

The Tickler



A Monthly Publication of Douglas-Carson Legal Professionals

January 2023

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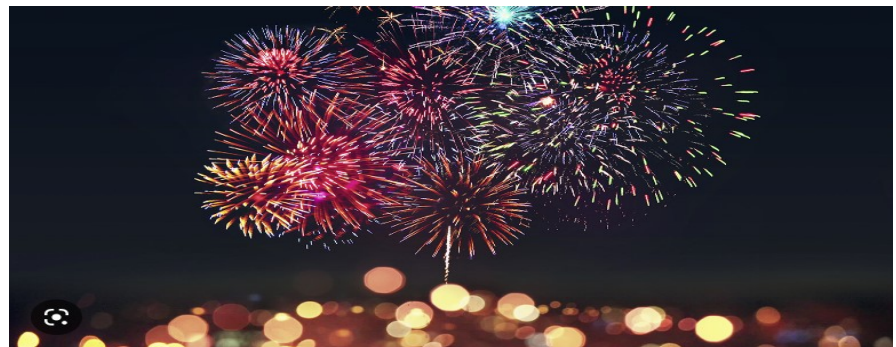
Wishing you all a wonderful New Year. I hope you are blessed with family and friends to celebrate with. Be safe in your travels and stay warm.

I was happy to see the snow. We have so much out in Washoe Valley and since it has been so cold, we will likely still have some New Year's Eve and Day.

At this month's meeting we will be hearing from Dee Beardsley, Emeritus PP, PLS. She will be speaking about Emoji law. That should be an interesting and probably funny presentation.

Hope to see you January 4, 2023, at noon on Zoom

—Maria Nelson, PLS, DCLP President



Source: Travel Nevada



DCLP LIVE!!

No Reservation Needed

Via ZOOM Wednesday
January 4, 2023 at 12 p.m.

No charge for guests.

Meeting ID: 922 280 3023

Passcode: 412889

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Douglas-Carson Legal Professionals

Welcomes

Dee Beardsley, Emeritus PP, PLS

NALS Past President 2008-2009

EMOJI LAW

In preparing the May 2022 issue of *The Tickler* for publication, our editor Dee Beardsley came across the topic of Emoji law. Fascinated, she did further research for the article. A Philadelphia NALS member who is a subscriber asked her to speak on the subject at NALS of Pennsylvania's Fall Educational Conference. Because of that appearance, Dee was asked to present the same session in Arizona in February 2023. Of course, DCLP wanted in on the action and so our guest speaker this month is our own Dee Beardsley, Emeritus PP, PLS.

Dee will give us background on "picture writing" so we are all on the same page when discussing the legal issues surrounding usage, interpretation, and legal ramifications of emojis. We promise you will never look at another 😊 quite the same way again.

Dee was born in Indiana and raised in Illinois. She graduated from Doane University in Nebraska with a Bachelor of Arts in English and Theater and promptly moved to San Diego, California to work at the Old Globe Theater and pursue her masters in Radio, Television and Film at San Diego State University.

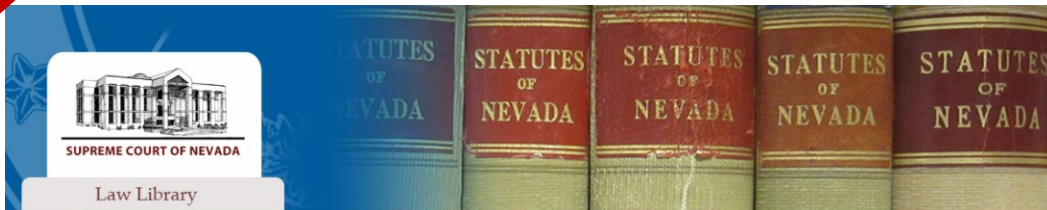
In 1974 she began working for a sole practitioner who encouraged her to join NALS for which she was a passionate leader and mentor. Dee's legal support roles have included that of legal secretary, office manager, paralegal, and legal support supervisor. Dee spent the last 30 years of her career at Latham & Watkins, an international law firm, where she had the opportunity to work in both Brussels and Hamburg (where she was on 9/11).

After retiring in 2016, Dee moved to Nevada and joined Douglas-Carson Legal Professionals. As a life-long learner, Dee continues to explore new horizons. She became a Certified Zentangle Teacher in 2018 and in 2020 began writing for the People's Choice and Peabody nominated radio drama *Secrets of Harridge House*. She is currently a supervising producer for *Radio Story Hour*, a monthly anthology series airing first on the radio and then moving to podcast. She will also be writing and directing for *RSH* this year.

Dee is proud mom to Patrick, a paralegal in San Diego. In addition to writing and Zentangle, she is passionate about theater, the arts in general, quilting, and traveling.

"Never stop learning and adapting. The world will always be changing. If you limit yourself to what you knew and what you were comfortable with earlier in your life, you will grow increasingly frustrated with your surroundings as you age."

— David Niven



Forthcoming Opinions

The following opinions are scheduled for release by the appellate courts. Any pending opinions are subject to modification or withdrawal at the discretion of the appellate courts. The posted opinions will be available [here](#) by 2:00 p.m. on Thursdays. Please note that the most current public information regarding the Supreme Court cases is available through the court's public portal by using the links below.

The Nevada Supreme Court and Court of Appeals normally release ADVANCE OPINIONS only on Thursdays.

On the preceding Wednesday, a list will be posted here of opinions planned for release.

The appellate courts make no guarantee that every advance opinion listed as forthcoming will be published as indicated. On rare occasions, the publishing of an advance opinion may be delayed at the last minute for administrative reasons.

Some weeks, the appellate courts will issue no opinions.

Most Supreme Court and Court of Appeals cases are decided by "Unpublished Orders," which may be released on any day.

Access the [Supreme Court unpublished orders](#).

Access the [Court of Appeals unpublished orders](#).



APPELLATE COURTS DECISIONS

[Advance Opinions](#)

[Forthcoming Opinions](#)

[Nevada Reports](#)

[Unpublished Orders](#)

The Benefits of Gaming

DCLP presents Cognitive Fitness



Games to Exercise Your Brain

- Scrabble
- Sagrada
- Rummikub
- Jigsaw puzzles
- Rubik's Cube
- Azul
- Sudoku
- Crossword Puzzles
- Chess

Gaming is a popular pastime for people of all ages. They're widely available on our phones, tablets and computers, making them only a quick click or swipe away to those who love to play. While many health experts worry that video or virtual games can cause problems, some recent studies actually point to potential benefits — and that comes as good news for all the gamers out there.

We're here to explain how to game to your advantage so you can get the best of both worlds — health benefits along with fun.

Flex That Brain

Research shows that those experiencing memory loss may benefit from playing video games by delaying the brain's aging process. Engaging in new activities, such as gaming, can keep the parts of the brain that are susceptible to memory problems sharp.

One study revealed that memory improved in people from 60 to 80 years old who played video games each day over the course of four weeks. At the end of the month, they scored higher on memory tests than those who played other games, like solitaire.

Boost Your Mood

Video games also let you experience adventure without leaving your home. Especially for those restricted in movement or mobility, immersive video games can provide an exciting escape.

As you discover and explore the world of virtual reality, you'll raise your dopamine levels, which are connected to feelings of happiness and reward. Gamers often experience heightened pleasure and confidence when playing because of this natural rush.

source: <https://www.adventhealth.com/blog/can-gaming-benefit-your-brain>



RESOLUTIONS FOR 2023

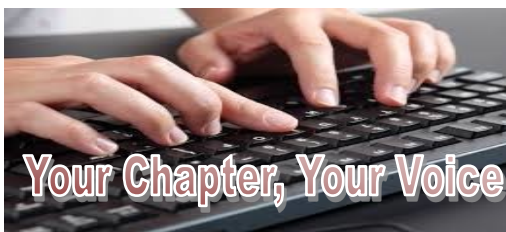
— featuring some of the best tips and life-saving tricks from [Good Housekeeping Institute](#)

Annual resolutions have never been more crucial as a way to take stock of what's *truly* important in your life. If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2023, zeroing in on your body, mind *and* soul is a great way to organize your long-term goals for the new year.

And focusing on your health and well-being doesn't always translate into a new diet or workout plan. Expand your sights on taking charge of your mental health, finally optimizing a better sleep routine or diving headfirst into reclaiming your space (wave bye to messy closets and disastrous bathrooms!).

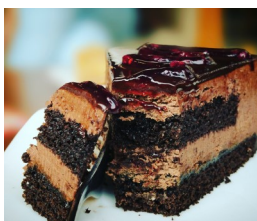
Create a list of **attainable New Year's resolutions** that allow you to make healthier lifestyle tweaks every day. You'll start the year with a stronger, well-nourished body and an enriched mind if you adopt any of the daily objectives we are sharing here. Stay on track with resolutions [using a planner](#) to help you, checking off [daily fitness goals](#) and [frequent decluttering tasks](#) that feel much more achievable. This year, it's time to put you first!

- Build a better budget
- Practice mindfulness
- Cook something new each week
- Read more books
- Create a cleaning schedule you'll stick to
- Drink less alcohol
- Make dinner easier
- Weekly meal prep planner with grocery lists
- Commit to a healthier sleep routine
- Join a club
- Quit smoking
- Learn to love vegetables
- Prioritize annual health screenings
- Exercise your brain
- Become a plant owner
- Take the stairs
- Start doing Yoga with a partner
- Plan a vacation
- Head to a day spa
- Make time for cuddling
- Drink up (water!)
- Chill out
- Jumpstart a new career
- Consider therapy
- Volunteer regularly
- Get a body-positive mindset
- Listen to novels while you work out
- Lift weights
- Give your feet better support
- Try a guided workout class
- Try a new diet plan
- Learn or hone a new skill
- Continue fun learning at home
- Stop procrastinating a tough decision
- Decorate with family history
- Try hydrotherapy
- Delegate more chores
- Keep clutter out of the kitchen
- Wear workout gear that makes you feel good
- Upcycle your wardrobe for good
- Explore new hobbies
- Give yourself a new look
- Invest in your skincare routine
- Play upbeat music
- Start walking more
- Write to yourself
- Do one thing at a time
- Make chaotic zones calm
- Embrace your new work schedule
- Go to bed on time
- Get enough sun (with sunscreen)
- Give yourself more compliments
- Go outside without your phone
- Say goodbye to toxic friends
- Be current about the news
- Chow down on blueberries and walnuts
- Take more trips with no destination in mind
- Be kind to yourself
- Get artsy
- Make your home more fragrant



Birthdays of the Month

January 15 — Sharon Coates, PP, CLP



@Law, the NALS eMagazine for Legal Professionals, has been published for over 50 years. Each digital issue of @Law contains articles chosen by the Editorial Board, a committee of individuals in the legal support profession. It contains content to assist legal support professionals in their duties and recognizes NALS members for their achievements.

Requires NALS Membership or Subscription to Access

New to Zoom?

You can join DCLP's meetings as a participant without creating a Zoom account.

Windows or Mac

1. Open the **Zoom** desktop client.
2. **Join** a meeting using one of these methods: (a) Click **Join a Meeting** if you want to **join without** signing in, or (b) sign in to Zoom and then click **Join**.
3. Enter the **meeting** ID number and your display name. If you're signed in, you can change your display name. If you're not signed in, enter a display name.
4. Select if you would like to connect to audio and/or video and click **join**.

For other devices, visit:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-meeting>



The NALS Legal Brief is a biweekly newsletter that delivers to you the trends, updates, and news from around the legal industry that is necessary to help you succeed in your career. Along with some association news, the NALS Legal Brief will give you a rundown of the current state of the legal support world by giving you a list of relevant industry-focused articles to educate and inform you.

[View past publications](#) of the NALS Legal News Brief



The next Lunch Bunch meet up will be January 11, 2023 at the Black Bear Diner in Carson City at noon. If you can get away, please join us! No official business or program... Just an opportunity to socialize and catch up with our members.

DID YOU KNOW?

- The cost of membership for individuals is less now than it was in 2018 (\$130 now vs. \$140 in 2018).
- There used to be an additional new member joining fee and a reinstatement fee for not renewing on time. Both of those fees were eliminated in 2020.
- Retired members receive a discounted rate of \$75 (this option has been available for at least 3 years, maybe longer).
- Members get discounted pricing on everything else that we do (certification, CLE, conference, job postings, etc.). For more on this topic, go to <https://www.nals.org/page/leaders>.

Free Puppies

1/2 Cocker Spaniel,
1/2 sneaky neighbor's dog

Free Puppies

Mother is a Kennel Club registered German Shepherd. Father is a Super Dog, able to leap tall fences in a single bound.

Wedding Dress for Sale

Worn once by mistake.
Call Stephanie.

New Nevada Laws for 2023

SB 448 allows for more charging station areas for electric cars in low-income homes and neighborhoods.

AB 116 is a law that switches minor traffic tickets from criminal to civil.

AB 349 will require classic car vehicles to have classic car insurance.

AB 360 requires a \$100 civil fine for stores and clerks who fail to verify the identity of anyone under 40 years of age who is purchasing tobacco.

MEMBER RENEWALS



If you are unsure of your renewal date visit nals.org OR contact VP Sharon Coates, PP, CLP

**Don't Forget to Renew
Your Membership**



*Dance like no one is watching.
Email like it may one day be
read aloud in a deposition.*

NALS Code of Ethics & Professional Responsibility

Members of NALS are bound by the objectives of this association and the standards of conduct required of the legal profession. Every member shall:

- Encourage respect for the law and administration of justice
- Observe rules governing privileged communications and confidential information
- Promote and exemplify high standards of loyalty, cooperation, and courtesy
- Perform all duties of the profession with integrity and competence
- Pursue a high order of professional attainment

Integrity and high standards of conduct are fundamental to the success of our professional association. This Code is promulgated by NALS and accepted by its members to accomplish these ends.

Canon 1. Members of this association shall maintain a high degree of competency and integrity through continuing education to better assist the legal profession in fulfilling its duty to provide quality legal services to the public.

Canon 2. Members of this association shall maintain a high standard of ethical conduct and shall contribute to the integrity of the association and the legal profession.

Canon 3. Members of this association shall avoid a conflict of interest pertaining to a client matter.

Canon 4. Members of this association shall preserve and protect the confidences and privileged communications of a client.

Canon 5. Members of this association shall exercise care in using independent professional judgment and in determining the extent to which a client may be assisted without the presence of a lawyer and shall not act in matters involving professional legal judgment.

Canon 6. Members of this association shall not solicit legal business on behalf of a lawyer.

Canon 7. Members of this association, unless permitted by law, shall not perform legal functions except under the direct supervision of a lawyer and shall not advertise or contract with members of the general public for the performance of paralegal functions.

Canon 8. Members of this association, unless permitted by law, shall not perform any of the duties restricted to lawyers or do things which lawyers themselves may not do and shall assist in preventing the unauthorized practice of law.

Canon 9. Members of this association not licensed to practice law shall not engage in the practice of law as defined by statutes or court decisions.

Canon 10. Members of this association shall do all other things incidental, necessary, or expedient to enhance professional responsibility and participation in the administration of justice and public service in cooperation with the legal profession.

Douglas-Carson Legal Professionals

www.douglascarsonlegalprof.org

NALSdclp@gmail.com

Facebook: [NALSdclp](#)

Instagram: [NALS in Nevada](#)



DCLP Chapter Officers 2022-2023

President

Maria Nelson, PLS
(775) 883-3300
maria@allisonjoffee.com

Vice-President

Sharon Coates, PP, CLP
(775) 720-4060
scoates7515@gmail.com

Secretary

Tori Francis, PP, PLS
(775) 752-3016
Redd72chevy@yahoo.com

Treasurer

Mary Baldecchi, Emeritus PP, PLS, CLA
(775) 783-0581
marybaldecchi@aol.com

The Tickler

Dee Beardsley, Emeritus PP, PLS
(Editorial Manager)
beardsleydee@gmail.com

Maria Nelson, PLS (Circulation Manager)
(775) 883-3300
maria@allisonjoffee.com

Webmaster

Darci Hayden, PP, AAS
nalsdclp@gmail.com

NALS Headquarters

3502 Woodview Trace, Ste. 300
Indianapolis, IN 46268

(918) 582-5188

Executive Director

Amanda S. Bureau, CAE, CVA
Board Support, Strategic Planning,
Staff Leadership
amanda@nals.org

Interim Membership Director

Grant Carpenter
Interim Membership Director
and Chapter Support
grant@nals.org

Communications Director

Rachel Daeger, CAE, IOM
Publications, social media, marketing
rachel@nals.org

Membership and Education Coordinator

Gena Hayes
Membership, Certification, and Events
Customer Service
gena@nals.org

Senior Communications Director

Taylor Meyers
Publications, Social Media, Marketing
taylor@nals.org

Certification and Education Manager

Natalie Shryock, CMP
Certification & Education Manager
natalie@nals.org