BLACK BELTS OF OUR LEGAL COMMUNITY: THE CITATIONS EDITORIAL BOARD

VENTURA COUNTY’S FIRST LATINA JUDGE

THE DAY I (ALMOST) PLAYED GOLF WITH ARNOLD PALMER

LOOKING FOR ORIGINAL ESTATE PLANNING DOCUMENTS?

FAMILY LAW STATE OF THE COURTS 2016

LAW LIBRARY ADDS BOOKS

QUESTION OF THE MONTH

FOUR COMMON MISTAKES ABOUT DRINKING AND DRIVING

MITCH GREEN

CLASSIFIEDS

EXEC’S DOT...DOT...DOT...

ARTICLES CAN BE VIEWED ONLINE AT WWW.VCBA.ORG
Hon. David W. Long
Judge of the Superior Court County of Ventura, Ret.
judgelong@cdrmediation.com

David M. Karen, Esq.
32-year Trial Attorney and Pepperdine Trained Mediator
dk@cdrmediation.com

CREATIVE DISPUTE RESOLUTION

HON. DAVID W. LONG
Judge of the Superior Court County of Ventura, Ret.

CONTINUING THE EXPANSION AND TRADITION
OF EXCELLENCE IN MEDIATION & ARBITRATION
ESTABLISHED IN 1986 BY PAUL D. FRITZ, ESQ. (1941-2011)

CDR GIVES BACK!
PRO BONO MEDIATION DATES - CONTACT DK@CDRMEDIATION.COM
Phone: 805.498.9494 / Fax: 805.498.3030

CDRMEDIATION.COM
Highly Skilled and Effective Mediators

HEARD ABOUT OUR INTERNS?!
FOLLOW US ON TWITTER! #DKLAWGROUP

DAVID M. KAREN - MEMBER
AMERICAN BOARD OF TRIAL ADVOCATES

DK LAW GROUP—TRIAL AND LITIGATION REFERRALS WELCOMED * 805.498.1212
About three years ago, my husband James and I decided to sign up our children, Nathan, Avery and Christopher for taekwondo. When James returned home, fresh from the studio owner’s excellent pitch about the benefits of learning a martial art, he enthusiastically announced he signed up the whole family – including me. While I have always loved participating in sports, I was somewhat wary about starting something so completely outside my comfort zone, not to mention the time commitment involved. I agreed to go to one class.

Fast forward 32 months. James achieved his black belt in October, the older two kids and I will test for our black belts in December, and Christopher will soon graduate from the studio four to five days a week, and have traveled all over Southern California, Nevada and Arizona to compete in tournaments. We have enjoyed learning together and from each other, and have each found niches within taekwondo we most enjoy. James is devastating with the sword (his weapon of choice), Nathan is great at forms and Avery and I competed at the district championships in sparring and combat weapons a few months ago. Most importantly, we have all had fun together.

I thought about my family’s black belt journey when I interviewed your long-time CITATIONS Managing Editor, Wendy Lascher, and several members of the Citations Editorial Board about their service to the Board and the high quality magazine they publish month after month. Though it is worth mention that Lascher herself holds a black belt in taekwondo (and is a former marathon runner and aspires to obtain her pilot’s license), this is not why I now casually think of Lascher and the rest of the Board as the black belt ninjas of our legal community. Much like my studio owner excels at bringing new people into the fold and training them to be black belts, Lascher “does a great job of inviting new attorneys to be involved, outreach to keep CITATIONS running well . . . and is very encouraging, giving people room to grow and develop,” according to board member Rabiah Rahman. Indeed, Lascher is grooming her replacement, and hopes that one day, Cari Ann Potts will elevate to managing editor.

Additionally, the CITATIONS editorial board, like my family with martial arts, seems to really enjoy not only their time together, but the entire process of creating the magazine. This is true even when, and sometimes especially when, Board members disagree with one another. As Lascher commented, board members are “vested and interested,” with differing viewpoints, ideas and strengths. Some members are superb writers, some are excellent proofreaders and others consistently come up with terrific article ideas. Board members lauded the monthly board meetings, held the second Monday of the month, as lively brainstorming sessions at which board members discuss interesting topics and angles for article ideas. The board also discusses who is best situated to write a particular article, whether a Board member or someone in our legal community. Al Vargas joined the board about 16 years ago after agreeing to attend one meeting. He has basically been on the board ever since. He told me he stays on the board, in large part, because the monthly board meetings are so enjoyable.

Lascher explained that the purpose of the magazine is not investigative journalism, nor is it to debate the newsworthy topic of the day. Rather, since the magazine’s inception and continuing through today, the board publishes articles that illustrate and maintain our legal community’s sense of identity. It does this through articles that offer, for example, community-specific practice tips or tips about Ventura County, individual profiles of the bench and bar, or book and movie reviews by local attorneys. Steve Henderson has been CITATIONS’ publisher for 26 years. For the last 16 years, he has penned the magazine’s most popular feature, the “Exec’s Dot...Dot... Dot” column that combines gossip, news, wisdom and humor.

Lascher’s favorite articles are those that create a civil dialogue within our community, either through letters to the editor or articles that answer a previously published one. Rachel Coleman, whom Lascher initially asked to write an article and who joined the board soon after in 2010, said her favorite articles are those that reveal the interesting things members of our bench and bar do outside the adjudication and practice of law.

Panda Kroll, board member now for 15 years, calls the Board the “welcome wagon” for new members of the Ventura County Bar Association. Kroll told me that Board meetings are a “good place for the curious.” Kroll also said, and Potts agreed, that those who write articles take advantage of a “great opportunity to get published and increase [one’s] internet footprint.” All the board members with whom I spoke encouraged those who read CITATIONS to write an article and submit it. Rahman echoed these sentiments and stressed that “regardless whether a topic is law-related . . . if something is compelling or interesting

Continued on page 9
CITATIONS is published monthly by the Ventura County Bar Association. Editorial content and policy are solely the responsibility of the Ventura County Bar Association.

Submit all advertising, classified and calendar matters to:
VCBA
4475 Market St.
Suite B
Ventura, CA 93003
Attn: Nadia Avila
t: 805.650.7599
e: 805.650.8059
c: bar@vcba.org
w: www.vcba.org

Submit all editorial matters to:
CITATIONS
1050 S. Kimball
Ventura, CA 93004
t: 805.659.6800
e: wlascher@fcoplaw.com

There is no better ambassador for the value of mediation than Henry Bongiovi.
Zealous Representation in Family Law

CERTIFIED CALIFORNIA FAMILY LAW SPECIALIST*
State Bar of California Board of Legal Specialization

NEGLEY LAW
A Professional Corporation.

John J. Negley, Jr.*
Certified Family Law Specialist (CFLS)
State Bar of California Board of Legal Specialization

Michael R. Rutkowski, Jr., Esq.
Michael R. Pamplona, Esq.

NEGLEY LAW, APC
200 E. Santa Clara Street, Suite 200
Ventura, California 93001
Telephone: (805) 644-4222
Facsimile: (805) 299-4969

Prompt and Professional
Almost 20 years of combined experience
Child Custody
Modification of Support Orders
Dissolution of Marriage
Domestic Violence

www.VenturaDivorceAttorneys.com
MEDIATOR/ARBITRATOR

PERSONAL INJURY AND BUSINESS, CONSTRUCTION, REAL ESTATE AND PROBATE/TRUST DISPUTES AND LITIGATION.

Richard M. Norman, Esq.

• Trial Attorney – AV Rated
• Member: American Board of Trial Advocates (ABOTA)
• Past President and Member of Ventura County Bar Association, and Ventura County Trial Lawyers Association
• Trained Mediator - Pepperdine University Straus Institute & Negotiation Strategy Institute
• American Arbitration Association and FINRA Arbitration Panel
• Reasonable Fees - Flexible Scheduling - No Administrative Charges

Richard M. Norman, Esq., Of Counsel
Norman Dowler, LLP.
840 County Square Drive, Ventura, CA 93003-5406
(805) 654-0911 • RNorman@normandowler.com

When Emotions Get In The Way of Resolution

TRUST AND PROBATE MEDIATION
kevin-staker-mediation.com
Neutrals Like No Others

Access to the best mediators and arbitrators practicing today—that’s the power of difference™ only JAMS delivers.

Jeffrey G. Benz, Esq.
Bruce A. Friedman, Esq.
Joel M. Grossman, Esq.
Hon. Melinda A. Johnson (Ret.)
Barbara A. Reeves, Esq.
Hon. Steven J. Stone (Ret.)
Hon. Diane Wayne (Ret.)

800.352.5267 | www.jamsadr.com | Resolving Disputes Worldwide
VENTURA COUNTY’S FIRST LATINA JUDGE

When CITATIONS profiled Superior Court Judge Michele Castillo in 2015 (vcba.org/wp-content/uploads/2015/02/March_web-2015.pdf) shortly after she became a Superior Court Commissioner – Presiding Judge Don Coleman predicted that Castillo “will be for many years to come, an outstanding member of the bench.” She became the county’s first Latina judge when Governor Jerry Brown appointed her in June 2016. Castillo is pictured above with (left to right) brother Jeffrey Castillo, mom Patricia Castillo, and brother Robert Castillo, at her formal swearing-in ceremony.

THE DAY I (ALMOST) PLAYED GOLF WITH ARNOLD PALMER
by Lindsay Nielson

It was in the early 1990s. I was representing the Ojai Valley Inn as they hosted a Seniors golf event. I formed the mandatory foundation that collected all the money and paid the purse to the players at the end of the tournament. I also wrote or reviewed the multitude of sponsorship and advertising tie in contracts that are part of a big time golf tournament.

I got a phone call from Steve Crown (the Crown family of Chicago owns the Ojai Valley Inn).

“Lindsay, I’ve got to go back to Chicago tomorrow. Would you like to take my place in the Pro-Am Thursday? You’ll be playing with Arnie Palmer.”

ARNOLD PALMER! My brain froze. If you ever saw my golf game you would understand the sheer terror that shot through me like a well-struck 3 iron. I would be humiliated the moment I stepped up to address the first tee.

“Damn, Steve,” I blurted out, “I’d love to, but I have an appointment tomorrow morning” It was a total fabrication.

“It was over just like that. My chance to play with one of the greatest golfers of all time, and I blew it. My former associate told me what an idiot I was (well, idiot wasn’t the word he used to describe my chickening out). “Arnold Palmer plays with terrible golfers all the time as part of his business outreach,” he told me, and it was a once-in-a- lifetime experience. Besides, in the Pro-Am, people paid $6,500 for the privilege to play with the Pros.

“O.K., Lindsay, just thought I’d ask.”

It was over just like that. My chance to play with one of the greatest golfers of all time, and I blew it. My former associate told me what an idiot I was (well, idiot wasn’t the word he used to describe my chickening out). “Arnold Palmer plays with terrible golfers all the time as part of his business outreach,” he told me, and it was a once-in-a- lifetime experience. Besides, in the Pro-Am, people paid $6,500 for the privilege to play with the Pros.

I told my wife that my tombstone should read: “Could have played with Arnold Palmer, but he chickened out.” I hope I get a mulligan and have another chance to play with the King a little later on in that beautiful fairway in the sky.

Lindsay Nielson is a lawyer and real estate appraiser. He practices in Ventura.
Sometimes numbers are the only prints left behind.

Arxis Financial is a proven forensic accounting and litigation specialist. We will examine the financial data and help you determine the “bottom line.” Arxis provides financial and valuation analysis needed to resolve a variety of legal disputes from family court to civil, criminal, and probate courts. In many cases our experts can help you reach a settlement. If trial or arbitration is required we give you the support you need to win.

Chris Hamilton, CPA, CFE, CVA
805.306.7890
www.arxisfinancial.com
chamilton@arxisgroup.com
LOOKING FOR ORIGINAL ESTATE PLANNING DOCUMENTS?

When Nordman, Cormany, Hair & Compton closed its doors in 2013, hundreds of estate planning files and original estate planning documents were left without a home. In June 2016, CunninghamLegal was entrusted with these files, and is currently in the process of letting the owners of the original documents know about the transfer. If you or someone you know is looking for original estate planning documents drafted at Nordman, Cormany, Hair & Compton, please refer them to our office and we will likely be able to locate their documents. CunninghamLegal can be reached at (805) 484-2769.

Stephen M. Wood is an attorney at CunninghamLegal in Camarillo, where he handles estate planning, trust administration, elder law, and probate matters.

YOUR ESTATE ASSISTANT, LLC
ESTATE CLEAN OUT SERVICES & SOLUTIONS

Estate or Property Clean Out Needs due to Death, Divorce or Downsizing?

Executors, Administrators, Trustees, Realtors & Families rely on Your Estate Assistant, LLC for organized, ethical and professional help for all of life’s dissolution situations.

A note from one of our Clients:
“Thanks for the PROMPT response and great service.”
Mark A. Lester, Jones & Lester, LLP

yourestateassistant.com yourestateassistant@gmail.com (805) 861-8341

MEDIATION SERVICES
www.californianeutrals.org

Serving Orange, Los Angeles, Ventura, Santa Barbara, San Luis Opispo & Kern Counties

BUSINESS
EMPLOYMENT
INSURANCE
PROBATE
PERSONAL INJURY
PROFESSIONAL NEGLIGENCE
CONSTRUCTION DEFECT
DISCOVERY REFEREE

Mr. Carrington has conducted over 3,000 mediations, over 300 arbitrations and been a discovery referee in 25 matters involving toxic torts, construction defect, class action employment and insurance matters, business disputes, and personal injury matters in the past 15 years.

R.A. CARRINGTON
565 Sheffield • Santa Barbara, CA 93108
805.565.1487 • Fax: 805.565.3187 • RATC@COX.NET
"The true test of a man's character is what he does when no one is watching."
John Wooden.

It is very likely that Don Greenberg will not read this article. Don makes things better for others because it is simply right to do so; and to do it with no expectation of recognition or fanfare – rare traits at a time when boasting has replaced doing.

Don is a graduate of USC and, no doubt, welcomes the opening to this article. He attended “BerkeleyLaw” (néé: Boalt Hall), graduating in 1967. After clerking for Justice James A. Cobey at the Second District, he spent time as a litigator with a firm in Beverly Hills. He arrived in Ventura in 1972 as a deputy in the Ventura City Attorney’s office; he became City Attorney in 1975, holding the office until 1989. After playing hooky in Japan and Europe for a year, he briefly went to work with the Nordman firm in 1991. His calling, however, was government law. He joined the Ventura County Counsel’s Office in 1991, working in a wide variety of assignments until his retirement in 2004.

Don has been a teacher, a mentor, an author of scholarly articles on municipal government, and a member of a many professional organizations. That is the “legal world” in which he excelled. Don is husband to Sandy as well as a father to Jill, Michael and Steven, and eight times a grandfather.

Don is being recognized for his other work, and most especially for his charitable and benevolent work over 43 years with Ventura Lions and Lions Clubs International, of which Bruce Johnston, the first “Nordman Award” recipient, was also a member.

Don has held every leadership position with the Downtown Lions. But it is his work on behalf of international youth and the club’s “Youth Exchange,” hosting students from all over the world over the last twenty-five years, his work with “Lions-American Cancer Society,” his fund raising efforts leading to the City’s Aquatic Center, his spearheading efforts at fighting blindness, and countless other benevolent endeavors, that are being recognized. He works at Bingo, flips pancakes at Lions Club breakfasts, works the street fairs, jingles bells at Christmas; and serves crab and spaghetti, all to raise money for those in need. On top of all this, he literally puts his money where his mouth is.

Beyond Lions, Don has ventured to our public schools as a presenter on law day, scored Mock Trial and Academic Decathlon, volunteers with United Way to assist low income earners in preparing their tax returns, and is “Of Counsel” with the County Bar’s VCLA program. He manages to reconcile being a Trojan and a Golden Bear in his fundraising, has raised money for the Martin Luther King memorial “We Have A Dream” steering Committee, and has chaired the United Way’s Fundraising Committee; the list goes on.

In sum, Don is the citizen that every community treasures and is a wonderful example to all of the members of the bar of just how much we can and should do to make ours a better community and nation.

For the last several years Bill Paterson and I have met with Don every Sunday at Peet’s Coffee on Victoria - our version of the “Cracker Barrel.” We know what Don has accomplished; we also know that Don is the last person whom you will hear speak of his achievements. His work for the betterment of our community gives voice to what he has done. The bar honors itself by recognizing Don Greenberg.

Steve Perren is an associate justice of the Court of Appeal, Second District, Division Six. He is pictured with one of Don’s youngest granddaughters and daughters-in-law at Peet’s.
As a significant benefit to our members...the Ventura County Bar Association has identified these Insurance and Financial Planning professionals to accommodate your insurance needs. These brokers are recognized for their integrity, knowledge and experience in serving the legal community. They can assist you in the areas of life, health, disability income, long-term care insurance, annuities and investments. You can obtain State and County Bar plans at discounted rates through these brokers.

Barry A. Cane

Disability Income Insurance
Business Overhead Expense

(805) 496-5537  Fax: (805) 496-5598

240 Lombard St., #100, Thousand Oaks, CA 91360

Lic. #0740274

Registered Representative Park Avenue Securities (PAS), 7 Hanover Square, New York, NY 10004. Securities products and services offered through PAS, 1-888-800-4667, Member FINRA. PAS is an indirect wholly owned subsidiary of The Guardian Life Insurance Company of America. Representative of The Guardian Life Insurance Company of America, New York, NY and other fine insurance companies.

Michael P. Kenney*, CLU

Group and Individual Health Insurance
Business and Personal Life Insurance

(805) 497-7407  Fax: (805) 494-1363

www.kenneyins.com

Lic. # 0688916

Securities offered through a registered representative of Royal Alliance Associates, Inc., Member FINRA.
Before cyber crime devastates your law practice... be ready!

FREE $100,000 in Cyber Coverage – Our Latest Benefit – Included When You Buy a Malpractice Policy* with LMIC

Coverage Includes:
✓ Extortion ✓ Security Breach
✓ Ransom ✓ Network Asset Protection
✓ Costs of Notification & Remediation
✓ Online Prevention Training
Plus Cyber Emergency Help Line

...be safe
...be secure

LMIC

*All Programs except Bar Associations

Lawyers’ Mutual Insurance Company, The Premier Legal Malpractice Carrier

LMIC.COM or call (800) 252-2045
Judge Manuel J. Covarrubias presented the Ventura County Family Law Bar Association’s Annual State of the Courts Address to a packed house in September. Fellow bench officers at the event were the Judges John R. Smiley, William Q. Liebmann and Ellen G. Conroy.

Continuances
Judge Covarrubias reminded the room that continuances of hearings must be requested at least two days in advance (Local Rule 9.11(E)(1)), and stressed the importance of notifying the secretary for the assigned family law judge as soon as a party determines the need for a continuance. This saves the court’s resources in case preparation.

Date of separation
Judge Covarrubias noted that courts still grapple with the shake-up that followed In re Marriage of Davis (2015) 61 Cal.4th 846. Davis held that “living separate and apart” for purposes of determining the date of separation required actual separate residences and a subjective intent to end the marital relationship by at least one of the parties. (https://goo.gl/Vs7NS). However, the “anti-Davis” bill (2016 Cal. Legis. Serv. Ch. 114 (S.B. 1255)) changes several existing laws on how the date of separation will be determined starting Jan. 1, 2017.
A complete and final break in the marital relationship triggers the date of separation. Courts will now determine this date by considering all relevant evidence on: (1) when one spouse expressed to the other the intent to end the marriage; and (2) the accompanying conduct consistent with such an intent. (https://goo.gl/hDiUs9).

**Interpreters**

Language access is a statewide priority. In early 2016 the VCSC initiated a new program providing no-cost interpreters in all family law proceedings. Use local form VN250 to request an interpreter at least ten days in advance of a hearing or as soon as possible if one is set fewer than ten days out. Remember to notify Interpreting Services at 805-289-7899 if an interpreter is no longer needed.

Judge Covarrubias, Robert Bayer of Family Services and Tracy Clark of Interpreting Services developed Spanish-language versions of the parenting plans used in family law cases. It is only the beginning.

**Custody mediation**

The recent push for uniform advisory mediation throughout the state resulted in maintaining the status quo where some counties will remain “recommending” counties and others will not. In recommending counties such as Ventura, mediators may issue advisory recommendations in custody matters, while others, such as Los Angeles and Santa Barbara, will remain non-recommending counties. This may change in the future.

**RFO dates**

Some attorneys had requested that the bench switch the Request for Orders calendar days, having the self-represented cases currently heard on Tuesdays changed to Mondays. Judge Covarrubias announced the represented-by-counsel days would remain unchanged and continue on Mondays and Wednesdays with the self-represented litigants scheduling to continue on Tuesdays.

The family law bench officers continue to make efforts to reduce the time that it takes to set a matter for evidentiary hearing or trial that cannot be heard on the RFO calendar. Having meaningful settlement discussion and accurate time estimates for trial and hearing would assist in reducing delays due to the calendar congestion.

**Pro bono matters**

Cesar Libanati of Ventura County Legal Aid, Inc. solicited attorneys for family law pro bono cases. Anyone interested, especially Spanish-speaking attorneys, may contact the program at 805-650-7592.

**No retirement**

Contrary to what some have heard, Judge Jack Smiley is will continue doing what he loves – serving on the Ventura Superior Court – for the foreseeable future.

Alfred Vargas is a Spanish-speaking lawyer in Ventura. He is a member of the CITATIONS editorial board.

---

**HERRING LAW GROUP**

We are pleased to announce our new office in Santa Barbara.
Opening October 1st, 2016.

559 San Ysidro Road, Suite G
Santa Barbara, CA 93108
805-983-6452 Phone | 805-278-1679 Fax

We continue to serve select family law clients in Ventura, Santa Barbara and San Luis Obispo Counties.

www.theherrinlawgroup.com
LAW LIBRARY ADDS BOOKS
by Dolly M. Knight

While the Law Library doesn’t have a lot of money for new titles, we’re excited about a few new books that have been added to our collection.

The Business Guide to Law by Kerry M. Lavelle: Focused on creating and growing your firm as a business, this book was “chosen as a practice management textbook by both the University of Illinois and the University of California, Davis,” per the publisher. But it’s hardly a dry textbook. This is a step-by-step guide to establishing a law practice, including tips on billing, networking, and leadership. Find it in our Practice Management section.

From Law School to Lawyer by Jonathan D. McDowell: This book is designed for what it refers to as the “4L”: the recent law school graduate wondering where to start. It takes the form of “mini-lessons” on everything from finding clients to writing complaints, conducting discovery, and more and is designed for the solo attorney.

The Anxious Lawyer, by Jeena Cho and Karen Gifford: Studies show that attorneys struggle with high rates of depression, anxiety, and stress. This book “provides a straightforward eight-week introductory program on meditation and mindfulness, created by lawyers for lawyers.” Hopefully attorneys can use this guide to improve their work-life balance and gain much-needed coping strategies.

Thanks to a tip from Marina Porche in the County Counsel’s office, the Law Library has acquired three books edited by Judge Michael S. Lief. Published by Simon & Schuster, each covers the “Greatest Closing Arguments” in criminal law, civil liberties cases, and “modern law.” All three books – The Devil’s Advocates, And the Walls Came Tumbling Down, and Ladies and Gentlemen of the Jury are available for a seven-day check out at the Law Library.

On the subject of judges, the Law Library received a donation of Notorious RBG: The Life and Times of Ruth Bader Ginsburg by Irin Carmon and Shana Knizhnik, a biography of the Supreme Court Justice whose public image has reached “internet famous” status thanks to her sharp writing, stylish jabots, and fiery dissents. With each chapter title taking its name from a Notorious B.I.G. song, this is hardly a dry judicial biography.

We are excited to continue to host the Legal Aid Clinic on the first and third Tuesday of the month from 4:00-7:00. Contact Charmaine Buehner or Mark Kirwin to volunteer.

Ordering from CEB? Mention priority code 9684A and the Law Library will receive a ten percent credit for your order.

Dolly M. Knight is Ventura County’s Law Librarian.
I have been handling DUI cases for more than 23 years in Ventura County, first as a prosecutor and now as a criminal defense attorney. As we approach the holiday season, I would like to share some thoughts on drinking and driving that may help you and your clients. These four common mistakes often lead to a DUI arrest.

**#1 – “I only had one drink per hour, officer.”**

The first common mistake that people make when drinking before driving is the idea that if someone consumes only one drink per hour, they are safe to drive home. The problem with this assumption is that it doesn’t take into account how slowly the body eliminates alcohol from your blood. Research shows that the body eliminates about .015% of blood alcohol concentration (BAC) per hour. This elimination begins the moment a person starts drinking. It can vary significantly depending on the drinker’s age, health, and frequency of alcohol consumption. The table below shows us how much blood-alcohol concentration a person receives from each drink. Females obtain a higher blood-alcohol level per drink than males. A female would need to weigh about 300 pounds, and a male would have weigh about 250 pounds, in order to eliminate one drink per hour.

<table>
<thead>
<tr>
<th>BODY WEIGHT</th>
<th>BAC PER DRINK IN FEMALES</th>
<th>BAC PER DRINK IN MALES</th>
</tr>
</thead>
<tbody>
<tr>
<td>120</td>
<td>.038%</td>
<td>.031%</td>
</tr>
<tr>
<td>150</td>
<td>.030%</td>
<td>.025%</td>
</tr>
<tr>
<td>200</td>
<td>.023%</td>
<td>.019%</td>
</tr>
<tr>
<td>250</td>
<td>.018%</td>
<td>.015%</td>
</tr>
<tr>
<td>300</td>
<td>.015%</td>
<td>.013%</td>
</tr>
</tbody>
</table>

**#2 – “But I only had two drinks.”**

“One drink” is either one twelve-ounce beer, one five-ounce glass of wine, or 1.5 ounces of hard alcohol. The problem is that many bars and restaurants serve more than five ounces of wine per glass, or more than 1.5 ounces of hard liquor per mixed drink. In 2007, the Ventura County Star surveyed how much alcohol local restaurants and bars serve per drink, and found that each serving delivered 33 to 66 percent more alcohol than the chart assumes. In other words, you thought you had two drinks but you actually consumed three servings of alcohol.

Additionally, most beer and wine contain a higher percentage of alcohol than the chart assumes. IPA beers and California wines are especially high in alcohol content. Margaritas tend to be the worst mixed drinks, with one drink containing four to eight ounces of hard liquor!

**#3 – “I’m going to wait an hour before I drive home.”**

Most DUI clients who come into my office tell me they waited an hour or two before they drove home. In doing so, they are actually allowing their BAC to reach its peak level before driving. When a person drinks on an empty stomach, most experts say that your BAC will peak somewhere between 30 to 45 minutes after you stop drinking. On a full stomach, most experts say that you reach your BAC somewhere around 90 to 120 minutes after you stop drinking! Therefore, waiting an hour before driving home actually allows your BAC to reach its maximum effect on your brain and body.

**#4 – “I feel better now, so I am safe to drive.”**

Alcohol is a poison to your body. As we begin to drink, we feel the effects in our brain and body as we move from a state of complete sobriety towards alcohol intoxication. However, after we stop drinking and reach our peak BAC, eventually our BAC begins to fall. The problem comes when the body “feels better” as we move from the state of being more intoxicated to a state of less intoxication. While we “feel better,” a .08% BAC is just as illegal on the way up as it is on the way down.

The bottom line is, if you have more than one drink, get a taxi, Uber, or a completely sober friend to take you home.

---

David Lehr is too busy with a wife and ten kids to write a two line Bio for this article. He can be reached at David@LLKF.Attorney.
Thinking back on law school, we all have one of those classmates who stands out from day one for all the right reasons. For the Loyola Law School evening class of 1991, that classmate was Mitch Green.

Mitch was a one-man welcome wagon, armed with a quick wit, a guitar, and an Eagle Scout Award. There wasn’t a thing that scared Mitch, whether in law school or life.

Sadly, Mitch lost his eighteen-month battle with cancer on Sept. 14. Mitch faced his diagnosis with stoicism, optimism and his typical take no prisoners sense of humor. Earlier this year, Mitch’s witty Facebook posts started to hint at the secret toll his battle with cancer was taking. Writing under the pseudonym Michael Verde, and ever grateful for the invention of DragonSpeak, Mitch continued sharing his wicked wit, albeit not for the benefit of his clients or the court. Glimpses of Mitch’s genius can be seen in these posts, including one in which he poetically clarifies his version of paradise through an afterlife experience during which Michael drifts in and out of consciousness, likened to a paranormal activity akin to watching monster episodes of X-Files, while listening to BB King wailing in the background on his guitar, Lucille.

Mitch grew up in the Pacific Northwest, and prior to arriving at Loyola in 1987 at the age of 30, earned his undergraduate degree from Eastern Oregon State University, and served in the U.S. Army, achieving the rank of Major. During law school, Mitch balanced family life as the father of two, weekend service in the Army National Guard flying helicopters, and a day job. When Mitch was called upon in class you could always count on him even if he didn’t know the answer – you would never know. His answers could range from spot-on to intentional one-on-one verbal sparring with our professor. Later, Mitch’s poetic style and amazing storytelling abilities would make him very effective as a trial attorney.

Ever an officer and a gentleman, Mitch never took himself too seriously, and viewed his JD degree as nothing special. One day when engaged in one of those esoteric discussions law students have about legal virtue and legal heroes, fueled by future career uncertainty and lack of sleep, as others professed their admiration for Supreme Court Justices, Big Law or law school professors, Mitch confessed his hero was Larry H. Parker. Mitch was nothing if not practical.

Mitch’s practice encompassed several chapters, including his Beverly Hills motorcycle law practice, paying homage to another one of his favorite pastimes, general civil practice, and later public entity defense for the City of Simi Valley, where he ultimately relocated, met and married his second wife, Wendy, and practiced law. Ever an Eagle Scout, Mitch ran for a seat on the Simi Valley City Council, and although not seated, still continued to lobby for social change and transparency, and volunteer with the Rotary Club. Mitch was a one-of-a-kind character, a true gentleman, and a gifted attorney. He will be missed.

Deborah Meyer-Morris
practices civil litigation with the DK Law Group in Thousand Oaks.
CLASSIFIEDS

OFFICE SPACE

Professional office for rent – Furnished window office and reception located in 1000 sq. ft. office space with utilities, internet access, janitorial services and parking provided. Ideal location for attorney and legal services located just a short walk from the County Government Center in a desirable professional office building. For additional information contact Mark Shappee at (805) 258-7292 or mark@venturemanagement.com.

Space available in recently remodeled downtown Ventura office. Rent from $350-$400. Off-street parking (no meters). Shared kitchen and conference room. Please call Byron or Lydia (805) 648-5100.

For rent – law office at 5550 Telegraph Road, Ventura. 1025 sq. ft. (625 sq. ft. main floor, with second floor enclosed loft area.) Fully or partially furnished. Conference room. Private restroom. For more information call (805) 656-4223 or (805) 340-4070.

Two reasonably priced law offices available to sublet in Thousand Oaks. Including at no additional charge: Internet access, receptionist, non-exclusive use of a conference room and kitchenette. Use of high-speed copier for an additional fee also available. Will rent out one office alone or both together. Contact Nicole at (805) 375-7300 or email nroach@integritylaw.net to schedule showing.

Executive offices in restored Victorian houses – Three historical landmark Victorian houses in downtown Ventura. Lovingly restored to current building codes. Individual office spaces starting at $625. Walk to nearby beach at Surfer’s Point or shops and restaurants downtown. Landlord provides furnished reception areas and pays utilities and janitorial. Free on site and street parking (no meters). Handicapped access. Near 101 freeway and Ventura Fairgrounds. Call Parrish Property Management at (805) 320-4426 or email at michele.ppm.1@gmail.com.

HELP WANTED

Westlake Village Family Law firm seeks legal assistant/paralegal. Small family law firm seeks experienced family law legal assistant/paralegal. This is a part-time position to start and can lead to a full-time position with the right candidate. Requires a minimum of two years of family law experience with pleadings, discovery, and client contact. Excellent writing and communication skills. Familiar with filings in both Ventura and Los Angeles Counties. Email resume to Rick@GummandGreen.com.

Court Judicial Secretary – The Ventura Superior Court is seeking a Court Judicial Secretary for a fixed term position. The Court Judicial Secretary provides general and confidential administrative and clerical support to Superior Court judicial officers; processes judicial decisions and other specialized clerical services in support of the Superior Court of California, County of Ventura. Incumbent may also perform other duties as dictated by the business needs of the court. Incumbents in this class receive general supervision from a court supervisor. To apply for this position, go to http://agency.governmentjobs.com/venturasc/default.cfm. If you have any additional questions regarding employment with the Court, please call (805) 289-8618, or email us at CourtHumanResources@ventura.courts.ca.gov.

Strengthen Your Team with Paralegal Training

UC Excellence within your reach

WINTER 2017 QUARTER BEGINS JANUARY 9
ENROLL NOW!

805.893.4200 | extension.ucsb.edu/paralegal

UC SANTA BARBARA EXTENSION

tracycollins
ERISA Disability and Life Insurance

Representing claimants in the denial of group disability and life insurance claims.

Tracy Collins
Attorney At Law
5739 Kanan Road,
Suite 415
Agoura Hills, CA 91301
tracy@tracycollins.com
(818) 889-2441

Referral fees paid in accordance with Professional Rule of Conduct 2-200.
VENTURA COUNTY BAR ASSOCIATION INSTALLATION AND AWARDS DINNER

Honoring

Don Greenberg
The 2016 Recipient Of The Ben E. Nordman Public Service Award

Recipient of the Verna R. Kagan VCBA/VCLA, Inc. Pro Bono Award
Recipient of the James D. Loebl VCBA/VCLA, Inc. Pro Bono Award

Kevin L. Dorhout
Melanie J. Ely

EMBASSY SUITES MANDALAY BAY
SATURDAY, NOVEMBER 19TH

Black Tie Optional
Commercial Process Serving, Inc. is your direct connection to the Central Coast, with offices in Ventura, Santa Barbara, and San Luis Obispo to serve you with fast and focused legal support. We offer an array of solutions guaranteed to meet all of your legal needs. Do you have a witness or entity you need to locate? Commercial Process Serving, Inc. is a TLOxp certified vendor and has a 95% success rate locating people. Need documents served, filed, records subpoenaed or retrieved? No worries, we have you covered! With over 23 years in business, we have the knowledge, staff and the resources to best serve you.

BEST RATES GUARANTEED!
References Readily Available

CONTACT
admin@comproserve.net to get started today!

VENTURA
674 County Square Drive, Suite 107
Ventura, CA 93003
Phone: (805) 650-9291
Fax: (805) 658-8170
E-mail: admin@comproserve.net

SANTA BARBARA
209 E. Anapamu Street
Santa Barbara, CA 93101
Phone: (805) 845-4200
Fax: (805) 845-4201
E-mail: sb@comproserve.net

SAN LUIS OBISPO
956 Walnut Street, Suite 200F
San Luis Obispo, CA 93401
Phone: (805) 361-0781
Fax: (805) 361-0782
E-mail: slo@comproserve.net
Congratulations and a trumpet’s blaring hoorah for both John Hribar and Lane Lopez, named partners with Ferguson Case Orr et al. Oct. 12…Carolyn Parker is shuddering at the thought of whether a thief, who broke into her car in Brockton, Mass. either stole her mother’s ashes or ingested the remains thinking they were drugs. Parker believes a drug addict stole the remains, which were in a plastic bag inside a small white box in her glove compartment. “They ransacked my car and nothing else was taken. There was $20 in change, a gold chain hanging from the rear view mirror. … They didn’t take anything else.”

Been an exceedingly tough couple of months in terms of deceased attorneys amongst us all. Some real lions! Randolph Siple passed June 5, Mitchell Green on Sept. 14, Dennis Lyden on Sept. 16, and James Spencer, Sept. 20. Mr. Siple’s obituary is compelling – to say the least. It begins, “It is with some regret that I tell you I have died, but with no regret that I have joined so many of my friends on the other side.”

Please consider attending our Annual Installation & Awards Dinner Nov. 19 inside the Mandalay Bay Hotel. The Ben E. Nordman Award will be presented to Donald Greenberg, and Kevin Dorhout will be the recipient of the Verna R. Kagan Award. Melanie Ely will be feted with the James Loebl Award for pro bono services. Proceeds from the dinner benefit the bar and the monies raised from the silent auction will assist the VCLA, Inc., the charitable arm of our association.

When Evan Kaine, a personal injury attorney in Atlanta, read a story in the May 2016 issue of the ABA Journal about Axess Law opening up offices in Wal-Mart in Canada, he remembered reading a line about whether these firms would soon be in your backyard. “My reaction was: ‘Yes it is going to be in your backyard,’”Kaine says. His firm, Kaine Law, has offices inside three Atlanta-area Wal-Marts…

A California judge’s remarks about horrible experiences with plumbers were intended to warn potential jurors about the danger of prejudging witnesses. But they ended up backfiring. A California appeals court in October tossed the murder conviction of the defendant, Vincent Anthony Tatum, because he occasionally worked for a plumbing contractor who was his key alibi witness – LA Times, 10.10.16…A federal indictment unsealed Oct. 17 accuses a former Arkansas judge of dismissing traffic and misdemeanor cases in exchange for photographing defendants in “compromising positions” as they picked up litter while performing “community service” for the judge. Former Judge O. Joseph Boeckmann of Cross County was charged with bribery, wire fraud, witness tampering, and violating the federal travel act. The indictment alleges that Boeckmann used his official position as a judge to obtain personal services, sexual contact, and the opportunity to view and photograph the defendants in compromising positions…

Hats off to Douglas Goldwater being selected to be the VCBA Secretary-Treasurer in 2017 and qualifying him to be president in 2019… Quote of the Month from Nikita Khrushchev – “Politicians are the same all over. They promise to build a bridge even where there is no river.” NOW, get out there and vote!…On a personal note, I have been elected president of the Executives of California Lawyers’ Associations for the year 2017. It is a statewide organization comprised of lawyers, executive directors and chief executive officers of bar associations. The vote was unanimous, by default and in abstentia… License Plate of the Month: I could use some help as I have no idea who this belongs to…

Steve Henderson has been the executive director and chief executive officer of the bar association and its affiliated organizations since November 1990. He will be celebrating his 10th anniversary with the association on 11.16 and will be spending the Thanksgiving holidays with Colin Kaepernick, Odell Beckham Jr. and Vontaze Burfict. Henderson may be reached at steve@vcba.org, FB, LinkedIn, Twitter @steve_hendo1, Instagram at steve_hendo, Snapchat at iamhendo1, or better yet, 650.7599.
Client Trial War Rooms

Across the street from the Courthouse
Downtown L.A. - San Bernardino - Van Nuys

Secure conference rooms for you and your clients to strategize, refresh and relax throughout your trial. Catering, WiFi and Parking available. It’s like having your own office at the Court, FOR FREE.

Call 800-43-DEPOS
or email info@personalcourtreporters.com for details.

Seven convenient Southern California locations to serve you

Van Nuys   Downtown LA   Ventura   Ontario
Santa Barbara   West LA   San Bernardino

Call us to book your next DEPO! 800-43-DEPOS
www.personalcourtreporters.com
Decades of trial experience
We appreciate your civil and criminal referrals!

789 S. Victoria Ave., Suite 200, Ventura, CA 93003
805-477-0070

Find us on the web at:
www.FullServiceAttorneys.com
www.VenturaCrime.com
www.Ventura-DUI.com
www.VenturaInjuryAccidentAttorney.com

“Thay ran, I rode.”
David Lehr W/Jen, Kaylene, Josh & Jeff.

Kelly Francis crosses the Law Day 5k finish line!

Honoring the newest member of the Law Day 5k planning committee,
Mark Kirwin...Thanks Steve!

Lucy is 1!