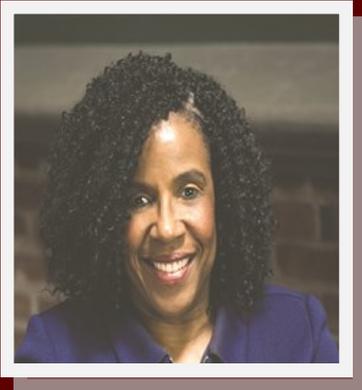


MCBA in Action

Weekly newsletter of the Mound City Bar Association
ISSUE 1 • SEP 23, 2016



Greetings from the President

I appreciate you allowing me to serve as the 52nd President for the Mound City Bar Association. My theme for the 2016-2107 bar year is "Protecting our Legacy, while building our Future: *What has the Mound City Bar Association done for you lately?*" My goal is to increase the MCBA's footprint in the community. I look forward to sending you weekly updates with the news and information of the week.

I look forward to serving you this bar year and invite you to renew your membership.

MCBA is now accepting dues for the 2016-2017 Bar year. There are three (3) convenient ways to pay:

1) Online at the [Mound City Bar Association website](#).

2) Via US Mail - Send your check or money order, payable to Mound City Bar Association, to:

MCBA
P.O. Box 1543
St. Louis, MO 63188

3) In person - bring your check or money order to any general body meeting. Meetings are held on the last Wednesday of each month, 6:00 p.m., at the St. Louis Public Schools Administrative Offices, 801 N. 11th Street, St. Louis, MO, 63101.

I look forward to seeing and greeting you in person.

Thank you for allowing me to serve. Have a wonderful weekend!

Annette Slack

Annette Slack, 2016-2017 President
Mound City Bar Association

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Paying Your Dues

Join MCBA in providing the services and support our communities need, want and deserve!

MCBA is now accepting dues for the 2016-2017 bar year. There are three (3) convenient ways to pay:

1) Pay online at the Mound City Bar Association website (moundcitybar.com). You will need to scroll down to find the appropriate dues structure for your level of legal experience and pay the fee indicated. In addition to your payment, please complete and submit the [2016-2017 online membership application form](#) (membership application tab). ***Please note that without your membership form, there may be significant delays in processing your membership.***

2) Via U.S. mail - mail your dues via check or money order, together with the [printable 2016-2017 membership application form](#), to MCBA, P.O. Box 1543, St. Louis, MO, 63188.

3) In person - bring your check or money order to any general body meeting. Meetings are held on the last Wednesday of each month, 6:00 p.m., at St. Louis Public Schools Administrative Offices, 801 N. 11th Street, St. Louis, MO, 63101.

The treasurer or financial secretary will accept your payment and membership form.



Tippin Cutler is MO Bar's President

Dana Tippin Cutler was installed as President of the Missouri Bar at the opening luncheon at its Annual Meeting, September 22.

Dana is the first woman of color to ever hold this prestigious office. In honor of Dana's accomplishment, and to show our appreciation for all of her years of commitment to diversity and inclusion, MCBA joined the Missouri Asian Bar Association, Jackson County Bar Association, Hispanic Bar Association of St. Louis, Hispanic Bar Association of Greater Kansas City, South Asian Bar Association of St. Louis, Asian American Bar Association of Kansas City and Alpha Kappa Alpha Sorority, Incorporated, in hosting a champagne toast in Dana's honor. She was also presented with a plaque recognizing her achievements, and her commitment to diversity and inclusion.

MCBA thanks its executive board and the entire membership for recognizing the significance of this achievement, and for joining in this historic celebration.



SURPRISING HEALTH BENEFITS OF SLEEP

IMPROVE MEMORY

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).

LOWER STRESS

When it comes to our health stress and sleep are nearly one and the same—and both can affect cardiovascular health.

Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure. It's also believed that sleep affects cholesterol levels, which plays a significant role in heart disease.

SPUR CREATIVITY

Get a good night's sleep before getting out the easel and paintbrushes or the pen and paper.

Researchers at Harvard University and Boston College found that people seem to strengthen the emotional components of a memory during sleep, which may help spur the creative process.

AVOID ACCIDENTS

The National Highway Traffic Safety Administration reported that being tired accounted for the highest number of fatal single-car run-off-the-road crashes due to the driver's performance—even more than alcohol!

"Sleepiness is grossly underrated as a problem by most people, but the cost to society is enormous," Dr. Rapoport says.

"Sleeplessness affects reaction time and decision making."

HAVE A HEALTHY WEIGHT

If you are thinking about going on a diet, you might want to plan an earlier bedtime too.

"Sleep and metabolism are controlled by the same sectors of the brain," Dr. Rapoport says. "When you are sleepy, certain hormones go up in your blood, and those same hormones drive appetite."

Source: Health.com

Go Ahead, Snooze!

by Alyssa Sparacine

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles.

Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

"Sleep used to be kind of ignored, like parking our car in a garage and picking it up in the morning," says David Rapoport, MD, director of the NYU Sleep Disorders Program.

24 hours without sleep or a week of sleeping for four or five hours a night induces an impairment equivalent to a blood alcohol level of .1 (above the legal limit of .08 in MO and IL).

Source: *Harvard Business Review*

Meet MCBA's 2016-2017 Executive Board



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MCBA's 2016-2017 Executive Board (continued)

Parliamentarian
Anthony D. Gray



Members-at-Large
Hon. Rochelle Woodiest
(10 + years)



Membership Co-Chairmen



Ken Goins



Rufus J. Tate, Jr.

Steve Roberts, Jr.
(Under 5 years)



**Financial Secretary/
Program Chairman**
Hon. Kendra R. Howard



Immediate Past President
L. Jared Boyd

Past Presidents' Chairman
Hon. Hope Whitehead



**Constitution and
Bylaws Chairman**
Micah Hall



**Young Lawyer's Division
Chairman**
Dominique D. de Vastey



Executive Director
Kenya Leonard



Upcoming Events

MCBA September General Body Meeting

Wednesday, September 28, 2016 @ 6:00 p.m.
St. Louis Public Schools Administrative Offices
801 N. 11th Street
St. Louis, MO 63101



Washington University Client Interviewing & Counseling Competition

Saturday and Sunday, October 1-2, 2016
Washington University School of Law
Students are requesting that MCBA members serve as judges

Hispanic Bar Association of St. Louis Annual Dinner

Thursday, October 6, 2016
Mi Caribe, 3701 Lindell Blvd., St. Louis, MO 63108
\$65 per person
For additional information regarding sponsorship opportunities, contact Jessica Mendez :
jmendez@armstrongteasdale.com.

Up & Coming 2016 - Meet the Up & Coming Lawyers of 2016!

Missouri Athletic Club – Downtown
Friday, October 7, 2016 - 11:30am-2pm

For ticket, sponsorship, and general information, contact Johnny Aguirre, Advertising Director: johnny.aguirre@molawyersmedia.com

Announcements

ATTN: ATTORNEYS AND PARALEGALS

The Law Library Association of St. Louis is sponsoring a
CLE Program

“Careers in the Judiciary”

Thursday, September 29, 2016 at 12:30 p.m.

Presented by

Judge Christopher McGraugh

at the

Law Library Association of St. Louis - Civil Courts Building

10 N. Tucker Blvd., 13th Floor

St. Louis, MO

1.0 Hours CLE Credit - Free of Charge

If you wish to attend, please contact the Law Library Association
by phone or email.

Phone: (314) 622-4386

Email: lawlibraryassnstl@gmail.com

Bottled water will be supplied.

If you have an event or announcement you'd like to have included in the current week's edition of *MCBA in Action*, send it to Courtney Robinson, cvaes@prodigy.net, by noon each Wednesday.

Closing Comments

MCBA's Email Policy

To decrease the steady flow of emails that are generated, our general body voted to change the email process for professionalism, privacy, and ease of administration. The Mound City BAR email list serve is reserved for members. Once you have paid membership dues you will be able to subscribe to the membership list serve emails. After your dues have been paid you may subscribe to become a member of the email group. **You will not receive any correspondence until you subscribe and approved.**

To subscribe please go to: <http://www.discussthis.com/subscribe/mcba@moundcitybar.com>, enter your name and the email address where you would like to receive your MCBA correspondence, and click "SUBSCRIBE." Once you have added yourself to the group, you will be approved. Only those persons who appear on our membership listing, i.e., those financial members will be added to the email group. Once you receive the approval messages, you are in. moundcitybar@yahoo.com

You will also be able to send any messages you would like to share with your fellow MCBA members to mcba@moundcitybar.com (provided those messages comport with our email procedures below). Please save that address to your contacts to ensure you have it at your disposal and your correspondence is not caught by a spam filter. The system will automatically default to sending you individual emails. The only reason you would need to use the login and password in your confirmation message is to change your setting from individual emails to a daily or weekly digest of emails. Feel free to call me if you have any questions.

The Mound City Bar Association has an unmonitored email where unfiltered emails may be posted, that website is: moundcitybar@yahoo.com

If you would like to reach your president, Annette Slack, individually please email her at her new email address: president@moundcitybar.com.

Thank you for your time and attention.

September is National Preparedness Month

National Preparedness Month serves as a reminder that we must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work and learn. Now is the time to talk about being ready and preparing for the unexpected. Visit <https://www.ready.gov/build-a-kit> for information on building an emergency preparedness kit.