



FOR PENNSYLVANIA YOUNG LAWYERS, HERE'S WHAT'S...



AT ISSUE

A PUBLICATION BY AND FOR THE YOUNG LAWYERS DIVISION OF THE PENNSYLVANIA BAR ASSOCIATION

A 1-2-3 OF 5-2-9 PLANS

By Elizabeth J. Goldstein

WHAT ARE 529 PLANS?

529 plans are post-secondary education savings accounts for which the federal government and some state governments provide tax benefits. Each state may set up its own savings account plan.

WHAT ARE THE TYPES OF 529 PLANS IN PENNSYLVANIA?

Guaranteed Savings Plan

The Guaranteed Savings Plan guarantees that the investment will keep pace with increases in tuition. Pennsylvania is one of two states that have this type of plan. This plan requires that the account owner or beneficiary be a Pennsylvania resident.

Savings Plans

Pennsylvania has teamed up with Mellon/Dreyfus to set up a plan that will allow individuals to invest their 529 funds in several mutual-fund portfolios with different investment goals, guidelines and risks. Pennsylvania intends to introduce this plan in 2002. Out-of-state residents will be eligible for the Mellon/Dreyfus 529 plan.

WHO MAY OPEN A 529 PLAN?

Anyone can open a 529 account. There are no income limitations on the owners of the account. I like to tell my clients that even Bill Gates can open a 529 plan.

WHAT ARE THE TAX ADVANTAGES OF A 529 PLAN?

There are two principal advantages: One, the investments in the plan grow tax-free; two, starting in 2002, withdrawals used for eligible expenses will be tax-free. This exclusion will apply retroactively to money already built up in the program.

WHAT CAN A TAX-FREE WITHDRAWAL BE USED FOR?

The money may be applied to tuition, room, board, books and other qualified higher education-related expenditures. Qualified higher education includes edu-

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A STRONGER YOU

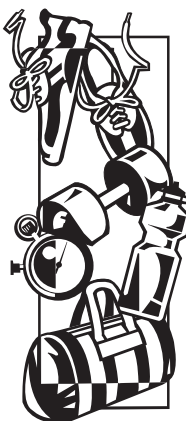
By Ryan C. Blazure

No doubt you've gotten dressed in the morning and said, "Okay next week ... next week, I'll begin working out." But, as with all things we want to do for ourselves, there just isn't the time. This series of articles is written to help remove that stumbling block. While most of you may feel that working out is all about lifting weights, the reality is that merely 20 percent of your training time is taken up by such work. Indeed, as you'll see, total body training is mostly about eating and sleeping. Now that doesn't sound too hard, does it?

This article will begin with a discussion of nutrition and general body maintenance. From there we'll move on to the

specifics of working out — what you can do and what you can expect. The next installment will contain some sample exercises you can do at home with minimal supplies.

One caveat: The emphasis of these articles will be on weight training, in the almost absence of cardiovascular activity. However, where possible, tips on fat burning will be offered.



TAKING CARE OF YOURSELF

1. Nutrition

The key here is to eat more. That's right, more — and more often. You'll want to eat smaller meals at more frequent intervals. While shooting for six meals per day, you'll provide your body with a number of benefits. First, your body will always be working. Second, you'll provide your body with a constant supply of nutrients to nourish the gains you may be accumulating. With the advent of so many meal-replacement products on the market, there's no excuse for missing

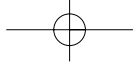
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HAVE YOU TRIED INCITE?
SEE "WHAT'S AT ISSUE"
ON PAGE 2.

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ON PAGE 6!

LEARN WHERE TO EAT IN PHILLY:
"COURTHOUSE CAFE" HAS THE
SCOOP ON PAGE 8.

WINTER 2002 VOL. 26 NO. 1



WHAT'S AT ISSUE

Unless you have been avoiding all PBA-related mail for the past few months, you already know about the newest PBA member benefit — InCite™. InCite is a free legal research tool powered by LexisNexis™ information services. InCite is accessed through the PBA's Web site at www.pabar.org. By using InCite, PBA members are provided with free access to a comprehensive list of Pennsylvania and federal legal research.



Primary legal sources available include:

Mendelsohn

- Pennsylvania Supreme Court decisions from 1791 to present;
- Pennsylvania Superior Court decisions from 1895 to present;
- Pennsylvania Commonwealth Court decisions from 1970 to present;
- Pennsylvania statutes, court rules and Pennsylvania Code;
- United States Code and Federal Rules;
- United States Supreme Court decisions from 1790 to present; and
- United States Third Circuit Court of Appeals decisions from 1995 to present, including United States District Courts and Bankruptcy Courts.

For those who want additional sources of legal materials (e.g., out-of-state cases) this information may be accessed for a fee. PBA discounts may be available depending on the particular database, however.

If you cannot already tell, we are very excited about this valuable member benefit. For our generation, online legal research was something taught in law school, yet with the caveat that our unlimited hours on Lexis as law students would disappear when we started practicing law. That caveat no longer applies to PBA members. For the price of your PBA membership (already discounted for your young lawyer status), you will have unlimited access to InCite. So go ahead and take a look at InCite today. Just click on the InCite logo on the PBA home page (www.pabar.org) equipped with your PBA ID number!

In other news, the YLD mock trial competition is once again gearing up. The case of *Commonwealth v. McGrath* will be tried by

high school students throughout the commonwealth during the next few months. Nearly 250 high schools and 2,500 students participate. If you are interested in serving as a juror in your area, please contact your YLD zone chair (a list of zone chairs is included on this page of *At Issue* for your reference).

This year, we are moving the finals of the mock trial competition to Harrisburg to be held March 22-23. We are extremely pleased that the championship trial will be held in the Senate of Pennsylvania's Chamber and broadcast throughout the commonwealth on PCN. From the "Did You Know" section — the last trial to be held in the Senate Chamber was the impeachment of a State Supreme Court Justice. Needless to say, trials there are few and far between.

For our generation, online legal research was something taught in law school, yet with the caveat that our unlimited hours on Lexis as a law student would disappear when we started practicing law. That caveat no longer applies to PBA members.

Finally, we are actively recruiting young lawyers to attend the New Admittee Conference. This year's conference will be held from March 1-2 in State College. The purpose of the conference is to give practical advice to new lawyers, including how to obtain clients, how to work with partners and support staff and how to present a case in court. If you are interested in attending or would like more information about the conference, please contact either Stephanie Latimore (slatimore@legis.state.pa.us) or A.J. Mendelsohn (amendelsohn@rhoads-sinon.com).

As you can see, there are many ways to get involved in the YLD. We look forward to seeing you.

Seth A. Mendelsohn is YLD chair. He may be reached at smendelsohn@attorneygeneral.gov.

AT ISSUE

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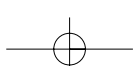
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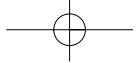
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CALL ELLEN...

the PBA's Law Practice Management Coordinator, with your questions about equipment purchases, computer technology or human-resources issues.

Call PBA LPM Coordinator Ellen Freedman at the PBA LPM Hotline: 1-800-932-0311, Ext. 2228.





A 1-2-3 OF 5-2-9 PLANS

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cation at the college and graduate level and other post-secondary institutions such as art and trade schools.

WHAT ARE SOME OF THE ADVANTAGES OF 529 PLANS?

Flexibility

The owner of the account may change the designated beneficiary to a "family member" of the designated beneficiary without penalty. Family members, defined by statute, include the beneficiary's child, stepchild, sibling, stepbrother, stepsister, parent, stepparent, first cousin, brother- and sister-in-law, father- and mother-in-law and the spouses of the family members listed.

Control

The owner of the account is not required to surrender the rights into the account when the child reaches age 18 or 21. In addition, the donor is never required to surrender the funds to the beneficiary. As long as the individual state plan permits it, the donor may take back the money placed in the 529 account. If the donor does remove the money, however, the donor must then pay a 10 percent additional tax on any payment or distribution that is included in gross income.

There are some hardship exceptions to this rule and, in addition, the 10 percent penalty will not apply to any payment or distribution in any tax year beginning before Jan. 1, 2004, that is includible in gross income but is used for the qualified higher education expenses of the designated beneficiary. This special rule was created because distributions used for qualified higher education expenses from qualified tuition programs created by private institutions will not be tax-free until 2004. However, Congress did not want the 10 percent penalty to apply to these distributions. Thus, this special rule eliminates the 10 percent penalty for distributions from a qualified tuition program of a private institution in years 2002 and 2003.

WHAT ARE SOME OF THE ESTATE TAX BENEFITS OF 529 PLANS?

529 plans provide increased ability to gift children money without triggering the federal gift tax. In 2002, one can place \$55,000 into a 529 account per child immediately and have it count as

the next five years' annual exclusion gifts. The caveat is that if the taxpayer dies within the first five years, a prorated portion of the gift is thrown back into his or her estate. Unlike other gifting mechanisms, the donor does not lose control of the money gifted to a third party. As discussed above, the donor can change beneficiaries and even take the money from the plan back, if the individual state plan so permits.

HOW DOES PENNSYLVANIA TREAT 529 PLANS FOR TAX PURPOSES?

Under both of Pennsylvania's 529 plans, earnings used for college-related expenses are exempt from Pennsylvania state income and inheritance tax.

WILL A 529 PLAN AFFECT A CHILD'S ELIGIBILITY FOR FINANCIAL AID?

Pennsylvania's plans will not affect a child's eligibility for state financial aid. Other states vary in their treatment of 529 plans for financial aid purposes.

Federal financial aid will treat funds held in a parent-owned plan as an asset of the parents, which is more advantageous to the financial aid applicant than treating the funds as an asset of the child. Federal financial aid rules mandate that between 3 to 5.5 percent of the parents' assets should be included in the applicant's expected family contribution, whereas 35 percent of student assets must be included in the expected family contribution.

If the fund is in a grandparent's name, the fund will not be assessed when the student is applying for financial aid. However, if Medicaid is a consideration for grandparents, then they may not want to be owners, at least until it is clear whether the grandparent's domiciliary state will treat the 529 funds as available assets. I do not believe that Pennsylvania's Department of Public Welfare has addressed this issue yet. While it is unclear how this will be resolved, I believe that the proper view is that the assets should not be counted as available in the Medicaid calculation because federal law treats the 529 plan assets as a completed gift.

In 2001, 100 percent of the earnings portion of the withdrawal from both

types of 529 plans is assessed as student income on the next year's aid application, which will reduce aid by 50 percent of the earnings portion.

WHAT IS THE SUNSET PROVISION?

Starting in 2002, the Economic Growth and Tax Relief Reconciliation Act of 2001 (EGTRRA) will allow educational institutions to establish their own 529 plans, and also will permit distributions from 529 plans that are used for qualified educational expenses to be free from federal income tax. If Congress takes no further action, these provisions will sunset after 2010.



Goldstein

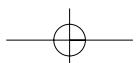
YLD SEEKS CHAIR-ELECT, SECRETARY, TREASURER

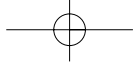
The YLD Nominating Committee is accepting applications from YLD members interested in seeking nomination to run as candidates for chair-elect, secretary and treasurer at the 2002 Annual Meeting (May 1-3 at the Hershey Lodge & Convention Center).

If you are interested in being nominated by the Nominating Committee under Article IV, Section 2, of the by-laws, submit your qualifications and a brief biographical sketch to Steven R. Serfass, 252 Delaware Avenue, Palmerton, Pa. 18071, phone: (610) 826-2100, fax: (610) 826-8082.

If you wish to be nominated by petition under Article IV, Section 4, of the by-laws, please send your materials with a petition signed by at least 15 members of the YLD by April 1 to the above address or fax number. Send a copy of all materials to YLD Coordinator Susan B. Donmoyer, Pennsylvania Bar Association, 100 South Street, Box 186, Harrisburg, Pa. 17108-0186.

Elizabeth J. Goldstein focuses on business and corporate services, health-care law, and estate planning and administration at Keefe, Wood, Allen & Rahal's Camp Hill office. She also is an assistant co-editor of At Issue and a YLD Zone 3 co-chair.





WILLS FOR THIRTY-SOMETHINGS WITH CHILDREN

By Thomas MacNeely

Let's face it; as much as we would like to think otherwise, we are not as young as we used to be. Back in law school, we stressed over whether we would be called on in class or chosen for that great summer internship position. Times certainly have changed as those law school stresses pale in comparison to the challenges we now face in our professional careers and personal lives. Nowadays, we have clients to appease, partners to impress, contacts to make, mortgages to pay and yes, families to support.

With all of these issues confronting us daily, it is easy to concentrate on the present and ignore planning for the future. It is not surprising, then, that many of us who are married and have young children fail to take the simple yet important step of preparing a will. Some believe that wills are unnecessary since their property will automatically pass to their spouse upon their death. While this may be true to an extent, such thinking fails to address what happens to the children should both parents die while the children are minors.

In such a case, the assets of the parents will (with certain exceptions) automatically pass to the children under Pennsylvania's Intestacy Laws. However, because the children are minors, they lack the legal capacity and maturity to utilize these assets for their own benefit. The Orphans' Court will then be forced to appoint a guardian of the person to care for the children and a guardian of the estate to manage the parents' assets for the children's benefit.

In that unfortunate scenario, the parents have, by virtue of not having planned ahead, given the Orphans' Court the ultimate power to make extremely important decisions directly impacting the lives of their children. For example, the court will choose the individual(s) entrusted with the physical custody of the children and will appoint the individual(s) responsible for managing their assets. Obviously, without the benefit of your input on these cardinal issues, the court may appoint individuals whom, as parents, you would not have selected to serve in these positions. Moreover, it is a distinct possibility that without having indicated what your position on the choices for these guardianships would have been, disputes among family members

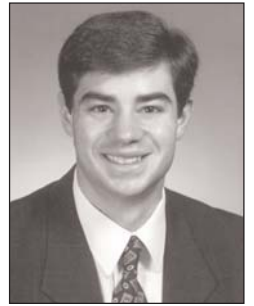
may erupt over the issues of the physical custody of the children and the management of their financial affairs.

Creating a will with a testamentary trust addresses these serious concerns, and also provides parents the opportunity to govern how their assets are to be distributed to their children. Without your specific guidance, decisions about the distribution of assets will, to a large degree, be left to the discretion of the court-appointed guardian of the children's estates. Importantly, upon reaching the age of 18, your children can demand to receive their respective share of the assets free of the guardian's control, even if they are not prepared to manage these assets. However, the trust in your will can direct otherwise.



All of these potential problems can be avoided by taking the simple step of preparing wills that establish basic trusts for the benefit of your children. By preparing a will, you can name the individuals you want to entrust with raising your children in your absence and those you wish to manage the estate assets. For instance, you can appoint a close family member as guardian of the children, one with considerable experience raising young children and one who understands and appreciates the commitment of parenthood. Also, you can name the trustee of the testamentary trust, someone who is

experienced in managing assets and is comfortable with financial transactions. By appointing guardians of your children and a trustee of the testamentary trust, you also will be preventing those dreaded family disputes.

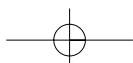


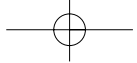
MacNeely

Further, the testamentary trust created in your will may contain explicit instructions to the trustee as to under what circumstances the assets of the trust are to be distributed to the children. For example, the trustee can be directed to distribute the assets only for the children's health, support, maintenance, education and welfare, thereby ensuring that the assets are used only for appropriate purposes. These trust provisions also can explicitly state when the assets of the trust are to be distributed to the children free of trust. Thus, if you are not convinced that your children will be capable of effectively managing estate assets at age 18, the trustee can be directed not to distribute the assets to the children free of trust until they reach a certain age, whatever age you deem appropriate. This provision ensures that your children, now (very) young men and women, do not squander these assets on cars, vacations and other frivolous expenses, while at the same time protecting the assets from any creditors that the children may have.

Obviously, a will containing a testamentary trust will not resolve all the issues that may arise when children are tragically left without parents, and be advised that the court will have the final say as to the appointment of the children's guardians. However, such a document will provide the court with your intent in such an unfortunate set of circumstances and also will provide you with peace of mind in knowing that your children will be provided for in the event of a tragedy. After all, what could be more important?

Thomas MacNeely is an associate at Rosenn, Jenkins & Greenwald L.L.P. in Wilkes-Barre. He specializes in estate planning and real-estate law.





A STRONGER YOU

CONTINUED FROM PAGE 1

lunch, pre-lunch or post-lunch. Just be sure to eat some real food throughout the day as well.

Protein

The most important element of your diet should be protein. It is the building block of muscle and its importance cannot be stressed enough. Therefore, don't be embarrassed to read labels. You'll quickly find that most high protein foods aren't all they claim to be.

If you're serious about working out, you should be consuming just about one gram of protein per pound of body weight. Use this as a goal, not a rule.

Carbohydrates

As of late, the term "carbohydrate" has become synonymous with "arsenic." Everywhere you look, it's low-carb this, low-carb that. Yes, keeping carb intake in check is important, but so is knowing when to eat them. Think of carbs as your body's energy source. If you eat them early on and sufficiently before exercise, they'll serve their purpose. However, if you eat them at 11 p.m., they'll sit there with nowhere to go. One thing though, some carbs should be taken about 45 minutes to an hour after exercise. To serve this goal, there are plenty of good shakes out there, but there also are fruits, rice cakes, etc. that will fit the bill.

Fats

You need fats too, but not in very large quantities. Basically, consciously try to avoid fats and some will slip by — just enough for healthy living.

One last thing about nutrition: Try to eat foods that are as close to the state they exist in nature as possible. The more natural, the less chance someone's had to add things that aren't necessary and, possibly, not good for you.

2. Other Considerations

Sleeping

To recover properly from your training regimen, your body needs down time, and lots of it. Ideally, you should shoot for eight hours of sleep per day. While not many of us are able to attain this lofty goal, we do enjoy an acceptable alternative. While our work is mind-intensive, there are often occasions where our bodies rest while we read or do computer research.

Overtraining

One of the biggest mistakes people make with training is overtraining. Work hard, but not for too long. Two to three exercises of three to four sets of eight to 10 reps per body part is ideal. You don't need to do everything every time. Keep it interesting and your mind (and body) will thank you.

3. Working out

Time

As mentioned above, you don't need to train for hours on end. Keep your workouts within the parameters set forth above. The greater portion of your time should be devoted to eating, sleeping and, oh yes, your day job.

One of the biggest mistakes people make with training is overtraining. Work hard, but not for too long. Two to three exercises of three to four sets of eight to 10 reps per body part is ideal.

Effort

The mind-muscle connection is highly important. No one ever did anything without thinking about it, and neither will you. Concentration is key.

For example, if you work out with another person, don't talk to them during sets. Think about the muscle moving the weight.

Drop for a four count and lift for two (this is much harder than it sounds). As you lower the weight for a four count, offer resistance to the weight. Basically, don't think of the negative rep as a time to rest. This is where a vast percentage of the work is done and from which significant gains can be made. Envision the weight being lifted and your muscle doing the work. There, you did it.

Results

If you're new to working out or haven't worked out in a long time, you should see significant results in one month. No, guys, you won't have 24" biceps, but you will see cuts where there weren't any before. At this point you'll be addicted.

Home Gyms v. Gyms

Once the addiction sets in, you'll begin to think of the "iron sport" on a larger scale and desire to go to the next level, your own workout area. The age-old question is whether to go with a home

gym or join a gym. The choice is yours, but know that the most gains will come with gym membership. You'll experience fewer distractions and will have others around you to assist you and answer any questions you may have.



Blazure

Types of weights are also an important consideration. Basically, machines are very specific, training only the muscle you target and reducing the chance for injury as they dictate strict form. On the other hand, free weights force you to employ other muscles to assist you in your lift. This assistance will add to your overall gains as you try to balance the weight lifted. This balancing act increases the chance for injury, as you'll have a tendency to slip out of strict form in an effort to move the weight. Not a good idea — stick to lower weights and mind your form. Your back will thank you.

Cost

Costs are only limited by your imagination. You can purchase just about anything workout related. Thousands of supplements, vitamins and accessories are only a mouse-click away. Also, many fitness-specific stores are staffed by personnel who are eager to help mold the new you. While there isn't enough room here to discuss supplements, keep in mind that a good multi-vitamin is always a good idea.

Next installment: A total-body workout based on a three workout per week schedule.

YLD UPCOMING EVENTS

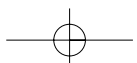
March 1-2 — YLD New Admittee Conference, Nittany Lion Inn, State College, Pa.

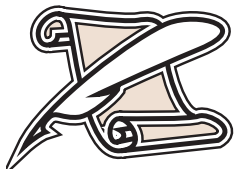
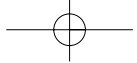
May 1-3 — PBA Annual Meeting, Hershey Lodge & Convention Center, Hershey, Pa.

June 7-9 — YLD Retreat, Loews Annapolis Hotel, Annapolis, Md.

August 2-4 — YLD Summer Conference, Rocky Gap Lodge, Cumberland, Md.

Ryan C. Blazure is an associate at the Kingston law firm of Cardoni & Associates specializing in insurance defense. He also is a YLD Zone 5 co-chair.





POETIC JUSTICE WINNERS

We would like to thank all who contributed to the poetry contest. Every contribution would have added wonderful personality to our pages. Congratulations to the following winners: "Luminescence," by Lawrence H. Fisher, is the grand prize winner. "Forgotten Friend," a work by Mary R. Castelli, takes second place, and "Semi-Something," also by Lawrence H. Fisher, rounds out our poetry contest winners in third place.

Thank you again for your brilliant submissions. We look forward to showcasing the talents of our young lawyers again soon! Until then, enjoy the winning poems!

SECOND PLACE

Forgotten Friend (by Mary R. Castelli)

"You did not lose a friend.
I will see you again.
We will meet again.
We will talk about it later....."

That was in May
it is now October.

When you board the plane you will turn, ever so slightly, to look at coach class and wonder why you bothered to look that way.
You'll ask yourself if it's too early for a drink and remember the last time you were on that same flight to San Francisco wondering if you'd be able to get a rental car.

You'll swear there's something you have forgotten and scramble for your black duffel bag fishing through it making sure you have your book, Elf, Grateful Dead CD, and MP3 player.

"All is well," you'll say to yourself but again feeling not quite right feeling that you have forgotten - something.

You'll double check your seat before you deplane. And when you're standing at the conveyor - waiting for your luggage you'll sense that there is someone you know standing behind you and as you turn to look over your shoulder you won't see anyone but a stranger.

And again you will sense that there is something, no someone, you have forgotten.....

but you won't ever remember who it was.

Luminescence (by Lawrence H. Fisher)

On the airplane over South America,
as the sun rises at 4:30 a.m.,
I am exposed for the better.

Sometime during the night, the flight attendant moved with stealth about the cabin closing all the window shades.

Awakening, absolute darkness covers the cabin, not even the "no smoking" sign or seatbelt icon are illuminated. I am the only passenger awake.

Raising my shade, the outside atmosphere bursts. The sun's nucleus cracks the horizon on my face; warm spirit oozes out.

The sensation of droning engines evaporates into luminescence.

Startling, a flight attendant breaks in:
"excuse me sir, but the light from your window is illuminating this entire cabin, please close your shade."

My response travels at least 525 miles per hour:
"this light is pure poetry,
how can I close the shade on such a thing?"

The attendant's face becomes blank of purpose, she surrenders the light from her eyes onto mine, smiles her unspoken "good morning," as she turns away.

Later, another attendant brings back the black message:
"outside your window the world indeed appears poetic, but as a courtesy to those who can not bear it you must close your shade."

Closing the shade i suppose that no poem can escape an ending.

FIRST PLACE

THIRD PLACE

Semi-Something (by Lawrence H. Fisher)

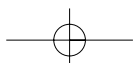
The sun peeks through the blinds.....semi-stirring me from another restless sleep;

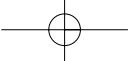
Clock says eight, and I curse the light for waking me so damn early;

I grip the pillow - bury my face in the feathers of a goose who is sleeping better than I;

Swimming in some semi-consciousness, semi-dreaming some semi-happy thoughts;

Too early, I tell myself - to stop what I'm doing now; to stop dreaming.....





A LITTLE HELP FROM MY FRIENDS ...

By J.J. Clark

For some, the practice of law as a young lawyer today can be tumultuous and fast-paced, in a "sink-or-swim" environment. At the same time, more today than ever before, young lawyers are choosing to hang out their shingles alone, starting a solo practice right out of law school. The reasons behind this trend of young solo attorneys are varied, but the consequences and challenges facing these new lawyers are the same. Importantly, new lawyers without an experienced partner to lean on do not have the benefit of the skill, knowledge and practical experience gained by those lawyers over the years. Well, help is on the way!

The PBA Senior Lawyers Committee is initiating a mentoring program, a shirttail relation to the preceptorship program of Pennsylvania's legal past. Although the preceptorship program, a mandatory term of apprenticeship for all new lawyers (a term without pay, I may add) was, in many cases, a significant learning tool and provided valuable experience to young lawyers, it created a formalized pool of "slave labor" in many other cases. The new PBA program seizes on the positive aspects of the preceptorship experience and offers young lawyers the option of contacting an experienced legal resource for their individualized needs on a broad range of topics.

Mason Avrigian (Montgomery County), Donald R. Marsh (Indiana County) and John P. Knox (Montgomery County) are spearheading the program for the Senior Lawyers Committee. An article by John Knox titled "Role Models: Senior Lawyers as Mentors for Young Lawyers" was published in the January/February issue of the *The Pennsylvania Lawyer*, and described the program in greater detail. According to Knox, topics upon which a mentor may consult with young lawyers may include issues arising from the day-to-day practice of law, the inner workings of the court system, the economics of practicing law, the importance of networking, professionalism and ethical responsibilities. In addition, Msrs. Avrigian, Marsh and Knox presented a Pennsylvania Bar Institute (PBI) program on mentoring in 2000 that included a PBI pamphlet titled "Mentorship." To obtain a copy of this pamphlet, contact the PBI at 1-800-932-4637.

While several counties in Pennsylvania already have some type of a mentoring program in place, many others do not. If you are a young lawyer who would benefit from such a program in your county, or if you are interested in discussing the possibility of starting such a program with your county bar leaders and would like more information about the mentoring program, please contact your zone chair or a member of the Senior Lawyers Committee.

But wait, there's more: With the advent of InCite, the new online legal database available to members of the PBA, Pennsylvania lawyers now have access to online research at the click of a mouse. To aid in the implementation of the program, the YLD has developed a new committee: the InCite Reverse Mentoring Committee. For those members of the bar who are new to online research, the 21 members of the

InCite Reverse Mentoring Committee will assist in answering some questions you may have about the program. There are members of the Reverse Mentoring Committee from each zone.



However, all **Clark** questions about

InCite should first be directed to PBA staff at 1-800-932-0311. The PBA will then direct the caller, if necessary, to an InCite Reverse Mentoring Committee member in the appropriate zone. The committee also intends to schedule InCite training sessions throughout Pennsylvania. For more information about the InCite program, contact the PBA at the toll-free number listed above.

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Award Nominations Requested

The PBA Young Lawyers Division is seeking nominations for the 2002 Liberty Bell Award and the Michael K. Smith Award. The Liberty Bell Award recognizes an individual from Pennsylvania who is not a lawyer or judge for his or her outstanding service and for promoting the "blessing of liberty" guaranteed by our Constitution. Award nominees should embody the individualism, courage, enterprise and altruistic characteristics of leaders in a free society.

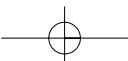
Service meriting nomination for the 2002 Liberty Bell Award includes:

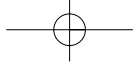
- Promoting a better understanding of our form of government and especially the Bill of Rights;
- Encouraging greater respect for the law and the courts;
- Creating a deeper awareness of individual responsibility so that citizens recognize their duties as well as their rights;
- Contributing to the effective functioning of our government;
- Encouraging a better understanding and appreciation of the rule of law.

The Michael K. Smith Excellence in Service Award will go to a Pennsylvania young lawyer who is striving to improve the quality of life in Pennsylvania through public-service activities. These activities may include but are not limited to pro bono work, charitable and public-interest causes. Through these ventures, the award recipient will have had a positive effect on the image of all lawyers, but on the image of young lawyers in particular.

The awards will be presented at the YLD Awards Luncheon May 2 during the 2002 PBA Annual Meeting in Hershey.

Nominations must be sent no later than March 10 to Judge Todd B. Seelig, Bureau of Workers' Compensation, 1400 Spring Garden Street, 15th Floor, Philadelphia, Pa. 19130. For more information, contact Judge Seelig at (215) 560-2488 or YLD Coordinator Susan B. Donmoyer at 1-800-932-0311, Ext. 2223.





COURTHOUSE CAFÉ

By Taryn F. Goldstein

Featuring: PHILADELPHIA

After a long and harrowing battle-filled morning in court, the last thing you want to do is scramble to find a decent spot for lunch (especially when the judge gives you only an hour lunch break) in Philly. Knowing this, here are some of my favorite lunch picks in and around the state and federal courthouses:

Reading Terminal Market

For a mix of everything and anything, the Reading Terminal market is your best bet, near both the state and federal courthouses. Situated on the corner of Twelfth and Arch Streets, this fantastic farmers' market offers eating opportunities for even the pickiest eater. Local merchants (and even some not so local, from Lancaster and points west) sell an amazing array of every kind of food imaginable, from fish to fowl, from pizza to cookies. Philadelphia traditions like Bassetts ice cream exist next to Amish and Mennonite shoofly pie stands and the Sang Kee Peking Duck stall (my favorite). This is also a great place to sit down, read a deposition transcript and watch the world go by. The one caveat is that this place gets very crowded during the lunch rush and tables are quick to fill. If you can stake out your table, though — and hold on to it — this place is worth the effort.

Marathon Grill

Another good eatery that is closer to state court than federal (but within easy walking distance, especially on a nice day) is Marathon Grill, on Chestnut and Thirteenth Streets. This lunch spot is actually one of five New American restaurants in the downtown area, all with the same name and owned by the same family. From gourmet sandwiches to large and filling salads, this place is a good choice for a sit-down lunch. With reasonably priced lunches at around \$10 to \$15, you can always find something tasty to eat here. Although service is sometimes slow, the burgers and fries are great and worth the wait.

Joe's Pizza

This little hole-in-the-wall restaurant has quite the following, especially among the

downtown lunch crowd. Located on Sixteenth Street between Walnut and Samsom (a few blocks from state court), you might miss it when you walk by, except for the long and hungry line that heads down the street. Once you get up to the front, though — past every kind of pizza you can dream up — make sure you know what you want and yell your order out when asked. Seinfeld's Soup Nazi could take a few lessons from these folks. However, this is the best pizza in the city, in my opinion, and worth the stress of having to make a decision on what kind of toppings you want. They sell by the (very large) slice, so make sure you get two different kinds of slices — the more inventive, the better.



Kisso Sushi Bar

As a sushi addict, I am always scouring Philly for a place with good raw fish. I found it at Kisso Sushi Bar on the corner of Fourth and Race Streets. Although it is a little out of the way for most downtown lawyers and from the federal courthouse, it is worth the trip over to Old City for lunch. The decor of this small and intimate restaurant is stark and modern, with orange-colored wood on the walls and decorative flower arrangements on each table. The sushi bar is lined with modern metal stools. As for the food, fresher sushi cannot be found in this city. Lunch specials will run you from \$7 to \$12, and come with miso soup or, for an extra \$2, a salad with a tangy ginger dressing. My personal favorite is the combination of a spicy tuna roll and tuna sushi. If you can't find a lunch special to your liking, all sushi and maki come a la carte. You can even try one of Kisso's specialties, such as the "bagel maki" (salmon, cream cheese and scallion), the "hot dog maki" (broiled yellow tail, asparagus, scallion), or the "Kisso maki"

(described as "something very special"). As a final thought, it seems the folks at *Philadelphia Magazine* agree with me, as Kisso was rated the "best of" for 2001.

Capital Grille

Finally, for those lawyers taking clients to lunch, the very expensive and refined Capital Grille is steps away from the state courthouse on Chestnut and Broad streets. This relatively new addition to the Avenue of the Arts is actually a surf-n-turf chain. However, this is the place for the power lunch. Its biggest selling points are its beautiful mahogany decor, great wine list, mouth-watering steaks and accommodating service. Of course, to top off a scrumptious meal, don't forget to order my favorite dessert — cherry cheesecake.

Directions: State Court: [Broad and Market Streets (City Hall), 100 Penn Square East (Complex Litigation Center), 1301 Filbert Street (Criminal Justice Center)] Take I-676E/US-30E exit, exit number 38, on the left toward Central Philadelphia. Merge onto Vine St. Exwy/I-676E/US-30E. Take the exit toward Broad Street/Central Phila. Keep right at the fork in the ramp. Turn right onto N. 15th St. Turn left onto S. Penn Square.

Federal Court: (601 Market Street) Take I-676E/US-30E exit, exit number 38, on the left toward Central Philadelphia. Merge onto Vine St. Exwy/I-676E/US-30E. Take the exit toward (I-676E)/Ben Franklin Br. (US-30E). Merge onto N. 6th Street. Take N. 6th Street to Market Street. Turn right on Market Street.



Goldstein

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