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WITH A LESSON

Trial Seminar

about the speakers ///

• Both speakers are members of the prestigious “invitation only” Inner Circle of Advocates whose membership consists of the top 100 trial lawyers in the US
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The BCBA Trial Law Section will host War Stories with a Lesson featuring esteemed lawyers C. Steven Yerrid, Esq. and Gary D. Fox, Esq. on Friday, April 3, 2020 at the Riverside Hotel. For more information about event see page 13.
PRESIDENT’S MESSAGE

2019 - 2020
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Competition, an event or contest in which people compete, where individuals and teams strive to be the best and consistently look to win. Competition is a part of the fabric of our society, starting at the earliest ages and continuing throughout life. The above concepts applicable to sports, like last month’s Super Bowl and this month’s March Madness, are equally applicable to our legal profession. The stress on us, from being accepted to law school, doing well in academics, obtaining employment, litigating, negotiating or otherwise handling client and firm related matters, as well as balancing our professional/work life with our personal life presents major challenges.

I attended the later portion of a recent seminar hosted by the T.J. Reddick Bar Association where representatives of the Florida Bar Lawyer Assistance Program addressed and enlightened those in attendance about their program and methods to deal with stress. We were informed that stress can lead to and can manifest itself in many ways, such as: depression; alcoholism; gambling; eating disorders, marital issues and work-related concerns. So, each month, when in my President’s Message I ask you to “be safe, be happy and take care of yourself and those around you”, I mean it! While exercise was suggested as a means to deal with stress (a suggestion I should follow 😊) being involved with the BCBA and/or other organizations, attending events, being with friends and family, taking time for a few deep breaths, being mindful and focusing on all the big and little things we should be grateful for, will go a long way to keep stress in perspective and under control.

At the South Florida Legal Mentoring Picnic last month, the BCBA was able to bring various groups and stakeholders in our legal community together, for what was an enjoyable, social, educational, relaxing and unifying day. Thanks to all who supported and worked to make the picnic a huge success. The picnic facilitated many new members joining the various participating bar associations, offered opportunities for law students to ask questions of partners and associates at leading law firms and make inquiries of representatives of government entities in addition to mentoring. The picnic allowed us to say “hello” to and socialize with each other, maybe even receive a hug from “Judge Flo”. Braulio, don’t know how you and your team kept the rain away until the picnic was over! Truly unbelievable!

The BCBA continued to celebrate diversity on February 21st for Black History Month, with a Celebration of our Black Mayors. If you have not read Alison Smith, Esq., BCBA Secretary’s article in last month’s Barrister, then please do, as it provides insight, perspective and highlighted the importance of this Celebratory Event. Speaking of our first-class Barrister, thank you to Edwina “Winnie” Kessler, Esq., Past President of the BCBA, the Barrister committee, editors and BCBA staff, for publishing each month such a first class and informative publication. Thanks also to the many advertisers and authors, for without their support, it would not be possible to publish the Barrister in its current form.

On Wednesday, March 4th, commencing at 5:30 PM, the Broward County Bar Association Hispanic Lawyers and the Broward County Hispanic Bar Association Present “Latinas in Law” in the BCBA Conference Center.

17th Judicial Circuit Judges Olga M. Levine, Tarlika Navarro, Marina Garcia-Wood and Marylin Batista, Esq. Attorney Broward County Public Schools, Catalina Avalos, Esq. of Tripp Scott, and Lorena V. Mastrarrigo, Esq. of the Public Defender’s Office will be speaking and enlighten all attendees. This will be a sold-out event so register early.

Please check out the monthly Calendar of Events in the Barrister and on the BCBA website, attend the many CLEs and events and get involved in the BCBA, as it will improve your quality of life!

Until next month, be safe, be happy and take care of yourself and those around you.
IN SEARCH OF

Broward County attorney/firm that prepared will prior to December 2018 for:

MARGUERITE E. KUSCHNER
AKA MARGE E. KUSCHNER

PLEASE CONTACT:
MARGEKUSCHNER1022@GMAIL.COM

CELEBRATING BROWARD’S BLACK MAYORS
Congratulations to the Honorees
I hope you, dear reader, are finally getting into the groove of writing 2020 rather than 2019, and that this year has been kind to you so far. A LOT has happened already this year. Sadly, it is not all good and welfare. Regardless of your feelings and thoughts about Kobe Bryant, the sudden death of Kobe and his daughter Gianna Bryant hit me hard. Their loss impacted many who grew up watching Kobe play, and saw how dedicated he was to educating Gianna and other young girls about the game after his NBA career ended. His loss was sudden, and a poignant reminder that each time a loved one leaves home, there is no guarantee that they will return.

As lawyers, we can sometimes become numb to tragic events because we tend to see them occur with some frequency: clients who have just been sued, clients dealing with the loss of a loved one, or the loss of a marriage. As attorneys, we are sympathetic to our clients, but also are expected to be objective and not wrapped up in the emotion of the situation so that we can solve the problem. As we all know, it is this precise expectation which leads many attorneys to emotional burnout and adds to the stresses of our profession.

Often, and sadly, it is tragedy—or the threat of tragedy—which forces us to reprioritize. But, good news! This does not have to be you. It’s never not a good time to refocus on just being human. May I suggest taking a few seconds right now to text (or better yet, call) a friend or family member who is on your heart today to let them know you’re thinking about them. Perhaps you recently heard about a colleague or acquaintance who has a sick family member, or who is going through a difficult situation. A quick “You’re in my thoughts” means so much and will refocus you on what matters.

Another practice which I like to engage in every few months is identifying people who I am thankful for and sending them a handwritten thank you note. Another form of this is starting your day off by listing three things you’re thankful for right now. These suggestions are quick but powerful ways to realign one’s thoughts on something positive, if just for a few minutes.

Perhaps you have some of your own positivity hacks which you’d like to share with other attorneys. If so, I invite you to stay tuned for the YLS Health and Wellness May which will feature a causal forum for attorneys to share their tips for handling stress, reprioritizing, and reconnecting. I hope to see you there!
I know what you’re thinking, and no, Good Vibes, P.A. is not the name of a niche law firm focusing on fraudulent Grateful Dead and Phish memorabilia producers.

This article discusses the increasing focus on “workplace environment” in law firms and the positive impact that “good vibes” can have on a firm’s productivity and output.

Take a moment to think about what you pictured the working environment for a stereotypical law firm to be before you were in law school. Many of you will picture the following: high intensity, incredibly competitive, late work nights, impossible hour requirements, clients calling at all hours, and encouragement of cutthroat behavior amongst associates. Sound familiar?

Rightly or wrongly this is the perception many believe to be the natural state of being for a lawyer. An incredibly high-stress environment where only the “toughest” survive. The general concept being that the harder you push people the more productive they become, attorney and non-attorney staff alike.

The possible mental and physical health problems associated with this type of environment have largely been ignored with an emphasis on the bottom line and final product.

However, there is an increasing body of research which indicates emphasizing a more positive working environment leads to happier and healthier employees and higher productivity.

That was the conclusion of the 2015 Harvard Business Review (“HBR”) Article, Proof that Positive Work Cultures Are More Productive.

Some highlights from the HBR article: 550 million workdays are lost each year due to stress from jobs, stressful jobs lead to higher work disengagement, studies found disengaged workers had 37% higher absenteeism, 49% more accidents, 60% more errors and defects, 18% lower productivity, 16% lower profitability, and 37% lower job growth, and higher voluntary job turnover.

That HBR article is written generally regarding high-stress workplace environments, not just law firms. However, as the legal profession is an incredibly high-stress environment, there has been more focus on addressing negative workplace law firm environments.

Some companies are going so far as to test out shortened work weeks or shortened work hours, including full pay, with surprising and encouraging results.

To help ensure positive work cultures, managing partners and firm owners can take a few steps to see if there is an issue and then determine how to address it: does it feel as if everything is moving 100 MPH; discuss (in a non-judgmental manner!) with employees what they feel can be improved to make the workplace more enjoyable; be honest with oneself and do not be defensive regarding any issues which may exist in the workplace culture.

Even if your office does have a positive workplace environment, it can still be beneficial to put systems in place to encourage some of the following: caring about colleagues as friends; providing support for each other, especially when someone is struggling; avoiding blame and forgiving mistakes (no one is perfect); emphasizing the meaningful nature of the work; and encouraging everyone treat each other with respect.

There is no one singular solution to creating a positive work environment, nor is it an easy task. But taking the time to recognize there is either a problem, or room for improvement, is the first step on the rewarding journey of improving your colleagues’ and employees’ workday, and maybe improving the law firm in the process.

Due to word constraints and for brevity, the information regarding studies for this article has been gleaned from the Harvard Business Review article, the author encourages curious readers to do further research.

For example, see Rodney S. Dowell and Jeff Fortgang, Cleaning Solutions for the Toxic Workplace, April 2, 2019, https://www.americanbar.org/groups/gsolo/publications/gp_solo/2011/january_february/cleaning_solutions_for_thetoxicworkplace/.

Josh Lida is a partner at Lida Law, PLLC primarily practicing criminal defense and professional license defense. He can be reached at Josh@lidalaw.com.
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Seventeenth Judicial Circuit Appoints Judge Bowman as Circuit’s First Appellate Division Chair

On January 29, 2020, the Seventeenth Judicial Circuit announced a restructuring of its Appellate Division. As part of this restructuring process, Circuit Judge John Bowman was appointed by Chief Judge Jack Tuter as the division’s first Appellate Chair.

Pursuant to Article V, § 5(b) of the Florida Constitution, the circuit courts of Florida have appellate jurisdiction when provided by general law. The scope of the circuit courts’ appellate jurisdiction is found at § 26.012(1), Florida Statutes. The Appellate Division’s restructuring comes as it braces for a potential increase in appeals as a result of the legislature’s expansion of the County Court’s jurisdictional limit of $15,000 to $30,000, which became effective January 1, 2020.

As currently composed, the Appellate Division hears appeals of County Court decisions in three judge panels. However, circuit judges are neither permanently nor exclusively assigned to the Appellate Division. Instead, circuit judges are appointed to appellate panels on a six-month rotation. Previously, the Circuit relied upon court staff to oversee the Appellate Division. However, due to the potential influx of additional appellate cases, the rotation of appellate panel members, and to ensure consistency within and supervision over the Appellate Division, a permanent judicial chair was created to oversee the division. The appointment of a permanent chair is designed to allow the Court to continue to handle County to Circuit appeals in an efficient manner despite an increase in caseload which might arise.

The Appellate Division’s restructuring comes at a time when County to Circuit appeals have come under increased scrutiny due to the lack of uniformity in the County to Circuit appeals process across the state. Critics of the County to Circuit appeals process have focused on three areas: i) the lack of uniformity in the use of three judge panels instead of single judges to hear such appeals; ii) the fact that not all circuits publish their appellate opinions either online or within Florida Law Weekly; and iii) circuit appellate rulings are not binding on other circuit panels; thus, intra- as well as inter-court conflicting decisions occur. (It should be noted that the Seventeenth Judicial Circuit both uses three judge panels and publishes its opinions on its website.)

As a result of these deficiencies, in its 2017 regular-cycle report, the Florida Bar’s Appellate Court Rules Committee proposed amending rule 9.030 (Jurisdiction of Courts) of the Florida Rules of Appellate Procedure to require that all circuit courts adopt three judge panels. However, the Florida Supreme Court rejected this proposal. Instead, the Court created a workgroup to research these issues and propose substantive changes if necessary. Ultimately, the workgroup recommended that the legislature pass legislation to strip the circuit courts of jurisdiction over county court appeals and instead have such appeals heard by the District Courts of Appeal. While no legislation is pending, the Florida Supreme Court endorsed the workgroup’s recommendation on November 8, 2019.

A lifelong Broward County resident and graduate of Florida Atlantic University and St. Thomas University School of Law, Judge Bowman was first elected to the Circuit Court in 2002. Judge Bowman currently serves in the Circuit Civil Division. In announcing Judge Bowman’s appointment, Chief Judge Tuter explained that Judge Bowman will serve as chair of the Appellate Division while continuing his full-time civil trial duties. We wish Judge Bowman success in his new endeavor.

Jeffrey J. Molinaro is a partner with Fuerst Ittleman David & Joseph where he chairs the firm’s appellate practice group. He can be contacted at jmolinaro@fidjlaw.com.
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Criteria for Nomination:
1. Current active and contributing member of the BCBA.
2. Exhibition of the highest degree of professionalism in accordance with BCBA Standards of Professional Conduct and the Florida Rules of Professional Conduct.
3. Demonstrates respect for the law and preservation of decorum and integrity of the legal system.
4. Conduct which has enhanced the image of the legal profession either through practice or programs and activities that educate the public about the law or the American legal system.
5. Professionalism Committee members may not be nominated.

Additional general characteristics:
A role model for the legal community • Integrity • Timeliness and promptness • Mentoring of others • Zealous advocacy while maintaining civility • Decorum and demeanor • Credibility Courtesy to counsel, the court, and the parties • Preparedness

For questions regarding nominations please contact Braulio Rosa, Executive Director at braulio@browardbar.org

C. Steven Yerrid, Esq.Gary D. Fox, Esq.

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Trial Seminar

Date: Friday, April 3rd
Time: 8:30 a.m. Check-in | 9:00 a.m. – 11:30 a.m.
Venue: Riverside Hotel
Cost: $45 BCBA Member; $70 Non-Member

To register visit bit.ly/trialwarstories
Use of Courtroom Technology in The 17th Judicial Circuit

Attorneys we regularly have to use technology in the courtroom, which ranges from evidentiary hearings with the use of a video clip, to a full-blown trial with several videos, power point presentations, online presentations, and the like. The last thing you want to do is arrive at the courthouse with your client and not be able to have anything function properly. Below is a brief overview of items to consider the next time you have an evidence presentation in Florida’s Seventeenth Judicial Circuit.

**New Evidence Presentation System.** A new evidence presentation and video monitor system has been installed in the Circuit Civil and County Criminal courtrooms located in the Seventeenth Circuit’s new West Tower of the main judicial complex. Each courtroom has been equipped with video monitors at the judges’ bench, witness stand, attorney tables, jury box and even for the spectators. Any sound source that needs to be presented is processed through the courtroom sound reinforcement system. Note though, the judge controls what is presented through the system. Anything put into the system for presentation is first viewed by the judge and then can be displayed and published on the courts monitors. The judge then has the ability to publish the evidence to just the attorneys table or to the entire courtroom.

**Interface Connection.** As part of the presentation systems each of these new courtrooms has an interface connection installed at each of the attorneys’ tables. Should a litigant need to present something, they can simply connect almost any device to the presentation system through these provided connections. This includes devices such as laptop computers via VGA or HDMI connections. Under an access panel on the top of the table a user will find a single grounded electrical outlet for power and pull out cables for the connection of a device through a full-sized HDMI cable, a mini 3.5-millimeter stereo audio jack, or a 15-pin VGA cable. Once the device is connected by any of these cables the source is available for display.

**Evidence Presentation Podium.** Another feature of the evidence presentation system is the evidence presentation podium. Each evidence presentation podium is equipped with a built-in document camera and an installed VHS/DVD player. These podiums are also equipped with the same interface jacks at the attorney tables for VGA, mini audio, and HDMI inputs. However, users of these ports must provide their own cables for connection to the ports on the podium. Each evidence presentation podium is also equipped with a touch screen control panel that acts as the remote control for all applicable devices that may be accessed through the podium.

**Does Not Support Apple Devices.** Any individual looking to use the new presentation systems should know that the Seventeenth Judicial Circuit does not support Apple devices. Anyone wishing to use Apple devices with the evidence presentation systems must provide any and all interfaces needed to do so.

Please remember that this equipment is provided by the court and is the property of the Trial Court Administrator’s Office.

**Preparation in Advance.** It is important that attorneys appearing in these new courtrooms prepare in advance of any hearing or trial for the use of the courtroom’s evidence presentation system. Attorneys are advised to spectate other court proceedings and speak with court deputies or judicial assistants regarding the use of these systems. The deputies and assistants may also be able to provide insight on how specific judges like the presentation system to be handled. Finally, it may be possible, with proper permission, to conduct a dry run of using the evidence presentation system before any trial or evidentiary hearing so as to familiarize yourself with the equipment and make sure everything is compatible. It is worthwhile to speak with the bailiff and request to schedule a dry-run of the courtroom technology; they are always very accommodating with the request.

For more information please consult the 17th Judicial Circuit’s webpage and their YouTube channel.
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1. What was your family experience like growing up?

I was born in New York and raised by a single mom trying to make ends meet. My mom and I moved around quite a bit. My grandparents retired to Jupiter, Florida when I was about nine, and we followed.

My mother worked different jobs, and raised me on her own with the help of my grandparents. When I was six my mom received her degree in nursing, and recently she received her Master's in Nursing, and Doctorate in Health Education. I am very proud of her.

I was very close with my grandfather; he was a major influence in my life. He received his law degree from Brooklyn Law School but never practiced. He was an entrepreneur in New York City. My grandmother was a homemaker and smart as a whip. I was so blessed to have them both in my life.

I was very close with my grandfather; he was a major influence in my life. He received his law degree from Brooklyn Law School but never practiced. He was an entrepreneur in New York City. My grandmother was a homemaker and smart as a whip. I was so blessed to have them both in my life.

2. Did any particular member of the judiciary inspire you to become a judge?

Many judges have inspired me, but Circuit Court Judge Daliah Weiss in the Fifteenth Judicial Circuit is one of the most inspirational members of the judiciary for me. Judge Weiss epitomizes hard work, fairness, and she is a true mentor. She made attorneys, litigants, and support staff feel heard and always showed patience, which I believe is of the utmost importance as a member of the judiciary.

3. What do you hope most to accomplish as a judge?

My hope is that every person I encounter, whether in the courtroom, a seminar, or even bumping into them at the grocery store, thinks of me with reverence for the legal justice system. I hope to give the community confidence in the judiciary by showing litigants, lawyers, and members of the non-legal community that a judge is approachable, fair, thoughtful, hardworking, and follows the law as it is written.

At the end of my judicial career if I have accomplished that, I would be truly fulfilled.

4. What advice do you have for current law students?

Don’t overthink everything, try to enjoy learning the law. The pressure you place on yourself is mostly “self-imposed” and it is OK to take a moment and enjoy the process.

5. The Florida Bar and the Broward County Bar Association are diligently working to assist legal professionals achieve better mental health and wellness. How do you manage stress?

For me, it is organization, a lot of organization, and accepting the support of your loved ones. I could not do my job without the support of my phenomenal husband, but the smiles of my three amazing sons is what keeps me calm and motivated every day.

6. What attributes do you look for in a Law Clerk?

Respectful, bright, inquisitive, prepared but most importantly willing to learn.

7. Can you share a hobby you have that people may not know?

I love to wakeboard and surf. I think that is something most people don’t know about me.

8. What would you share with someone that may be interested in a life of public service?

Public Service is the backbone of our community. It runs our government, our legal system, and our functional operations; it is truly rewarding. I think public service is so wonderful because in life you normally only get a handful of moments when someone appreciates what you have done, or the ability to see the results of hard work which make your efforts worthwhile. In public service, you get handfuls and handfuls of those moments, which makes it really rewarding and unique.

Marc Marra is a Partner with Kelley Kronenberg in the firm’s Fort Lauderdale headquarters, and focuses on assisting banks and other financial service providers with litigation related to real estate and bankruptcy.

Marc currently serves as Director of the Broward County Bar Association, Vice-Chair of the West Broward Section of the Broward County Bar Association, and President of the Broward Section of the Nova Southeastern University, Shepard Broad College of Law Alumni Association.
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One of the Constitutional rights to all American citizens is the fundamental right to a trial by jury. As an American citizen it is your privilege and duty to serve as a juror when called upon to do so.

Prospective jurors are randomly selected from the Florida Driver Licenses Database of US citizens who are residents of Broward County and are 18 years of age or older. Jurors may serve only once in a calendar year.

Once in a courtroom, jurors are qualified by the presiding judge and attorneys through the “voir dire” process. This process is used to select individuals who will sit and hear the evidence of a trial.

One of the most common questions I’m asked is “what happens if there is scheduling conflict and a person can’t serve on the required dates?”; or, “what if you qualify and choose not to serve or are ineligible to serve by law for one of the excusable reasons below?” Each juror is entitled to a one-time postponement. In order to have sufficient time to process your request, the clerk must receive your request at least seven (7) days prior to your report date. While you can notify the clerk of a postponement request via fax, or email, I encourage you to use the online Jury Excusal/Postponement web portal at www.browardclerk.org and select Request Schedule Change from the Dashboard page. You will be notified by mail regarding the status of your request and postponement date.

It is important to note that the Clerk of Court staff does not have the authority to excuse a juror from jury duty for any reasons other than those listed below.

You may choose not to serve if:

- 70 years of age or older and wish to be excused permanently or for this time only.
- Served on a jury in Broward County in the past 12 months — Must provide proof of service if you served in Federal Court.
- Expectant mother — Doctor’s note is required.
- Parent not employed full time with custody of a child less than 6 years of age.
- Physical and/or mental incapacity or permanently incapable of caring for himself/herself — Doctor’s note is required.
- Full time SWORN Law Enforcement Officer with arresting powers — Please call our office at 954-831-6089.
- Sole unpaid caregiver of a person incapable of caring for themselves due to physical and/or mental illness — Doctor’s note is required.
- Are Active Military

You may not serve if:

- You are not a citizen of the United States — Must provide alien registration card, foreign passport or green card.
- Convicted felon and your civil rights have not been restored — If your conviction was not in Broward/State Court, must provide your disposition or judgment.
- No longer reside in Broward County — Must provide driver license, State ID or voters card.
- Presently under criminal prosecution — If your case is not in Broward/State Court, must provide copy of future court date.
- Presently on probation/parole — If you are not on probation in Broward County, you must provide your disposition.

One of the other common questions I receive is regarding juror compensation. Here are some fast facts:

- A juror who is regularly employed and who continues to be paid regular wages while on Jury Duty is not entitled to be paid by the State for the first three (3) days of service.
- A juror who is not regularly employed or does not continue to be paid regular wages while on Jury Duty is entitled to $15.00 per day, by the State, for the first three (3) days of service.
- Each juror who serves more than three (3) days is entitled to be paid $30.00 per day by the State, as of the fourth (4th) day, and each day thereafter.
- The Florida Legislature now permits jurors to donate compensation paid by the State of Florida for Jury Service. The compensation may be donated to a certified guardian ad litem program or to a domestic violence shelter in Broward County. Shelters are designated annually on a rotating basis.

Lastly, here are three other common questions posed by jurors.

- **FAQ - How long is Jury Service?**
  
  Jury Service is generally for one day; however, you must serve until the end of the jury selection process. If you are selected for a trial, you must serve for the length of that trial.
  
- **FAQ - What happens if I do not appear?**
  
  Failure to comply with a Jury Summons may result in a $100.00 fine and/or Contempt of Court.

- **FAQ - Can I bring my cellphone and/or electronic devices?**
  
  Yes, however, cellphones and electronic devices cannot be used to research any civil or criminal cases online in any way, including searching for information about the attorneys or judges while serving as a juror. Electronic devices will be removed from all members of a selected jury panel before deliberations begin; they may also be removed at any other stages during a trial as directed by the presiding judge.

So, when that jury summons arrives in the mail, make your way to the courthouse, and answer the call to duty and serve with pride!

Don’t forget that my door is always open if you have questions about this or any of the other services provided by my office.

Happy March!

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Brenda D. Forman was elected as the Broward County Clerk of Courts in November 2016.
She was sworn in on January 3, 2017, and is the first African American woman to be elected to the position.
Friday, April 24, 2020
8:30 a.m. - 5:00 p.m.
Bahia Mar - Fort Lauderdale Beach

$125 BCBA Members | $150 Non-Members
Register Today at Browardbar.org/calendar
Sponsorships Available!

Questions? Contact Lauren Riegler Capote at Lauren@browardbar.org
LEGAL HEALTH CORNER
by Judge Stacey Schulman

Preparing for a 5k

Hopefully you’ve heard by now that the Broward County Bar will be hosting the “Barrister Bolt” on May 2, 2020. This 5k event, which was a tremendous success in years past, will be in support of Legal Aid Service of Broward County.

In order to make sure you’re ready for this 5k (or any other in which you may want to participate), here are some tips and ways to prepare:

1. **Tell yourself you can do this.** Most people hear the event is 5 kilometers (or 3.1 miles) and say, “there’s no way I can run that far!” However, you’ve probably already walked this far in a day without even realizing it. For example, have you ever done a day at a Disney Park? If so, you’ve probably walked 10 kilometers (it’s almost a quarter mile just from the turnstiles to the Castle). Even if your only exercise is getting to court, you’re probably walking a mile daily because the distance from the parking lots to the front door of the courthouse to the North Wing and back is about that far! This distance is totally doable, but you’ll never get it done if you tell yourself you cannot. As such, your first step needs to be committing to the idea that you’re going to complete a 5k.

2. **Get off the couch and start walking/jogging/running.** Let’s face it, the more you move between now and race day, the easier it will be. Whether you go out and walk or jog or run, the key is to get moving. If you don’t love running, you can mix up your routine with other exercise like biking, swimming, or the elliptical. The more active you are, the more fun you will have and the better you will feel on the day of the event.

3. **Set up a routine.** If you fail to set aside the time to get ready, it’s not going to happen. Mark time in your schedule for this endeavor. Pick a few days a week where you will lace up your sneakers and move. Start with 1 mile as your goal. Jog for as long as you can and then walk until you hit the 1-mile mark. You may only be able to jog a half mile, but you can keep moving until you get to a mile. Your focus should not need to be on how quickly you cover the distance, but just getting to the finish. The next time you go out, do the same but try to jog a little further (maybe 6/10 of a mile) so you walk a little less and run a little more to hit 1 mile. Continue to do that every time you go out until you’re able to jog the full mile. As you approach the mile mark, increase your distance to 1.5 miles. Once again, jog as far as you can and then walk the rest. Keep incrementally increasing the total distance until you’re at 3 miles.

4. **Know your limits.** While 5k’s are usually timed events, there is nothing wrong with walking – especially if health issues preclude you from running or jogging. That’s okay! The route for the Barrister Bolt will not close until the last participant finishes, and we will be as excited to see you cross the finish line at the hour mark as we will when the top runners come in!

5. **Make sure you have a decent pair of sneakers.** Just as you would not walk into court with a computer that doesn’t work properly half the time, you don’t want to wear sneakers that are going to give you blisters or cause your back to hurt. The right “equipment” can help make the difference.

6. **Stretch and hydrate.** Recovery is equally as important as the activity itself. By stretching, you will help avoid injury and minimize soreness. Likewise, hydration will help you feeling good both during and after your training sessions. The conventional wisdom is 4 to 6 ounces of liquid per 20 minutes of activity. However, listen to your body and if you need more, take more.

7. **Sign up for your race!**

We are looking forward to seeing you on the course on May 2nd!

Judge Stacey Schulman is a Circuit Court Judge and serves as Chairperson for Broward’s Dependency Division. An avid runner, most weekends Judge Schulman can be found running 5k’s with her family for various charitable organizations in Broward County.
THE MEMORANDUM

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Philip Frieden, Past-President of the Florida Justice Association

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March 4  
**Latinas in Law**  
**Time:** 5:30 p.m. – 7:30 p.m.  
**Venue:** BCBA Conference Center  
**Cost:** $25 BCBA Member & BCHBA Member; $40 Non-Member

March 11  
**BCBA Small Solo Networking Dinner**  
**Time:** 6:30 p.m. – 8:00 p.m.  
**Venue:** Dave & Buster’s Hollywood  
**Cost:** $40 BCBA Member; $55 Non-Member  
*$5 price increase on 3/4/2020*

March 18  
**ASFMA CLE:**  
**Jeffrey Levenson**  
**Time:** 12:00 p.m. – 1:30 p.m.  
**Venue:** BCBA Conference Center  
**Cost:** $25 ASFMA/BCBA Member; $40 Non-Member

March 31  
**Wills, Trusts and Estates/Real Property - Property Appraiser CLE**  
**Time:** 12:00 p.m. – 1:30 p.m.  
**Venue:** BCBA Conference Center  
**Cost:** $20 BCBA Member; $45 Non-Member

March 31  
**West Broward Meet the Candidates - Event for Broward County State Attorney Race**  
**Time:** 6:15 p.m. – 8:00 p.m.  
**Venue:** Kelley Kronenberg  
**Cost:** No Cost; Space is Limited

April 24  
**2020 Raising the Bar Seminar**  
**Time:** 8:30 a.m. - 5:00 p.m.  
**Venue:** Bahia Mar Fort Lauderdale Beach  
**Cost:** $125 BCBA Member; $175 Non-Member

May 1  
**2020 Law Day Luncheon**

May 2  
**2020 Barrister Bolt 5k**  
**Time:** Race Starts: 8:30 a.m. | Check-In: 8:00 a.m.  
**Venue:** Vista View Park  
**Cost:** $30

June 27  
**2020 Annual Installation Gala Dinner**  
**Time:** 6:00 p.m. Cocktail Reception & Casino* Tables  
| 7:30 p.m. Dinner & Program  
| 9:00 p.m. Dancing! LIVE performance  
**Venue:** The Ritz-Carlton  
**Attire:** Black Tie  
**Cost:** $130 BCBA Member; $155 Non-Member  
**Early Bird pricing for first PAID 250 registrants**
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