



March/April 2009

Volume XX No. 1

Highlights In This Issue:

- o Community Service
- o Court of Appeals and CM/ECF / PACER
- o Front Page News
- o Here's to Your Health
- o Inside NALS
- o IRS Announcements
- o Lighter Handbag, Better Health
- o March/April Dinner Meeting Notices
- o NALS Code of Ethics
- o NALS Mission Statement
- o NALS Region 7-8 Conference
- o News From NALS
- o Newsletter Advertising
- o Notice of Address Change
- o One of the Top Websites from 2008
- o Public Notice U.S. District Court
- o Recycling 101
- o Welcome New Members

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LEGALITIES

THANK YOU FOR THE PHENOMENAL JOURNEY

NALS of Orange County President, 2008-2009
Mae Galvez, Certified PLS

In my initial message as president, a year ago, I invited you to join in the navigation/planning of the NALS of Orange County programs and projects for 2008-2009. At that time, I challenged everyone to be passionate about the legal support profession, so that then "the drive would be a breeze." Today is a year thence, and, indeed, the drive was a breeze.

The trying economic times unhampered our accomplishing the NALS mission - we expanded our membership, regularly presented continuing legal education, unwaveringly upheld our Code of Ethics and high professional standards, and strengthened our networking. These accomplishments remain invaluable today in keeping your job, getting a new job, or just keeping your sanity and being in touch with reality.

During the past year, we have had great attendance and participation at our dinner meetings/CLE presentations; we have had vendors untiringly give their support; we have had speakers do excellent presentations without compensation; we have had directors and officers who relentlessly devoted their personal time and effort to provide you leadership, motivation, and support. Thank you members, vendors, speakers, fellow directors and officers.

This year, 2009, being NALS 80th year, the annual education conference and national forum will be held here in Southern California, where NALS was organized in 1929. The NALS ladies and gentlemen all over the country will be visiting. I urge you to join us at that October conference as well as at our regular second-Wednesday-of-the-month dinner meetings (see details in our website Calendar of Events: <http://nalsoc.org/calendar.htm>), and our Joint Regions 7 and 8 conference in Las Vegas this June.

Until then, stay legally beautiful!

(see page 9 for a message from your 2009-2010 incoming President)

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2009-2010
OFFICERS AND CHAIRS

PRESIDENT

Caryn Wolchuck, PP, PLS, CPS/CAP
Thomas, Whitelaw & Tyler LLP
18101 Von Karman, #230
Irvine, CA 92612
949.679.6400 (Office)
cwolchuck@twtlaw.com

VICE PRESIDENT/MEMBERSHIP CHAIR

Estelle Pete, PLS
Jones Day
3 Park Plaza, Suite 1100
Irvine, CA 92614
949.553.7592 (Office)
epete@jonesday.com

SECRETARY

Carrie L. Gagne
KLINEDINST PC
4 Hutton Centre Drive, Suite 675
Santa Ana, CA 92707
714. 542.1800 (Office)
cgagne@klinedinstlaw.com

TREASURER

Andrea Hughes
Newmeyer & Dillion, LLP
895 Dove Street, 5th Floor
Newport Beach, CA 92660
949.271.7249 (Office)
Andrea.Hughes@ndlf.com

WEB PAGE

Mae Galvez, PLS
Friedman Stroffe & Gerard
19800 MacArthur Blvd., 11th Floor
Irvine, CA 92612
949. 265.1142 (Office)
mgalvez@fsglawyers.com

COMMUNITY SERVICE CHAIR

Karen Sussman
Elite Court Reporting
23312 Madero Road, Suite B
Mission Viejo, CA 92691
949.829.9222 (Office)
karen@elitedepo.com

RESERVATIONS CHAIR

Sharon Olson
Legal Staffing Group
1001 Dove Street, Suite 270
Newport Beach, CA 92660
949. 252.1133 (Office)
solson@legalstaffinggroup.com

ADVERTISING CHAIR

Maria Hernandez
949.460.9669
maria@aromatherapy-now.com

LEGALITIES EDITOR

Leslie Wolchuck
Irell & Manella LLP
840 Newport Center Drive, #400
Newport Beach, CA 92660
949.760.0991 (Office)
lwolchuck@irell.com

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NALS MISSION STATEMENT

NALS is dedicated to enhancing the competencies and contributions of members in the legal services profession. NALS accomplishes its mission and supports the public interest through:

- o Continuing legal education and resource materials;
- o Networking opportunities at the local, state, regional, and national levels;
- o Commitment to a *Code of Ethics* and professional standards; and
- o Professional certification programs and designations.

NALS CODE OF ETHICS AND 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:

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



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Birthdays:

- o Jane Jones - 3/4
- o Debra Miller - 3/8
- o Michael Tucker - 3/21
- o Mae Galvez - 3/29
- o Marie Therese de la Cruz - 4/17
- o Nancy Exley - 4/17
- o Holly Townley - 4/18



Anniversaries:

- o Andi Hughes - 2 years
- o Annette Williams - 1 year
- o Debra Miller - 16 years
- o Jason Ferber - 1 year
- o Jenny Stone - 1 year
- o Karen Sussman - 2 years
- o Melissa Nichols - 1 year
- o Patti Martinez - 7 years
- o Sharon Olson - 5 years
- o Sheila Byers - 2 years
- o Taunya Henley - 4 years
- o Victoria Robinson - 10 years



NEWS FROM



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THE NALS FOUNDATION

The NALS Foundation puts your dollars to work for YOU! Annual Investment Circles are a tax-deductible opportunity for you to support the NALS Foundation's efforts to expand educational and networking opportunities for all professionals.

Individual Gift Circles:

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- Founders - \$500

Organizational Gift Circles:

- Bronze - \$400 or more
- Silver - \$1,000 or more
- Gold - \$2,500 or more
- Platinum - \$5,000 or more

You can make a contribution to the NALS Foundation as an individual or an organization. your support of the NALS Foundation qualifies as a charitable contribution and is deductible for federal income tax purposes to the maximum extent provided by law.



TO THE NEWEST NALS MEMBERS

- Kimilia Carraway**
- Karen Files**
- Patty Green**
- Jane Jones**
- Maria McCombs**
- Gloria Simpkins**





NALS OF ORANGE COUNTY

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HOW TO DEAL WITH CHANGE IN A RAPIDLY CHANGING ENVIRONMENT

Speaker:

JERRY WILKINSON
National Account Manager
Profit Recovery Partners, LLC

INSTALLATION OF OFFICERS

**PLEASE NOTE
DATE CHANGE**

Wednesday, March 18, 2009

Registration/Networking: 5:30 p.m. / Dinner: 6:15 p.m. / Program: Immediately following

LOCATION: Radisson Hotel, 4545 MacArthur Boulevard, Newport Beach

COST: Members/Students: \$29 / Prospective Members: \$33

CLE CREDIT: One (1) hour



Reservations may be made by calling Brooke Allman of Legal Network at (949) 752-8800 or by sending your check made payable to *NALS of Orange County* to Legal Network, 2151 Michelson Drive, #135, Irvine, CA 92612. Vegetarian or fruit plates available but must be requested in advance. **DEADLINE FOR RESERVATIONS IS NOON ON THE MONDAY PRIOR TO THE MEETING.**

Reminder About Our Monthly Meetings: We are required to guarantee a number of attendees to the hotel, which is determined by the number of reservations made. We enforce a 48-hour cancellation policy, so if you fail to cancel your reservation within 48 hours of the meeting, or don't attend, you will be charged the cost of the meeting. If you have any questions, please contact Legal Network at (949) 752-8800.

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SUBPOENAS MADE EASY

Speaker:

ALICIA A. ROANE, CP Certified Paralegal
Orange County District Attorney's Office, DNA Unit

Wednesday, April 8, 2009

Registration/Networking: 5:30 p.m. / Dinner: 6:15 p.m. / Program: Immediately following

LOCATION: Radisson Hotel, 4545 MacArthur Boulevard, Newport Beach

COST: Members/Students: \$29 / Prospective Members: \$33

CLE CREDIT: One (1) hour



Reservations may be made by calling Sharon Olson at Legal Staffing Group at (949) 252-1133 or by sending your check made payable to NALS of Orange County to Legal Staffing Group, 1001 Dove Street, Suite 270, Newport Beach, CA 92660. Vegetarian or fruit plates available but must be requested in advance. **DEADLINE FOR RESERVATIONS IS NOON ON THE MONDAY PRIOR TO THE MEETING.**

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THINK BIG!

LIGHTER HANDBAG, BETTER HEALTH



Feel like you've got the weight of the world on your shoulders? Here is why lightening your load will improve your health.

You're a strong person, supporting friends in crisis and doing the work of ten men before you have your coffee in the morning. But even Atlas got tired (and probably sore) after a while. Follow these easy steps to drop some pounds.

Watch Your Weight

Your bag, ideally, should weigh no more than 10 percent of your body weight or 10 pounds, whichever is less. A quick way to gauge if you're carrying too much, hold your bag in one hand and a gallon of milk in the other. "The bag shouldn't weigh much more than the jug," says Heidi Prather, an associate professor of physical medicine and rehabilitation at the Washington University School of Medicine, in St. Louis. (One gallon weighs 8.3 pounds.) To shed some weight, you'll need to make some tough decisions. Do you really need your Palm Pilot, cell phone, camera, full makeup kit, and novel all the time? On some days, leave at least one of those at home or perhaps tucked in the glove compartment or an office drawer, says Prather. Some other tips: Tear out articles you want to read in a magazine instead of lugging the whole issue; wait for the paperback; leave gym shoes and clothes at work or rent a locker at the club.

Minimize Your Makeup

If you're hauling around your entire vanity, it's time to pare down. Your on-the-go kit should contain just the key items you need for touch-ups, says makeup artist and author Bobbi Brown, who's known for her minimalist approach. For most women, that means carrying a small pouch with concealer, pressed powder, blush, and a single lipstick or gloss. "If you have to rifle through your bag to find your makeup, you're probably carrying too much of it," says Brown.

Declutter Daily

"At the end of every day, take one minute to remove unnecessary items from your handbag," says organization expert Donna Smallin, author of *The One-Minute Organizer* (Storey Publishing, \$10, www.amazon.com). If you wait until the end of the week, it will take more time. And before you know it, you will have amassed a dozen receipts, a handful of pens, a few dollars' worth of loose change, and a half-full water bottle or two. "That can add up to a pound of stuff you don't need," says Smallin.

NEWSLETTER ADVERTISING

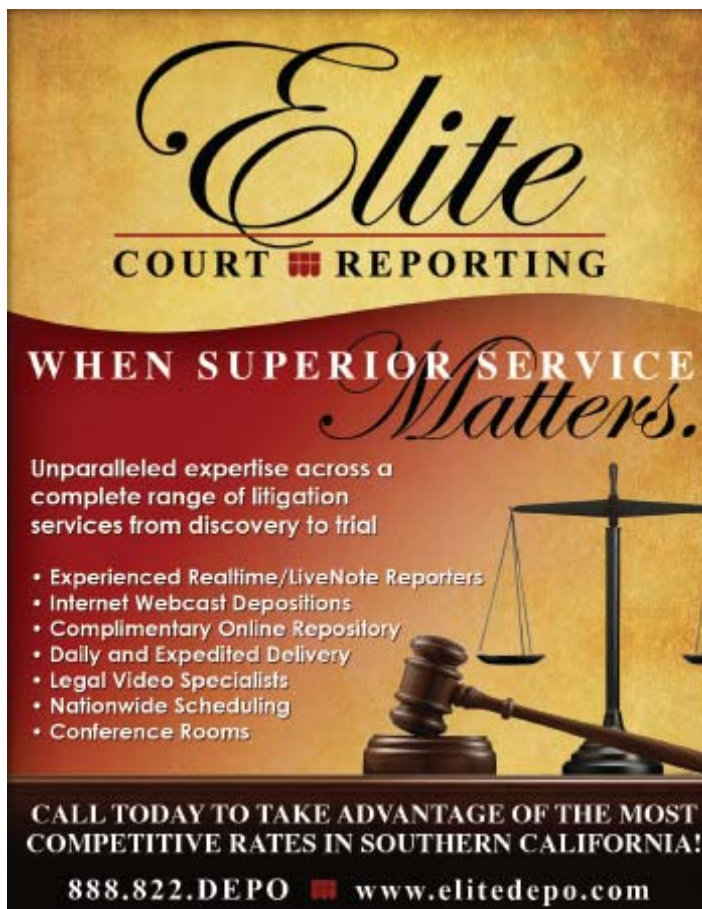
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NALS of Orange County President, 2009-2010
Caryn S. Wolchuck, PP, PLS, CPS/CAP

As most of you know, your association elected its 2009-2010 officers at our February dinner meeting. I am honored to be serving as your president for the coming year and I hope that you will continue to attend our meetings and help this association grow in the next 12 months. . . and beyond.

As incoming president, I'd like you to think about this: Isn't it a wonderful thing that we're all different? Each of us has strengths and skills to share. And when we link our individual strengths together, we're invincible. I can't imagine us without you.

My commitment as chapter president is to ensure that everyone in the chapter is an *essential piece* of the chapter. I recently saw this quote in an online catalog: *Isn't it a wonderful thing that we're all different? Each of us has strengths and skills to share. And when we link our individual strengths together, we're invincible. Can't imagine us without you.*

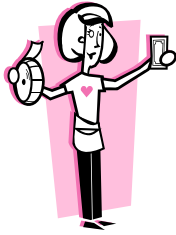
Therefore, I would like you to remember that you're all on the membership committee. You must help us market our association. Tell friends and colleagues about an upcoming educational dinner meeting. Share your experiences about certification. If you're not certified, join our study group. You'll be proud of your accomplishments and you'll be on your way to greatness! What would you like to do for the chapter in 2009?

Several items you will want to know:

- NALS has launched a new online community for its members to discuss the legal profession, learn about upcoming regional and national conferences, and network with members throughout the country. Visit www.nalsnet.ning.com and chat with other members. (Remember to be courteous and professional in your postings!)
- NALS of Orange County will be unveiling its updated website on or before March 11, 2009, so be sure to visit www.nalsoc.org for the latest chapter and national association news.
- NALS of Orange County will be planning its educational and community service events at a planning meeting on *Saturday, April 4, 2009 beginning at 9:00 a.m.* All members are invited to attend, so let me know if you would like more information.

Several of your chapter members will be attending the NALS Professional Development Conference in Tulsa on March 12-15, 2009. Therefore, our regularly-scheduled dinner meeting on Wednesday, March 11, 2009 has been moved to *Wednesday, March 18, 2009*. Please plan on joining us for a great motivational speaker and the installation of your new officers, along with introductions of your new committee chairs. If you have any questions or concerns, please be sure to contact me at cwolchuck@twtlaw.com.

Breaking news: As this issue of Legalites was being finalized, we received word that **Sherri Watts of Little Rock, Arkansas** is moving to Orange County. She's been an active member of NALS and will now share her experiences with NALS of Orange County. Look at that: NALS networking at its best. Welcome Sherri!



Community Services

By Andi Hughes

With everyone's help and generosity, 2008 and early 2009 proved to be a great year. From money collected at our monthly dinner meeting raffles, we were fortunate to donate to the following charities:

January 2008	\$192	Shortstop Program
February 2008	\$58	Shortstop Program
April 2008	\$108	OC AIDS Walk
May 2008	\$54	Alzheimer's Association
June 2008	\$64	Alzheimer's Association
July 2008	\$86	Ronald McDonald House
August 2008	\$133	Ronald McDonald House
September 2008	\$189	Snowball Express
October 2008	\$41	Snowball Express
November 2008	\$72	Serving People In Need ("SPIN")
January 2009	\$340	Laura's House
February 2009	\$250	Laura's House

The grand total of our donations was \$1,587. You should all give yourself a round of applause. What a great job!

We had many generous donations for our Mother's Day baskets, Thanksgiving dinners for SPIN, for our adopted family during the holidays, and clothing for the homeless during the year.

I want to thank everyone for their participation, including our generous vendors who donate the raffle prizes each month.

Life is easier when you are part of a network of friends and family, a neighborhood. I'm proud to be part of NALS of Orange County.

Thank you for your generosity!



Minds, like parachutes, work only when they are open.
-- unknown author

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Everybody is ignorant, only on different subjects.

Will Rogers, philosopher



[DID YOU KNOW?](#)

Gerald Ford became president and vice president without having been elected to either office. He filled the vice presidency in 1973 after Spiro Agnew resigned. He then became president after Richard Nixon's resignation in 1974.



FRONT PAGE NEWS

Is the newspaper part of your morning ritual? Or are you like so many of us who have been getting your news from other sources? We visit news sites online. There are many advantages to news sites. First, the sites are constantly updated, so you're not reading day-old stories.

We can also read stories from around the world. That means we have a broader understanding of what's happening in the world. Of course there is nothing quite like seeing the front page of a newspaper. Online news sites just got a little more interesting. At Newseum, you can browse front pages from almost 700 newspapers. It also covers 72 countries.

Newseum presents you with a map. Roll your mouse over the map, and you'll see the front pages appear. Just click to see a larger picture of the front page. Once you peruse the front page of a newspaper, you'll want to read more. In that case, you can click through to the newspaper's site. Newseum warns that some front pages may contain objectionable content. It urges you to use discretion. That's good advice, no matter where you are online!

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ONE OF THE TOP WEBSITES OF 2008

[GASBUDDY](#)

Inquiring minds want to know: Where's the cheapest gas? The website www.gasbuddy.com can tell you. This site collects real-time prices from some 750,000 volunteer price "spotters," who send in daily updates from their local stations. With prices varying by up to 50 cents from one station to the next in some cities, it pays to stay informed. A heat map displays where prices are currently the highest (California) and lowest (Wyoming). GasBuddy also shows you how prices have changed over time and can send mobile updates to your phone. Other similar but less comprehensive services include MapQuest's <http://gasprices.mapquest.com> and www.gaspricewatch.com.



RECYCLING 101 | REFRESHER COURSE | JUST THE FACTS

<http://www.bottlesandcans.com/start/>

There's no denying it. People are using way more bottles and cans than ever before. Recycling them creates new products, conserves natural resources, reduces energy use, and curbs carbon emissions in the sky. Sure beats letting them spend the next few centuries just sitting in a landfill.

Plainly, recycling is more important than ever.

Fortunately, doing the right thing is easy - and it can make you money. There are 2,000 recycling centers that offer cash refunds all across the state. Many communities also have curbside recycling. And if your office, school or gym doesn't have a recycling program, we'll give you the simple tools you'll need to start one.

RECYCLING BASICS

WHAT - Almost every bottle and can you use can be recycled. Look at the label for the universal recycle symbol and the words CA CASH REFUND or CA CRV. Containers with these markings are good to go in your curbside bin and will be accepted at the recycling center. For more information about what kind of containers are included in the program, please visit the website above.

HOW - It's easy to add recycling to your daily routine. Contact your waste hauler to determine if you live in a curbside community. Otherwise, any trash can makes an excellent recycling bin. There's no need to wash or crush your recyclables. Just toss them in the bin and head for the recycling center.

WHERE - Look for bins anywhere you live, work or play. And there are approximately 2,000 across the state - use the center locator on the website to find one near you.

WHY - Because there's money in it for you! In addition to saving energy, natural resources, and preventing carbon dioxide from being released into the air, bringing bottles and cans to the recycling center will put cash in your pocket. Use the cash calculator on the website to learn more.

FAMILY HABITS | MORE OF A GOOD THING

Every household has its share of bottles and cans. In fact, the average California family generates about 34 pounds of empty plastic bottles alone each year! Fortunately, making recycling a part of

your family routine is easy - and best of all, it's a good opportunity to give the kids a little responsibility.

At Home - There are two main ways to recycle at home: At your curb, or by taking your bottles and cans to a recycling center. Many Californians already have a curbside bin, to find a nearby recycling center, use our <http://www.bottlesandcans.com/dev/locator.cfm>.

At Work, School or the Gym - Many of these places already have recycling programs in place. Just look for the bin - it's usually right there next to the trash. And if your office, school or gym doesn't yet have a recycling program, you can start one.

Out and About - Many cities have placed recycling bins right alongside trash receptacles in public spaces. Dropping aluminum, plastic or glass in the proper place takes about one extra second. How easy is that?

Cashing In - The next time you enjoy a frosty beverage, take a closer look at the label. If you see a symbol that says **CA CASH REFUND** or **CA CRV**, you'll get more out of that bottle or can than a little refreshment. That symbol means the container is eligible to be recycled, and will get you 5¢ for most bottles and cans, 10¢ for the big ones. Most beverages are subject to CRV.

So where does this money come from? Actually, it's added to the price of the beverage when you buy it. You get it back when you bring containers to a recycling center. The CRV from containers placed in curbside or public recycling bins is claimed by the entity that collects them.

The great thing is, you don't have to go far out of your way to recycle. There are approximately 2,000 recycling centers all over the state, many conveniently located near the places you live and work. Just enter your ZIP code to find the one nearest you.

Recycling centers are not owned or operated by the state of California. All recycling center days and hours of operation are determined and overseen by the individual recycling center operator and must be posted at the center. Centers are required to be open a minimum of 30 hours per week, at least five days a week, and at least one weekend day. Please contact your local recycling center to find out their days and hours of operation. If you would like to report a recycling center closure or file a formal complaint regarding a certified recycling center, please contact the Department of Conservation at 1-800-RECYCLE.

INCREASING YOUR IMPACT | BEYOND BOTTLES

Every time you start your car, turn on a light or open a frosty beverage, you add to your "carbon footprint." That's the total amount of carbon dioxide and other greenhouse gases you emit - either directly through your tailpipe or indirectly by using manufactured goods.

But there's good news: Recycling actually makes your carbon footprint smaller. Manufacturing aluminum, plastic and glass containers from raw materials requires enormous energy, resulting in massive carbon emissions. But making containers from recycled materials uses far less energy - 95% less in the case of aluminum cans.

This means recycling isn't just doing good, it's also erasing some of the things you do that aren't so good. In the first six months of last year, Californians recycled nearly 7 billion bottles and cans. That's like taking 229,000 cars off the road for a year.



IRS ANNOUNCES 2009 STANDARD MILEAGE RATES

IR-2008-131, NOV. 24, 2008

WASHINGTON — The Internal Revenue Service issued the 2009 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

Beginning on Jan. 1, 2009, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:

- 55 cents per mile for business miles driven
- 24 cents per mile driven for medical or moving purposes
- 14 cents per mile driven in service of charitable organizations

The new rates for business, medical and moving purposes are slightly lower than rates for the second half of 2008 that were raised by a special adjustment mid-year in response to a spike in gasoline prices. The rate for charitable purposes is set by law and is unchanged from 2008.

The business mileage rate was 50.5 cents in the first half of 2008 and 58.5 cents in the second half. The medical and moving rate was 19 cents in the first half and 27 cents in the second half.

The mileage rates for 2009 reflect generally higher transportation costs compared to a year ago, but the rates also factor in the recent reversal of rising gasoline prices. While gasoline is a significant factor in the mileage rate, other fixed and variable costs, such as depreciation, enter the calculation.

The standard mileage rate for business is based on an annual study of the fixed and variable costs of operating an automobile. The rate for medical and moving purposes is based on the variable costs as determined by the same study. Independent contractor Runzheimer International conducted the study.

A taxpayer may not use the business standard mileage rate for a vehicle after using any depreciation method under the Modified Accelerated Cost Recovery System (MACRS) or after claiming a Section 179 deduction for that vehicle. In addition, the business standard mileage rate cannot be used for any vehicle used for hire or for more than four vehicles used simultaneously.

Taxpayers always have the option of calculating the actual costs of using their vehicle rather than using the standard mileage rates.

Revenue Procedure 2008-72 contains additional information on these standard mileage rates.

PUBLIC NOTICE

UNITED STATES DISTRICT COURT CENTRAL DISTRICT OF CALIFORNIA

New Local Civil Rule 73-2

The Court has adopted the following new Local Civil Rule 73-2 , effective January 2, 2009 (Please note that current Local Civil Rules 73-2 through 73-5 are repealed, effective January 2, 2009):

L.R. 73-2 Direct Assignment of Cases to Magistrate Judge.

L.R. 73-2.1 Notice. When a case is assigned initially only to a magistrate judge, the Clerk shall provide a Notice and Consent Form to the initiating party advising the parties that they may consent to have the assigned magistrate judge conduct all further proceedings in the case, including the entry of final judgment. The Notice shall advise the parties that they may consent to proceed only before the assigned magistrate judge. The initiating party must serve the Notice and Consent Form on each party at the time of service of the summons and complaint or other initial pleading.

L.R. 73-2.2 Proof of Service. In any case in which only a magistrate judge is initially assigned, plaintiff must file a proof of service within 10 days of service of the summons and complaint.

L.R. 73-2.3 Execution of Statement of Consent. If the parties agree to the exercise of jurisdiction by the magistrate judge, all counsel and any party appearing pro se shall jointly or separately execute and file a statement of consent setting forth such election.

L.R. 73-2.4 Filing of Statement of Consent. If all parties execute and file a statement of consent, the magistrate judge will preside over the case for all purposes, including trial and entry of final judgment as provided by 28 U.S.C. § 636(c) and Federal Rule of Civil Procedure 73(b). Appeal from a final judgment entered at a magistrate judge's direction may be taken to the court of appeals as would any other appeal from a district-court judgment.

L.R. 73-2.4.1 Cases Originally Filed in District Court. A case originally filed in District Court and initially assigned only to a magistrate judge shall be randomly reassigned to a district judge if any defendant has not filed a statement of consent within 30 days after service of the summons and complaint upon that defendant, or if the plaintiff has not filed a statement of consent within 30 days after service upon the first-served defendant.

L.R. 73-2.4.2 Cases Removed from State Court. A case initially assigned only to a magistrate judge following removal under 28 U.S.C. § 1441 *et seq.* shall be randomly reassigned to a district judge if, within 11 days after the notice of removal is filed, plaintiff(s) and all defendants upon whom service has been effected have not filed a statement of consent.

L.R. 73-2.5 Party Added After Election to Proceed Before Magistrate Judge. If a party is added to the case after all previous parties have elected to proceed before a magistrate judge, the newly-added party may file a statement of consent within 30 days after the order allowing intervention, or after service of the summons and appropriate pleading. If the newly-added party does not file a statement of consent within this period, the case shall be randomly reassigned to a district judge for further proceedings.

L.R. 73- 2.6 Discovery Assignment. For any case which is originally assigned only to a magistrate judge and then later reassigned to a district judge, a magistrate judge shall be randomly assigned to hear all referred discovery matters.

TERRY NAFISI
COURT EXECUTIVE AND CLERK OF COURT

SCALIA SCOLDS STUDENT FOR "NASTY, IMPOLITE QUESTION"

Tony Mauro
February 05, 2009

Where others fear to tread, a 20-year-old college student from Tequesta, FL, boldly stepped forward last month to ask Supreme Court Justice Antonin Scalia a question he did not like during a public appearance in West Palm Beach. "That's a nasty, impolite question," said Scalia, himself an expert on tough questioning, and he at first refused to answer it.

On Wednesday *Legal Times* tracked down student Sarah Jeck, the Florida Atlantic University honors college junior who incurred Scalia's wrath, and she seemed a little stunned, but not cowed, by his reaction. "He can dish it out, but he can't take it, I guess," she says. "I'm generally a very polite person. I'm really surprised the way it turned out. It was not a preposterous question."

So what did Sarah Jeck ask that caused the volatile justice to erupt? According to her own notes and this account in Wednesday's *Sun-Sentinel*, Jeck asked whether the rationale for Scalia's well-known opposition to cameras in the Supreme Court was "vitiating" by the facts that the Court allows public visitors to view arguments and releases full argument transcripts to the public, and that justices go out on book tours.

It's that last part that probably grated, because Scalia could, at that precise moment, have been said to be on a book tour. He was speaking before the Palm Beach County Forum Club and Bar Association, while his book -- "Making Your Case: The Art of Persuading Judges," co-authored by Bryan Garner -- was for sale at a table outside the hall.

Jeck, a political science major, is taking a judicial process class and is looking at the issue of cameras in the courts as her thesis topic. So when she learned Scalia was coming to town, it seemed like a reasonable question to her and her professor, Martin Sweet. By tradition, the club invites local university students to forum events and lets them ask questions. "We knew it was a little jab, but his response was unanticipated," she says.

After Scalia made his comment to Jeck, he took several written questions and then circled back to Jeck's query, according to this story in the *Palm Beach Post*. Scalia said he originally supported the idea of camera access in the courts, but came to oppose it because the inevitable "30-second takeouts" would not give a true picture of what is going on. "Why should I be a party to the miseducation of the American people?" According to Jeck, Scalia made no reference to his book tour as a possible contradiction to his views on public access to the Court.

We asked Jeck two more questions in our brief phone interview Wednesday morning. First, is she planning to go to law school? "Yes," she said without hesitation. And second, did she buy Scalia's book? Just as definitively, she said, "I'm a college student. I don't have \$30."

Sweet, Jeck's professor and pre-law adviser, told us Wednesday he is "incredibly proud" of her questioning and demeanor. "It was certainly a pointed question, but not designed to be impolite or nasty," said Sweet, a Supreme Court scholar in his own right. "The point of learning is not to stroke somebody's ego."

www.Law.com

This article first appeared on [The BLT: The Blog of Legal Times](http://TheBLT:TheBlogofLegalTimes)
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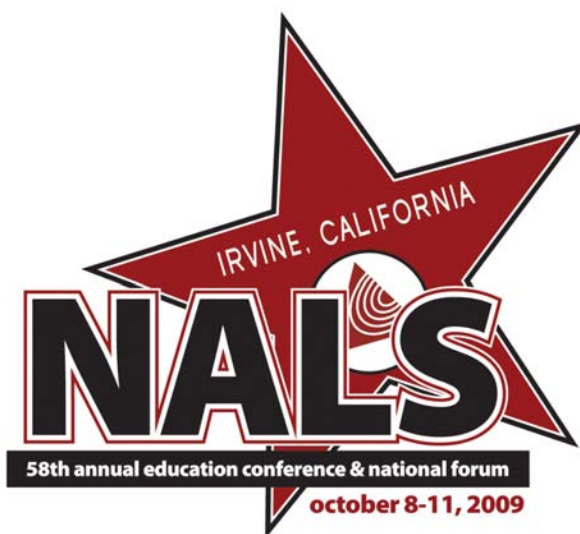
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For more information, see news release [IR 2009-5](#) , E-File Opens for 2009 With New Features to Expand Taxpayer Access, Help Speed Refunds.

For more information: <http://www.irs.gov/>.





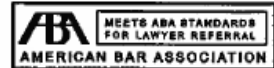
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Maria's Health & Beauty Corner

What's New Under the Sun: Sunscreen Safety Concerns

By Maria Quezada Hernandez

As a skin care therapist and consumer, I understand the importance of protecting the skin, especially the face, neck, and hands. For decades, we have assumed that sunscreens are good for the skin. Generally speaking, there are some good sunscreens out there, but unfortunately, many sunscreens contain damaging ingredients. According to NaturalNews.com, "84% of sunscreen products are harmful." The FDA is currently reviewing proposed changes that will incorporate new testing and labeling requirements for sunscreen products. In the meantime, you can find out for yourself which brands are harmful for your skin. A list has been compiled of 700 name-brand sunscreens along with the toxic chemicals they contain at <http://www.ewg.org/sunscreen/> by the Environmental Working Group (www.EWG.org) ("EWG"), a non-profit organization.

According to the EWG, "Some sunscreens absorb into the blood and raise safety concerns. Our review of the technical literature shows that some sunscreen ingredients absorb into the blood, and some are linked to toxic effects. Some release skin-damaging free radicals in sunlight, some act like estrogen and could disrupt hormone systems, several are strongly linked to allergic reactions, and still others may build up in the body or the environment." There is good news, though. According to Rada K. Tierney's article entitled "The Evolution of Sunscreen," (DaySpa Magazine, August 2008), "Scientists are finding new protective ingredients and better formulations that could mean not only fewer skin cancers but less photoaging."

Hint: If you refuse to wear sunscreen, how about wearing garments that allegedly make harmful UV rays safe for the skin, by converting the rays into a safe wavelength of yellow light? A company called SunSoul has designed "Yelomod" shirts and hats and purports that the light may benefit the skin by targeting unwanted red and brown pigments that are the result of sun damage and the aging process. SunSoul recommends spending at least two hours in the sun per week wearing a Yelomod garment for best results.

For more health and beauty secrets, be sure to read future issues of the *Legalities* Newsletter.



Maria Quezada Hernandez is Past President of NALS of Orange County and is currently the Director of Advertising. She is a legal secretary, a licensed esthetician, certified aromatherapist, certified Reiki practitioner, anti-aging consultant, public speaker, and author. Maria will be addressing your health and beauty concerns in each issue of *Legalities*. You may e-mail your health and beauty questions directly to maria@aromatherapy-now.com.

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HERE'S TO YOUR HEALTH

Do you know if you're up-to-date on your immunizations, or have the results of your last blood test? Important personal facts about your health shouldn't be shrouded in mystery. Even if you've never saved your health or medical documents, it's not too late to start putting together a personal health record of your own. We'll show you how to create this invaluable reference tool to help you keep track of all your health-related matters.

Gather The Essentials

Start by collecting all your important health documents on hand, documenting what you know, or requesting a copy of records from your health professional. Not sure what to include? Here's a list of important information to keep in your records, as recommended by the American Health Information Management Association:

- ♥ Personal identification, including name and birth date
- ♥ People to contact in case of emergency
- ♥ Names, addresses, and phone numbers of your physician, dentist, and specialists
- ♥ Health insurance information
- ♥ Living wills, advance directives, or medical power of attorney
- ♥ Organ donor authorization
- ♥ A list and dates of significant illnesses and surgical procedures
- ♥ Current medications and dosages
- ♥ Immunizations and their dates
- ♥ Allergies or sensitivities to drugs or materials, such as latex
- ♥ Important events, dates, and hereditary conditions in your family history- Results from a recent physical examination
- ♥ Opinions of specialists
- ♥ Important tests results; eye and dental records
- ♥ Correspondence between you and your provider(s)
- ♥ Current educational materials (or appropriate web links) relating to your health
- ♥ Any information you want to include about your health—such as your exercise regimen, any herbal medications you take and any counseling you may receive

Record Keeping For Life

As you gather all your important paperwork, you'll want to keep them safe. Rather than storing loose documents in a box or throwing them in a file, consider keeping them organized in a strong and durable binder such as a heavy-duty binder. A binder makes it easy to store all your important health documents in one place. It's portable, so you can carry it with you to your next doctor's appointment if you need to. And when you place your documents inside as you get them, it will automatically organize them in chronological order, with the most recent item on top. As you collect your information, make it easy to organize the contents inside for quick and easy reference. Create customized dividers in a snap with Avery Durable Ready Index Dividers and free Avery Templates to help keep your stuff in order.

There's a lot of information to capture, and it probably won't all be collected overnight. But over time, as you continue to keep track of your health documents in your binder, your records will grow and you'll have your health history available at your fingertips.

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Courts of Appeals and CM/ECF PACER Service Center Website Enhancements

The U.S. Courts of Appeals for the First, Third, Fourth, Sixth, Seventh, Eighth, Ninth, Tenth, and DC Circuits and the Bankruptcy Appellate Panels in the First, Sixth, Eighth, Ninth and Tenth Circuits have implemented CM/ECF.

E-filing capabilities have been implemented in the U.S. Courts of Appeals for the Third, Fourth, Sixth, Eighth and Ninth Circuits only. E-filing is mandatory (unless granted an exemption) in the U.S. Courts of Appeals for the Fourth, Sixth, and Eighth Circuits. Effective January 2, 2009, e-filing will become mandatory in the Ninth Circuit.

The remaining U.S. Courts of Appeals are scheduled to implement CM/ECF or add e-filing capabilities in 2009. Information regarding a particular court's implementation date may be available at the court's website. To become an appellate CM/ECF filer, the filer registration form must be completed at the PACER Service Center website pacer.psc.uscourts.gov. Electronic Learning modules demonstrating CM/ECF, PACER reports, and document filing are available at www.ca4.uscourts.gov, www.ca6.uscourts.gov and www.ca8.uscourts.gov.

The latest version of Java is required to access the CM/ECF Appellate application, to e-file, or to view case information. This can be downloaded at www.java.com at no charge.

The PACER Service Center website now provides U.S. District Court and U.S. Bankruptcy Court information, such as the version of CM/ECF currently in use at each court, case flag descriptions, mailing address, and phone number. To access the information, select "Links to PACER Web Sites" and click on the "Court Info" icon as reflected in the example below.

Another feature added is an RSS (Really Simple Syndication) feed that will allow customers to easily monitor changes to information posted at the PACER Service Center website. To get updates delivered to your desktop click on the "RSS Feed" icon at pacer.psc.uscourts.gov. Click on the link "About RSS" for more information regarding the RSS process.

Functionality in Appellate CM/ECF

CM/ECF Appellate version 2.1 features time saving enhancements such as an option to download multiple documents at one time and hyperlinks added for quick access to associated and originating cases. For a complete listing of changes, see "CM/ECF Release Notes" under "Featured Links" at pacer.psc.uscourts.gov.

- ◆ The PACER Service Center accepts Discover, VISA, MasterCard, and American Express. Login to the Account Information section at pacer.psc.uscourts.gov to pay by credit card.
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- ◆ The PACER Service Center's Federal Tax ID Number is 74-2747938.
- ◆ Effective April 1, 2004 a fee of \$45 will be assessed if a check is returned for insufficient funds.
- ◆ Receipts for the most recent payment made to a PACER account can now be accessed online. Login to the Account Information section at pacer.psc.uscourts.gov then select "Check Account Balance."

CM/ECF Bankruptcy version 3.2 includes the enhancements listed below. For a complete listing of changes, see "CM/ECF Release Notes" under "Featured Links" at pacer.psc.uscourts.gov.

Transcripts

This release implements the Judicial Conference policy to make electronic transcripts of federal court proceedings, once ordered by a party or the court, available in PACER 90 days after the transcript has been produced and delivered to the court by the court reporter. During the 90-day period, the transcript may be viewed (but not printed) at a public terminal at the court or it may be purchased from the court reporter. A docket entry, such as the example shown below, will provide information on how to contact the court reporter or transcriber. Once available in PACER, there is a charge of \$.08 per page for the electronic transcripts; the 30-page fee limit does not apply to transcripts of federal court proceedings.

Password Changes

To prevent the unauthorized use of PACER accounts, the PACER Service Center recommends changing passwords every 90 days. It is possible to change passwords at pacer.psc.uscourts.gov. Click on "Account Information," then "Change Password."

Centralized Billing

This feature provides real-time billing transaction details. To access the information, click on "Review Billing History" under the Utilities option in CM/ECF. This will open a window to the PACER Service Center's "Billing History Report" web page. CM/ECF District version 3.2 includes Transcript availability. Centralized Billing will be included in District version 4.0 that is scheduled for release in early Spring 2009.

Questions or Comments regarding information in the announcement? Email pacer@psc.uscourts.gov or call The PACER Service Center hours of operation are 8:00 AM to 6:00 PM (800) 676-6856. Central Time, Monday through Friday and is closed for Federal holidays. Holidays for which the PACER Service Center will be closed are January 19 for Martin Luther King, Jr. Day, February 16 for President's Day, May 25 for Memorial Day, July 3 for Independence Day, September 7 for Labor Day, October 12 for Columbus Day, November 11 for Veteran's Day, November 26 for Thanksgiving, and December 25 for Christmas. The newest version of the PACER User Manual is available at no charge under the Documents section at the PACER Service Center website pacer.psc.uscourts.gov.

Announcements <http://pacer.psc.uscourts.gov> January 2009





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CONFERENCE SCHEDULE

Thursday, June 11, 2009

6:00 p.m.

Welcome Party Vega-Style! Whether you're channeling a Vegas-style gangster, showgirl or Elvis, come dressed in your Vegas best and celebrate with us!

Friday, June 12, 2009

8:00 a.m.

Registration/Vendor Set-Up/Breakfast

9:00 a.m. to 10:15 a.m.

Seminar: Julie Abernathy, PP, PLS, and Tammy Hailey, CAE, Keynote Speakers

10:15 a.m. to 10:30 a.m.

Break to Visit Vendors

10:30 a.m. to 11:45 a.m.

Seminar: Nevada Gaming Commission, Peter Bernhard

11:45 a.m. to 1:30 p.m.

Lunch/Coldwater Creek Trunk Show

1:30 p.m. to 2:45 p.m.

Seminar: Western Resources Advocates, Charles Benjamin

2:45 p.m. to 3:00 p.m.

Break to Visit Vendors

3:00 p.m. to 6:00 p.m.

Seminar: Leadership Workshop, David Horowitz

The dress for this seminar is casual - no dresses/skirts or open-toed shoes.

Saturday, June 13, 2009

8:00 a.m.

Registration/Vendor Set-Up/Breakfast

9:00 a.m. to 10:15 a.m.

Seminar: How to Deal with Elderly Clients, James M. O'Reilly

10:15 a.m. to 10:30 a.m.

Break to Visit Vendors

10:30 a.m. to 11:45 a.m.

Seminar: Water Rights, Jessica Prunty

11:45 a.m. to 1:30 p.m.

Lunch/Visit Vendors/Raffle Drawings

1:30 p.m. to 2:45 p.m.

Seminar: Unfair Labor Practices, Steven Wamser

2:45 p.m. to 3:00 p.m.

Break

3:00 p.m. to 4:15 p.m.

Seminar: Legal Aid, Lynn Etkins, Esq.

4:15 p.m. to 5:30 p.m.

Seminar: The ABCs of Immigration, Verna Griffin, Certified PP, PLS

5:30 p.m. to 6:00 p.m.

Region Meetings

*Due to unforeseen circumstances, the above noted seminar topics are subject to change without notice. Every effort will be made to notify registrants of a change in topic, but that notification cannot be guaranteed.

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