



August 2016

Vol. 33, No. 8

THE DICTA

The Docket

August 25 (Thursday)
DAYL Freedom Run Committee Meeting
Noon, Belo Mansion

August 25 (Thursday)
DAYL Social
6:30 p.m., Luke's Locker (Lakewood)

August 26 (Friday)
DAYL Solo & Small Firm Committee Meeting
Noon, Belo Mansion

August 29 (Monday)
DAYL Charity Ball Committee Meeting
6:30 p.m., McGuire Craddock & Strother

August 31 (Wednesday)
DAYL Freedom Run Committee Meeting
Noon, Belo Mansion

August 31 (Wednesday)
DAYL Moms in Law Special Interest Group Meeting
12:15 p.m., Ziziki's (Preston Hollow)

September 7 (Wednesday)
DAYL Judiciary Committee Meeting
Noon, Belo Mansion

September 10 (Saturday)
Deal Boot Camp
10:00 a.m., UNT Dallas College of Law

Let Luke's Locker Help You From Your Couch to a 5K

The DAYL Wellness and Social Committees invite you to join us **Thursday, August 25th** from 6:30 to 8:30 p.m. at **Luke's Locker Lakewood**, 7317 Gaston Avenue, Dallas, TX 75214, for free drinks, appetizers, and networking. Luke's Locker's team of professionals will provide assistance to help you select a running shoe that is best for your running style.

This will also serve as the DAYL Wellness Committee's kick-off event for a Couch to 5K, which is a guided pro-

gram that is designed to get you in shape to run the 5K **Freedom Run** on **September 24th**. Attendees will receive a 15% discount on store products purchased that evening during an exclusive, after-hours shopping opportunity.

The cost is \$3.00 for DAYL members and \$5.00 for non-members. RSVP to **Cherie Harris** (cherieh@dayl.com).

If you are interested in the Couch to 5K program, but will be unable to attend the Social, email **Hansary Laforest** (hansary.laforest@laforestlaw.com) for a program schedule.



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Copy Deadline for September Issue:

August 25, 2016

Justin R. Gobert

Email: justin.r.gobert@gmail.com

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From the President

Avoiding Burnout



Stephanie K. Gause

One of the keys to maintaining mental health includes allowing yourself to take a break from work. Whether it be an extended vacation somewhere far away, or just a staycation lounging poolside near your home, we're better able to serve our clients when we allow ourselves time to recharge.

In the month of August, most of Europe shuts down as its residents go on an extended "holiday" from work. In the U.S., however, corporate culture typically prevents us from getting away from the office, even for a short time. Women's Health reported that more than 40% of Americans didn't take even one day off last year. Studies show this can be detrimental to your health. Women who go on vacation are up to three times less likely to be depressed and have half the risk of experiencing a heart attack.

Even a short getaway has been shown to enhance mental resilience and lead to increased productivity. According to "How to Succeed in Business Without Working So Damn Hard," the "best ideas people ever get are when they're away from work." Not only is vacation good for your personal well-being, but it allows you the time to take a step back and consider innovative approaches to improve your work product.

Travel is something that is very important to me personally. At age 35, I've visited 41 countries and I can't wait to explore even more. Every year, I try to go somewhere far away and appreciate the advice credited to the Dalai Lama: "Once a year, go someplace you've never been before." I use my vacation time to reflect on life and recharge. I come back to the

office feeling better able to tackle the daily challenges of being a lawyer. I believe I'm a better advocate for my clients by allowing myself time away.

Not everyone feels they can get away from the office for an extended period of time, and even if they wanted to travel, their firm or employer wouldn't permit it. If that's the case, make sure you're at least working in short breaks — even something as minor as getting away for lunch. Not eating at your desk and socializing with others over lunch has been shown to increase productivity and happiness in the workplace. We're all busy, but for the sake of your well-being, try to take even a small amount of time for yourself. And remember, "the journey not the arrival matters." T.S. Eliot

Stephanie Gause is a Partner at Frost Brown Todd practicing in Real Estate.

**Register a Corporate Team
for Freedom Run (up to 5
runners or walkers)**

**Registration Deadline is
September 16, 2016.**

**Contact Cherie Harris
(cherieh@dayl.com) for
information.**

DAYL ONE TO WATCH

Shruti Krishnan has been selected as the August 2016 DAYL One to Watch! To find out why, visit www.dayl.com.

DAYL Dinner with the Judiciary: Ethical Issues that Arise in Trial

On September 13th, join the DAYL Judiciary Committee for its annual Dinner with the Judiciary. The Dinner is one of DAYL's signature events as all Dallas Judges are invited to attend to mix and mingle with DAYL members. This year, **The Honorable Joe Kendall (Ret.)** of Kendall Law Group, LLP, **The Honorable Ken Tapscott** of County Court at Law No. 4, and **Britta Stanton** of Lynn Pinker Cox & Hurst will discuss "Ethical Issues that Arise at Trial." **Rod Phelan**, of Baker Botts LLP, will moderate

the panel, which will focus on ethical issues that arise in the heat of trial, including those related to communications with jurors, settlement decisions during trial, use of social media, and Batson challenges.

The Dinner will be held on **Tuesday, September 13th** at **The Tower Club**, 1601 Elm Street, Ste. 4800 (Thanksgiving Tower), and will begin with a cocktail hour with many Dallas Judges at 5:45 p.m. Dinner and the presentation will start at 7:00 p.m. and will conclude at 8:00 p.m.

DAYL thanks the accounting and finance

advisory firm, **Park Hartman**, for sponsoring this event.

The cost to attend is \$30 per person and includes dinner and one hour of ethics CLE credit. Payment can be made by visiting <http://2016DAYLJudiciaryDinner.eventbrite.com> or by sending payment, payable to DAYL, to Cherie Harris, DAYL Executive Director, 2101 Ross Avenue, Dallas Texas 75201.

Please contact **Cherie Harris** (cherieh@dayl.com) for more information. Registration and payment must be made by September 8th.

DAYL Provides Deal Boot Camp for Transactional Attorneys

DAYL will present a Deal Boot Camp for transactional attorneys on **Saturday, September 10th** from 10:00 a.m. until 2:15 p.m. at UNT Dallas College of Law, located at 1900 Main Street in Dallas. Registration and breakfast begins at 9:30 a.m.

The Deal Boot Camp will feature several presentations particularized to young

lawyers who want to hone their transaction and deal skills, with an emphasis on negotiation skills. Topics include Negotiation Tips, Reps, Warranties, and Covenants, and a Negotiations Seminar featuring in-house and outside counsel deal teams. The Deal Boot Camp will also feature two interactive sessions so attendees can have an experiential learning op-

portunity. Participants will negotiate representations and warranties covering litigation, financial statements, contracts, and permits and approvals.

Direct questions and RSVP to **Cherie Harris** (cherieh@dayl.com). There is no cost for DAYL members to attend.

Attendees are expected to receive 3.75 hours of CLE credit.



On June 20, 2016, DAYL Presented a Small Business Symposium to provide minority- and women-owned business owners with legal information related to their small business. Topics included employment law, insurance, contracts, and succession planning. Booklets with articles on many of these topics were provided to all attendees and are also available on the DAYL website, under Resources. Thank you to the Texas Young Lawyers Association for providing a grant to make this event possible.



In June, DAYL members enjoyed an evening at Paint Nite to help raise money for Communities in Schools - Dallas Region. The event raised \$750 and was the final fundraising event of the 2015 DAYL Leadership Class, who also organized Bridge Bash in April. Attendees painted Starry Night - Dallas edition.