

The WRIT

OFFICIAL PUBLICATION OF THE WASHOE COUNTY BAR ASSOCIATION

WCBA NOMINATES SLATE OF OFFICERS FOR 2020-21

The executive board of Washoe County Bar, acting as the nominating committee, proposed the following slate of officers for 2020-21. The Bar's bylaws call for notice of the nominations and election of officers at the June annual meeting, but due to COVID-19, the election was held online using Electionrunner.



WCBA would like to thank outgoing President Holly Parker who has served on the board since 2014. Holly's focus on attorney wellness during her year as president, was much appreciated during these difficult times.

Vice-President, Chandeni Sendall, who has served on the board since 2015, automatically succeeds as President. Chandeni is with the Reno City Attorney's Office in the Civil Division.



NOMINATIONS



Secretary, Jacey Prupas, for vice president. Jacey has served on the board since 2016, and is a partner with Snell & Wilmer in Reno.

Sergeant-at-arms, Ryan Leary for Secretary. Ryan has served on the board since 2017, and is a partner with Laxalt & Nomura in Reno.



Social Chair, Therese Shanks, for Treasurer. Therese joined the board in 2019, and is an associate with Robison, Sharp, Sullivan & Brust in Reno.

Jenna Garcia for Sergeant-at-Arms. Jenna is with the Public Defender's Office in Reno.



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CONVERSATIONS
ON DISCOVERY
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MILLENNIAL MINUTE

By Kelci Binau, McDonald Carano

COMMUNICATED UNCERTAINTY - THE PATH TO CONTENTMENT

As I sit down to write this article, my thoughts race. As I attempt to isolate an idea, a topic interesting to my peers, co-workers and judges alike, I struggle to find a subject that is relevant, yet not overly publicized. I reflect upon various conversations, experiences, struggles and stories I have heard over the past few months. The end result, a single, isolated feeling, uncertainty. Uncertainty about what the future holds and how to feel, react and deal with it.

As Nevadans near the end of Phase 1 reopening plans, we are uncertain about what Phase 2 reopening plans will look like, how businesses will implement them and how we and other fellow Nevadans will receive and respond to them. Are there additional phases past Phases 1 & 2, and if so, how many? How long will it be until life returns to normal? Will life ever return to normal and do you want it to?

If you told me five years ago, even eight months ago, that the coronavirus disease would spread globally and a public health emergency would be declared in the United States, I would not have believed you. Now, as I work from home, schedule video conferences and resist the urge to take my dogs on a second walk for the day, I find myself reflecting on pre-pandemic life and wondering when and whether everything will return to “normal”.

Throughout the past couple of months, one thing has remained constant, change. Each week we experience an onslaught of media reports, some which unfortunately require us to dig for the truth with a fine-toothed comb. COVID-19 illnesses are on the rise, we are flattening the curve, wearing masks will not prevent the spread of the virus, don't leave your house without a mask; needless to say, each week, we have to re-initialize and adjust our mindsets accordingly. Some days we are quick to

adjust or at least able to portray to others that we are up-to-speed and ready to tackle a new day, while other days we struggle to stay focused and inspired.

The past few weeks, conversations with friends and peers all seem to circle back to a shared experience, mental fatigue. We are mentally exhausted from intaking information and processing and acclimating to a new normal. Recently, I find that just when I become comfortable, the internet and social media floods us with “novel” crafts, foreign languages, recipes and re-decorating tips to adopt during all of our “free time,” leaving some of us to question whether we are “doing enough.” During quarantine some may have completed home improvement projects, started a virtual boot camp or become quite efficient at prepping healthy food at home; however, others of us may be caring for or mourning a loved one, lost sight of a routine or never found the motivation to work out at home.

I recently told my sister that I felt down about making poor eating decisions, not working out as regularly as I had told myself I would and various other things. My sister replied that she had also recently been hard on herself for not keeping up with her jogging plans and not reading enough of her oncology textbook. What did we then immediately tell the other? “Don't be so hard on yourself; you are dealing with things as best you can, and it is ok to take some down time to do nothing.” Why don't we talk to ourselves as we would others? Why are we kind and patient with others and stern and judgmental with ourselves?

Sharing our recent experiences, feelings and thoughts helped both my sister and me to let go of our negative thoughts and move on to more productive ones. This caused me to

reflect on my time during quarantine. Lately, I have found that I have not only physically isolated myself but also have also inadvertently socially isolated myself. Upon learning that my sister had been doing the same, I thought that perhaps more of us than I realize may be socially isolating ourselves and that writing this article, although not a traditional legal article, may help someone in a different way.

If one thing from our pre-pandemic lives remains true, it is that we are all in this together. Each one of us is doing our best to cope, adjust and deal with whatever the pandemic has thrown our way. We each put a lot of pressure on ourselves to do better, be better and then compare ourselves to others and how they are doing. Remember, perceptions are not all they are cracked up to be. The next time you experience negative thoughts or a bad day, reach out to someone. It is likely you will have a large impact on improving their day, they will be happy to hear from you and you both will leave the interaction with a smile.

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