

THE GBA NEWS DOCKET

VOLUME 74, NUMBER 2; OCT 2024



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President of the Greensboro Bar Association

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Message from the President

Dear Members of the Greensboro Bar Association,

As we step into October 2024, our committees and sections have been hard at work planning events and programs for our membership.

I am thrilled to welcome Justice Allison Riggs of the North Carolina Supreme Court as our featured speaker for our October 17th virtual meeting of membership. Justice Riggs will share updates from the judiciary and the appellate/higher courts and the impact these courts have on our day-to-day practices. The Business and Corporate Law section will hold its first event on October 1st with a networking lunch at Syngenta’s corporate office to meet colleagues and learn about pro bono opportunities available to corporate counsel. The CLE Committee, along with the guidance of GBA Past-President Eric Richardson, have planned our October 22nd Lunch and Learn with Southern First Bank on the issues of the latest fraud trends affecting law firms nationwide and how to mitigate such risks. The Young Lawyers Section is off to a great bar year with their annual kickoff event on September 26th at The Abbey Taphouse.

One significant event last month was the annual NC State Bar’s Judicial District (JD) Presidents Meeting, held on September 13, 2024. This gathering was an opportunity for bar leaders across the state to come together, exchange ideas, and address pressing issues in the legal profession. Executive Director Alice Neece Mine provided resources to the presidents representing the 44 JDs in North Carolina with information from the NC Lawyers Assistance Program in Managing a Crisis Event, breaking down the relationship between the NC State Bar and Judicial Districts, as well as NC State Bar recommendations to the NC Supreme Court on the study of the secured leave policy for North Carolina lawyers and the proposed rule amendment on “unbundled” legal services. A robust discussion amongst the JD Presidents and NC State Bar Councilors and officers highlighted the similarities in the challenges we are navigating through the eCourts implementation, and opportunities in legal oases throughout our state. If anyone would like to discuss any of these issues in more detail, please contact me. If I don’t have the answer, I will find the resource or inquire with the NC State Bar on behalf of our membership.

Looking forward, I encourage each of you to stay engaged with our ongoing efforts to serve our community, improve access to justice, and support the well-being of our fellow members. Together, we can make meaningful contributions to the legal landscape in Greensboro and beyond. Thank you for your continued dedication to our profession and the communities we serve. Let’s keep the momentum going as we delve deeper into our bar year.

Most sincerely,

Manisha P. Patel, Esq.

President, Greensboro Bar Association and the 24th Judicial District

You can contribute news or topics of interest to the GBA by contacting Editor Jonathan M. Parisi: jparisi@spanglerestateplanning.com

OCTOBER CALENDAR NOTES

- October 1 Business & Corporate Law Section Lunch,
11:30 AM, Syngenta
- October 9 GBA Board Meeting,
4:00 PM, Self Help Building
- October 10 Real Property Section Meeting,
5:30 PM, Tuggle Duggins
- October 11 Craig Portrait Unveiling/Joint Reception,
2:00 PM, High Point Courthouse-Room 4C
- October 16 YLS Board Meeting,
12:00 PM, Turning Point Litigation
- October 17 Member Lunch,
12:30 PM, Zoom
- October 20 Submission Deadline
for November Newsletter
- October 22 CLE Lunch & Learn,
12:00 PM, Sedgefield Country Club

[Click to keep up with GBA Events Online](#)

[Click Here for Legal Community Events](#)

MAKE A DIFFERENCE: JOIN THE COMMUNITY INVOLVEMENT COMMITTEE!

The community involvement committee will be bringing exciting opportunities to the membership this year to allow members to give back to the community. If you have a project idea or are interested in joining the committee, please contact co-chairs Abigail Seymour and Jason Hicks at gbacommunityinvolvement@gmail.com.

UNLOCKING THE PAST AND FUTURE: A DISCUSSION ON REAL ESTATE LAW

Join the GBA's Real Property Section on Thursday, October 10th, for an in-depth discussion on the evolution of the practice of real estate law in Greensboro! The meeting will take place at 5:30PM at the office of Tuggle Duggins, located at 400 Bellemeade Street, Suite 800, Greensboro, North Carolina 27401. Our distinguished panel of attorneys will explore the history of the practice of real estate law in Greensboro and in North Carolina as a whole, the evolution of the practice over the past several decades, recent trends, and projected developments for the future. We look forward to seeing you!

Connect with us!



[GBA Young Lawyers Section](#)

[Greensboro Bar Association](#)

Wellness Corner

BarCARES is a confidential, short-term intervention program provided cost-free to members of the 24th Judicial District Bar and other participating judicial district bars, voluntary bar associations and law schools. If you would like additional information about the program and/or its availability in your area, please contact the BarCARES coordinator at 919.929.1227 or 1.800.640.0735 or click on the icon below.

BarCARES®

NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Jonathan M. Parisi at jparisi@spanglerestateplanning.com. All written submissions should be made in Word format and should be in complete and final form, and any photographs should be submitted in jpeg format. Any photographs submitted should contain a caption identifying the person or persons in the photograph and, where applicable, other information necessary to understand the context of the photograph. Submissions made in other formats, including e-mail text submissions, may not be considered for publication.

Young Lawyers Section: Connections



Tyler Nullmeyer, is President of the Greensboro Bar Association's Young Lawyers Section and Associate Attorney at [Turning Point Litigation](#).



An Update from YLS

In August, YLS held its first board meeting and discussed its goals for the year, which include promoting its members and strengthening connections within YLS and with the community. We look forward to highlighting our members and their personal and professional achievements. If you are an attorney under 40 years of age or have been practicing for less than 5 years, we would love to connect with you! If you have questions about YLS or how to get involved, please reach out to any board member or our YLS email account, younglawyerssection@greensborobar.org.

Fall Swearing-In Ceremony

Each year, the Young Lawyers Section sponsors a Fall Swearing-In Ceremony for the admission of newly licensed attorneys to the state and federal courts. This year, the Young Lawyers Section is hosting its Fall Swearing-In Ceremony on Friday, November 1, 2024, at 3:00 p.m. The ceremony will be held in the Board Chambers Room on the 2nd floor of the Old Guilford County Courthouse, at 301 W. Market St., Greensboro, NC 27401.



We welcome the support and attendance of GBA members at the swearing-in ceremony to support our newly licensed attorneys. If you are a newly licensed attorney, or you know a newly licensed attorney that may want to participate, please email Andrew Carter at andrew.carter@elliswinters.com for application materials. Applications are due by October 25, 2024.

Greensboro Urban Ministries Service Opportunity

YLS invites its members to join us in cooking and serving a meal at Greensboro Urban Ministries Potter's House Community Kitchen. This service opportunity is tentatively planned for the evening of Monday, November 4, 2024. Volunteers will be preparing and serving food for members of our community. Greensboro Urban Ministries is located at 305 W. Gate City Blvd., Greensboro, NC 27406. If you would like additional information or to participate, please contact younglawyerssection@greensborobar.org. Space is limited!



YLS Member Spotlight: Timisha Henley, Board Member



Timisha Henley

Misha practices personal injury law at CR Legal Team. Her favorite part of her job is being able to help a client that has been going through a difficult time. She enjoys helping clients "navigate their personal injury claim from start to finish." Misha states that the best part "is coming to a favorable resolution on a case and I can just feel or see the look of relief on my client's face when a case is resolved."

New YLS Email Address

YLS has a new email address, younglawyerssection@greensborobar.org. YLS is taking this moment to update its email list. YLS is a free GBA section for attorneys of any age who have been practicing for 5 or less years, or attorneys 40 years of age or younger. If you

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Camille Stell
is President and
CEO of Lawyers
Mutual Consulting
& Services. Continue
this conversation
by contacting
Camille at [camille@
lawyersmutualinc.com](mailto:camille@lawyersmutualinc.com)
or 800.662.8843.

THE POWER OF VOLUNTEERISM: BENEFITS TO MENTAL HEALTH

Serving as a volunteer is a selfless act of contributing one's time, energy, and skills for the betterment of others without expecting financial gain. While the focus is often on the external impact volunteers have on communities, a growing body of research highlights the benefits to volunteers themselves, particularly when it comes to their mental health. It turns out that volunteering is also an act of self-care.

The Connection Between Volunteerism and Mental Health

Volunteering has been shown to have profound positive effects on mental well-being. Engaging in activities that help others provides a sense of purpose, fosters social connections, and promotes a feeling of belonging—all of which are crucial for mental health. In an increasingly fast-paced, digital, and often isolating world, volunteering offers a meaningful way to reconnect with one's community and combat feelings of loneliness and depression which are ever rising in the legal profession.

Key Mental Health Benefits of Volunteerism

Reduction in Stress and Anxiety. When people focus on helping others, their attention shifts away from the personal, allowing for a more positive perspective on life. The National Institutes of Health found that volunteering activities could reduce the risk of stress-related health problems and lower cortisol levels, a hormone closely associated with stress. While stress is unavoidable, taking time to do something for someone else can be as effective at reducing stress as other coping strategies such as exercise or meditation.

Combating Depression. Volunteering reduces the risk of depression, particularly in older adults. The Corporation for National and Community Service (CNCS) reports that individuals who volunteer have lower rates of depression compared to those who do not. Volunteering provides meaningful activities that counteract feelings of purposelessness, which can contribute to depression. A report by the National Alliance on Mental Illness

(NAMI) revealed that people who volunteer for at least 100 hours per year are 28% less likely to feel hopeless or depressed than those who do not volunteer. The Journal of Gerontology showed that older adults who volunteered were 27% less likely to develop depression and 30% less likely to suffer from cognitive decline.

Boosting Happiness and Life Satisfaction.

Numerous studies affirm that volunteers experience greater life satisfaction and happiness. A report from Harvard Health Publications highlights that the simple act of helping others releases dopamine in the brain, often referred to as the "helper's high." This natural mood enhancer boosts feelings of euphoria, reducing feelings of sadness or hopelessness. The Journal of Happiness Studies published a 2021 report from the U.K. citing evidence that while happy people are often those most likely to volunteer, that the reverse is also true, volunteering makes people happier. Respondents who volunteered for at least one month also reported having better mental health than those who did not volunteer. Those who volunteered monthly were 7% happier than those who didn't, and those who volunteered weekly were 16% happier.

Increasing Social Connection. Social isolation is a known risk factor for mental health issues like anxiety and depression. Volunteering combats loneliness by fostering a sense of community and belonging. In a world where people may feel more disconnected due to technology or busy schedules, volunteering provides an avenue for meaningful, face-to-face interactions. A 2020 study published in the BMC Public Health Journal demonstrated that people who volunteered regularly had stronger social networks, which led to lower levels of loneliness and improved psychological well-being.

Enhancing Self-Esteem and Confidence.

Volunteering offers individuals a chance to learn new skills, build confidence, and experience the pride of accomplishment. It is especially impactful for individuals who may feel they lack purpose or value in

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their personal or professional lives. Knowing that their efforts are making a difference can significantly boost self-esteem. For young adults, volunteering can also help develop a sense of identity and self-worth.

Provides a Sense of Purpose. In recruiting volunteers for The Mayo Clinic, they cite research showing that when volunteers give of their time and talent, they experience a sense of purpose, as well as greater increase in life satisfaction. Whether volunteers are serving as greeters, using their craft skills to make prayer shawls or baby blankets, or offering pet therapy, these everyday but essential activities are meaningful. Volunteering can help you reassess priorities and examine your life from a different perspective.

Volunteering as a Preventative Measure for Mental Health

Beyond treating mental health issues, volunteerism can serve as a preventative measure. Those who volunteer experience resilience and cope with life’s challenges more effectively. People who regularly engage in volunteer activities often report a greater ability to handle adversity, which is crucial for maintaining good mental health over the long term.

How to Get Involved in Volunteering

If you’re interested in reaping the mental health benefits of volunteering, there are countless opportunities to explore. Local community centers, schools, hospitals,

animal shelters, and non-profit organizations are often in need of volunteers. Online platforms like VolunteerMatch or Idealist can help match you with causes that align with your interests and skills. Involvement with your local bar association is also a great way to volunteer to serve the profession or to partner with those in your community through activities such as pro bono efforts, clothing or food drives.

Conclusion

Winston Churchill said, “We make a living by what we get, but we make a life by what we give.” Those who give not only enrich the lives of those they serve but also bolster their own mental health, leading to a happier, more fulfilled life. Volunteering is a powerful tool for nurturing one’s mental health. With its ability to reduce stress, combat depression, boost happiness, and build social connections, volunteering is a meaningful activity that enhances both individual well-being and societal health. As studies continue to show, the positive impact of volunteerism on mental health is undeniable, making it a win-win for everyone involved.

Camille Stell is the President of Lawyers Mutual Consulting & Services and the co-author of “RESPECT – An Insight to Attorney Compensation Plans”. The second edition is available from Amazon beginning in October 2024. Continue this conversation by contacting Camille at camille@lawyersmutualconsulting.com or 919.677.8900.

NEW MEMBERS

Approved on September XX, 2024

Name	Firm	Endorsed by
Zachary Kovach	Adams & Winfree	Charles H. Winfree
Kathryn Leigh Overby	Lester Law	Eugene E. Lester
Kal Zachary Smith	Legal Aid of North Carolina	Holly Oner
Catherine Elbakidze	Law Offices of James Scott Farrin	James R. Paul
Marjorie Temple Benbow		Donald R. Vaughan
John Taylor Moody	Spangler Estate Planning	Jonathan M. Parisi
Craig T. Almond	Carruthers & Roth, P.A.	Kevin A. Rust
Alexis Holloway	Law Offices of L. Nicole Patino PLLC	L. Nicole Patino
Ashyra Corpening	Legal Aid of North Carolina	Lanie K. Harris
Julianna Fedorich	Legal Aid of North Carolina	Lanie K. Harris
Corey Brandenburg		Sarah H. Roane
James E. Millner III		Sarah H. Roane
Amy Stack Palmer	Office of Chief Counsel - IRS	Sarah H. Roane
Ann S. Whitehurst	Guilford County DA’s Office HP	Sarah H. Roane
Brandon S. Goldsborough	Garrett, Walker, Aycoth & Olson	Stephanie M. Goldsborough
Margaret Ferguson Sport	Fox Rothschild LLP	Terrill Johnson Harris

CELEBRATING JUDGE JOE CRAIG: PORTRAIT UNVEILING EVENT

Join us for the unveiling of Judge Joe Craig's portrait at the High Point Courthouse on Friday, October 11, 2024, at 2:00 p.m. This special event honors Judge Craig's dedicated service and legacy in our community.

Judge Joe Craig, who served as a Superior Court judge in Guilford County for two decades, is celebrated for his commitment to justice and fairness. Appointed in 2002, he ran unopposed in subsequent elections, reflecting his respected reputation. Known for making difficult decisions based solely on legal principles, he notably overturned a controversial murder conviction in 2007, a move later upheld on appeal that demonstrated his integrity and dedication to justice.

Throughout his tenure, Craig presided over a range of cases, from high-profile trials to complex civil disputes, all while fostering a courtroom environment marked by kindness and respect. Upon his exit from the bench in 2022, he left behind a legacy of thoughtful jurisprudence and a commitment to doing what is right, regardless of public opinion.

Following the unveiling, the Greensboro Bar Association and High Point Bar Association will host a social gathering at the String and Splinter from 3:00 p.m. to 5:00 p.m. We invite everyone to celebrate this momentous occasion and honor Judge Craig's contributions to our judicial system.

Portrait Unveiling Ceremony

In honor of

Retired Senior Resident Superior Court Judge

Joe Craig



Friday, October 11, 2024, at 2:00 pm

High Point Courthouse, Crissman Courtroom 4C

Reception to follow: String & Splinter

305 West High Avenue, High Point, NC 27262

GBA FELLOWS PROGRAM KICK-OFF EVENTS A SUCCESS!

During the 2023-2024 bar year, Immediate Past President Gerald Walden established the GBA Fellows Program to foster connections between the GBA and law students interning in the Triad area. This initiative aims to build relationships among interns and the local legal community while also encouraging the interns to consider making the Triad their permanent home after graduating from law school. Under the able leadership of Frankie Jones, Jr., the program successfully hosted two mixers this past summer. The first event, generously sponsored by Fox Rothschild, took place at Southend Brewery on June 27, 2024, attracting approximately 45 law student interns and practicing attorneys. The second mixer, supported by Brooks Pierce and the NC Bar Association, was held at Café Europa on August 7, 2024, drawing around 65 attendees. The law student interns who attended the events expressed tremendous gratitude for the opportunity to connect with one another and network with local attorneys. Heartfelt thanks are extended to our sponsors and all GBA members who participated.



YOUNG LAWYERS SECTION: CONNECIONS CONTINUED FROM PAGE 3

satisfy one or both of these criteria and would like to be included on emails about upcoming events, please email younglawyerssection@greensborobar.org. We look forward to connecting with all YLS eligible members of GBA!

Connect with YLS:

To provide feedback & suggestions for future events/programming, please email the Young Lawyers Section at younglawyerssection@greensborobar.org. For more

information about YLS events & service opportunities, follow us on [Facebook: Greensboro Bar Association's Young Lawyers Section](#).

The Young Lawyers Section would like to celebrate the personal milestones and professional accomplishments of its members. Email YLS at younglawyerssection@greensborobar.org to share achievements that you would like celebrated.

GUILFORD COUNTY ATTORNEY APPOINTED TO AMERICAN BAR ASSOCIATION PRO BONO COMMITTEE



Jason F. Hicks

Jason F. Hicks, an assistant county attorney for Guilford County, has been appointed to serve a one-year appointment on the American Bar Association's Standing Committee on Pro Bono and Public Service.

Along with its policy initiatives, the committee actively engages in outreach to the judiciary, government attorney offices, law schools, minority bar associations, small and mid-size law firms, and in-house corporate legal departments. The committee is also the primary sponsor of the annual Pro Bono Publico Awards and co-sponsors the annual Equal Justice Conference with the National Legal Aid and Defender Association. The Conference brings together all components of the legal community for plenary sessions, workshops, networking opportunities and special programming.

ALLIE PETROVA ELECTED COUNCIL DIRECTOR OF THE ABA SECTION OF TAXATION



Allie Petrova

GBA member [Allie Petrova](#) has been selected to serve as Council Director of the American Bar Association Section of Taxation. Petrova has been an active member of the ABA Tax Section since 2011.

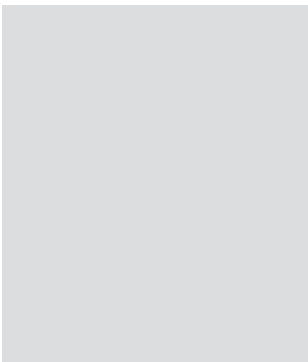
The Council is the governing body of the ABA Tax Section, and Council Directors are responsible for directing the work of the various committees of the Section as well as providing comments to the Internal Revenue Service on behalf of the ABA.

Petrova's commitment to excellence in the legal profession is highlighted by service as Chair of the Closely Held Business Committee of the ABA Tax Section. She currently serves on the ABA's Loretta Collins Argrett Fellowship Committee, the Publications Committee, and the Nominating Committee. She is a John S. Nolan Fellow and has served as a speaker on ABA Tax panels since 2017. Petrova previously served as Chair of the Tax Section of the North Carolina Bar Association.

Allie Petrova delivers practical legal advice and tax-efficient strategic planning grounded in sophisticated experience and financial acumen.

Earlier in the year, *Chambers and Partners USA 2024* recognized and ranked [the firm's Tax department](#) and [Allie Petrova](#) in Band 2 for Tax in North Carolina.

HEALTH LAW SECTION PRESENTS DISTINGUISHED SERVICE AWARD TO TOM STUKES



Thomas S. Stukes

GBA member Thomas S. Stukes of Womble Bond Dickinson in Greensboro received the 2024 Health Law Distinguished Service Award from the Health Law Section earlier this year at the N.C. Bar Center. The award was presented in conjunction with the section's annual meeting and CLE and was featured along with additional section honors in the *North Carolina Lawyer* digital magazine. Congratulations, Tom!

CARRUTHERS & ROTH ATTORNEY RON JOHNSON RECEIVES INAUGURAL PHILANTHROPIC LEADERSHIP AWARD



Ron Johnson

GBA member and Carruthers & Roth attorney, [Ron Johnson](#), has been recognized by the Community Foundation of Greater Greensboro for his outstanding leadership in philanthropy.

Johnson received the Foundation's inaugural Philanthropic Leadership Award, which honors an outstanding professional advisor who is committed to philanthropy in both their

professional practice and personal endeavors. The award was presented at the Financial Service Advisors Council's breakfast, "Beyond Giving: Crafting Philanthropic Legacies That Transform Lives," on Sept. 17.

"Ron has inspired many of us through nearly five decades of serving others, whether in the legal profession or through key leadership and volunteer roles," says Davis McDonald, special counsel. "We are pleased to see him recognized once again for his selfless commitment to supporting those in need while building a better community for all of us."

During his career, Johnson has founded several nonprofits, served on boards of local organizations and earned many accolades including the Governor's Award

for Outstanding Volunteer Service. Among the many organizations that have benefitted from his efforts are the Community Foundation of Greater Greensboro, Family Services of the Piedmont, the Greensboro Commission on the Status of Women, North Carolina for Community and Justice, Planned Parenthood of Greensboro and of the Triad, Triad Health Project, Guilford Green Foundation, Triad Stage, the Women's Resource Center of Greensboro, and Hospice and Palliative Care of Greensboro (now AuthoraCare Collective). He is equally respected for his success in fundraising, having raised more than \$1 million for Triad Health Project and receiving the Greensboro Philanthropist of the Year Award from the Triad Society of Professional Fundraisers.

At Carruthers & Roth, he focuses his practice on estate planning, estate administration, business law and nonprofit corporations. Board certified in estate planning and probate law, he has been recognized repeatedly by *Business North Carolina's* "Legal Elite" — ranked by his peers for his excellence in the area of Tax & Estate Planning. Johnson is a member of the North Carolina Bar Association's Legal Practice Hall of Fame, and this year was named to the "Icons & Phenoms" list by *North Carolina Lawyers Weekly*.

A graduate of the University of South Carolina and its School of Law, he co-founded Greensboro-based Johnson Pedrick & McDonald before he and his partners joined Carruthers & Roth in 2021.

EXCITING UPDATES FROM CAMINO LAW!

Abigail Seymour was added to the 50 Most Influential Women list by NC Lawyers Weekly, there will be an award ceremony in Charlotte on October 24th, 2024.

Camino Law will be featured in an upcoming episode of "Life After Lock-Up," a reality TV series which follows the love lives of formerly incarcerated people and their partners. A North Carolina couple featured on the show came to Camino Law back in April to discuss some family law issues. The new season airs on October 4th, 2024.

Family Law Specialist Rebecca Perry, who joined Camino Law in February 2023, was recently accepted into the American Academy of Adoption and Assisted Reproduction Attorneys, an organization of nearly 500 highly-vetted attorneys dedicated to the competent and ethical practice of adoption and assisted reproduction law.

Former Legal Aid attorney Emily Carico joined Camino Law in December 2023 and is the new co-chair of the First Generation Lawyers Committee for the North Carolina Bar Association.

CLE LUNCH & LEARN – FRAUD AND YOUR BUSINESS

Join us on October 22, 2024 for an informative session on the latest fraud trends affecting law firms nationwide and discover practical steps to mitigate risks to your firm. Subject matter experts from Southern First Bank will lead the presentation and be available to answer your questions. This program has been approved for one hour of General CLE credit.

October 22, 2024 at Sedgefield Country Club.

Lunch will be served at 12:00 PM.

The CLE program will run from 12:30-1:30 PM

This CLE is free for GBA Members and \$20 for non-members.

Registration deadline is October 15 at 5:00 PM

Presented by Southern First Bank.



[Click here to Register](#)



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