

# NORFOLK & PORTSMOUTH BAR ASSOCIATION

## BAR BULLETIN

Volume XLV  
Number 1

January -  
February 2020

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Preregistration required  
for all NPBA Events  
622-3152  
npbamail@gmail.com

## PRESIDENT'S MESSAGE - TIME FOR GRATITUDE



Charles M. Lollar

As I write, 2019 is in the rearview mirror. Reflecting on this past year, Dickens' description of events in London and Paris almost 250 years ago come to mind: "It was the best of times. It was the worst of times."

*It was the best of times.* The best sometimes gets overshadowed by the worst, so perhaps we have to look a little harder. Interest rates continue to reach all-time lows. Our economy is strong and GNP is the largest in the world and continues to grow, reaching an all-time high of 19409.89 USD billion in the third quarter of 2019, six billion more than the second highest country. The current account deficit narrowed by \$8.0 billion, or 5.9 percent, to \$128.2 billion in the second quarter of 2019. Congress in a refreshing bipartisan vote, approved the largest infrastructure improvement

in history. We had more renewable energy projects than ever, and the future of solar energy is as bright as the star we call the sun. We continue to make significant strides in the fight against cancer, AIDS and Alzheimer's. The U.S. women's national soccer team again became World Champions, earning their place as the most successful national team in the history of the Women's World Cup.

*It was the worst of times.* High water in Hampton Roads is becoming a weekly event. Whether due to climate change or hundreds of years of fill coming back to haunt us, the events are real. As are active shooters/mass shootings. The number of shootings/mass shootings across the U.S. in 2019 outpaced the number of days this year, according to a gun violence research group. Before the year has ended, 2019 has already had more mass shootings than any year since the group began keeping track. The Second Amendment is in the crossfire, and friends became polarized over these issues. The trade war with China, rising tensions in the Middle East and fears over the health of the global economy have unsettled markets, and led the Federal Reserve to lower interest rates. The 45th President of our republic has been impeached by vote of the House of Representatives.

With so much contrast between "best" and "worst", as we move through the end of our calendar year from a week of "thanks" in November to the season of "giving" in December, I find myself thinking about what resolution I should make for the New Year. I have to admit that I've not been consistent in making resolutions, or in keeping them. But as I look to 2020, the times seem to be crying out for something special. One resolution that is easy to make and easy to keep. I resolve daily to have *gratitude*.

I believe gratitude is the most powerful emotion in the human psyche. It has been described as the "Power of Great-Fullness." When Mary Jane Ryan first decided to write about gratefulness two decades ago, she found the only books on the subject were religious, and none supported by scientific research. What she did was think deeply about the effects of gratitude on herself and

(Continued on page 2)

## UPCOMING EVENTS

### JANUARY LUNCHEON

Wednesday, January 15, 2020, 11:45 AM

Hits at the Park, Harbor Park

Hon. Kenneth C. Alexander

Mayor, City of Norfolk

and

(immediately following luncheon)

The Crisis in Mental Health in the Courts

1:00 - 2:00 PM • 1 CLE Credit

### FEBRUARY LUNCHEON

Thursday, February 20, 2020, 11:45 AM

Hits at the Park, Harbor Park

Robert Cross, Exec. Dir., Virginia Arts Festival  
and

(immediately following luncheon)

Magistrates in Norfolk Circuit Court:

Who Are They and What Do They Do?

1:00 - 2:00 PM • 1 CLE Credit

## NORFOLK & PORTSMOUTH BAR ASSOCIATION

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### (President's Message continued)

others, and wrote about that in her book, *Attitudes of Gratitude*. She noted that there has since been an explosion of research on the science of gratitude, in part due to the positive psychology movement. Ryan concludes that gratitude is *magic*, "because it is one of the truly free, unbelievably simple ways to experience a sense of well-being and contentment on an ongoing basis. And research has confirmed the emotional and physical benefits of giving thanks. Thoughts of gratitude activate the brain's left prefrontal cortex and flood us with "feel-good" hormones, improving our mood and strengthening our immune system. Ryan believes there are no better qualities to cultivate, "particularly *these days* when there is so much division, nastiness and outright hatred being not just condoned, but encouraged." *That* observation was made twenty years ago; today, stronger words might be more appropriate.

In the August 2013 issue of the *Journal of Clinical Psychology*, Dr. Robert Emmons (UCLA-Davis) and Robin Stern (Yale Center for Emotional Intelligence) note that "Unlike other positive emotions like hope and happiness, gratitude is inherently relational: it reaches past the person experiencing it and into the social realm. It is gratitude in large measure that inspires people to acts of kindness, since it's natural to respond to gifts with heartfelt gifts of your own. And that strengthens your bonds with other people. Grateful people are rated by others as more helpful, outgoing, optimistic, and trustworthy. ("Gratitude as a Psychotherapeutic Intervention")

We are thankful for what we receive, but also have a stronger kind of gratitude for what we give. Gratitude turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a stranger into a friend. (Melody Beattie).

Being grateful for what I have, with less concern for what I don't, rather than take things for granted in the New Year, I resolve to take them *with gratitude*.

As an attorney and member of the Norfolk & Portsmouth Bar Association, I am thankful for:

- The Rule of Law
- Freedom of speech and expression
- Separation of church and state
- Our noble profession and those that work so hard to keep it so
- All those regularly engaging in *pro bono* work to provide access to justice those who can't afford to pay...especially The Legal Aid Society of Eastern Virginia, its director and staff
- Volunteer members of the hard-working committees of our bar association, and attorneys who lead them
- The many judges in our local state and federal courts who actively support our Association by attending our functions and engaging our members
- All the law firms in our community who encourage their attorneys to join and become active in our association; especially those that have consistently supported our Association for decades
- Our Executive Director, Donna Bausch, for her many years of hard work and commitment in service to the Norfolk & Portsmouth Bar Association

Best wishes to all for a healthy, happy and prosperous 2020, with the magic of *gratitude*.

## THE PRO BONO CORNER

*Caryn R. West, Chair, Pro Bono Committee*

Happy New Year! This month, I am asking for volunteers for a potential new program being explored by our very own retired Judge Louis A. Sherman. He is looking for volunteers for a potential immigration clinic or project. Because it's in the planning stages, attorneys with previous immigration law experience are preferred at this time. Interested? Send me an email at [cwest@pzlzlaw.com](mailto:cwest@pzlzlaw.com).

**Pro Bono Spotlight:** This year, please look for an email from the NPBA inviting you to join Legal Aid Society of Eastern Virginia's (LASEV) Private Bar Portal. The email will contain a link to the portal and invite you to register. If you're already registered, great. The goal is not just to introduce you to cases that LASEV puts on the portal, but also to create a list of attorneys who are willing to take on cases in their own fields. Therefore, we will be encouraging attorneys to complete the portion of their profiles that states what kinds of cases they are willing to take. Although there are cases such as uncontested divorces or uncontested guardianships that are available on the portal, Legal Aid is hoping to build a list of attorneys to whom they can refer cases to directly. Don't want to wait for the email? Send an email to Tameeka Williams today at [tameekaw@laseva.org](mailto:tameekaw@laseva.org).

Contact Norfolk Law Library at 622-2910 • [www.norfolklawlibrary.org](http://www.norfolklawlibrary.org)

Hello from the Norfolk Law Library,

We wish you all a wonderful start to the new year.

2020 brings more changes to the Norfolk Law Library including a new Associate Law Librarian, Eleanor Mullens. Eleanor brings with her a strong background as a paralegal in the U.S. Army and experience in academic law libraries. She will be graduating with a MSLS from UNC in 2020.

We have also updated our website recently; please try it out at [www.norfolklawlibrary.org](http://www.norfolklawlibrary.org).

We thank you all for your support we are looking forward to serving your research and information needs.

The Norfolk Law Library would like to thank the following Friends for their generous support:

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#### Gold (\$500-\$749)

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Willcox & Savage, P.C.

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#### Other contributors

Steven A. Mirman

This list includes donors July 1, 2019, through December 19, 2019.

## ANNOUNCEMENTS

**John T. Midgett** recently received the 13th annual Barron F. Black Community Builder award from the Hampton Roads Community Foundation. The award honors a professional advisor for outstanding community service, support of philanthropy and dedication to improving life in Hampton Roads. Midgett is founder and a shareholder in **Midgett Preti Olansen**, which specializes in estate planning, estate administration and taxation, estate and trust litigation, and family business planning. Midgett is an advocate for philanthropy in Hampton Roads where he has led the regional Estate Planning Council, Gift Planning Council, Financial Planning Association and the Society of Financial Service Professionals plus two Virginia State Bar sections. He recently was elected secretary of the National Association of Estate Planners & Councils. At HRCF, he is a member of the Professional Advisors Committee and Community Leadership Partners. As part of Midgett's award, HRCF presented a \$5,000 grant in his honor to a nonprofit he recommended – Edmarc Hospice for

Children. The community builder award is named for Barron F. Black, who served as the foundation's first board chair from 1950 until his death in 1974. He was a founder of Vandeventer Black LLP and was a philanthropist and community volunteer.

**Willcox Savage** is pleased to welcome five new associates to the firm. **Varun Chari** is in the Commercial Real Estate practice group. He is a 2019 graduate of the University of Illinois College of Law. Varun earned his B.S. degree from the University of Wisconsin in 2012. **Bethany Fogerty** is in the Commercial Litigation practice group. She is a 2019 graduate of William & Mary Law School. Bethany earned her B.A. degree from the College of the Holy Cross in 2016. **Stephanie Lauterbach-Diaz** is in the Corporate, Securities and Finance practice group. She is a 2019 graduate of William & Mary Law School. She earned her B.A. degree from the College of William & Mary in 2016. **Matt Sarfan** is in the Labor and Employment practice group. He is a 2019 graduate of

William & Mary Law School. He earned his B.A. from James Madison University in 2016. **Paris Thompson** is in the Catastrophic Loss practice group. He is a 2018 graduate of the College of William and Mary School of Law. Paris earned his B.A. degree from Old Dominion University in 2014.

**Williams Mullen** is pleased to announce that 54 attorneys have been named among the state's "Legal Elite" for 2019 by Virginia Business magazine. The following Williams Mullen attorneys who are NPBA members have been named to the "Legal Elite":  
Norfolk — **Patrick C. Devine, Jr.** - Health Law; **Alyssa Carducci Embree** - Real Estate Land Use; **Howard E. Gordon** - Real Estate Land Use; **Christine N. Piersall** - Taxes Estates Trusts; **Shane L. Smith** - Taxes Estates Trusts; Virginia Beach — **David C. Burton** - Labor Employment - Young Lawyer; **Craig L. Mytelka** - Intellectual Property Information Technology.

## YOUNG LAWYERS SECTION

By Jamilah D. LeCruise, Chair • [jdlecruise@lecruiselaw.com](mailto:jdlecruise@lecruiselaw.com) • 627-5215

### Giving A to Z

Thank you to all of the NPBA members who donated toys and made in-kind contributions at the holiday party. With these contributions, the Young Lawyers Section was able to brighten the season for members of the Boys & Girls Clubs of Southeast Virginia.

Giving isn't just for the holiday season. Why not make a resolution to find out about a local non-profit or pledge to get involved in a new community service project?

Here are some great organizations serving Hampton Roads.

**Achievable Dream Academies**  
[achievabledream.org](http://achievabledream.org)

**Boys & Girls Clubs of Southeast Virginia**  
[bgcseva.org](http://bgcseva.org)

**Connect with a Wish**  
[connectwithawish.org](http://connectwithawish.org)

**Daniel's Grace**  
[danielsgrace.org](http://danielsgrace.org)

**Equi-Kids**  
[equikids.org](http://equikids.org)



Jamilah LeCruise

**Foodbank of Southeastern Virginia**  
[foodbankonline.org](http://foodbankonline.org)

**Girl Scouts of the Colonial Coast**  
[gscgcc.org](http://gscgcc.org)

**Hope House Foundation**  
[hope-house.org](http://hope-house.org)

**Impact Fund – Peninsula Community Foundation**  
[pcfvirginia.org](http://pcfvirginia.org)

**Junior League of Norfolk/Virginia Beach**  
[jlnvb.org](http://jlnvb.org)

**Kennedy's Angel Gowns**  
[kennedysangelgowns.org](http://kennedysangelgowns.org)

**Legal Aid Society of Eastern Virginia**  
[laseva.org](http://laseva.org)

**Mercy Chefs**

[mercychefs.com](http://mercychefs.com)

**Navy Special Operations Foundation**  
[nsofoundation.org](http://nsofoundation.org)

**Operation Smile**  
[operationsmile.org](http://operationsmile.org)

**Project Lifesaver International**  
[projectlifesaver.org](http://projectlifesaver.org)

**REACH – Reading Enriches All Children**  
[reachreads.org](http://reachreads.org)

**Samaritan House**  
[samaritanhouseva.org](http://samaritanhouseva.org)

**Teens with a Purpose**  
[twpthemovement.org](http://twpthemovement.org)

**Union Mission Ministries**  
[unionmissionministries.org](http://unionmissionministries.org)

**Vanguard Landing**  
[vanguardlanding.org](http://vanguardlanding.org)

**Western Tidewater Free Clinic**  
[wtfreeclinic.org](http://wtfreeclinic.org)

**YWCA of South Hampton Roads**  
[ywca-shr.org](http://ywca-shr.org)

**Zoological Society**  
[virginiazoo.org](http://virginiazoo.org)

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## PRO BONO OPPORTUNITIES WITH THE UNITED STATES DISTRICT COURT FOR THE EASTERN DISTRICT OF VIRGINIA

At times, the Judge assigned to a civil pro se case in our local Federal Courts may determine that the appointment of counsel would help to facilitate the administration of justice. In order to aid in the attorney search process when such circumstances arise, the Norfolk and Newport News Divisions of the United States District Court for the Eastern District of Virginia maintain a list of volunteer attorneys and/or law firms who may be willing to represent such plaintiffs, on a pro bono basis. The majority of cases requiring counsel will likely involve civil rights claims brought pursuant to 42 U.S.C. § 1983; however, representation may be needed in other types of civil cases.

When the Court determines that the appointment of counsel is necessary, the Court will reach out to an attorney or law firm contact from its list of volunteers, provide a summary of the factual allegations of the case, identify the involved parties, and allow the potential volunteer a reasonable amount of time to determine whether he or she is willing and able to provide representation

If you or your law firm would like to be added to the list of volunteers, please send your contact information in writing to:

Angela Farlow, Supervisor  
United States District Court  
Eastern District of Virginia, Norfolk Division  
600 Granby Street  
Norfolk, Virginia 23510  
[Angela\\_Farlow@vaed.uscourts.gov](mailto:Angela_Farlow@vaed.uscourts.gov)

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/s/

Mark S. Davis  
Chief Judge



## JANUARY LUNCHEON

**Wednesday, January 15, 2020**

**Hits at The Park, Harbor Park**

**11:45 AM**



**Honorable Kenneth C. Alexander**  
Mayor, City of Norfolk

Kenneth Cooper Alexander was elected Mayor of the City of Norfolk on May 3, 2016.

A native of Norfolk and president of Metropolitan Funeral Service, he began his public service career more than two decades ago. Before election as mayor, Dr. Alexander served in the Senate of Virginia where he was a member of the committees on Commerce and Labor; Finance; Transportation; and Privileges and Elections.

He also served on the Hampton Roads Transportation Accountability Commission, the High-Speed Rail Compact Commission

for Virginia and North Carolina, and the Joint Commission on the Future Competitiveness of Virginia Higher Education. Dr. Alexander was recognized as an environmental leader by the Sierra Club and earned high marks for his voting record from the Virginia AFL-CIO and the Virginia Education Association.

Before election to the Senate, he represented Virginia's 89th District in the House of Delegates for ten years, where he served as Chair of the Virginia Legislative Black Caucus. Prior to election to the General Assembly, Dr. Alexander was a member of the Norfolk Economic Development Authority, City Planning Commission (vice-chair), and Human Services Commission.

Dr. Alexander served as president of Berkley's Beacon Light Civic League and helped found the Beacon Light Community Development Corporation. During his tenure, to increase homeownership and address a critical need for affordable housing, he worked to create a Federal Home Community Housing Development Organization (CHDO) to serve as the local partner for HUD's HOME Investment Partnerships Program. The Beacon Light CHDO was established in 1998 and charged with building single family homes through the

City of Norfolk's Housing for Homeownership program. Dr. Alexander served as its first president.

He is a member of the Greater Norfolk Corporation, Hampton Roads Planning District Commission, Hampton Roads Transportation Planning Organization, Hampton Roads Transportation Accountability Commission, Hampton Roads Military and Federal Facilities Alliance (past chair), the Norfolk Chapter of the FBI Citizens Academy Alumni Association, the Berkley Historical Society, and an alumnus of the Sorensen Institute for Political Leadership.

A 1985 graduate of Lake Taylor High School, Dr. Alexander earned his Associate's Degree in Applied Science from John Tyler Community College, his undergraduate studies in Political Science at Old Dominion University, and a master's degree in Diplomacy from Norwich University. In 2019, he was awarded a Doctorate in Leadership and Change from Antioch University. His dissertation was titled: *Developing and Sustaining Political Citizenship for Poor and Marginalized People – The Evelyn T. Butts Story*.

Dr. Alexander and his wife, Donna Burnley Alexander, have two school-aged sons, Kenneth II and David.

## FEBRUARY LUNCHEON

**Thursday, February 20, 2020**

**Hits at The Park, Harbor Park**

**11:45 AM**



**Robert Cross, Executive Director  
& Perry Artistic Director**  
Virginia Arts Festival

Robert W. Cross founded the Virginia Arts Festival in 1997 and has served as its only Executive Director and Artistic Director. During his tenure, the festival has grown into one of the major arts events on the East Coast, transforming the cultural life of Hampton Roads and making the area a cultural destination for travelers from around the world.

*The Washington Post* has called the Virginia Arts Festival the "Tidewater Tangletwood." Since its inception, the festival has tripled in size and attendance.

The Virginia Arts Festival is a public-private partnership that receives support from area governments as well as corporations, foundations and individuals. The Festival has also become a provider of arts

education throughout southeastern Virginia. More than 30,000 area young people are reached each year through special performances for students, master classes, and workshops.

Cross graduated from the New England Conservatory of Music and has recorded for Naxos, Northeastern Records, NPR Classics, Albany and New Albion. Cross has also enjoyed a long association with the Virginia Symphony Orchestra. He joined the orchestra in 1981, and six years later was made principal percussionist, a position he still holds. Rob Cross and his wife, Debra Wendells Cross, principal flutist for the Virginia Symphony, make their home in Norfolk.

# INTERVIEWS WITH THE BENCH: ADVICE AND INSIGHTS FROM LOCAL JUDGES

Presented By: Jennifer L. Eaton, Esq., Vandeventer Black LLP

## Featured Judge: The Honorable David W. Lannetti, Judge, Norfolk Circuit Court



*Judge David W. Lannetti was appointed to the Norfolk Circuit Court bench in 2014. Prior to his appointment, he was a partner at the law firm of Vandeventer Black LLP. In addition to his service on the bench and many community involvements, Judge Lannetti is an Adjunct Professor of Law at William & Mary Law School and Regent University Law School. He holds degrees from the United States Naval Academy, Troy State University, and the William & Mary Law School.*

### **THE INTERVIEW:**

**Q.: How did your time in private practice prepare you for serving as a judge?**

A.: It taught me to appreciate the role of advocacy in our system of justice, which allows me to better understand the true disadvantage of those who do not have the benefit of an attorney to advance their interests. It introduced me to the Virginia way of practicing law, with professionalism and collegiality, which I expect of every attorney who appears before me. And it demonstrated to me the wonderful relationship between the local bench and bar here in Hampton Roads, which I am committed to maintaining.

**Q.: Over the years, you have been involved in many professional and community organizations. How, if at all, has this service to others shaped you as a judge?**

A.: Working with professional organizations has given me the opportunity to interact with a great number of attorneys from around the state—attorneys from different-sized firms and various practice

areas—and understand the bench-bar relationship in other jurisdictions. As a judge, those experiences have helped me understand how to make attorney-judge interactions more efficient and hopefully less stressful, especially for new attorneys. Working with community organizations has given me different perspectives and introduced me to people from different walks of life, many of whom struggle on a day-to-day basis. As a result, I think I am better able to empathize with those citizens who come before me from disadvantaged backgrounds or with intellectual challenges.

**Q.: How do you think law clerks add value to the judicial process?**

A.: In my opinion, a clerkship is a win-win proposition. The clerk benefits from, among other things, seeing diverse cases and lawyer styles, reading attorney briefs and synthesizing complex facts, writing legal memos and perhaps drafting judicial documentation, and learning how judges “think,” all of which will make the clerk

a better attorney. The judge benefits in the day-to-day administration of dockets, being better prepared for hearings, and receiving assistance writing legal opinions and orders. And the profession is ultimately enriched by the clerkship opportunity as the clerk puts her experience into action while practicing law.

**Q.: What three pieces of advice would you give to new attorneys?**

A.: First, find a mentor. Mentors can provide great benefits to a new attorney, including advice, guidance, encouragement, and friendship. Second, get involved in bar associations. It is the best way to get to know your fellow attorneys, which will make the practice of law much more enjoyable. And third, find a way to give back to the community. Although this can take many forms, providing *pro bono* legal service will put your legal training to good use, assist those who are less fortunate, and make *you* a better person.

*The views advanced in this Interview represent commentary “concerning the law, the legal system, [and] the administration of justice” as authorized by Virginia Canon of Judicial Conduct 4(B) (permitting judges to speak, write, lecture, teach, and otherwise participate in extrajudicial efforts to improve the legal system). These views, therefore, should not be mistaken for the official views of the Norfolk Circuit Court or the opinion of a circuit court judge in the context of any specific case.*

# *Congratulations* **JOHN COOPER**

on being selected as one of Virginia Lawyer  
Weekly's "Leaders in the Law" for 2019.



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## **LIBERTY BELL AWARD**

The Liberty Bell Award is presented at the Annual Meeting of the Bar Association to an individual:

- who promotes a better understanding and appreciation of the rule of law
- who encourages a greater respect for law and the courts
- who stimulates a sense of civic responsibility
- who contributes to the effectiveness of our institutions of government

### Recent NPBA Liberty Bell Award Recipients

- 2008 Joshua Darden  
business leader and philanthropist
- 2009 Lee Ann Curtis Avery, founding member  
Friends of Norfolk Juvenile Court
- 2010 Rachel Hunter, social worker  
Street Law Program
- 2011 Dr. Suzanne Starling, CHKD Pediatrician  
Child Abuse Program
- 2013 Sandra Claxton, Judicial Programs Manager  
Norfolk Circuit Court
- 2014 Roxie A. Hoven, Executive Director  
Norfolk CASA
- 2015 Miles Warren, Police Officer, City of Norfolk
- 2016 Jeanette Newton, Paralegal  
Norfolk Commonwealth's Attorney Office
- 2018 Valerie Tuck, Norfolk Public Schools
- 2019 Dr. Marla Newby, Norfolk Circuit Court  
Drug Court Coordinator

**Please submit a letter making a nomination  
by Friday, February 28, 2020 to:**

NPBA  
150 St. Paul's Blvd., 2d Fl.  
Norfolk, VA 23510

## **NPBA Holiday Party**





## WELCOME NEW MEMBERS

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Bashara and Hubbard

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Hugh E. Black, P.C.

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**Chase Baker**  
Regent University Law Student

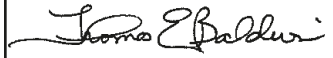
**Grace Schumaker**  
Regent University law student

### NGDC ANNOUNCEMENT

Effective January 1, 2020, the Norfolk General District Court is requesting that medical bills and records not be filed with affidavit packages in civil cases. These items can be submitted as evidence at the time of trial.

Your assistance is greatly appreciated.

Very truly yours,

  
Thomas E. Baldwin  
Clerk



National Alliance on Mental Illness

# Coastal Virginia

*Chesapeake, Norfolk, Portsmouth, Virginia Beach & the Eastern Shore*

291 Independence Blvd, Suite 542  
Virginia Beach, VA 23462  
Phone: (757) 499-2041  
Email: [contact@namicoastalvirginia.org](mailto:contact@namicoastalvirginia.org)  
Website: [www.namicoastalvirginia.org](http://www.namicoastalvirginia.org)

November 20, 2019

Via Email  
Norfolk & Portsmouth Bar Association  
City of Norfolk Courthouse, 2nd floor  
150 St. Paul's Blvd.  
Norfolk, Virginia 23510  
[npbamail@grmail.com](mailto:npbamail@grmail.com)

Re: Referrals from NAMI Coastal Virginia

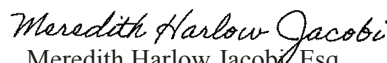
Dear Norfolk & Portsmouth Bar Association:

I hope this letter finds you well. I am a fellow attorney in the public sector and I am writing on behalf of the Coastal Virginia chapter of the National Alliance for Mental Illness (NAMI Coastal) to ask for help from your members. NAMI Coastal is a grassroots organization that provides free peer and family support groups, education classes, and advocacy efforts for people living with serious mental illnesses and their family members. We serve families in Norfolk, Portsmouth, Suffolk, Virginia Beach, Chesapeake, the lower Eastern Shore, and sometimes Northeastern North Carolina. Among the services we provide is an office phone number that people in need can call to ask for help and information.

Several times per week, someone will call this number seeking a referral to an attorney with experience in mental health matters. These matters most frequently include guardianship and estate planning, detention orders/civil commitment, HIPAA questions, and criminal defense. This is where your members can help. I have been asked to compile a list of attorneys with competency in these matters from a mental health perspective in order to serve this need, and I think some of your members may be appropriate.

I would appreciate it if you could pass this letter along to your members and ask them to call or email me if they are interested in receiving referrals of citizens who call NAMI Coastal looking for attorneys. My cell phone number is 757-214-3736 and my email is [meredithharlow@gmail.com](mailto:meredithharlow@gmail.com)

Very truly yours,

  
Meredith Harlow Jacobi, Esq.  
Member, NAMI Coastal Virginia





# REAL TRIAL LAWYERS PAY MILLIONS OF DOLLARS IN REFERRAL FEES EVERY YEAR

Don't refer your case to a lawyer who is NOT a TRUE TRIAL lawyer. Many lawyers simply settle cases and pay referral fees. Insurance companies never pay the full value on cases to lawyers who don't have a proven trial record. REAL trial lawyers work harder and pay millions in referral fees annually. We take on complex, sophisticated cases all over the country. As we celebrate our 70<sup>th</sup> year of helping people, refer your case to our EXPERIENCED TRIAL LAWYER TEAM and let us win the actual true value of your case.



757.244.7000 | 757.650.9818 | [ssmith@BrainInjuryLawCenter.com](mailto:ssmith@BrainInjuryLawCenter.com)

# Learn How Laws Have Led to Racism

In honor of the National Day of  
Racial Healing, descendants of  
plaintiffs and judges in two landmark  
19th-century civil rights cases – the  
Dred Scott Decision and Plessy v.  
Ferguson – will share their journeys  
of healing and understanding.



Moderator

**Henry L. Chambers Jr.**

*University of Richmond School of Law  
Professor*

**7 p.m., January 21, 2020**

**L. Douglas Wilder Center at Norfolk State University**

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UNIVERSITY**



**OLD DOMINION  
UNIVERSITY**



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