



President's Column

By **Nicole Burlison Knepper**
Padberg Appelbaum Knepper

This month has been stressful. Our jobs are difficult. With work, kids, kids' sports, school emails, the never-ending news cycle, and phones with constant notifications, my brain feels like it is being pulled in a hundred directions. By the end of the day, my thoughts are scrambled and I cannot focus. I recently learned that there is a reason for this – Attention Residue. Attention residue is the lingering effect of a previous task on the current task you are working on. For example, if you are in your office working on a task and you take a phone call, even though you go back to your original task after hanging up, some part of your attention stays with that phone call. Now multiply that scenario by the number of times you are interrupted throughout the day and the result is the inability to fully focus on anything. I have always been compelled to take calls and respond to emails as they come in, in order to free up my time to focus on my To Do List for the day. But the truth is, there is no end to the calls and emails and allowing them to interrupt you creates a build-up of attention residue and the quality of your work suffers. Now that I have learned about attention residue, I am implementing a new strategy at my desk – dedicating a portion of time to work on a project where I do not look at emails, answer calls or take meetings. My goal has been to set aside 90 minutes of uninterrupted time to focus on one task. It is impossible to do this every day, but it has made a big difference in my productivity when I can get away with it. This has been your President's Public Service Announcement. Hope it helps.

Ken Vuylsteke to receive the association's Prestigious Award of Honor



Ken Vuylsteke, a partner with Fox & Vuylsteke, LLP has been unanimously chosen to receive the 2025 Award of Honor. Ken will be honored at a dinner on Friday, April 4, 2025, at the MAC—Downtown. Details regarding tickets

will be announced soon.

Whether You Like it or Not the Gridiron Show is Just Around the Corner

Back by popular(ish) demand, the Gridiron returns on November 22nd to the St. Louis Marriott Grand Hotel in downtown St. Louis. This will mark the 67th iteration of the show. Like all Gridirons, this one will be the best ever.

Why the confidence? The talented cast has been hard at work at the VFW Hall, belting out tunes and burning out the soles of their character shoes. The rest of us have been



there, too. The lyrics are clever enough and all the usual suspects should start practicing their fake laughs for the jokes at your expense. The videos are in the can and reasonably funny. And of course we have President

Nicole Burlison Knepper at center stage. There may even be a few cameos by the LASL first family. Don't worry, you can laugh at Rex's expense... he isn't on the bench anymore.

Upcoming Events

Friday, November 22

Gridiron—6:00 p.m.

Marriott Grand Hotel

Tuesday, December 10

Holiday Party—5:30 p.m.

McGurks

January—**Bowling Tournament**

February—**Black History Month**

Friday, April 4 **Award of Honor**

MAC—Downtown

6:00 p.m.

Thursday, May 15

Election — 5:30 p.m.

McGurk's

Thursday, May 22

Memorial Service — Noon

Civil Courts Building

Thursday, June 12

Picnic & Softball 4:00 p.m.

Tilles Park in St. Louis County

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Gridiron — Continued from Page 1

But all the talent and practice in the world won't result in a great Gridiron show without you, the audience. Like a Taylor Swift concert, the energy generated by the crowd is



contagious. And fortunately, for the price of a friendship bracelet at the Eras Tour, you can get an entire table at the Gridiron Errors Tour.

We look forward to sharing a few laughs and several drinks with you at this year's Gridiron Show!

Tickets to the Gridiron Show are still available to contacting Jim Susman as susgroup@gmail.com. Individual tickets are \$125 per ticket with tables of 10 available for \$1,250.

The Gridiron Show will be held at the St. Louis Marriott Grand Hotel, which is located at 800 Washington Ave.

Gridiron Highsteppers Sponsors

Through 11-13-2024

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Writer's Roundtable

- ◆ The Bar Plan
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President' Plaque Presentation



The President's Plaque was presented to Immediate Past President **Jennine Adamek Moore** at the recent Judicial Appreciation program. Pictured with Jennine is **Nicole Knepper**, the current President of the association.

Jennine is a partner with Franke, Schultz & Mullen, PC. Nicole is a partner with Padberg Appelbaum Knepper.

Past President's Who Sponsored Gridiron Cast Dinners During Rehearsals

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The Lawyers Association Honors Judges at Judicial Appreciation Program

At it's annual Judicial Appreciation Program at the MAC-Downtown in September, The Lawyers Association honored all members of the Bench and provided special recognition to four members of the Bench for their 25 years of service as a Judge. Also, honored for Judicial Excellence was the **Honorable Rex Burlison** of the 22nd Judicial Circuit.



The following Judges were honored for serving 25 years on the Bench: **Judge Ellen Levy** of the 21st Judicial Circuit, **Judge Daniel Pelikan** of the 11th Judicial Circuit, **Com. Mary Greaves** of the 21st Judicial Circuit and **Com. Peggy McCartney** of the 21st Judicial Circuit.

Nicole Knepper, President of the Lawyers Association and partner at Padberg Appelbaum Knepper presided over the evening's events. **Teri Appelbaum**, Past President of the association and partner at Padberg Appelbaum Knepper was the featured speaker.

