



Making a Difference

VanCott honors women whose invaluable ideas and experiences have pushed the state forward.

PLUS

10 Tips to Protect Your Business

Trademarks

What Are They? And Why Should You Care?

VANCOTT



Do Well by Doing Good

Since last year, I've seen friends and family lose their jobs or become discouraged about the economy. I've heard it said, and seen it in practice, that the simplest and most effective remedy to discouragement is this: Do something good, no matter how small it is, for someone else.

This "pay it forward" concept was described by Benjamin Franklin, in a letter to Benjamin Webb dated April 22, 1784. In this letter, he wrote about his intention to help Mr. Webb by lending him some money. However, he did not want to be repaid directly. Instead, Benjamin Franklin hoped Mr. Webb would at some point meet an honest man in need of financial help and pass the money along to him. Franklin wrote: "I hope it may thus go thro' many hands...this is a trick of mine for doing a deal of good with a little money."

Doing good at home, abroad or in the community reaps great rewards. There is no better time to start than today. Summer is a time of volunteerism and community service. Go online and find opportunities in your community to help. Stock food-bank warehouses, fix up the homes of elderly neighbors, paint a school classroom, or simply smile to a stranger at the grocery store.

In this summer issue of *VanCott Magazine*, you'll find all kinds of inspiration for doing good. From a repairman who fixes a chair for free to the countless women who give back to the community, these good Samaritans shed contagious good will that is unforgettable.

We wish you a very safe and enjoyable summer!

Sincerely,

A handwritten signature in black ink, which appears to read "Stephen D. Swindle". The signature is fluid and cursive.

Stephen D. Swindle
Managing Partner

Summer 2009

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VanCott honors women for their contribution to the community — Utah Supreme Court Chief Justice **Christine Durham**, MediConnect CEO **Amy Rees Anderson**, Salt Lake Community College President **Cynthia Bioteau** and Autism Journeys Founder **Kate Andersen**.



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Feedback

VanCott Magazine is published quarterly for clients and friends of the firm. If you have questions or suggestions for future articles, please e-mail Executive Director Mark J. Hall at mhall@vancott.com.

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Mont Robbins, owner, Upholstery West Inc.

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This new section of VanCott Magazine focuses on the good things people are doing in the community. At VanCott, we appreciate the small and simple ways professional vendors make a difference. Here is just one example.

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PAY IT FORWARD

Mont Robbins, owner of Upholstery West Inc., has been running his furniture repair shop in Midvale, Utah, for 33 years. And every day, for 33 years, he's tried to offer a bit of kindness to his customers.

"I like doing something nice for everyone — even if it's seemingly small. It makes you feel better," Robbins says.

Earlier this year, a VanCott attorney needed a button sewn back onto his leather chair. Robbins didn't charge anything to sew the button back on and said his policy was to simply perform acts of kindness.

Thanks to Mont Robbins for setting the example for all of us.



COUNSEL WITH COUNSEL

This new section of *VanCott Magazine* offers useful legal tips on things like how to protect your business. Visit vancott.com to read Mark Wagner's brief on recent changes in employment laws that may affect your business.

1. Does your business have a fully functioning accounting system? All businesses will benefit from reliable and accurate financial data and reports. Often the balance sheet, financial statement, and profit and loss statement will expose vulnerable areas.
2. Have the mail picked up, opened, logged and delivered by one (or more) people. Consider having all invoices copied and stored by the mail person, outside of accounting.
3. Have all bank deposits prepared by the same, designated person or persons. The people responsible for bank deposits should not be the same persons performing the functions in No. 2.
4. If receipts are taken at a point-of-sale, adequate records should be kept at the point-of-sale site. The records should not be recorded or maintained by the people in No. 2 or 3.
5. Cash receipts always require special attention. The person who collects and accounts for the cash intake, should not have responsibility for the preparation of bank deposits.
6. Few people should have check-signing authority. Two signatures should be required on all checks above a stated amount. Individuals preparing accounts payable should not have single-signature authority.
7. Copies of all invoices to be paid (and payment requests/authorizations, if used) should accompany all checks to be signed.
8. The audit committee, chief financial officer or owner should periodically inspect the records, including trial balances, bank balances, and bank reconciliations.
9. Purchase and maintain adequate employee misconduct insurance.
10. Conduct background checks, including criminal histories, on all employees.

Some of the principles suggested by these 10 tips involve a checks-and-balances system. When different people perform financial tasks, it is more difficult to manipulate, and thereby hide, misconduct. Penny wisdom shown with preventative practices reaps enormous benefits for any business. ■

Loren E. Weiss serves clients in the areas of governmental compliance, white-collar crime and complex litigation. He can be reached at lweiss@vancott.com.

10 Tips to Protect Your Business



By Loren E. Weiss

Just like people need to visit their physician for at least an annual check up, businesses also need regular assessments of their business systems. Those examinations should visit all parts of the business body, including the accounting and human resources departments, as well as liability and tax issues.

Employees are the backbone of any business success. Loyalty between employee and employer is a singularly important asset. Building, earning and maintaining such loyalty requires time, commitment and trust. Nonetheless, responsible business practices can help the most loyal, trusted and trustworthy employee resist the trials, tribulations and temptations a successful business may inspire.

Obviously, these 10 tips are not intended to be all-inclusive. Likewise, if your business has recently enjoyed a growth spurt; or, if the business has outgrown or replaced any business systems; or, if the business is simply concerned, you should meet with a consultant to evaluate your changing business environment.



Women Lawyers



By Cassie J. Medura

Although women often outnumber men in law school, only a small fraction of women who go into the private practice of law, especially in the area of litigation, stay in it for the long haul.

It's no secret why. Many women find it difficult or unbearable to juggle the time and stress of a legal career with raising children and other home and family responsibilities. Other reasons that women leave the practice of law include societal and social factors that make it difficult to compete and succeed in a profession largely dominated by men. Women litigators must combat stereotypes that they are not aggressive or tough enough to handle the adversarial nature of the work or, on the flip side, women who are aggressive are often disliked or labeled as difficult or worse — labels which rarely apply to men.

I graduated from the University of Utah College of Law in 1998 where the number of women students at least equaled, if not exceeded, male students. Only a handful of women from my class entered private practice as litigators and only a few, including myself, stayed in the practice to become partners in private practice. Many left the profession to stay at home and raise children, took jobs as in-house counsel or simply left the profession altogether to pursue other endeavors.

I can understand why. In addition to the stress of practicing law as a litigator, I have witnessed first hand the difficulties of a woman working in a “man’s world.” A female court reporter once warned me before a deposition that a law degree was required for me to be there and asked if my “boss” was on his way to take the deposition. Once before a hearing, a judge asked if I was the secretary of the older male lawyer working on the case. One judge even took me for the girlfriend of a client, asking why I was in the courtroom. On numerous occasions, I have been mistaken as a staff person by those who rarely encounter women litigators and apparently find it hard to believe that a woman could be in such a position.

When I began the practice of law, I was a single mother, so I also fully understand the frustration of trying to raise a family while maintaining a career as a litigator. Despite the difficulties, however, I have now been in the profession for almost 11 years. I was lucky enough to have a very supportive family that helped me enormously in my early years of practicing law without the support of a spouse.

I was also very fortunate to be working at a firm that has allowed me, through my years of single parenthood, remarriage and another child, the flexibility to manage my personal life while remaining in the practice of law.

Finally, I would not be where I am today without my mentors who have taught me to practice law, recognizing that my unique strengths and talents as a woman lawyer come, in part, from being able to maintain a healthy personal life outside of the law firm. Though it has not been an easy road, I think after over a decade in the profession, I have somehow learned to be a capable litigator and hope I have earned the respect of my colleagues in the legal community.

The legal profession is becoming more aware and concerned with the unique challenges faced by women in the practice of law. Many law firms recognize that women often bring a different approach to the practice of law that can be invaluable to gaining and maintaining important client relations. Clients as well, especially women-owned businesses, often seek female counsel. In addition, law firms understand that from a purely economic standpoint, it is a waste of resources to hire women and invest substantial time and money training them, only to allow have them leave when family or other life changes necessitate some change of schedule.

Progressive law firms like VanCott offer a variety of options and solutions for women facing life’s normal changes while trying to maintain a legal career. I hope that with continued attention to these issues that more and more women will stay in it for the long haul. ▣

Cassie J. Medura, a shareholder at VanCott, practices commercial and general litigation. She can be reached at cmedura@vancott.com.



Trademarks

What Are They? And Why Should You Care?



By Nicole M. Deforge

Quite simply, a trademark is typically a name or design that identifies your company or its products. It's your branding. Your trademark sets you apart from everyone else out there. Think of the Coca-Cola name, the Mercedes emblem, the Nike swoosh. When a consumer sees one of these trademarks on a product, they instantly know which company is the source of that product. They also should know what to expect from that product in terms of quality and style.

A trademark cannot be generic or merely descriptive of the goods or services it identifies. It should be suggestive, fanciful or even arbitrary. For example, an apple seller couldn't claim the word "apple" as a trademark for his apples. But when we refer to apples in the context of computers, we all know exactly which company we're talking about, even though apples have nothing whatsoever to do with computers. That's the sign of a great trademark.

So, why should you care? Intellectual property, which includes patents, copyrights, and, yes, trademarks, can be one of the most valuable assets of a company — if not its most valuable asset. Think of Ralph Lauren. How many of us would be willing to pay a premium for one of his ubiquitous white button-down shirts if not for that jaunty little polo pony on the front?

The reputation of your company is inextricably tied to your trademarks. Trademarks can represent and reflect a tremendous amount of good will among the consuming public. It is critical to protect this good will from those who would trade off on it to their advantage and at your expense.

Being sensitive to trademark issues could also save you a lot of pain and suffering down the road. Many a business owner has unhappily discovered that the name of his company or signature product is already being used by someone else — often after receiving a cease-and-desist letter from an attorney. Years of effort and investment can be lost when one is forced to give up a business name or face a lawsuit for trademark infringement.

So what can you do to protect your trademark investment? First, **pick a name for your new business or product that is fanciful or suggestive**, rather than one that simply describes your product or business. It can be very difficult to claim ownership of a name that is merely descriptive. Remember, "apple" works for computers, not for apples.

Second, before settling on a new name or logo, carefully **search the horizon to find out what else is out there**. But beware. A name need not be identical to another trademark to create a conflict. It only has to create a likelihood of confusion to infringe. Given this gray area, trademark attorneys can be particularly helpful in identifying dark clouds on the horizon.

Third, register your trademarks and **keep those registrations up-to-date**. Although it is not necessary to register your trademarks to claim trademark rights, it can be much easier and less expensive to enforce your trademark rights with a registration. Registration also serves as notice to others to steer away from your territory and provides you with the possibility of treble damages should they fail to do so.

You should also periodically review your current and proposed business and product names with counsel to maximize your protection. These few simple and relatively inexpensive steps will go a long way towards helping you protect your business and your investment. ■

Nicole M. Deforge focuses her practice in the area of intellectual property, including copyrights, trademarks, trade secrets and licensing. She can be reached at ndeforge@vancott.com.

Making a Difference

Utah women are bringing more than just estrogen to the boardrooms and work places of the state's leading industries. They are also bringing new perspectives, fresh ideas and life experiences that are increasingly being recognized as invaluable to pushing the state's companies and its economy forward.

The uniquely female right-brain thinking that encompasses intuition, creativity and a sense of cooperation is quickly making women one of the most valuable assets in all industries from education to international business.

VanCott Law Firm honors women for the contribution they are making to the community by looking at three such women who are improving Utah by rising to the top of their fields.

Christine Durham

Utah Supreme Court Chief Justice

Judge Christine Durham hasn't just opened doors for women in Utah's legal system — she's obliterated them.

A mother of four, Durham proved that women judges and lawyers can climb just as high as men when she became the first female judge in the state's Third District Court, the first woman on the Utah Supreme Court, and now the first female chief justice of the state's highest court.

"I think all of us who were the early women in the profession, both in lawyering and judging, did open doors for the women behind us simply by being there," says Durham, chief justice since 2002. "We helped to change the culture."

As chief justice, Durham is at the top of her profession in Utah, serving as essentially the CEO of the judicial branch for the state. In addition to heading the Supreme Court, she also oversees the juvenile courts, justice courts, district courts and the administrative offices of the courts.

But the climb to the state's highest bench hasn't been easy with four children to raise and a husband going through medical school while she attended law school. Durham says her "secret weapon" has always been her husband of 43 years, who pitched in to split household and child-rearing duties so Durham could pursue her dreams.

"We had a fully functioning partnership," she says. "I could never reconcile myself to the notion that I could be happy either doing nothing but my career or doing nothing

“Women enrich the conversation.”



but raise my children. I've always had a high energy level.”

Besides her role as chief justice, Durham has also been active in national affairs, particularly issues surrounding gender bias and women in the legal profession. She is one of the founding members of the National Association of Women Judges and also served on the American Bar Association's Commission on Women in the Profession.

“Women enrich the conversation. There is no question that one's background and one's life experiences have a profound effect on the way we see the world,” she says. “It's important to have those voices out there.”

Durham has also led a push for more intense judicial education, including skill development for judges on how to conduct jury selection, take a plea or recognize unconscious bias.

When she began her time on the bench in 1978, Durham recalls how there was almost no training for newly minted judges.

“It was quite shocking to me to be a new trial judge and to be handed a file and a courtroom and a clerk and be told, ‘Go be a judge,’” she says.

Durham's efforts to promote judicial education in areas such as domestic violence, child witness testimony and scientific evidence earned her the prestigious 2007 William H. Rehnquist Award for Judicial Excellence by the National Center for State Courts.

And while Durham will always be remembered as a champion for women in the legal system, she hopes her tenure as chief justice is also marked for its commitment to the efficient administration of justice. Durham has pushed to bring Utah up to speed with the best practices of other trial and appellate courts around the nation, as well as enforced accountability and transparency with the use of public resources.

“These kinds of things make the courts an efficient institution, as well as one where people can get fair and impartial justice,” she says. “Without some level of efficiency, justice becomes irrelevant.”



“I hope women will see they don’t have to hold back.”

Amy Rees Anderson

Amy Rees Anderson

MediConnect CEO

When Amy Rees Anderson went to BYU at 17, her only goal was to leave with her M.R.S. degree. So a few years into her bachelor’s program, she got married, got her “Mrs.” degree and thought her life of being a stay-at-home mom was set in stone.

Fast-forward to today and Anderson is a mother of two teenagers and the CEO of MediConnect, an industry leader in electronic retrieval of medical records based in South Jordan, Utah. Anderson’s unlikely detour into the business world is earning her accolades across the field for her prowess and uncanny ability to increase profits.

Anderson first ventured into the business arena hoping to find a job she could do as stay-at-home mom. After starting and managing several healthcare technology ventures, Anderson caught the eye of a local venture capitalist who asked her to come on board with MediConnect.

After taking over the reins at MediConnect, Anderson quickly grew the company by marketing its electronic medical records applications to legal firms. That untapped market opened up a whole new world of sales and growth for the MediConnect technology, which allows retrieval of medical records from around the world.

Under Anderson’s direction, the company also launched an aggressive domestic and international expansion, growing nearly

1,325 percent since she took over in 2004.

“It wasn’t that I had to fix the business, we just had to take it out and market it better,” she says.

Anderson’s instant success at MediConnect earned her the prestigious Ernst & Young Entrepreneur of the Year Award for Utah in 2007, and she was the first female Entrepreneur of the Year chosen by MountainWest Capitol Network in 2008.

And while Anderson is definitely competing in a man’s world, she says being a female CEO has made her stand out against the competition and made people take notice of her success.

“I think as a woman in business, you tend to bring an intuition with you — maybe the nonverbal and emotions and feelings. It can give you an edge when it comes to selling or working with employees and identify talent,” she says. “I think it’s a positive to be a woman in business.”

But proving herself in a world full of male CEOs hasn’t always been easy, she admits. Women have to prove themselves to get the same level of acceptance and credit that men receive automatically, she says.

If anyone has proved she deserves the credit, Anderson has.

“I certainly hope it helps women see that there isn’t a ceiling there. It can be done,” she says. “If I can get recognized, anybody can. I hope women will see they don’t have to hold back.”

Cynthia Bioteau

Salt Lake Community College President

Education and economy are inseparably tied for Dr. Cynthia Bioteau, president of the Salt Lake Community College (SLCC).

While many community colleges and smaller higher education institutions have pushed to become full-fledged universities, Bioteau came into the Utah system in 2005 to ensure SLCC stayed true to its mission to provide accessible education and feed the state’s economy.

“My real enthusiasm was to say, ‘Hey Utah, look at this gem you have; don’t lose it,’” says Bioteau, who came to Utah after serving as vice president and chief academic officer for Forsyth Technical Community College in Winston-Salem, N.C.

For Bioteau, the beauty of a community college like SLCC, which serves more than 60,000 students, is how quickly curriculum can respond to the changing workforce. “We are talking with industries and employers everyday and asking them what they need for a skilled workforce,” she says.

That responsiveness is even more critical in today’s economic downturn when students need to learn new skills and trades to remain employable. This fall, for example, SLCC saw an 18 percent growth above last year’s enrollment. In the spring, people stood in line to register for classes and about one-third of those said they were going back to school after being laid off.

“That says to me, ‘Thank goodness we kept Salt Lake Community College a community college,’” she says. “People are recognizing the voice of a community college and that the circle of influence of a community college can contribute to the economic needs of the state.”

Bioteau has been taking that message to business leaders, chambers of commerce and the Economic Development Corporation of Utah.

As one of only two female presidents of Utah’s 10 institutions of higher education and the first female president of SLCC, Bioteau often finds herself as the only woman in the boardroom. The best solution, she says, is to simply take gender out of the equation.

“If you focus on gender, it could get discouraging,” she says. “I would get caught up on that and feel it was a mountain too high to climb.”

Empowering Women Through the Law

For Kate Andersen, business is about helping people.

It's about helping families and children who suffer from autism to find peace, joy and answers at her company, Autism Journeys.

Every child, is important at Autism Journeys, so Andersen doesn't want to spend her time reading legal contracts or worrying if her client contracts are specific enough.

When Andersen found VanCott to help handle the legalities of her business, she could focus on what she does best — creating programs to help children overcome autism.

"Having the legal end taken care of and [having someone] looking over my shoulder to make sure I'm doing everything right is crucial for me," says Andersen, who started Autism Journeys in Lehi in 2007. "There's no way I could have done this without them."

VanCott hopes to empower women like Andersen who are running companies throughout Utah by equipping them with legal services, as well as a listening ear.

From basic business arrangements to confidentially agreements, VanCott lawyers are walking businesswomen through the process of taking an idea to a legal reality.

Perhaps the most critical aspect for Andersen at Autism Journeys was establishing a disclaimer saying that the company does not promise a particular outcome or result. While the program focuses on a variety of treatment methods for autism, Andersen said she didn't want parents to expect a certain result and be disappointed if it didn't happen.

"I was really surprised at how thorough VanCott was and how great they were at asking a lot of questions that I hadn't thought about," she says. "I was surprised with the ongoing amount of legal work and how beneficial it can be to have a lawyer available."

That communication was also key for Michelle Schilling, owner of the Hillside Veterinary Hospital in Salt Lake City. Schilling bought the company in March and enlisted VanCott to help with the slew of legal documents needed for negotiations, purchase agreements and incorporation paperwork.

Through the process, Schilling realized "how important it is to have great attorney on your team." More than that, she said the clear explanations by VanCott attorneys on even the smallest details helped put her mind at ease during a stressful time.

"It just worked for us. We just jived and we communicated well and understood each other," she says.

Perhaps the best part, she adds, is that with VanCott taking care of her legal worries, Schilling was able to focus on her dream of becoming a business owner.

"I was excited about working for myself," she says. "This is a great hospital, and I wanted to continue it and thought I could improve it."


"I think women are poised to help the country go forward in a global economy and society."

Cynthia Bioteau

Instead, Bioteau says her success has come by focusing on the issues and ideas. "We come around the table and focus on the goals and beliefs we share. That gets the agenda far further forward than focusing on how we're different," she says.

But Bioteau does hope more women can join the conversation on education. This spring, Bioteau became the president of the American Association for Women in Community Colleges, and she also serves on the Utah Women's Forum.

Bringing those women to the table challenges homogenous viewpoints, Bioteau says. Women also bring a sense of inclusion, a willingness to be vulnerable and a desire to learn from mistakes, she adds.

"I think women are poised to help the country go forward in a global economy and society," she says. "I want to inspire women to tell themselves, 'I can do it. It's hard work, but the rewards are unimaginable.'" 



Amy Smith, Secretary Treasurer, South Valley Motorsports

Amy Smith isn't technically the owner of South Valley Motorsports, but there's no doubt she's the boss.

While her husband, Doug, owns the store and runs the day-to-day operations, Amy manages the store's 33 employees and keeps both the customers and employees happy.

"It is an odd arrangement to work with your husband, but it works," says Amy, the secretary treasurer of South Valley Motorsports in Draper. "We fit well together running a business."

Amy and Doug have been married for 20 years and have owned the store since 1993. The business has one of the largest parts, sales and service departments in the area, specializing in the sale of motorcycles, ATVs, watercrafts, snowmobiles and generators.

Joining the Motorsports team has turned Amy into an avid bullet bike enthusiast, although she admits Doug would rather see her ride a street cruiser. But Amy says she'd pick the smaller size and faster speeds of a bullet bike any day.

"I always rode on the back of Doug's motorcycle. Not anymore," she says.

Amy has also found her own sweet spot in the company, handling the store's employees much like she would family members — with compassion and understanding that she says only a woman can provide.

When Amy had to lay off a third of her staff recently, she cried through half of the meetings. "I don't think men in the business world look at it from both sides like these are people who have families and children. I think women do," she says.

That's why Amy turned to VanCott to help several of her employees over the years who needed personal legal help. Amy laid out the money to employ VanCott attorneys to help employees involved in custody battles with ex-spouses or in messy divorces.

Amy also sought help from VanCott to help an employee's wife who was fired from a job and lost insurance coverage while she was pregnant.

The employees could then pay Amy back when they were in a better situation, she says.

"I don't like to see our employees go down a road they don't have to. If we can help them financially out of a situation and then they pay us back by being a good employee, it's worth it," she says. "They know we do stuff for them that most employers wouldn't." ❏

Real Women RIDE

Blue Skies



Lois Reid, CEO, Upper Limit Aviation

A love affair with flight is in Lois Reid's genes.

With her father serving as a pilot in the Army Air Corps in WWII, Reid grew up watching her father build airplanes in the backyard. And when her son was born, she recalls that he too was “looking up at the sky” from a young age.

“It really is serious fun,” says Reid, whose favorite pastime is flying a helicopter through the canyons and up into the mountains. “It’s just the view — listening to the rotor blades. It is a true addiction.”

Now, Reid and her son, Sean, have turned their passion for flight into a business by starting Upper Limit Aviation, a helicopter school in Salt Lake offering a unique chance to train in Utah’s higher altitudes and mountainous terrain.

Providing both commercial and non-commercial training, Upper Limit Aviation has partnered with Salt Lake Community College to allow students to earn an associate’s degree or complete certification programs.

And while Reid knows nearly everything about flying a helicopter, she quickly realized she’d also need some solid legal expertise to get her business off the ground.

Reid turned to VanCott for help with things such as aircraft leases, incorporation papers and contracts with SLCC.

Having an attorney and an accountant who are knowledgeable and trustworthy are essential elements to surviving in the business world,” says Reid, CEO and school director at Upper Limit Aviation. “Steve Swindle at VanCott has been a friend and I appreciate his vast knowledge, presence and kindness in our lives.”

Although Reid had a business background, she was surprised by the amount of legal work required to get her company going. Intricacies in registering aircraft and meeting the requirements of the heavily regulated aviation industry were just a few of the extremely exacting legal obstacles.

Reid also needed to create leases, write contracts and establish liability forms for students.

In addition to meeting federal standards and incorporation laws, VanCott has also helped Reid protect her assets for her family. By creating a trust and an estate plan, Reid says she’s confident her family will be taken care of should anything happen to her or the business.

“I had no idea. I have learned a tremendous amount,” says Reid, who adds that she could never have done it on her own unless she found the time to earn a law degree. “It is pretty essential to have an attorney. I think you could really screw it up on your own.”

Yoga Lawyer



“One of my dearest friends — a very successful lawyer who practiced at a prominent national firm in Los Angeles — committed suicide. I dedicated Yoga for Lawyers to him, because he always encouraged me to pursue my interests, legal and especially non-legal,” Wagg says.

Wagg began taking yoga classes when she was 21. After suffering from various sports injuries in her late teens, she realized she needed to take responsibility for her health. “I was frustrated by the disappointing results I got from physical therapy and orthopedic medicine, so I looked for something that was therapeutic but also active. That’s why yoga appealed to me so much.”

Wagg says yoga can help calm the nerves, relax the body and focus the mind. “I’m sure it’s helped my career in ways I’m not even aware of. But more than the physical practice, the philosophical principals of classical yoga guide me. One of those is the concept of satya, which is usually translated from Sanskrit as truthfulness. Yoga teaches us, as lawyers and as people, to speak and act in accordance with the facts.”

Once a month, lawyers and non-lawyers meet at the Kula Community Yoga Center on 823 E. 400 South in Salt Lake. Wagg’s one-hour class teaches basic yoga postures and principles.

“Everyone is welcome — it’s not just for lawyers. It’s for all people, especially beginners, who want to try yoga in a supportive, non-judgmental atmosphere. I always encourage people to bring their friends and family as well as their colleagues.”

Relax. Breathe. Close your eyes.

A VanCott attorney teaches the Salt Lake community about the positive benefits of yoga.

Last year, VanCott Associate Mary Jane Wagg decided it was time to share her yoga training with the rest of Salt Lake City.

GIVE IT A TRY

To find out more about Yoga for Lawyers, visit www.yogaforlawyers.org. You may also subscribe to the e-mail list by writing to yogaforlawyers@gmail.com.



VANCOTT

VanCott is a nationally recognized law firm with a long record of excellence and professional leadership in the Intermountain West. Our attorneys offer comprehensive business, tax, litigation, and natural resource-related services to individual and corporate clients.

Since 1874, the firm has responded to the legal needs of local, national and international clients. We remain committed to a tradition of legal service of the highest quality. This means serving clients' needs in an efficient and cost-effective manner. It means providing practical advice and expert representation. It also means finding creative solutions, working within budgets, and providing prompt results.

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LEX MUNDI

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VanCott is the exclusive member firm for Utah of Lex Mundi, the world's leading association of independent law firms. Comprised of more than 160 member firms, Lex Mundi is the mark of excellence for legal services around the world. Corporations worldwide, their owners and their advisors turn to Lex Mundi member firms to provide outstanding legal expertise and exceptional legal services.

With more than 20,000 lawyers in 560 offices and more than 100 countries, Lex Mundi member firms provide legal representation and local market knowledge just about anywhere the need may arise. Our firm's membership in Lex Mundi provides us with global reach and access to legal resources that enhance our ability to serve clients' needs around the world. (www.lexmundi.com)

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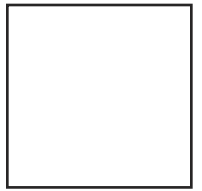
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