FEATURED: Downsizing and Decluttering
By Robin Page West
Gearing up for spring cleaning? Learn how to tackle your clutter confidently and minimize your overwhelm.
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Adventures in the Law: Choosing Between Menendez Brothers
By Norm Tabler
Unreasonableness reaches new heights in this 2018 case involving a wedding, a drone, an injured guest, and an insurance company.
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Book Synopsis: Juggling Life, Work and Caregiving
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Caregiving for loved ones can become demanding and difficult to manage alone. Amy Goyer summarizes her book on how caregivers can create balance and avoid burnout.
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Lifestyle: Enjoying Broadway
By Jeffrey Allen
New York in the spring feels like magic in the air. Enhance your trip with a Broadway show. Don't know where to start? These reviews will guide you in the right direction.
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CHAIR'S COLUMN
Marvin S.C. Dang
This month's Chair's column introduces "lōkahi," the Hawaiian word for teamwork and collaboration. Get up to speed on the SLD's latest initiatives and how to get involved.
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Travel: Visiting Tokyo from Tokyo to Ueno Stations
By Richard C. Goodwin

With 23 wards and a steadily growing population, there's a lot to see and do in Tokyo. Learn the ins and outs of your visit to Tokyo from a seasoned traveler.

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SLD HAPPENINGS

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Learn More ⟶

Register Now for the 2019 ABA Day! | April 9-11, 2019 | Washington, D.C.
By Marvin S.C. Dang
Sign up now to lobby on behalf of legal aid and other important issues to the legal profession today!

Learn More ⟶

SLD's Joint Spring Meeting | May 2-4, 2019 | New York City
The Senior Lawyers Division's spring council meeting will take place Saturday, May 4, 2019, in New York City in conjunction with the Section of Litigation and Solo, Small Firm and General Practice Division's spring conference. Check out the line-up of CLE's (including SLD's program on dealing with clients and colleagues battling opioid use on May 2 from 4-5pm ET) and

MEMBER SPOTLIGHT

Anthony Barash
From Uzbekistan to Chicago, Tony Barash's careers are filled with adventures. Get to know Tony, a 50-year-long ABA volunteer and former ABA Director of Pro Bono!

Meet Tony ⟶

Contribute to VOE
Voice of Experience is seeking content contributors and Editorial Board volunteers! Contact lexie.heinemann@americanbar.org for more information.

Volunteer with the SLD
The SLD is seeking substantive and administrative committee volunteers. Get involved by e-mailing your interest to abasrlawyers@americanbar.org.
How to Navigate Emeritus Pro Bono Practice Rules
FREE! CLE Webinar | April 15, 2019 | 1-2:30 PM ET | 1.5 General Credits
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An entire industry of professional organizers, storage lockers dotting the landscape, and even a Netflix series on decluttering leave no doubt that having too many things is a pervasive circumstance that causes headaches for many of us. It makes things hard to find, promotes feelings of overwhelm, and complicates cleaning. Websites, books, articles, and checklists on how to deal with decluttering are popular, recommending variations on the common theme of taking stock and then categorizing (keep, discard, or donate). But is it really that simple? If so, why is this happening to so many of us in the first place, and once we’ve tidied one room or downsized into a smaller home, what’s to stop the problem from recurring?

I’m no stranger to the bane of belongings glut. Since before I was born, my father kept track of daily events, consequential or not, in a small leatherette “perpetual calendar” he carried at all times in his breast pocket. At the end of each year, he stored it away and started a new one. An engineer/lawyer, he was an assiduous documenter/saver, a mindset to which several storage lockers of accumulated miscellany (including decades worth of perpetual calendars) attested after he died. It was hard for my mother and me to decide what to do with these things because in 2012 we didn’t yet have Marie Kondo’s guiding principle of “does it spark joy?” to inform our decisions. We didn’t want to throw something away and regret it later. But there was so much, we could not keep it all.
On the other hand, my son asked to have the perpetual calendar from the year he was born, cuff links and a tie tack commemorating his grandfather's work on NASA's Nimbus program, and the home movies. By zeroing in on what he found to be the most poignant mementos of his grandfather's life, my son elegantly bypassed dissipating his time and energy on the stumpers my mother and I were grappling with, such as "Is there some reason we should keep this folder on repairs to the pop-up irrigation system at the house we moved out of three decades ago?"

My son wasn't focused on why things were in the storage lockers in the first place. He was thinking about what was meaningful to him, and in so doing, he easily discerned "the essential few from the trivial many." Greg McKeown coined that phrase in his book *Essentialism: The Disciplined Pursuit of Less*, which explores the process of filtering out what's not significant in order to find what's essential and then focusing on it intensely. Reframing our downsizing challenges through the lens of essentialism not only helps with the practical aspects of deciding what to keep and what to let go, but also invites us to think deeply and with focus about why we want to downsize, what we intend to accomplish by it, and how not to get into the situation again.

At bottom, the accumulation of too many things is a result of deferring decisions about what to get rid of. This deferral occurs when one is too busy with other things to hatch a plan for what to keep and what to toss. If we had a list of criteria an item must meet in order for us to keep it, we could discard all items that don't meet the criteria, refuse to bring into the home or office any new items that don't pass muster, and have a clutter-free environment. But most of us cannot do this easily because of the limits on our time and the many competing demands for our attention, including gratuitous time-sinks such as the news and social media. McKeown notes, "If you believe being overly busy and overextended is evidence of productivity, then you probably believe that creating space to explore, think, and reflect should be kept to a minimum. Yet these very activities are the antidote to the nonessential busyness that infects so many of us (p. 61) ...Only once you give yourself the permission to stop trying to do it all, to stop saying yes to everyone, can you make your highest contribution towards the things that really matter, (p.4)" he writes.

Blogger Benjamin Studebaker took this idea a step further when he posited that lack of time and mental space prevents leisurely contemplation, which results in a lack of self-determined personal goals. He wrote,

Aristotle makes an important distinction between "amusement" and "leisure." For Aristotle, leisure is time we spend thinking about what it would be good or worthwhile to do. If we don't have leisure, we can't self-determine our ends. ... Amusement, by contrast, is about getting ourselves in a
psychological condition in which it is possible to return to work. When we engage in amusement, we have free time, but we don't have the mental energy or education to use that free time in a leisurely way. So instead the free time has to be spent rectifying our deteriorated mental state or squandered on frivolous, childlike pursuits.

Without coming to grips with whether or why our decluttering and downsizing is good or worthwhile or essential to do, it becomes one more to-do item on an endless list of “nonessential busyness” that pushes us toward the self-soothing behavior, the amusements, the David Foster Wallace-esque entertainments, that beget a lack of self-determination and satisfaction. On the other hand, if we take a step back and probe to find what really matters to us, the list of criteria for the “keep” items will write itself and the downsizing can commence. Using the same criteria for bringing new materials into the home or office will keep clutter at bay and save time and energy for essential pursuits.

One trap that's easy to fall into when creating the selection criteria for what to keep is losing focus on what's essential to ourselves and speculating about how others might react to these items. But allowing your brain to run wild dreaming up scenarios of why you or someone else, real or imagined, might regret your not having kept something, will sabotage your results and waste a lot of time.

Once you have your list, just get started. Divide the process into stages and place time limits on yourself to complete each one so you can see progress. If something doesn't meet the criteria, toss, sell gift, or donate it.

Determining ahead of time which types of items are essential to keep is not the same as asking whether there is a reason not to dispose of a particular article. If you look for a reason not to get rid of something you will find one. Don't go there. Don't create more choices for yourself. As McKeown puts it, “We have lost our ability to filter what is important and what isn’t. Psychologists call this ‘decision fatigue’: the more choices we are forced to make, the more the quality of our decisions deteriorates,” (p. 15) Keep your focus on “discern[ing] the essential few from the trivial many” by applying the set of criteria you thoughtfully considered and designed. And don't let things take too long or get so complicated that decision fatigue sets in.

Throughout the process, you're bound to get stuck. Remind yourself why you are choosing to do this and what you will be able to accomplish in other areas of your life once you're finished. By looking ahead to your future life, it will be easier to keep the trinkets and memorabilia of your past
life in perspective. Working with a professional organizer can help immensely in keeping momentum going and not losing focus. Less expensive but equally valuable is a decluttering bible, such as *The Complete Idiot's Guide to Overcoming Procrastination* by L. Michelle Tullier or Marie Kondo's *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, that offers specific techniques and tips for dealing with items you're tempted to save because of guilt, sentimentality, practicality, hopes and dreams, potential future value, your identity, and other commonly-invoked reasons. For example, on mementos: “If you already have children or grandchildren you plan to leave your mementos to, go ahead and give them...now rather than hanging onto them yourself,” Tullier at p.98.

After many bouts of downsizing, I've noticed that I feel great when I finish. Plus, it does get easier the more I do it. Much like work expands to fill the time we have to do it in, it seems that clothing, photos, tools, and papers expand to fill the space we're willing to give them. And then we become attached to them, even if we never or rarely use, look at or wear them. I've let a lot of these things go because I decided that for me, in that particular moment, they were not essential, so I would be better off not having them. I adapted to their absence. And I was OK.

**Resources**

**Books**

- **Essentialism: The Disciplined Pursuit of Less by Greg McKeown**
- **The Complete Idiot's Guide to Overcoming Procrastination By L. Michelle Tullier**
- **The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo**
2

Downsizing Planner/Checklist

- https://www.caregiver.org/downsizing-home-checklist-caregivers

3

Websites

- https://www.napo.net/default.aspx
- https://clutterfreenow.com/
- https://www.moneycrashers.com/declutter-downsize-home-tips/
- https://www.organized-home.com/
- https://konmari.com/
- http://aim4order.com/

4

Articles

- What Professional Organizers Really Do, and How They Can Help You
What to know about hiring a professional organizer

What It's Really Like to Work with a Professional Organizer

Author

Robin Page West was studying photojournalism in college when the events of Watergate inspired her to go to law school. After a stint at her state attorney general's office and several years as a litigator at small and medium size firms, she hung out her solo shingle and developed a successful niche federal Civil False Claims Act practice. She went on to become the Editor-in-Chief of the Litigation Section's flagship publication, Litigation, and to author the ABA book Advising the Qui Tam Whistleblower: From Identifying a Case to Filing Under the False Claims Act (2d. Ed. 2009). She continued to represent whistleblowers with knowledge of fraud on the government until relocating to Austin, Texas, where she is planning an ambitious garden and pursuing a new phase in life.
Aloha (greetings) from Honolulu, Hawaii!

As the Chair of the Senior Lawyers Division for the 2018-2019 bar year, I want to thank you for perusing the March 2019 edition of our SLD's Voice of Experience e-newsletter.

Commencing with my Chair's column in August 2018, each month I've introduced a Hawaiian word or phrase which I've linked to activities in our Division.

Last month's word was “alaka'i,” which means “leader, guide, or director.” Our Division has been and will continue to be a leader in addressing the opioid crisis and other critical issues affecting our members, their families, their communities, and our legal profession. Here's the link to my February column: https://www.americanbar.org/groups/senior_lawyers/publications/voice_of_experience/2019/february-2019/chairs-column--february-2019/

This month's Hawaiian word is “lōkahi,” which means teamwork, collaboration, and cooperation.

As we're moving past the midpoint in the current 2018-2019 bar year, here's the list of our Division’s leaders who've been working collaboratively to make the SLD a leading entity in the ABA:

2018-2019 SLD Executive Committee:

Marvin S.C. Dang, Chair, Honolulu, HI
Albert C. Harvey, Chair-elect, Memphis, TN
Michael J. Van Zandt, Vice-Chair, San Francisco, CA
John Hardin Young, Immediate past Chair, Rehoboth Beach, DE
Carole L. Worthington, Secretary, Knoxville, TN
Jeffrey M. Allen, Assistant Secretary, Oakland, CA
Llewelyn G. Pritchard, Budget Officer, Seattle, WA
William Mock, Assistant Budget Officer, Chicago, IL
Ruth L. Kleinfeld, Division Delegate, Manchester, NH
Seth Rosner, Division Delegate, Saratoga Springs, NY

2018-2019 Council Members:

Anthony H. Barash, Chicago, IL
Charles S. Brown, Winchester, VA
Karen P. Campbell, Tallahassee, FL
Leonard H. Gilbert, Tampa, FL
Sheila Slocum Hollis, Washington, DC
Richard M. Leslie, Coral Gables, FL
Orlando Lucero, Albuquerque, NM
Harry Truman Moore, Paragould, AK
Kerry R. Peck, Chicago, IL
Savannah Potter-Miller, Atlanta, GA
James L. Schwartz, Chicago, IL
Saul A. Wolfe, Livingston, NJ

2018-2019 Honorary Council Members:

Richard Goodwin, Fresno, CA
Donna J. Jackson, Oklahoma City, OK

I also want to give a shout-out to the hardworking SLD Staff: Emily Roschek (Staff Director), Lexie Heinemann (Program Associate), and Tracey Moore (Marketing Specialist).

During the remainder of the year, our Division will continue to produce our monthly Voice of Experience e-newsletters, publish our quarterly Experience magazine, and release new books.

SLD committees will continue to meet in person, through conference calls, and via e-mails.
Our Division’s annual U.S. Supreme Court Trip on Sunday, June 2 and Monday, June 3 includes an admission ceremony at the Court. We’ve again invited a Justice to meet with us in a conference room after the admission ceremony. More information about past events and registering for 2019 U.S. Supreme Court Trip is at this link: https://www.americanbar.org/groups/senior_lawyers/events_cle/supreme-court-trip.

And we’re finalizing our plans for our Spring Meeting in New York City May 2 - May 4 and our Annual Meeting in San Francisco August 8 - August 10. At both, we’ll have educational programs, committee meetings, and Council meetings.

Join us on August 8 during the Annual Meeting in San Francisco for the always enjoyable John H. Pickering Achievement Award reception and dinner. The Award is annually presented by our Division to a recipient who has compiled a distinguished record of service to the profession and the recipient’s community, has demonstrated outstanding legal ability, and is recognized for significant contributions to improving access to justice for all. Here's the link to more information about the Award: https://www.americanbar.org/groups/senior_lawyers/awards/pickering_award/

Check out our website at this link for our events and resources: https://www.americanbar.org/groups/senior_lawyers/

Our Division’s strength is you --- our 50,000 members with your collective experience. We have many opportunities for you to share your experiences, knowledge, and insights. If writing articles or authoring books is your forte, or if you’re interested in volunteering for one of the SLD’s practice and substantive law committees, we welcome your assistance and collaboration.

To join our team of volunteers, please e-mail your interest to our Division’s staff at abasrlawyers@americanbar.org.

Through teamwork, collaboration, and cooperation ---“lōkahi” --- the SLD can achieve more.

Author

Marvin S.C. Dang
2018-19 Chair, ABA Senior Lawyers Division

Marvin S.C. Dang is the managing member of Law Offices of Marvin S.C. Dang, LLC in Honolulu, Hawaii and has been an attorney since 1978. He’s currently the 2018-2019 chair of the ABA Senior...
Lawyers Division, a member of the ABA Nominating Committee, a delegate in the ABA House of Delegates, and a commissioner on the ABA Commission on Racial and Ethnic Diversity in the Profession. During the past 42 years, he's held leadership positions in various ABA divisions and sections. A former legislator in the Hawaii State House of Representatives, he's now a registered lobbyist. His law firm's practice areas include legislation, lobbying, creditors' rights, and real estate matters. He received his law degree from the George Washington University Law School in Washington, D.C.

Related links:

- Chair's Column: August 2018
- Chair's Column: September 2018
- Chair's Column: October 2018
- Chair's Column: November 2018
- Chair's Column: December 2018
- Chair's Column: January 2019
- Chair's Column: February 2019
A staggering 40 million Americans – one in four adults – face the challenges of caring for family and friends; the value of their unpaid care is $470 billion. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous pressures; more than half of caregivers report feeling overwhelmed. They take on multiple responsibilities, often facing medical, financial, and legal decisions they are unequipped to deal with.

The day-to-day caregiving and emotional turmoil take a toll, making all decisions difficult. Family caregivers long for guidance, support, and relief. These family caregivers often turn to attorneys to lead them through the complications of caregiving, but beyond legal matters, many attorneys are not well versed in the other aspects of caregiving and how to support their family caregiver clients.

Written by a nationally known caregiving expert, *Juggling Life, Work and Caregiving* will help you understand your clients and also enhance your relationship with them as you share it. Whether planning for the future (receiving or providing care), caregiving day-to-day at home, caring for loved ones who live in facilities, coordinating care from a long-distance, or experiencing a crisis or end-of-life, this book steers readers through the entire caregiving experience.

Author Amy Goyer, who serves as AARP’s national family and caregiving expert, calls on her more than 35 years of experience in the field of aging as well as her personal experience as a family caregiver her entire adult life — for her grandparents, parents, and sister — to provide both inspiration and very practical topical resources and tips that are easy to find when needed.

Most family caregivers are thrust into caring for family and friends without fully understanding their loved ones’ needs or their own abilities to meet those needs. This book walks readers through
those assessments, as well as ways to make difficult family conversations productive and how to create an overall caregiving plan.

One of the biggest challenges for caregivers is caring for themselves when they are being pulled in multiple directions. Caregivers' mental and physical health often suffers, as well as their other relationships and responsibilities. This book devotes an entire chapter to understanding the emotional roller coaster, dealing with stress and burnout, and finding ways to cope and create joy.

No caregiver can do it all, so this book also instructs readers about how to build and maintain a caregiving team to meet the ever-changing needs, including defining team roles, tips for team communication, and how to handle conflicts among team members. Staying organized is critical, and both high-tech and low-tech ways to organize the unending paperwork and information to save time and money are included. Since caregiving is full of crises, the book addresses handling health, financial, work, housing, and other crises.

Approximately 60% of family caregivers are also working at a paid job, which adds another layer of stress. This book addresses communication with the employer, employee benefits and flexible work options, workplace discrimination, FMLA, and other leave options and managing work-life balance.

In plain language, this book helps caregivers understand the basics of legal caregiving issues, including advance directives, guardianship, powers of attorney, and estate planning. Caregiving can also be financially draining, and the book lays out how to manage budgets and pay bills for others, as well as ways to increase income through public benefits and other options such as reverse mortgages.

Handling health and medical care is the time-consuming and confusing center of family caregiving. It can be unpredictable and ever-changing, so this book discusses advocating for loved ones in the health care system and dealing with complicated medical scenarios. Tips for managing multiple medications, understanding dementia, and finding appropriate health care practitioners are included, as well as the importance of infusing wellness and quality of life.

The majority of family caregivers care for loved ones who live at home, which is where most want to be. This book helps caregivers unravel the challenges of finding home and community-based services, undertaking home modifications to make the home safe and dealing with transportation and mobility. Caring for those living in facilities is even more complicated, and this book helps
caregivers understand their role in monitoring and coordinating care in addition to how to deal with problems in the way facilities provide care.

This book also helps readers prepare for and manage the challenges surrounding the end of life, from the difficult emotions to the very practical matters of hospice and other compassionate care options, family discussions, funerals, and other final rituals. A checklist of things to do when someone dies is included.

Finally, life after caregiving is tackled, including grief and loss, memorializing loved ones, regrouping and reflecting on the caregiving experience, and moving forward with the new experience, knowledge, and skills that caregivers have gained.

This book will increase your expertise and knowledge of the entire caregiving experience, help those who are planning for their own future care, and serve as a practical resource for you to share with your current and potential caregiving clients.

Click here to view Juggling Life, Work and Caregiving on the ABA Store!

Author

Amy Goyer, author of Juggling Life, Work and Caregiving and Color Your Way Content When Caring for a Loved One is a writer, speaker, and consultant specializing in caregiving. She is a recognized media authority and has provided interviews for all major print/broadcast media outlets, including appearances on The Doctors, Dr. Phil, the Today Show, Good Morning America, and CBS This Morning. She started her career as a music therapist and has worked in the field of aging for more than 35 years at the local, state, national and international levels, including adult daycare, nursing homes, the Ohio Department on Aging and AARP. She currently writes and consults for various clients and serves as AARP’s Family and Caregiving Expert. Amy’s work is the perfect fusion of her professional and personal experience; she is a passionate champion for family caregivers and has been one her entire adult life, caring for her grandparents, sister, parents and other family members and friends. Learn more about Amy at www.amygoyer.com and connect with her on Facebook, Twitter, Youtube, and LinkedIn.
Sometimes both parties to a lawsuit are so unreasonable that you hate to side with either one. It would be like choosing between the parent-killing Menendez brothers, Lyle and Erik. You really don’t like either one.

Hollycal Production was hired to photograph a wedding in Rancho Cucamonga, California. Hollycal used a drone equipped with a camera for the job. When the drone hit wedding guest Darshan Kamboj in the face, she lost sight in one eye.

Here’s where the unreasonableness kicks in. Hollycal’s liability insurance policy contained aircraft exclusion, explicitly excluding any incident arising out of “use … of any aircraft” or “flying craft or vehicle.” Nevertheless, Darshan’s lawyer argued that the aircraft exclusion didn’t apply because a drone is not an aircraft or flying craft or vehicle. The lawyer’s reasoning? A drone doesn’t carry people or cargo and is operated remotely. Ergo, it’s not an aircraft or flying craft or vehicle.

Not to be outdone in unreasonableness, Hollycal took the position that its drone did not run into Darshan. It was the other way around: Darshan ran into the drone. That’s right: the drone was minding its own business, innocently hovering in place, taking photos like it was supposed to, when that reckless Darshan walked smack into it. With reasoning like that, it’s a wonder Hollycal didn’t sue Darshan for damaging its drone.

Fortunately, the case that came before the federal court in California didn’t require the judge to choose between Darshan and Hollycal. In fact, the case allowed the judge to find against both of...
them. The insurance company was the plaintiff, naming both Darshan and Hollycal as defendants and requesting declaratory judgment that (a) because of the aircraft exclusion, the incident was not covered by its policy and (b) it was entitled to reimbursement by Hollycal for the money it had expended in defending the case.

The court gave the insurance company the relief it asked for, relying on Merriam-Webster and common sense to rule that the aircraft exclusion applied to any vehicle for traveling through the air, with no requirement that it carry passengers or cargo or have a pilot on board.


Author

Norman G. Tabler, Jr.
Columnist and Editorial Member, Voice of Experience

Norman G. Tabler, Jr., is a retired partner with Faegre Baker Daniels, where he led the firm’s health law practice. He serves on the editorial advisory boards of the ABA Senior Lawyers Division’s Voice of Experience, the ABA Health Law Section’s The Health Lawyer, and Law360 Health. He is the host of the American Health Lawyers podcast The Lighter Side of Health Law. He was educated at Princeton (A.B.), Yale (M.A.), and Columbia (J.D.). He may be reached at Norman.Tabler@FaegreBD.com.
Enjoying Broadway

By Jeffrey Allen

My wife and I have enjoyed live theater for many years. We make at least one trip to New York a year, stay for a week, and catch 7 or 8 shows on Broadway. The Senior Lawyers Division (SLD) will travel to New York City for its Spring Meeting this year and the HQ hotel, the Marriott Marquis, sits right in the middle of the Theater District. As a result, they asked me to do a short series on reviewing Broadway shows that we saw in early February. You will have a phenomenal selection of plays and musicals to see this Spring. The hard question will be deciding which ones to miss.

While you can sometimes get tickets to Broadway shows on the night of the show at a discounted price (often half off), if you want more than a single, it becomes harder to get them together. Some shows are next to impossible to get that way. If you want a hot ticket to a new show, order at full price and well in advance. If you want to see a good show that has been around for a long time (such as Phantom of the Opera, Chicago, Wicked, Book of Mormon, or Lion King), your chances of scoring half-price tickets (even two or three seats together) markedly improve.

In order to help you choose shows to see in NYC during the spring meeting, I have divided this discussion into several parts. In this first part, I will tell you the plays my wife and I saw in New York in early February and the plays that we plan to try to see in May. I will give you one or two reasons why I do or don't recommend those we saw and why we will look to see the new shows. I will also note some of the shows still available that we have seen in the past that you may want to see. Over the next two months, I will provide you with a more detailed review of each of the eight shows we saw in early February.

In early February we saw two plays (one play with two parts) and six musicals

- **Harry Potter and the Cursed Child** (parts 1 and 2). We thoroughly enjoyed this flight into fantasy. The special effects heightened the enjoyment. If you followed the original Harry Potter series and liked it, you will want to see these two. If not, you may not want to, as you will miss a great deal of the references.

- **My Fair Lady**. One of my favorites going back for years. Very well done even though Rex Harrison was unable to reprise his role as Henry Higgins.

- **Mean Girls**. Fair. We were not terribly impressed by it. Second half saves it from complete mediocrity.

- **King Kong**. Fair. Worth seeing just for the special effects though.

- **Pretty Woman**. Enjoyable and well performed. Not as good as the movie, but worth seeing.

- **The Prom**. Fun and engaging. Worth seeing.

- **Frozen**. Quite entertaining. The sister princesses did exceptionally well, and the special effects stunned.
The shows we will look to see in the Spring:

1. *To Kill A Mockingbird* has come to Broadway and become one of the hottest tickets in town. We could not get tickets in February and will try to get them for May.

2. *Kiss Me Kate* will return to Broadway. One of the classic musicals. It stars one of my favorite Broadway voices, Kelly O’Hara. If you have never heard her you want to see this. If you have, you know why!

3. *Gary*, a new play with Nathan Lane, who I consider one of the most entertaining, engaging, and funniest men to grace a Broadway stage in recent times. This one opens in March.

4. *Hillary and Clinton*. Yes, as the name implies, this is about Bill and Hillary. That would make it interesting in itself, but Laurie Metcalf will play Hillary and John Lithgow plays Bill, so this should be pretty good.

5. *King Lear*. I always enjoy a good Shakespearian play. This one becomes potentially very special as Glenda Jackson stars.

6. *Tootsie*. We enjoyed the movie, so we thought we would try the Broadway Show.

7. *Beetlejuice*. A musical version of the movie. Not sure what to make of it, but the movie was pretty good, so we added it to our list.

Finally, I thought I would call your attention to some long-standing success stories that continue on Broadway. We have seen all of them on Broadway except for *Hamilton* (San Francisco) and *Lion King* (London). You cannot go wrong with any of these:

1. *Aladdin*. You all know the story. We saw it several years ago with a different cast and liked it very much.

2. *The Band's Visit*. Won 10 Tony awards, including Best Musical.


5. *Hamilton*. Lin-Manuel Miranda’s wildly successful rap musical about the life and death of Alexander Hamilton. I am not a fan of rap at all, and I still enjoyed this very much. It has become a cultural phenomenon and is even credited with keeping Alexander Hamilton’s picture on the $10 bill.

6. *Lion King*. Who even remembers when this thing started? But it remains very popular. If you have young grandchildren and bring your grandchildren to New York, you will definitely want to take them to see this show.

7. *Phantom of the Opera*. They must be doing something right as this show has enjoyed a 30-year run on Broadway and continues to sell tickets.

8. *Wicked*. One of my very favorite musicals. The story of Oz before Dorothy blew into the scene. My wife and I have seen this in New York, San Francisco, and London.

9. *Chicago*. If you have not seen this one, consider it strongly. One of the best of all times in my book. It has been on Broadway for over 20 years.

Author

Jeffrey Allen is the principal in the Graves & Allen law firm in Oakland, California, where he has practiced since 1973. He is active in the ABA, the California State Bar Association, and the Alameda County Bar Association. He is a co-author of the ABA book *Technology Tips for Seniors*. 

Introduction

I first visited Japan in 1966 while returning from active duty on the DMZ in Korea (long before the current fences and barriers between the two halves of Korea.) During my five days in Japan, including a trip to Kyoto, I fell in love with Japan and its culture. I spent most of my life wanting to return, but like so many things, life got in the way. That is until I met my wife, Susan.

When I met Susan, in 1989, I learned her youngest son, Derin, had “announced” at the advanced age of nine (9) that he intended to move to Japan and design Nintendo games. Little did we know, Derin would soon fulfill his dream and move to Japan, allowing me to return to Japan and expose Susan to the country, its culture, and food.

Derin graduated from college, had several jobs, and when an opportunity arose, then moved to Japan. He eventually met a woman and got married. One of the thrills my wife and I shared was that Susan’s oldest son, my two sons, and everyone’s significant others attended Derin’s wedding at the Meiji Jingu Shrine in Tokyo in 2007—but that is another story. (Happily, everyone is still together.)

Since 2005, Derin has lived in Tokyo, lived stateside, and then returned to Tokyo while raising two children—our grandchildren. Like most grandparents, Susan and I travel to see all of our grandchildren; two live in Tokyo, four in Portland, OR, and three in Wilmington, N.C. Since 2005, Susan and I have traveled to Japan about every six to 12 months.

My hope is to pique your interest in places to visit if Japan is on your bucket list.
Airports

There are many airports in Japan; we typically travel from Los Angeles World Airport (LAX) to Tokyo Narita (NRT), but we have also departed from Dallas-Fort Worth (DFW), Chicago's O'Hare (ORD), and New York's John F. Kennedy (JFK) Airports. Recently we flew into Haneda (HND). We have also flown Space-Available from Travis A.F.B. to Yokota AB—but again, that is another story.

The choice of the arrival airport is a factor of flight availability and cost. In the past, Haneda had cheaper fares but not always. Fares tend to be higher in the summer and around some holidays, with excellent fares in the fall and winter. We have noticed different fares between Narita and Haneda. Spring fares can be iffy, as Japan celebrates the arrival of spring and cherry blossoms, which blanket the country from end to end. Japan has year-round school schedules and frequent celebrations and festivals, so check out the Japan holiday schedule as well as U.S. holidays before settling on travel dates.

Tokyo Station is a convenient central location to use as a reference. Narita is about an hour from Tokyo Station, and Haneda is about half that time. Both Narita and Haneda have easy access to downtown Tokyo. We found Haneda had more limited Airport Limousine (large 60 passenger buses) service, but we expect that to change as they complete renovations at Haneda in anticipation of the 2020 Olympics.

Narita has service to Tokyo Station by the Keisei Skyliner Express, Narita Express (NEX), Express Buses, and shuttle buses. We prefer to take the Keisei Electric Railway's Limited Express, which uses the same tracks as the NEX and Skyliner, but it is more of a local commuter train. Taking the latter allows us to unwind from the trip, get a slower look at the scenery, and enjoy interacting with fellow travelers while watching residents and school children get on and off the train. It is also cheaper. We change stations at Ueno to get to Tokyo Station because the Keisei ends at Ueno.
Haneda

Haneda is serviced by the Keikyu Line (local subway), the Tokyo Monorail, Airport limousines, shuttles, and taxis. If you are connecting to a cruise, Haneda may be more convenient.

Once you get to Tokyo Station, pick up a Tokyo Metro map (if you have not already downloaded their app), and familiarize yourself with the metro system, which gives easy access to the entire metropolitan area. The Yamanote Line is essentially a rail beltway around the city. Good news: almost the entire subway system has English signage.

Most stations have escalators and/or elevators making it easy to traverse the stations while dragging baggage. Unfortunately, the Hiro-o station located near the New Sanno (where we stay) has neither an escalator nor elevator, so we have the privilege of hauling our baggage up two to three flights of stairs, depending on which direction we enter the station. Inevitably, someone will assist either my wife or me carrying luggage up one or more flights but not always. [See my article on “Tips on How to Travel Light”, V.O.E. October 2018.]

Lodging

We typically stay at The New Sanno, which is next to the Embassy of France in a section of Tokyo containing embassies, upscale markets, and stores as well as private schools and universities.

Travelers not eligible to stay at the New Sanno (reserved for D.O.D., U.S. Embassy, or other related I.D. holders), have a number of options that do not require large hotel expenditures.

For several years we stayed in rental apartments in Nakano, a western suburb. Japan also has a number of hotels and hotel chains for business and other travelers—all of which are easily found on one of many travel sites or applications. Japanese hotels are clean, sparse, and scattered throughout Tokyo. Tokyo has a reputation for being very expensive, but we found it no more expensive than other large cities if you take the time to investigate options. Tokyo is also walkable—we tend to walk everywhere.
Sightseeing, Activities, & Attractions

Things to see and do (over several days)

Tokyo Station, near the Imperial Palace, has been restored and is fun to explore. Japan has moved a lot of retail space into the underground beneath rail stations to reduce pedestrian traffic and congestion at street level. On rainy days you can explore, eat, and stay dry at almost every train station, especially Tokyo Station.

Tokyo is famous for the Ginza area (a short walk or subway ride from Tokyo Station) with beautiful lights and shopping areas. At night the area is beautifully illuminated, and on Sundays, one of the cross streets is open to pedestrian traffic and fun to walk. We like to visit the Sony store to view electronics that will not be available in the states for several years along with the Panasonic showroom showcasing appliances. At least two new department stores have been built in the Ginza area in the last few years.

Taking the Yamanote Line counterclockwise from Tokyo station, stop at Akihabara to see lots of electronic and camera stores. One store has floors dedicated to cameras, televisions, tablets, cell phones, et al. It is a great place to pick up small electronics, cell phone and tablet covers, and small versatile extension cords. If you cannot find an attachment for your electronics here, it probably does not exist.

A short ride from Akihabara Station, on the Sobu Main line is the Edo-Tokyo Museum which chronicles the history of the island and Tokyo. My wife is not a museum buff but has gone to this museum several times. Next to the Edo-Tokyo Museum is the Sumo museum. My wife’s bucket list includes seeing a sumo match.

The next station worth visiting is Ueno Station. There are two ways to get there from Akihabara. The first is to leave Akihabara Station, travel to Okachimachi Station, walk around the plaza looking at sporting goods stores before walking up Ameyayokocho where you can sample foods, look for bargains, and enjoy the experience.

Or, leave Akihabara Station on the Yamanote and travel to Ueno Station, another fun station to explore—and the home of a Hard Rock Café if you need a burger and beer. From Ueno, take the Ginza Line to Sensō-ji Shrine, then walk across the Sumida River to Asahi Tower and the Tokyo SkyTree Tower, the largest structure in Japan with an observation deck and restaurants. Sensō-ji
Shrine is very popular and crowded, even in the rain. At sunset, the sun reflects off the Asahi Tower onto the Sumida River. This is one of the areas to pick up tour boats for dinner and sunset trips.

Asahi Tower has an observation deck where you can sit and look back at central Tokyo. Tokyo SkyTree offers a 360-degree panoramic view of the entire Metropolitan area depending on visibility. It can take from a few minutes to several hours to get in, in which case you can eat, explore, and shop in the area underneath the tower. A visit to Tokyo SkyTree can be an all-day experience, but it’s worth it when the weather is clear.

Walk back to Ueno, first through the arcade which starts about midway along the promenade at Sensō-ji Shrine, cross the first main street, and keep going until you get to the next major street where you are suddenly in the Kitchen District of Tokyo (Kappabashi). There you will find every conceivable knife, pot, pan, utensil, and plastic food you can think of. Look for the Blow Fish, Beetle, Tea Cups, and Chef Boyardee hanging the buildings.

Once back at Ueno, you are next to Ueno Park where the Tokyo National Museum, National Museum of Nature and Science, The Royal Museum, Tokyo Metropolitan Art Museum and Ueno Zoo are located. The Ueno Zoo has pandas which are always fun to see.

Tokyo has magnificent parks scattered throughout the city. My wife and I stumbled on Kyu Yasuda Garden near the Sumo Museum just walking through a neighborhood and spent several hours in the peaceful surroundings.

Author

Richard C. Goodwin spent almost twenty (20) years in private practice in Maryland and the District of Columbia trying cases in both state and federal courts. He has over twenty (20) years of service as a federal administrative law judge with four (4) agencies. He retired from the U.S. Army Reserves in 2002 as a Colonel in the Judge Advocate General’s Corps and was awarded the Legion of Merit and two (2) Meritorious Service Medals. He is past chair of the Judicial Division of the American Bar Association. He is a graduate of the College of William and Mary (A.B.), Xavier University (M.B.A.), Northern Kentucky University, Chase College of Law (J.D.).
Tell us a little bit about your career.

I had a business and real estate private practice in Los Angeles for over 25 years and then was general counsel of a South Carolina-based multi-national forest products company for 7 years, retiring in 2002.

After retirement, I spent 15 months in Uzbekistan with ABA-CEELI (now ROLI – Rule of Law Initiative), returned to South Carolina to teach at the Richard Riley Institute of Government at Furman University, and then moved to Chicago in 2005 to serve as Director of the ABA Center for Pro Bono. In 2010, I spent a year in Cambridge, MA as a Harvard Advanced Leadership Initiative Fellow, returning to Chicago to focus on global literacy and gang violence initiatives.

Is it what you had planned when you started law school?

Generally, yes, though I never imagined that most of my career would be in California and take me to extended assignments in places such as Uzbekistan, South Korea, Central America, and the
Former Soviet Union. Nor did I foresee that I would be able or want to “retire” before I was 60 to pursue a public interest and philanthropic “second season.”

What has been the highlight of your career?

From law school to today, each phase of my career has had its own highlights – and challenges. It has been a privilege, which I cherish, to have been able and encouraged to combine a demanding and sophisticated law practice, in both the private and corporate sectors, with a career-long involvement within the organized bar and with the delivery of legal services to poor and disadvantaged people and the organizations that serve them in the US and internationally.

If you could go back to the beginning of your legal career, would you have done anything differently?

Of course, there were many decisions, choices, and inflection points that could and, in retrospect, should have been different, but hindsight is helpful only to inform the future, not to rewrite the past. I don't dwell on the roads not taken. Rather, I try these days to invest my time in identifying and enabling young people to pursue new and innovative ways to alleviate poverty. Will that make a difference? Ask me in 20 years, because it’s generational, not transactional.

What advice would you give to someone considering law school today?

If you can, take a break between college and law school. Approach your legal education in as intellectually rigorous a way as you can to understand not just the “rules” but also the context within which you will function. Accept and embrace the idea that ours is neither the only system nor necessarily the best system to resolve disputes. Learn to write a simple declarative sentence. Make time for family, friends, and yourself.

What were the biggest changes you saw in the legal profession over the course of your career?

The pace and complexity of the practice are vastly different than 50 years ago, as is, regrettably, job satisfaction. Though far better than 50 years ago, the diversity within the profession has yet to emulate the diversity within our society.

When did you first become a member of the ABA and why did you decide to join?
I joined the ABA in 1968 as soon as I went to work for my first firm. On the first day at work, a senior partner took me to a bar association lunch and told me that the firm would pay my local bar, state bar, and ABA dues, but only if I was an active member of those bars – and that the firm expected its lawyers to be active in the organized bar.

**What has been the highlight of your work with the ABA?**

I’ve been an ABA volunteer for 50 years and was a staffer for 5 years as Director of the ABA Center for Pro Bono. I’ve been fortunate to see the ABA as a young lawyer, a senior lawyer, a committee chair, a member of the House of Delegates, and CEELI (now ROLI) Rule of Law Liaison, living for 15 months in Central Asia. Without question, the highlight of my ABA experience has been the people that I’ve met and worked (and played) with over those 5 decades.

**If you had not become a lawyer, what do you think you would have done?**

Lawyers don’t have a patent on advocacy and community organization, and had I not practiced law, I have no doubt that I would still have done that kind of work from other platforms, such as journalism and public policy.

**Author**

Anthony H. Barash, Attorney, Chicago, IL

Tony Barash is Chair of the Board of ConTextos, NFP, an international violence mitigation, literacy and teacher training program founded in 2010 at Harvard. A lawyer with many years of experience and a strong and long commitment to access to justice. After 37 years in private and corporate practice, Tony spent five years (2005-2010) as Director of the American Bar Association Center for Pro Bono. Tony retired from the ABA in January 2010 to spend a year as a Fellow at the Harvard Advanced Leadership Initiative, where he focused on Global Literacy and on Crisis Management and Leadership. His interest in legal literacy as a tool of self-empowerment for persons in poverty who lack access to professional advocates led to the development of *The Kids in Building 160*, a series of children’s books incorporating concepts of self-empowerment through legal literacy into generally accessible learning materials.