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Winter 2013-2014

The official publication of Phi Alpha Delta Law Fraternity, International

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Message from the International Justice

By Ronald J. Winter (*International Justice, Alden*)
“Be well.”

How many of us have signed off that way in an email or letter to a colleague or friend? The wish is that your correspondent would seek and obtain health in all phases of one’s life, including mental health, physical activity, nutritional intake, fiscal responsibility and productivity. Awareness and initiative are at the core of achieving these goals.

Some have described wellness as “the constant, conscious pursuit of living life to its fullest potential” (citation omitted). It is also described as a state of being that combines health and happiness, suggesting that those factors that contribute to health and happiness will also make us—or at least contribute to being—well. Can some of those factors be identified to help us become happy in our profession?

Wellness is a term of art that developed in the 1950’s but came to the fore as a health regimen only in more recent years. The concept is to develop the individual through proper diet, exercise, study, meditation and spiritual awakening. The result is a healthy balance of mind, body, perspective, and an overall feeling of well-being.

In the legal context, perhaps we can use that same formula to produce the happy, healthy lawyer. Some would argue that few in the practice of law are truly happy, with that unhappiness likely contributing to our unhealthiness. I prefer to think that a combination of nourishment for the mind, body and soul can lead the way to happiness and success.

Your law fraternity has already taken steps to provide our members with some of the ingredients for success. Our burgeoning alumni program—part of my plan to make law students better prepared to face the rigors of law practice—is taking shape in

several ways. We have more than tripled the number of identifiable alumni advisors at our law school chapters. Many long-dormant Alumni Chapters have been reborn with new energy and fresh ideas, while others have developed in areas where once there were none. These attorney mentors are there to help our students grow and learn through their wisdom and connections.

Our new website is still taking shape, but it holds the promise of providing nurturing growth through its interactive capabilities and skill development curriculum. Such things as Interviewing Skills Tips, Financial Management, Writing for the

Bar Exam, Stress Relief Ideas, How to Start Your Practice from Scratch, and many more helpful hints for enhancing and maintaining your lawyering skills will be made available at the touch of a screen. These examples offer

some food for the brain to prepare our members for the journey ahead.

Let us help you become the happy and successful lawyer within you by offering these tips for a healthy and bountiful career in the legal profession.

Be well.

Fraternally,



Ronald J. Winter, International Justice



*...perhaps we can use
that same formula to
produce the happy,
healthy lawyer.*



Because of print limitations, Chapter updates, extended and full articles are available in the online edition of *The Reporter*. Those articles marked with this gavel image indicate there is more to read online. Please visit www.pad.org to see more P.A.D. news.

Tech & Wellness

Getting your recommended 30 minutes of exercise per day doesn't have to be time consuming and expensive, like a gym membership! As 'innovation' is one of P.A.D.'s core values, we suggest exercising in an innovative way. Use the following suggestions to fulfill that 30 minute workout.

- Interact with exercise videos and clips online. Netflix, Hulu and YouTube all have a variety of exercise videos to watch. The average monthly cost for a gym membership is \$55 (according to StatisticBrain.com) any of the above suggestions, could cost you



maximum (with paid accounts on Netflix and Hulu) \$18 per month. Viewing exercise videos on YouTube and Hulu alone is free.

- Downloading applications on your smart devices is another technological exercise resource alternative.

Apps are available for a range of exercises including running, yoga, pilates, dancing, stretching, and even stress management for mental health.

- Investing in a Wii, Xbox or Playstation can be beneficial for both mental and physical health as well. A variety of interactive exercise games are available on all platforms and are fun too! Some games include Gold's Gym Dance Workout for Wii, Xbox's Kinect Sports Rivals and Dance Dance Revolution for Playstation.

Take advantage of these technology-based exercise alternatives and increase your mental and physical wellness as a legal professional or busy law student. It only takes 30 minutes a day!



"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."
—Buddha

Couch to 5K Review

Couch to 5K gets you going with trainer options from high energy to drill sergeant, depending on your preference. The app, available on both Apple and Android devices, not only has automated trainers, but focuses on interval and progressive training. The app includes five-minute warm ups and cool downs, and includes timed workouts as well as a free run option. With increased intensity each week, you're pushed to focus on breathing techniques and set goals. This is a great app for any beginner!

*Our Top 5 Exercise Apps
available in iOS &
Android App Stores*

- 1. Nike Training Club*
- 2. Fitocracy*
- 3. Couch to 5K*
- 4. MyFitnessPal*
- 5. Pedometer ++*

Declaration of Purpose

"The purpose of this Fraternity shall be to form a strong bond uniting students and teachers of the law with members of the Bench and Bar in a fraternal fellowship designed to advance the ideals of liberty and equal justice under law; to stimulate excellence in scholarship; to inspire the virtues of compassion and courage; to foster integrity and professional competence; to promote the welfare of its members; and to encourage their moral, intellectual, and cultural advancement; so that each member may enjoy a lifetime of honorable professional and public service."

Mission, Vision & Core Values

Mission

Phi Alpha Delta Law Fraternity, International is a professional law fraternity advancing integrity, compassion and courage through service to the student, the school, the profession and the community.

Vision

We are the preeminent law fraternity promoting the bonds of fraternalism and we are the leader in the development and advancement of professional ideals.

Core Values

Bound together by tradition and our common interest in the law, we share these core values: Integrity, Compassion, Courage, Professionalism, Service, Diversity, and Innovation.

Staying Efficient to Stay Well: Getting (the Right) Things Done

By Scott Kimberly (*Truman*)

Wellness comes in various forms. In law school, and the legal profession as a whole, the benchmark of wellness may be efficiency. After all, efficiency expedites task management and when you complete tasks quickly, you may find yourself in possession of the Holy Grail of the legal profession: free time.

The natural enemy of efficiency is distraction, the most menacing form of which distraction by technology. A law student studying for finals makes a quick trip to Facebook and gets sucked down an internet rabbit hole. An attorney drafting time-sensitive legal documents has a fleeting thought about another case and ends up researching case law for several hours. The problem in each scenario is the same: if you yield ten seconds to technology, you may ultimately yield hours of your time.

Distraction by technology is a very real thing. Don't believe it? Think of the last time you watched a movie at home without searching the internet to see why that one actor looks so familiar. Twenty minutes later you helplessly browsed trivia facts for a completely unrelated movie. Still skeptical? Try and find the last time that you opened

a Wikipedia page, found the precise piece of information you were looking for, and closed the browser. It doesn't happen! Instead, you fell into a Wikipedia trap that started with *Kelo v. New London* but ended at the Cuyahoga River.

The solution to distraction by technology is simple: when a spontaneous thought or unrelated task arises, develop a strategy to record your needs and address them at a later time. The most effective means that I have found is to keep a task list; either a physical notepad on your person, a notepad file on your computer, or a text file on your phone. Regardless of the medium you select, the function is the same: when a distraction arises, write down a summary of the distraction on your task list and return to your work. At the conclusion of your work, review your task list and address each entry as needed. You will be shocked at how quickly you complete both your original

*Staying
Distraction Free
Lighting candles
or spraying a scent
will help your
memory and will
help you relax while
studying.*

project and your side tasks when you consolidate each into its own time.

Notepads and task lists aren't an instant fix to distractions by technology; however, they are a great first step towards reclaiming efficiency. While a quick Google search may only take a few minutes of your time, it has the potential to disrupt your momentum at work. To the contrary, jotting down one line of text on a task list and returning to your work does not interfere with momentum at work. Instead, it allows you to complete your work efficiently, complete your tasks efficiently, and secure more free time.

If you have found yourself wasting more time on the internet than you would like, take a chance on a task list. It might give you some free time and improve your personal and professional wellness.

FACT

The scent of lavender helps promote relaxation and relieves stress.



Happy New Year

from all of us at the Cooley Chapter in Ann Arbor, Michigan!

This January, our Chapter members have flocked to the gym, and worked out in their homes in order to eat and live well. Michigan is known for its four seasons so staying physically fit requires creativity and a lot of discipline! Michigander's often say, "Don't like the weather? Wait five minutes and it'll change." During the winter months, this saying is not exactly literal, but the weather does change frequently here, so members must plan ahead for the unknown.

Here are some of the workout and healthy eating habits of our members:

- Drink a large glass of water upon waking up
- Eating a breakfast fit for champions: oatmeal, eggs, or juicing
- Eating smaller meals but more frequently throughout the day; appx 5
- Making time to work out in the gym, at home, or outdoors when feasible



- Cooking at home instead of eating out
- Drinking water throughout the day
- Offering vegetarian, low-fat, or alternative food choices during our meetings

We hope you find this helpful. And we look forward to hearing about fellow Chapter's wellness activities.

Sincerely,
Cooley Chapter-Ann Arbor Campus

Eating oatmeal regularly is great for you! Oats contain beta-glucan, which helps lower cholesterol, and are also rich in omega-3 fatty acids, folate, and potassium.

Drink More Water



Water keeps your body and mind balanced; your body is 60% water and your brain is 78% water. You need to stay hydrated!

1. Get a reusable water bottle. Not only having easy access to water will promote more drinking, but it will help reduce your carbon foot print.
2. Have it with every meal!
3. We tend to drink more through a straw so get a bottle with a straw or stock up!
4. Add flavorings to your water with lemon, mint or cucumber.
5. Choose drinks you enjoy, tea without sugar or low calorie beverages which also promote water consumption.

How to Re-boot Your Job Search in 2014

By Hillary Mantis (*Contributing Editor, The National Jurist*)

You're getting impatient. You've been looking for a job for months. It feels like your resume goes into a big black hole. You rarely even get rejection letters from employers. When you do get interviews, you never get called back.

Sound familiar? A lot of it is probably due to the still slow job market—but there may be more to the problem than that.

When I meet with students or graduates for career counseling, we are often able to pinpoint other reasons for their lack of interviews. If they're not getting first interviews, it could be that their resume needs revamping. When we look at their resume, we can usually make it more appealing to employers. If they are getting first interviews but not callbacks, it's often their interviewing skills that need help.

Watch out for the following common mistakes:

If your resume is not getting you in the door:

- Once you get the resume basics down—it's easy to read, nicely formatted, and well written—make sure that it includes action verbs. Employers don't want to be bored. If your job description starts with "Responsibilities included" I suggest you cross that out. Go with an action verb instead. Start every phrase with a verb if possible. "Managed," "Researched," "Wrote," "Initiated," and "Developed" are examples of verbs you might use to start job



descriptions. If you are still at the position, keep your verbs in the present tense.

- Focus on your accomplishments. Remember that a resume is a marketing document. It's designed to get you interviews, not just to summarize everything you have done in former positions. Try to describe accomplishments for each position. "Success stories" can really help you stand out when employers are reading through stacks of resumes. Initiatives you proposed, job related problems you solved, or promotions you received, are all good to write about.

If you are getting interviews, but not callbacks:

- If you consistently feel like your interview didn't go as well as it could have, practice before your next interview. Find a trusted friend, career counselor, or career services representative at your school and do a mock interview. I've noticed that people often have one particular issue they would really rather avoid—sometimes it's a low GPA, other times it's a gap in employment. Go over your answer to that question before you go into the interview. Find a way to answer it that is as honest and positive as possible—and then move on. Try to move the interview off the subject, and back onto neutral ground.
- Focus on the positive. Like your resume, your interview answers should focus on examples of your accomplishments. What are you proud of? What did your former bosses praise you for? Did you solve any problems? Expand your responsibilities? Show initiative? Because it's hard to think of examples during the heat of the interview, I recommend going through your resume from top to bottom the day before the interview. Pick out several examples of accomplishments from jobs or internships you have held. Chances are, you will be able to somehow work them into the interview.

I hope these quick tips will help you start to re-energize your job search this year.

What is Wellness?

By Robert Modrall (*American Public University Pre-Law Secretary*)

Wellness is defined by various medical dictionaries in various ways all pertaining to the over physical and mental health of a person.

The Medical Dictionary for Health Professionals and Nursing defines wellness as “A philosophy of life and personal hygiene that views health as not merely the absence of illness but the fullest realization of one’s physical and mental potential, as achieved

through positive attitudes, fitness training, a diet low in fat and high in fiber, and the avoidance of unhealthful practices (smoking, drug and alcohol abuse, overeating).”

Let’s focus on this definition. What is “the fullest realization of one’s physical and mental potential...”? Sounds rather like a meaning of life question to be posed for philosophical debate, does it not? The most noble and altruistic utilization of this potential would be service to one’s community.

At the American Public University Pre-Law Chapter we are doing just that and striving for the fullest realization of “Wellness”. During the fourth quarter of 2013, our Chapter contributed over 250 hours of volunteer service to a variety of philanthropic agencies nationwide and one of our officers received a Presidential Volunteer Service—Gold Star, from the Corporation for National and Community Service.

We hosted an Open House on January 29th and hope to realize some significant growth in membership which will lead to an even greater impact in service to the community. This year, substantial changes will be taking place in the American Healthcare Sector due to the implementation of the Affordable Care Act. We at APU Pre-Law would like to encourage each of you to join us in service. Reach out to your local healthcare provider or social service agency and ask what you can do to help. Tell them that Phi Alpha Delta sent you!

FACT

If you quit smoking by age 40, you reduce your risk of smoking-related death by 90%.

Community Service: Why Volunteer?

- It provides free service so money can instead be used for other local improvements.
- It builds camaraderie and promotes teamwork.
- It promotes personal growth by fostering empathy.
- You learn about yourself, your government, and community. Finding a hidden talent can boost your self confidence!
- You can sample fields you’re interested in and ‘test’ out a career or your personal skills.

Besides making a difference, volunteering provides physical and mental rewards. Moods and emotions, like optimism and joy strengthen the immune system and help reduce stress.



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

—John F. Kennedy

P.A.D. Smoothies

Purple Power Smoothie

This smoothie is full of good-for-you nutrients that gives you the energy you need to get through the day!

- 1/2 cup Greek or Non-fat plain yogurt
- 1 very ripe banana
- 1 cup frozen blueberries
- 1/2 cup of frozen strawberries
- 1 cup of spinach
- 3/4 cup milk of your choice (skim, 1%, or milk substitute)
- 5 ice cubes

Flavor Boosters:

Other berries

Sweetener/Honey (to taste)

1. Blend frozen berries, spinach, banana, ice, and yogurt with pulsing until pureed.
2. Add milk until well blended. Add sweetener if you desire. Enjoy!

Tip: to make it more smooth add more milk and blend until completely smooth.



Craving Curber

This protein smoothie gives you added energy needed before a workout. Also good to curb cravings during your day!

- 1 cup milk of your choice/water
- 1 tsp cocoa powder
- 1-2 tsp of chocolate protein powder
- 1/2 tsp of vanilla extract
- 1 ripe banana
- 4-5 ice cubes

Flavor Boosters:

Sweetener/Honey (to taste)

Mint

1. Blend milk, cocoa powder, protein powder and vanilla until smooth. (Add more milk or water depending on consistency of your shake so far.)
2. Add in banana, ice, and sweetener and blend until smooth.
3. Add mint for a more refreshing taste.



Eating Out and Staying Healthy

Ask for substitutions. If you never ask you will never know. Ask the waiter to see if you can switch for brown rice instead of white, or ask to have your chicken breast grilled with olive oil instead of breaded and fried.

Get it on the side.

Many restaurants put a lot of dressing and sauces on their foods. Ask to have it on the side. That gives you more control. Also ask for low-fat options!

Go for more green.

The more green vegetables in your diet the better! Dark green vegetables have more

antioxidants and are more nutrient rich foods. Go for steamed broccoli or spinach.

Eat protein first. Fill up on the good stuff before you move on to the foods with the less good nutrients. Go from protein, to vegetables, then starches.

Don't fill up on bread. They have the rolls out there in the center for a reason, but don't let them spoil your appetite! If you are having strong cravings go for it, but maybe only half of a roll.

Skip the soda. If you don't like water or can't get over the lack of flavoring try unsweetened tea, diet soda, or even black coffee.



TIP

Food=energy, so eat breakfast every day to power through your morning.



Our Duty to Maintain Good Health—Excerpt

By Jason Michael “Jay” Ross, Esq., (*Paterson, International Executive Board Member-at-Large*)

In New Jersey, January is a difficult month to stay well. Between bad weather, viruses, flu, etc. going around, it’s a wonder anyone can stay healthy. Unfortunately, as I write this I feel a sinus infection coming on. Should I do something, or let it run its course? The answer to this question can minimize the consequences of an illness and have you up and running close to 100% in a shorter period of time. Unless you live in a controlled environment bubble, you are going to be exposed to the elements and whatever is going around in your neck of the woods.

In thinking about this, the following Buddhist quote comes to mind, “To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear. Water surrounds the lotus flower, but does not wet its pedals.” So, as part of our duty to maintain good health what can we do?

We need to focus not only on our physical health, but also on our mental and emotional health. Several examples come to mind, such as better diet and nutrition, getting sufficient rest, focusing on the present exercise (a half-hour of exercise a few days a week goes a long way), having mental stimulation, having a good support

system, positive thoughts and attitudes, and addressing your emotions appropriately rather than suppressing or avoiding them.

Keep your mind limber. Even a busy attorney should occasionally take time out to read something non-law related. Strengthening healthy relationships goes a long way; it’s good for networking and business so work it into your schedule. Continue pursuing your passions. If you’re convinced that there isn’t enough time for outside activities, evaluate the amount of time wasting activity and cut back on things like channel surfing or checking Facebook frequently, and replace at least some of it with other things. Learn how to understand your emotions, where you recognize you are acting out, and have more empathy for others to promote better mental health.



For the full article, visit the online edition at www.pad.org.

FACT

According to the National Sleep Foundation, adults should get 7-9 hours of sleep a night.



“The groundwork for all happiness is good health.”—Leigh Hunt

What to do at the first signs of a cold:

- Stay hydrated
- Stay warm
- Elevate your head
- Use a humidifier
- Remember—if you push yourself, you’ll just be sick longer, so relax!



For students and lawyers in particular, wellness is of utmost importance. The legal profession is recognized as one with high rates of unhealthy habits and mental problems, and pre-law and law students are under constant deadlines and are continuously stressed.

We recognize the importance of wellness in daily life for P.A.D.

members and many Chapters have too. The following Chapters have taken the importance of wellness to a heightened level and integrated it into their personal, professional and P.A.D. lives. They've set the example for what wellness means in our Fraternity.

Wellness Through Community Service

By Eros Miranda (*Florida International University Pre-Law President*)

Phi Alpha Delta is home to many of the brightest and most

We are grateful to P.A.D. for allowing us to contribute to our own individual wellness, the wellness of others, and ultimately the wellness of our communities.

diverse minds in the nation's undergrad education. Through P.A.D., students are not only able to make an informed decision about Law School, but they are also provided with the necessary tools to implement a sense of wellness amongst others. By

We are grateful to P.A.D. for allowing us to contribute to our own individual wellness, the wellness of others, and ultimately the wellness of our communities.

making us efficient thinkers, sharpening our organizational skills, and encouraging us to make a positive change in our communities, P.A.D. embodies endless positive values.

Florida International University Pre-Law Chapter uses P.A.D.'s guidance to not only increase our own wellness, but to better the overall wellness of our communities. Consequently, we consistently participate in numerous community service events that serve that precise purpose.

Our Chapter followed that example by participating in Feeding South Florida, conducting a canned food drive for Broward's Outreach Center, and collecting toys for kids in Little Haiti. We have volunteered in Camilis House, Ronald McDonald House, are raising money for Relay for Life and participated in MLK Day of Service.

P.A.D. not only serves as a positive influence towards helping our Chapter's membership make an informed decision about law school, but has helped each of us become well rounded individuals.



Earning Points Promotes Wellness

Monroe Chapter at Hamline University School of Law was host to their own P.A.D. Health Initiative co-sponsored by Student Health Law Association (SHLA).

At the start of their nine-week program, 25 participants emailed Program Coordinator, Shannon Haugen (*Monroe*), to sign up and classify their fitness level as beginner, intermediate, or advanced,

...the program not only made them feel driven and that they were taking care of their health, but also that they felt that other aspects of their lives improved

and set their fitness goal for the period. To increase participation, three \$50 Amazon gift cards were offered as prizes.

Participants recorded points for the time they spent working

out. On Sunday of each week, they emailed their weekly total to Beth Deines (*Monroe*), the SHLA co-coordinator. The following list helped keep students motivated and on track.

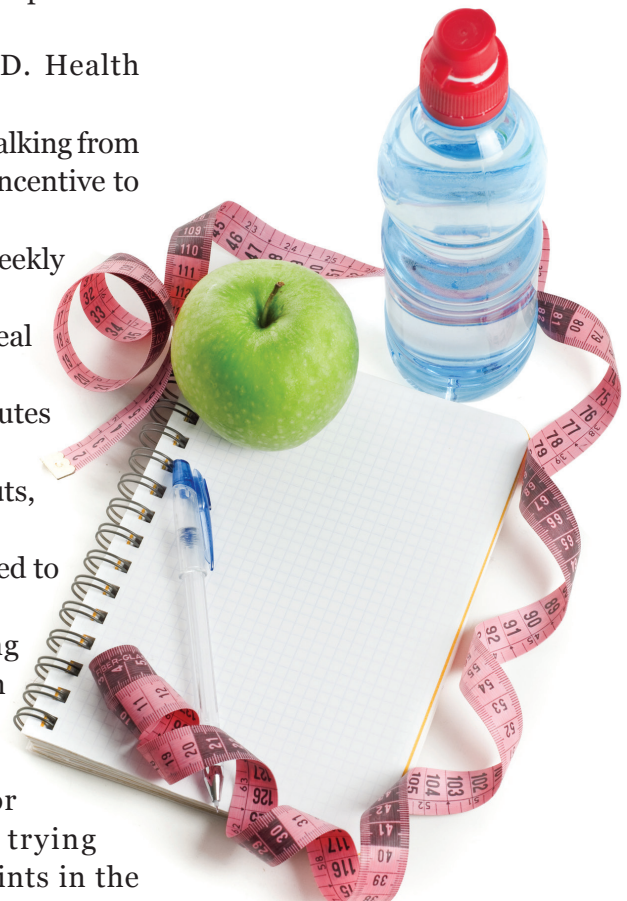
- Keep track of your daily activity using points
- 1 point for every 10 minutes of deliberate exercise, half point for every 5 minutes
- Earn bonus points by participating in the P.A.D. Health Initiative events
- Deliberate exercise includes going for a walk but not walking from your car to class (the program is meant to give you incentive to do activities outside of your normal routine)
- Every Sunday evening, email Shannon with your weekly total of points
- You will receive a weekly health update email with meal ideas, local event information, and campus facilities
- You are encouraged to exercise for at least 10 minutes each day
- There will be several opportunities for group workouts, depending on interest
- Prizes for first, second, and third place will be awarded to those with the highest scores

Students could earn bonus points by participating in the Superhero Dash and a 5K to benefit ALS, which was also a P.A.D. Service Committee event (students could also record bonus points if they tried the recipe that week). The bonus points were used as a motivator to reward students for getting more involved or trying something new (i.e., students could receive bonus points in the

first two weeks for working out at the Hamline fitness center, which is underutilized by the law students).

“I love that this program was such a success! The members that got involved said that the program not only made them feel driven and that they were taking care of their health, but also that they felt that other aspects of their lives improved, especially their studies,” said Matt Bakke (*Monroe Justice*).

The program provided motivation for involvement in on-campus programs. Phi Alpha Delta encourages all Chapters to host wellness initiatives such as Monroe’s. It’s a great way to motivate and promote wellness.



Balance Your Energy, Not Your Time

By Cory Freeman (*Director of Alumni Relations & Communications*)

"I was told in law school one of the most valuable pieces of advice- [life] is not about work-life balance. You will never achieve that. What you need to do is balance your energy."

Mary Fenske (Kellogg), Justice of the Twin City Alumni Chapter (TCAC), lives her life by this advice she heard as a law student. She not only applies this principle to her personal life, but to her life as a P.A.D. and to the TCAC.

As a Chapter, the TCAC participates in the annual March of Dimes 5k. This is their second year participating and training pre-'march'. The Chapter plans to continue to participate in local races and create a P.A.D. weekly running club. However, wellness for the TCAC isn't just about exercise.

"Wellness for our Chapter is making sure we provide our members a variety of opportunities to get involved in P.A.D. and revitalize interests that they put aside in law school," said Fenske.

Fenske finds that P.A.D. is an opportunity for attorneys to increase wellness through socializing as well. Because of increased depression and suicide rates in attorneys, it's important to have

[life] is not about work-life balance. You will never achieve that. What you need to do is balance your energy.

a support group, be it fellow attorneys or P.A.D. brothers and sisters.

"The Centers for Disease Control and Prevention provided CNN with the latest available data on suicide deaths by

profession. Lawyers ranked fourth... [they are also] 3.6 times more likely to suffer from depression than non-lawyers." (Flores, 2014)

Because of this, Fenske believes "It's good for [attorneys] to not be alone and to do activities with other people. If you really enjoy marathon running, we can provide you a group to depend on; it's someone making you accountable. Like fine arts?

We have a place for you to do that too."

As a busy attorney, P.A.D. member, wife and mother of two, Fenske takes every day as a unique challenge to achieve an energy balance.

She finds that "we live in a world where my entire day is billed at six minute increments. I was told you have a choice to view your activities, family and friendships as billable time, or not. [I think of] where I need to put my time in order to not feel completely wiped out at the end of the week. If I'm home with my two sick kids, I'm probably not going to make that time up at work. I understand that's the way it is."

Fenske advises fellow P.A.D.s to find where you succeed most.

"Some people are going to want to spend 60 hours a week in the office because that's where they thrive, that's what resets them," she said.

For her, P.A.D. is an opportunity to thrive, work toward a cause (be it wellness, community service, etc.), and enjoy the company of her brothers and sisters.

It's difficult to reorganize your way of thinking, especially when attorneys tend to think of time in terms of money. Try to take this philosophy one day at a time. Start slowly and take 30 minutes for yourself per day to do something you enjoy, even if it's your favorite part of your job.

This is something Fenske has been able to achieve but with daily focus on the concept. "I stopped worrying about balance. I started thinking that I have 'this much' energy every day. I have to think about where to put that energy today. Tomorrow will always be a different formula."

Flores, R. (2014, January 20). Why are lawyers killing themselves?. Retrieved from <http://www.cnn.com/2014/01/19/us/lawyer-suicides/>



Alden Chapter Attracts Crowd With DOMA Panel

By Henry A. Zomerfeld (*Alden Justice*)

Nothing excites law students more than sitting around scotusblog.com waiting for the next Supreme Court opinion to be released. With the Defense of Marriage Act (“DOMA”), Proposition 8, the Voting Rights Act, and Affirmative Action highlighting the Court’s calendar in 2013, the public watched closely to see how the Court would rule. While same-sex couples and proponents see the recent Supreme Court case *U.S. v. Windsor* as a win, which it is in many respects, scholars contend that the opinion leaves many unanswered questions about same-sex marriage; namely, will it become the law of the land? If so, how? In an effort to expand on those questions and develop the Court’s opinion, the Alden Chapter at SUNY Buffalo Law School enlisted the help of another student organization, OUTLaw, which is an LGBTQ group, and several law faculty members.

In a presentation, titled “U.S. v. Windsor and the Defense of Marriage Act: How Did We Get Here and Where Are We Going?,” three Law School professors, Matthew Steilen, Anthony O’Rourke, and Michael Boucai, discussed a narrow section of the Court’s ruling. About 35 people attended the event, which Phi Alpha Delta and OUTLaw sponsored.

Steilen addressed the Windsor decision from the jurisdictional standpoint and gave an outline of the facts of the case. O’Rourke noted that the Court struck down only Section 3 of DOMA, leaving intact Section 2, which says that states may refuse to recognize same-sex marriages that are conducted in other states.

Finally, Boucai put the Windsor case in context, giving a history of the movement toward same-sex marriage that began in 1992 with Hawaii. Future cases will test unresolved issues, he said, and the issue of Section 2 of DOMA may be resolved legislatively. Boucai noted that a bill called the Respect for Marriage Act, currently before the House, would repeal DOMA in its entirety.

Panelists’ perspectives available from SUNY Buffalo Law School Murky legal status for same sex marriage, November 2013, obtained from: <http://www.law.buffalo.edu/links/2013-November/faculty-doma.html>



For the full article, view the online edition at www.pad.org.

Is Law School Taking Its Toll?

Do you feel like there won’t be an end to your school work? If law school or pre-law classes are overwhelming, you can get help! It is just as important to be physically healthy to go to class as it is to have you’re a healthy mind to do well in class. Mental health care can be affordable if you know where to look. First check your Campus health center and see if they have counseling for reduced rate, or even free! Another option is to visit www.mentalhealthamerica.net, as they have resources to help you find the type of therapy you need locally and at reduced rates.



P.A.D. Pride Video Contest

We want to know why you love Phi Alpha Delta! Let us know in a 30 second video and enter to win registration to the 60th P.A.D. Biennial Convention and National Leadership Conference. Visit www.pad.org for more information.

TIP

For a better night’s sleep remove electronics from the bedroom so they don’t interrupt your sleep cycle.

Getting Out of Our Own Way—Excerpt

By Dan McDowell (Watson, *International Treasurer*)

Here's the abbreviated approach—sit somewhere quietly with little light, somewhere you won't be disturbed. Breathe naturally, and notice your thoughts. When you have a thought, just let it go. We as lawyers think in arguments and logic patterns. For five minutes right now, stop. Don't feel compelled to finish the logic, or the thought. Just be aware of it, and let it go. Your experience might go something like this:

This is ridiculous. I can't stop thinking, thinking is what got me here. I'm good at it. Speaking of what got me here, this chair smells like my cat. I've got to get her to the vet this week. I hope it doesn't cost too much; last time

was ridiculous. Wait. Is this what he means by finishing the thought pattern? Should I stop here? This is ludicrous. Was that a thought? Did I just stop thinking? Or, is noticing that I've stopped thinking, actually thinking?

That's kind of how my first attempt at this went—total failure. But that's OK. There actually is no such thing as failure here. If you keep at this, you'll start to notice when you go off on a tangent. You won't stop yourself, but you'll let things go faster, and this will enable you to move on to important thoughts and analysis. The practice is the endgame—you want to become mindful all of the time. Don't try to control anything. Just be aware.

The goal is not to STOP the thoughts. You can't do that. The goal is to be mindful of the thoughts as thoughts, and not as imminent physical dangers, thereby removing their ability to trigger the stress response.

What you will begin to notice as you do this is that you begin to create "space" between thoughts. This "space" is similar to physical distance in a fight—it gives you the time to respond appropriately.

I'm betting that with just a few weeks of practice, you'll see a difference.



For the full article, visit www.pad.org.



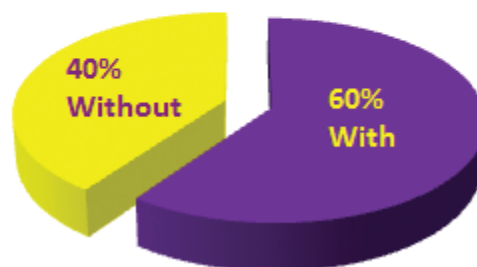
"Without inner peace, outer peace is impossible."
—Geshe Kelsang Gyatso

Your Mental Health

Are the stressors of your law career becoming too much? You aren't alone. According to a Johns Hopkins University study, lawyers are the most susceptible to major forms of depression. A lawyer turned therapist, Karen Caffrey, LPC, JD, practices in CT and focuses on helping lawyers. The consequences of ignoring stress can range from simple dissatisfaction to depression, anxiety, substance abuse (alcohol, drugs, etc.), and problems in personal and family relationships," her website states. If you need help finding a therapist in your area check out these sites you can search for your zip code, state, or even specialty.

- Networkingtherpay.com
- Therapists.psychologytoday.com
- Goodtherapy.org

Adults Suffering From Mental Illness



Source: National Alliance on Mental Illness



NC Alumni Chapter Chartered

By Kimberly Schweigman
(Communications & Alumni Relations Assistant)

The chartering of the Triangle Area Alumni Chapter (TAAC) was the product of a team of dedicated P.A.D. members who wanted to get the most from their membership.

Wayne Wallace, Justice of the newly chartered TAAC, was initiated into Regent University School of Law's Washington Chapter in 2011 and has been passionate about P.A.D. since. As a law student he looked forward to utilizing the P.A.D. network but realized after joining that the camaraderie became just as important as the networking opportunities. During the 2012 Biennial P.A.D Convention, Wallace made the decision to remain active post-law school.

"I knew that wherever I went, I wanted to be a part of Phi Alpha Delta and if I moved to a location that didn't have an Alumni Chapter I wanted to help get a Chapter started," said Wallace.

Last fall, Wallace joined Watkins Alumni Samantha Arrington Sliney, Andrea Plyler and Bonnie Ansley who had already started the process of getting the TAAC chartered. Jesse Bulluck, District 25 Justice, was instrumental in the chartering process as well. Sliney, Plyler and Ansley also attended that Convention where they spent their time gathering information and tips on this endeavor from senior P.A.D.s.

Through his membership, Wallace has found that P.A.D. is all about serving and leadership and through his Justice position he is able to do just that. This being his first leadership position in the Fraternity, he has learned new skills and applied them to his role as Justice.

FACT

The human brain cell can hold five times as much information as the Encyclopedia Britannica.

"Being put into this leadership role pushed me to grow up," said Wallace.

The chartering ceremony on January 11th was attended by chartering members who braved a tornado watch and severe weather to be part of this historic event. According to Wallace they had four RSVPs, two attendees (and a spouse); Spouses of Board members were also in attendance.

The TAAC's Executive Board has simple short-term goals including increasing membership and building strong leadership. They consider this a time of growth but hope in the near future to serve their community

Wallace invites fellow chartering/reactivating Alumni Chapter members to reach out to him if you need advice. The first advice he gives is to utilize social networking sites during the process. It's a great way to connect with potential membership and keep members informed with ease.

For more information and to contact the Chapter, email phialphadeltaalumni.triangle@gmail.com or find them on Facebook <https://www.facebook.com/padtaac>.

NYC Alumni Chapter

The New York City Alumni Chapter is eager to welcome new P.A.D.s to the Chapter! If you're interested in being part of the Chapter and networking with your NYC brothers and sisters, please email padnycalumnichapter@gmail.com.

The Dos and Don'ts of Conflict

- ✓ **Do:** Take time away from the situation and allow yourself to think about the real problem.
- ✓ **Don't:** Speak before you think. You may just say something that you will regret later.
- ✓ **Do:** Focus on one problem at a time.
- ✓ **Don't:** Bring up past issues that have been resolved or multiple issues in one discussion.
- ✓ **Do:** Stand up for yourself and your needs, but also respect the needs of the others in the conflict.
- ✓ **Don't:** Yell or bully the other party into agreeing with you.
- ✓ **Do:** Keep the paths of communication open at all times.
- ✓ **Don't:** Shut down and keep problems to yourself.

You cannot avoid conflict when working with others. Look at differences in opinion as an opportunity to help your team grow. If you can work together and resolve issues with ease, it will foster growth and make for a better work environment.

Conflict in the Workplace

Conflict is unavoidable personally and professionally. We must know how to go from a volatile situation to a resolution quickly and thoroughly.

It is suggested by some communication scholars that the STL-C or Stop Think Listen—Communicate Method is the best way to deal with conflict.

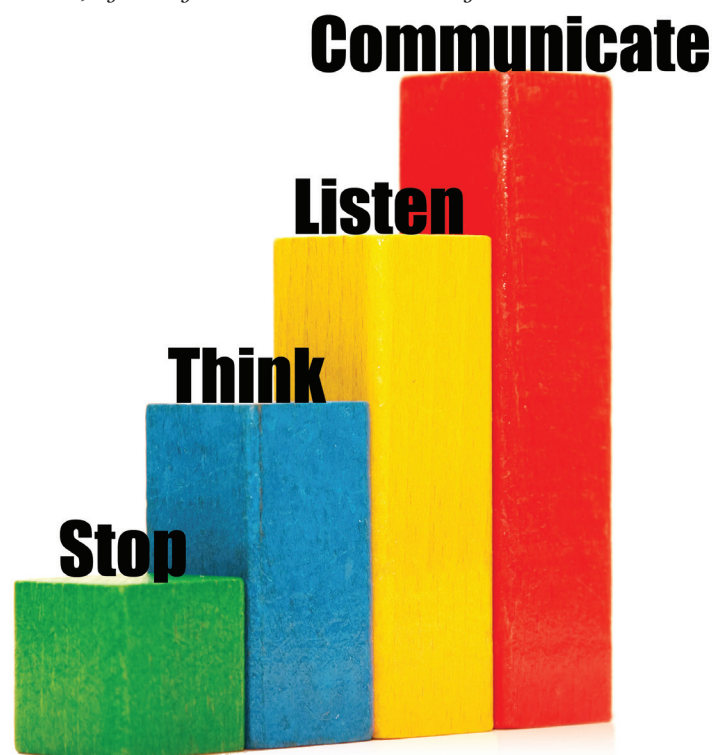
Stop and get a hold of yourself. Count backwards from 100, go for a walk or get a cup of coffee. Just calm down before you do or say something in the heat of the moment you will regret later on.

Think about what you want and what the other person likely wants. Think about how your actions will affect the situation. Think about how to approach the situation once you return to the conversation.

Listen to the other person's requests and point of view, then say how you feel about the situation and your requests. Don't interrupt! Pay attention and try to see the conflict from the other's point of view.

Communicate. Hear each other out and try to cooperate. Discuss the problem, try to keep an open mind and keep trying to relate to one another's point of view.

For more info about this method or other conflict negotiation methods check out Managing Conflict through Communication (5th Edition) by Dudley D. Cahn and Ruth Anna Abigail.



Staying Healthy at Work

Desk jobs make it easy for people to slip into sedentary routine. Most of the time it's comfortable, you have easy access vending machines and as the day wears on, you may go out for happy hour, drink your calories, and eat those discounted appetizers. Staying healthy at the office doesn't have to be challenging even with this easy-to-slip into routine.

Think about your average day and consider what you are doing that isn't working for your physical health. You know you're not moving until lunch, so change that! Make excuses to get up and move around, for example, don't keep paper clips or a stapler at your desk. Leave them in the copy room so you have an excuse to get up a couple times a day.

You also know you're going to want to snack.

Prepare for it! Stock up each week with a new set of snacks.

If you keep nuts and dried fruit in your desk for a month, you're going to get sick of it and you'll

start to think about what's in the vending machine.

You can still go out after work, just be mindful that alcohol=calories. Instead of three beers, have a glass of red wine; in moderation, it can even be heart healthy! If you're going to drink more, consider that each drink can range from upwards of 200 calories.

Challenge yourself. Don't get comfortable in what's easy and routine for you. Consider the amount of time you'll be spending in the office, at your desk all day and think about how you can use that time to better your overall health.



"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment."—William Penn



Lunch Break Workout

- 1. One-minute Jumping Jacks.** Doing a short high intensity workout does more for you than a low intensity long work out. Go and get your blood pumping!
- 2. 30-60 second Wall Squats.** Doing Wall Squats gives a work out to your core middle and lower body.
- 3. 20 Desk Push-Ups.** Build your upper body strength with Desk Push-ups they are easier than pushups and you have all the equipment you need in your office!
- 4. Sitting Neck Stretches.** Sitting up straight in your chair and turning your head from left to right slowly and holding for a few seconds realigns your spine and reduces pressure on your nerves in your neck and shoulder area.
- 5. Sit on an Exercise Ball.** It not only works your core, but also helps you work on your balance. Just be careful to not fall off!

According to the U.S. Bureau of Labor Statistics, if you work for approximately 40 years, you will spend 92,000 hours working in your lifetime. That is the equivalent of working 10 ½ years straight, 24 hours a day, with no breaks.

Starting Law School The Right Way

Go into class on your first day thinking about the exam. What's tested in law school isn't necessarily what's taught. Consider what you really need to know from the start, and save your energy by focusing on that.

UNLV Pre-Law Starts a New Legacy

By Brittnei Griffith (*UNLV Pre-Law Vice President*)

University of Nevada Las Vegas Pre-Law Chapter has welcomed a new Executive Board and Committee Chairs this year. Our new leaders have been fervently preparing and drafting events that will capture the attention of the student body and get P.A.D. members excited about a career in law.

We will be hosting our first 'Pre-Law Week', in collaboration with the University's Pre-Law Department and P.A.D.'s Weiner Chapter, which will run from February 10th to the 13th. Our goal is to inform the student body and our members about what a career in law really entails. During this week, the E-Board and chairs have planned an LSAT workshop, invited William S. Boyd School of Law's Director of Admissions to explain the law school application and admissions process and planned a legal professional panel, comprised of lawyers practicing in various fields and alumni from UNLV's law school. The week will conclude with a Weiner Chapter/ UNLV Pre-Law Chapter mixer.

'Pre-Law Week' will surely be the highlight of our semester, but we are continuing to meet and discuss various other activities that can help students make a more informed decision regarding law school, while also better preparing those students that have chosen that path. We are ecstatic for the upcoming semester and eager to bring the Fraternity to new heights.

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Former MSC Becomes Partner

Simon J. Patry (*Willis, Former Executive Office MSC*) has recently been elected to partnership of the law firm Dysinger & Associates, LLC, now known as Dysinger & Patry, LLC, which is a five attorney full service law firm located at Tipp City, OH, a suburb of Dayton. Simon is also active in the community and recently concluded his term as Chairman of the Board of Directors of the Tipp City Chamber of Commerce, is the President of the Tipp City Rotary Club and is an advisory board member of the Private Enterprise Partnership.



Creating and Maintaining Job Satisfaction

You spend such a large part of your life at work, so it's important for your emotional well-being to be satisfied, not only in the work you're doing but in your environment.

1. A key component in work-life satisfaction is self awareness. If you know your triggers, strengths, weaknesses, and personality type you can more easily work toward your job satisfaction. This can be a huge task! Take some online tests to help you determine your personality type including your level of extroversion, dominance, steadiness and intuition.

2. Maintain a balanced lifestyle. If your body and mind are on a regular schedule, you're emotions are more likely to remain steady (i.e. regular sleep patterns, healthy diet, exercise, social interaction, etc.). Staying healthy will keep you consistent which will translate into your ability to focus on your work satisfaction.

3. Have good relationships with your coworkers. It isn't realistic to have perfect relationships with everyone, but part of your work satisfaction is helping to provide it to others. If everyone is satisfied and respected, your work environment will be much healthier. Don't be passive aggressive if you have an issue. Confront people in a calm, professional manner if issues arise. This is one of the biggest causes of conflict in an office!



"The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind."

—G.K. Chesterton

4. Keep your job interesting!

Do nice things for your coworkers, be it bringing in treats or giving praise on a job well done. You'll feel great when they thank you and they might even do the same in return! Overall, it feels good to be a positive. Try once a week to do something or say something nice to a coworker.

Personality Tests:

1. Myers-Briggs

2. The Keirsey Test

3. DISC Personality Test

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Chapter Updates



LaBrum Chapter initiated 88 members on September 20, 2013. Initiates took the oath in their new moot court room and enjoyed a private P.A.D.-only reception afterwards. They hosted a “Professionalism Series” with peer-guided resume building and exam prep round-tables, a food drive that benefited ‘America Eats’ and established a 1L Representative program.

Truman, Dunbar, and Seattle Alumni Chapters

initiated Associate Chief Justice of the Washington State Supreme Court, Charles Johnson on October 10th. A friend of the fraternity for years, the Chapters were honored to welcome him as a member.



Madison Chapter

welcomed new members on October 21st.



Stetson University Pre-Law Chapter

What is wellness? Is it the determination to go to the gym and get healthy? Or maybe eating salad instead of french fries? For Stetson University Pre-Law Chapter, wellness was Chapter growth. This past semester Stetson University welcomed 25 new initiates, a great start to building a stronger, healthier Chapter.

University of New Mexico Pre-Law Chapter is planning to host a mixer this semester at UNM School of Law and is working with the Mexican American Law Student Association and P.A.D.’s McManus Chapter to provide mentorship and guidance for members.



James Madison University Pre-Law Chapter

welcomed 46 new members in the fall and partnered with RISE, a local faith-based organization that helps give back to the community through their collection of non-perishable items to families and children in need. For the full article, visit www.pad.org.

Barry University Pre-Law Chapter hosted ‘Raising Dough for P.A.D.’ They partnered with Krispy Kreme Doughnuts for the second time this year to raise funds for Chapter operations.

Buffalo Alumni Chapter members gathered for their annual, signature event, Founder’s Day Brunch. Two members of Niagara Frontier Alumni Chapter also attended.



From the
P.A.D Archives



P.A.D's 60th Biennial Convention and National Leadership Conference will take place from July 30-August 2, 2014 and will be held at the DoubleTree Resort by Hilton Hotel-Paradise Valley in Scottsdale, Arizona.

This is an event you do not want to miss! At Convention, delegates have the opportunity to help shape the future of Phi Alpha Delta, develop leadership skills, and make new friends. For more information and to register, contact the Executive Office at 410-347-3118 or info@pad.org



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P.A.D. Day at the Supreme Court

The 48th P.A.D. Day at the Supreme Court will take place
on Monday, June 2nd, 2014.

P.A.D.s from across the country will travel to Washington, DC
to be admitted to practice before the United States Supreme
Court. This is a momentous event and great opportunity to
become a member of the U.S. Supreme Court Bar and network
with your fellow P.A.D. alumni.

For more information contact Cory Freeman
at cory@pad.org or 410-347-3118.

