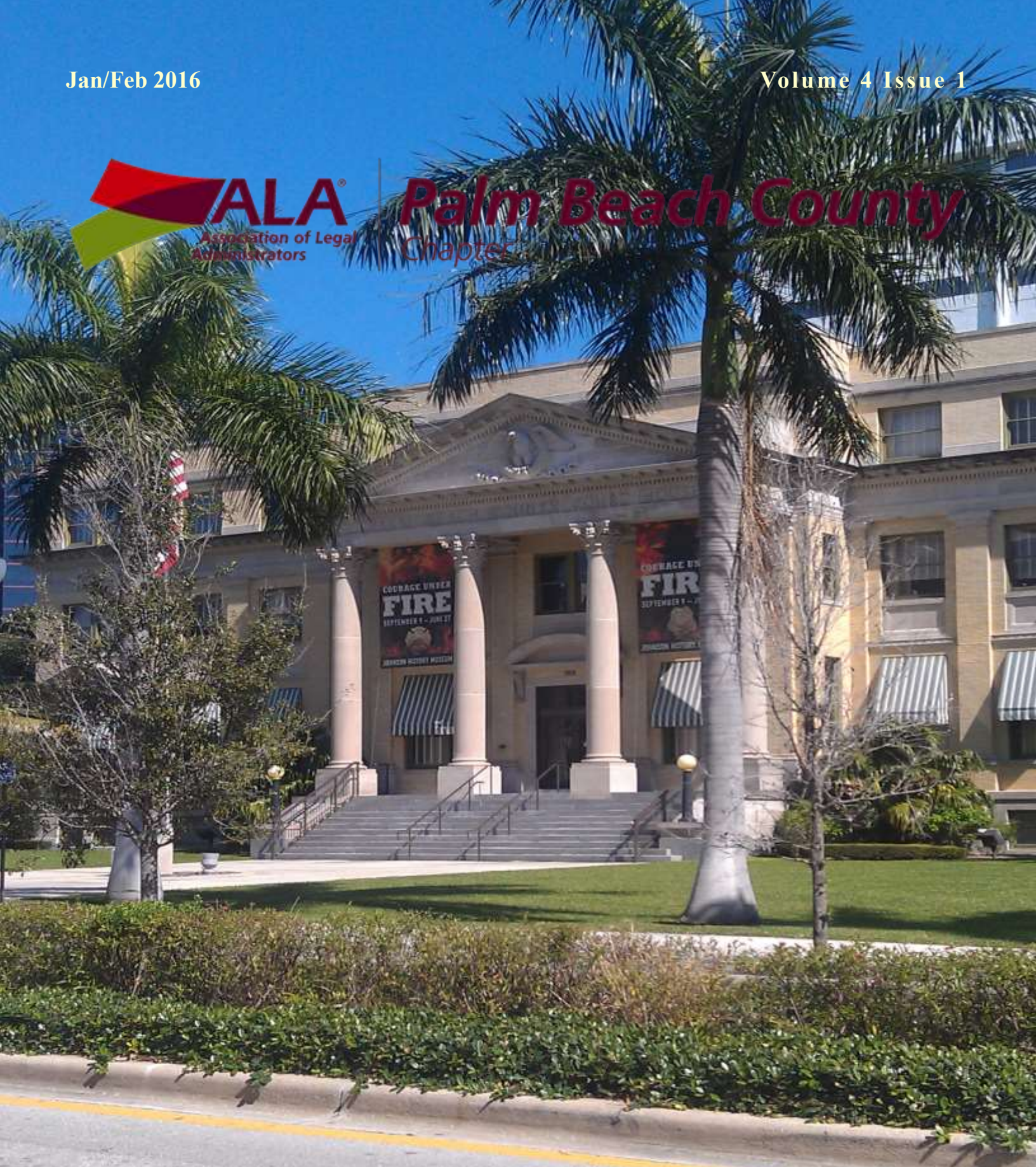


Jan/Feb 2016

Volume 4 Issue 1



**Palm Beach County**  
Chapter



# The Palm Beacher



*In This Issue...*

<b>PRESIDENT'S MESSAGE</b>	<b>3</b>
<b>MEMBER MEETINGS</b>	<b>4</b>
<b>NEW MEMBER SPOTLIGHT!</b>	<b>5</b>

<b>7 CULPRITS OF COFFE &amp; CAFFEINE</b>	<b>6</b>
<b>MEMBER NEWS!</b>	<b>10</b>
<b>CALENDAR OF EVENTS</b>	<b>13</b>



## President's Message



Susan Goldstein  
Cole, Scott & Kissane, P.A.  
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**A**s I contemplate this, my last President's Message, it is impossible to believe that my year as President is almost over. I hope that you feel we've had a worthwhile year together. If you would like to offer suggestions for programming or events, please reach out to me or any other member of the Board. We are always looking for ways to boost member attendance and satisfaction.

Remember that our annual Legal Expo is being held on Thursday, March 3, 2016. This year's theme will be Hollywood Stars, since this year's Annual Conference is being held in Los Angeles May 22-25. Come on out to support our business partners and see what new or useful products and services are on display.

Let me take this opportunity in advance to thank our business partners for their support of our chapter. Please stop by their booths to see what they can do for us in 2016 - 2017.

**Congratulations to Brenda Danaei of Akerman on winning the scholarship to the Annual Conference in Los Angeles at the drawing held on February 9th.**

**Also, save the date for another Community Connection event, a run/walk, on February 27, 2016. This run/walk supports arts programs in our schools. Contact Laura Shaw if you would like to participate.**

**Thank you to all of our wonderful speakers over the past year. Remember, if you have suggestions for topics or speakers for our educational sessions, let us know.**

**At our meeting on April 12, 2016, the new Board will be sworn in. I will move to Past President, Immediate Past President will be Sue Recchia, President will be Michele Parcels, Vice President will be Kim Ayers, Laura Shaw will be the Secretary and Dina Lotz will be the Treasurer.**

**It's shaping up to be a busy spring. I hope that many of you will join in these activities.**

**Take care to all and join me on April 12th as we swear in our new Board.**



## January/February Member Meetings



Our speaker at our January meeting was Keith M. Spina of Glidden Spina Architects located in West Palm Beach.

Mr. Spina regaled our members with stories of the movers and shakers in Palm Beach County who have various projects that will be popping up in the next several years, along with anecdotes of past projects he helped create.

On February 9, 2016, our speaker was Barry Postman from Cole, Scott & Kissane, P.A.

Mr. Postman spoke on the topic of how best to terminate an employee without being sued, and the steps you should be taking to ensure an easy transition; both for the employee and the firm. A very interesting topic that affects us all.

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## *New Member Spotlight!*



Jessie Holland is the Firm Administrator at Shendell & Pollock, P.L. Jessie enjoys golf, tennis, yoga and participates in various charity races throughout the year. She recently completed her first half-marathon! Jessie also volunteers with the Big Dog Ranch Rescue of Palm Beach.

A unique quality about Jessie is that she likes to make everything into a song, so she writes poems or “office jingles.”

Jessie has a Bachelors in English Literature and Ethnic Studies from Florida Atlantic University.

## *Members in Action!*



Congratulations to Sue Recchia on completing her first 10K run in 1:17:03 time! Sue is now training to run her first half marathon on March 6, 2016!

On February 1, 2016, Gloria Hernandez checked an item off her bucket list, tandem skydiving! Although initially terrifying, it was an exhilarating experience! Check out the [video!](#)

[Go to Page 2](#)



# 7 Culprits of Coffee & Caffeine

Is any beverage loved more by today's professionals than coffee? I think it's safe to say that corporate America worships coffee! 80% of average Americans are bowing down to the coffee bean 3-5 times per day in the form of 8 ounce cups. And why not? Coffee never argues, never misses deadlines, never wants a raise, and gives taste, warmth, instant energy and a break from work all without expectations! If our love for coffee is blind, the time has come for me to perform some serious Lasik surgery to help expose the true, serious health consequences of our coffee and caffeine honeymoon.

Let's start with some fun facts about your best friends Java and Joe:

- Caffeine is highly addictive and in the same category as methamphetamines as a stimulator of the central nervous system
- It possesses a high level of dependence with 81% of people having an inability to quit
- There are over 700 volatile chemicals and substances in non-organic coffee through the brewing process making it a very toxic beverage
- 1% of your cup of coffee is excreted directly and the other 99% needs to go through the liver. It takes 7-10 days to detox and decaffeinate the blood, which puts another unnecessary stress on the body.

[Go to Page 2](#)

- Coffee studies that demonstrate health benefits are only using 5-ounce serving sizes (without cream and sugar) and larger sizes erase the benefits.

- Short - 8 ounces
- Tall - 12 ounces
- Grande - 16 ounces
- Venti - 20 ounces
- Trenta - 30 ounces

Now that I've whet your whistle on our tasty topic here, I'd like to introduce you to *7 Culprits of Coffee and Caffeine*:

1. **High Blood Pressure** – Caffeine will increase your blood pressure the most during the first few cups and the potential blood pressure spike is relevant to the amount of current stress on the drinker. If you are in a stressed state while drinking caffeine (i.e. driving in traffic, crashing on a late deadline) you will experience rises in blood pressure.
2. **Mineral Loss** – Caffeine decreases stomach acid lowering the absorption of energy-producing electrolytes (B & C Vitamins, Chloride, Potassium, Calcium, Sodium, Zinc, Magnesium), which are necessary for the mitochondria (power generators) of your cells. Caffeine gives you the sensation of energy while depleting the very vitamins and minerals needed to make energy on your own!

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(Continued from page 6)

3. **Iron & Anemia** - If iron is eaten in a meal the absorption will be decreased by 75% if caffeine is with that meal or consumed shortly after. One of the major symptoms of anemia is fatigue because organs aren't getting what they need to function properly.
4. **Unrested Sleep** – Sleep issues start when consuming 100-300 mg of caffeine per day (100 mg caffeine per 6 ounces). Nightly sleep is divided up into 90-minute cycles. Within those 90-minute cycles are 4 stages of sleep and caffeine prevents the deepest 4th stage (coma-like) through the suppression of melatonin. This creates even more of an energy crisis and causes you to reach for caffeine the next morning perpetuating a vicious cycle.
5. **Immune Sinks** – Coffee is both a stimulant and stressor to the body. When consumed it activates the sympathetic nervous system causing a release of the stress hormone cortisol. Every time cortisol is released the immune system is suppressed. A daily coffee distracts and taxes the body's major defense system causing you to be more susceptible to bacteria, viruses, and pathogens.
6. **Headaches** – Caffeine reduces cerebral blood flow (and oxygen) to the brain through vasoconstriction creating headaches and fatigue. There is also a

60% decrease in blood flow to the neck and jaw muscles that lead to a forward head posture, tension and chronic trigger points.

7. **Blood Sugar Spike** – As mentioned above caffeine is a stressor and causes an increase in the stress hormone cortisol that tells the body to release blood sugar into the circulation setting you up for energy crashes, sugar cravings, depressed mood and more stress all day.

Can you see how coffee contributes to burnout, chronic fatigue and far too common physical-mental-emotional challenges of today's workforce? If not, I'll share a little more. Coffee was also referred to as "empty fire" by Native Americans, which indicates something with little



nutrition that dries and heats the body. A hot and dry body is prone to dehydration, inflammation, illness, disease, fungal and parasite infections – yuck!

To conclude, coffee and caffeine act essentially as an override button. Hitting this button daily, even multiple times daily overrides what is real in your mind and body. Professionals get so out of touch with what their true state of emotional, mental and physical health is because of this drink dependence. It's critical to know what you are left with in its absence and if all you are experiencing is withdrawal symptoms, lack of energy, no zest for life, a poor mood, and achy body - I have news for you, my friends. You don't just like the taste, but you need it.

[Go to Page 2](#)

(Continued on page 8)

(Continued from page 7)

Have no fear, I'm not going to ask you to go cold turkey, but I am going to offer you a rainbow bridge to make successful small steps toward where you want to go. Below are 8 simple recommendations to help reduce your coffee intake and minimize the effects of caffeine on your mind and body:

- a. Switch to organic coffee and tea to reduce the chemicals and toxins
- b. Reduce or remove non-organic creamers and additional sugar/sweeteners
- c. Add a little grass-fed organic butter or coconut oil to coffee to stabilize blood sugar and slow the caffeine release in the bloodstream
- d. Move to an organic espresso shot which has only 70 mg of caffeine, but gives a comparable boost of energy
- e. Switch over from coffee to tea and regress in caffeine over time from black to green and finally to herbal
- f. Order 'Demi' sized coffee which means 'half' in French and is only 3 ounces
- g. Transition to 50% decaffeinated coffee
- h. Use Swiss Water Process Decaffeinated Coffee to minimize chemicals



## Take the Coffee & Caffeine 21-Day Challenge

Do you smell that? You now have eight new coffee and caffeine tips brewing to help improve your happiness, health and productivity! It's time to convert information to wisdom through action as I challenge you to take at least one tip (you can choose up to all four at once) and apply it every day for the next 21 consecutive days. Repeating new behaviors on consecutive days for 7-21 days creates entrainment or habit formation.

I wish you all a very cleansing and inspiring 21-Day Challenge! Please think of me as your personal Executive Wellness Coach and I invite you to share your questions or comments with me at [lbreger@infinitywellnesspartners.com](mailto:lbreger@infinitywellnesspartners.com).

*Lance Breger is an Executive Wellness Coach and the Founder of Infinity Wellness Partners, a comprehensive corporate wellness company that prepares executives and organizations for the most productive and healthy work-life. Lance has led online/on-site training programs for over one thousand professionals through his company's four pillars of wellness: fitness, nutrition, mind/body and ergonomics.*

*Lance is also a Master Instructor for the American Council on Exercise and the recipient of the IDEA Health & Fitness Association Program Director of the Year award.*





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## Member News!

### ACKERMAN LINK & SARTORY ATTORNEYS AT LAW



complex insurance claims landscape.

**A**ckerman Link & Sartory, P.A. is expanding its footprint in Florida with the launch of a new property insurance practice group. Under the leadership of Scott Link, the new, full-service practice will help clients navigate the increasingly



**L**ewis, Longman & Walker, P.A. recently received the 2016 “Best Law Firm” Tier 1 Ranking in Environmental Law and Environmental Litigation by U.S. News Media Group and Best Lawyers®. The following shareholders were also recognized: Terry E. Lewis, 2016 Lawyer of the Year Environmental Litigation; Stephen A. Walker, 2016 Lawyer of the Year Environmental Law; Wayne E. Flowers, 2016 Lawyer of the Year Environmental Law; Anne Longman - Environmental Law/Lit. Alfred J. Malefatto - Environmental Law R. Steven Lewis - Environmental Law/Lit. James W. Linn - Employee Benefits/Law Brenna M. Durden - Real Estate Law/Lit.



L-R  
Dominick  
DeAngilis  
Kerry Blaney  
Durley Meyer

**K**erry Blaney participated in the Dolphin Cancer Challenge, which was launched in 2010 and has raised over \$11 million! It is the signature initiative of the Miami Dolphins Foundation and 100% of participant raised funds goes to innovative cancer research at the University of Miami Sylvester Comprehensive Cancer Center.

Approximately 4,000 cyclists started at various locations from West Palm to Miami and finished at Dolphin Stadium, where Sheryl Crow and Melissa Etheridge led the post-ride concert celebration for participants, their friends and families.



**A**ttorney Elizabeth Seemann was accepted as a member of the Craig S. Barnard American Inns of Court. The American Inns of Court fosters excellence in professionalism, ethics, civility and legal skills. This organization is dedicated to promoting the highest levels of professionalism in the practice of law, with the first inns being formed in 1985.

Additionally, the firm recognizes and congratulates Mandy MacLeod for becoming the 5th Florida Registered Paralegal in the firm



*Member News!*



**B**urlington & Rockenbach, P.A. is pleased to announce that Attorney Andrew A. Harris has become a shareholder and partner in the firm.

Mr. Harris is Board Certified in Appellate Practice and will continue to serve the community in the areas of family law, plaintiffs personal injury and medical malpractice.

He is a member of The Florida Bar, Florida Justice Association, Palm Beach County Bar Association, and Palm Beach County Justice Association.

**I**n order to better serve our clients, Nason, Yeager, Gerson, White & Lioce, P.A. (Nason Yeager) relocated its main offices from West Palm Beach to The Seacoast Banking Centre in Palm Beach Gardens. The Seacoast Banking Centre is located at 3001 PGA Boulevard, Suite 305, directly in front of the Gardens Mall and has convenient access to I-95.

"We are excited about the move to Palm Beach Gardens," said Gary Gerson, President. "Our new location and growth positions our firm to provide clients with a stronger and broader array of strategic legal counsel and support services throughout Palm Beach County and Florida. This move reflects our commitment to client driven results and accommodates future growth plans."



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January

**Audrey L. Yeager**  
**Donald L. MaGruder**

February

**Brenda Danaei, CLM**  
**Gloria E Hernandez, CLM**  
**Eileen B. Michelbrink**  
**Jamie Stanton**  
**Jennifer Tracy, CLM**

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The Association of Legal Administrators (ALA) was formed in 1971 to provide support to professionals involved in the management of law firms, corporate legal departments and government legal agencies. ALA provides educational opportunities and services to more than 10,000 members representing more than 5,300 employers in 21 countries. ALA is structured into six regions with more than 100 chapters in the United States, Puerto Rico, Canada and New Zealand.

ALA’s mission is to improve the quality of management in legal services organizations; promote and enhance the competence and professionalism of legal administrators and all members of the management team. The Association’s members are law office administrators who manage such areas as finance, human resources, systems and technology, facilities, marketing and practice development.

**BOARD OF DIRECTORS**

- Susan Goldstein, President
- Michele Parcels, Vice President
- Kim Ayers, Treasurer
- Laura Shaw, Secretary
- Sue Recchia, Immediate Past President
- Debbie Giordano, Past President

**Membership Information**

Dina Lotz  
 Membership Chair  
 (561) 625-8311  
 DLotz@Labovick.com

*Calendar of Events*

- January 12, 2016 Member Meeting
- January 26, 2016 Board Meeting
- January 26, 2016 Legal Expo 2016 Committee Meeting
- February 9, 2016 Member Meeting
- February 23, 2016 Board Meeting
- March 3, 2016 Legal Expo 2016 - Hilton Airport
- March 4-6, 2016 ALI - Chicago, IL
- March 22, 2016 Board Meeting
- April 12, 2016 Member Meeting - New Board of Directors!
- April 26, 2016 Board Meeting
- May 10, 2016 Member Meeting
- May 22-25, 2016 ALA 2016 Annual Conf - Los Angeles, CA
- May 24, 2016 Board Meeting
- June 14, 2016 Member Meeting - Scholarships
- June 28, 2016 Board Meeting



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[www.pbcala.org](http://www.pbcala.org)

If you have news you’d like to see included in the newsletter, please email [geh@flappellatelaw.com](mailto:geh@flappellatelaw.com)