checkout magazine covers. Plan your attendance at that cocktail party. Order club soda with lime. Take a little bag of carrot sticks. Visualize yourself next to all those little bowls–there must be ten of them–of ultra-tasty buttered, roasted, salted pecans, and not eating them. Or anything else.

Good advice? Sure, as far as it goes. Do all those things if you want your holidays to be full of crying jags, intense cravings for sugar and lard (preferably together, but feel free to improvise,) and sudden outbursts like “What Do You MEAN They Don’t Have Any Cheesecloth At the Pig? GO BACK OUT AND FIND SOME!”

For some, though, the customary advice falls short. Waaay short. Like it lasts as long as it takes you to walk from your front door to the car short. Thus, for the very first time, I’m going to share my version of holly-well advice. Some of it is familiar territory, and we will start there. Yes, do plan what you will eat beforehand. So, before my next holiday soiree, I will enjoy a half-gallon of eggnog, a sixteen-ounce ribeye, and an entire sleeve of Moravian cookies.

See what I did there? Just a little tweak made all the difference. Avoid certain foods. Do not be fooled when your host suggests some crudités. Those are just vegetables made up to look like candy. Avoid all of them. It is OK to drink the ranch dressing, though. You don’t want to be rude.

Here’s a great one: do something different for holiday dinner. Maybe Tofurkey with soy cheese sauce, raw cauliflower “rice,” and unshelled Brazil nuts for dessert? Distract your guests by making things festive. Candles! Gourds! Potpourri! Add in five or six early season Christmas

trees, one Valentine tree, and a cellist named Otto. Serve to the strains of Pachelbel’s canon.

Before dining, offer a minute of silent meditation to your assembled vegan tribe. Ponder your blessings. Then, raise your fork in triumph and dig in to the Torfukey. Retch. Ask Otto to take five, then put the fam in the Yukon and drive to Ruby Tuesdays for chicken fingers and riblets.

Still hungry? Great! Attend the RCBA Holiday party. Make sure you line your pockets or purse with heavy duty ziplocs. Elbow your way up to the shrimp trough and surreptitiously fill said ziplocs with approximately five pounds of shrimp each. Leave immediately and deliver the shrimp to 713 Rickenbaker Road. Please stop and get some cocktail sauce on your way.

Desserts. These are easy. For example, a sliced apple is a nice end to a meal. Here’s a tip. Arrange the apples on your prettiest plate. Dust them very lightly with cinnamon. Top with a singled candied pecan and drizzle with just a touch of real maple syrup. Set aside. Drive to McDonalds. Order three apple pies and three caramel sundaes. Return home and artfully arrange apples pies atop apple slices. Dump all three sundaes on top. Retreat to the least-used room in your home with a large spoon (a spatula also works) and your paper towel roll of shame. Pretend nothing happened afterward. You may want to change your shirt, though.

And finally, exercise. This one is easy – walk to Shreveport, LA, in a cold January rain and go see Carolina’s bowl game. Walk back home in a sleet storm. Great cardio, and you won’t even feel it, having already been numbed to your core.

Here’s a Health, Carolina! I’m off to have my teeth wired shut.

John writes The Column when his editors get out the tasers. (The big ones, not the little low-voltage jobs they use on the screen door when the cats are trying to claw their way in.) He can be reached in his ignominy igloo at john.hearn@rtt-law.com.

The editors welcome your inquiries, comments and contributions. Email feedback to rcba@scbar.org.

Classifieds (...continued from page 5)

WILL NEEDED: We are trying to locate a will or a copy of a will of the late Moses Hall Jr. "Moke" who died August 15, 2014 and lived in the Greenview area of Columbia. If you have any information, please contact me. Ralph Garris: 799-3346

OFFICE SPACE FOR RENT: 1313 Elmwood Ave. Complete first floor approximately 1400 sq. ft. Has on and off street parking, new heat and air systems, new phone system. Space for 1 or 2 lawyers and staff. \$900.00 per month. 254-5563.

6 NEWLY RENOVATED OFFICES AVAILABLE FOR RENT located at 1803 Hampton Street. Rent includes use of a reception area, conference rooms, break area and utilities. Rent is \$500 to \$750 depending on size. Please call at 803-251-2288 for additional information.

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OFFICE SPACE FOR RENT: One to two office spaces available for rent, downtown Columbia (925 Calhoun Street) directly across from Federal Courthouse. \$750/month, including utilities and furniture. Call 803-

960-4883 for additional information.

FURNISHED OFFICE SPACE AVAILABLE: Secretarial assistance. Library. One block from Five Points. Call 254-8000.

OFFICE SPACE FOR RENT: Professional Office Space for Lease—1001 Washington Street, Suite 300 consisting of 2400 square feet . Listed on the National Register Of Historic Places, this property is in an ideal Vista location. Former law office with space for 5 professional offices, 6 to 8 support staff , conference room, etc. Beautifully and historically rehabilitated but with modern wiring, HVAC, data cabling, etc. \$11.00 per square foot. Contact Robert Lewis 803 978-2838 office or 803 606-1545 mobile.

2015 DUES REMINDER

Remember to pay your dues for 2014, by checking the Richland County Bar Box for County Dues and adding \$100 to your total on your SC Bar Fee Statement before the end of the year. You can also pay your dues by registering for membership online at <http://richbar.org/Membership.aspx>.