

Capitol Correspondent



The Monthly Newsletter of the Lansing Junior Chamber | February 2014

Lansing Jaycees
P.O. Box 16150
Lansing, MI 48901

www.lansingjaycees.org
[@LansingJaycees](https://twitter.com/LansingJaycees)
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District 4

Celebrating 2013



Members gathered together on January 18th to celebrate everything the chapter accomplished in 2013. Top, from left:

- 1) Charlie Root is sworn in as the 86th president of the Lansing Jaycees and is recognized as an outstanding leader.
- 2) 85th President Abby Kelly recognizes Melissa Horste, Jen Anderson (not pictured), and Michael P. Leeds with the Overall Project of the Year award for the "Lansing Jaycees Knitting Circle."
- 3) Colleen Burton wins both the Spirit of the Jaycees and Key Member awards. Way to go Colleen!

Bottom, from left:

- 1) Joe Kelly wins best Management Project for "A Very French February."
- 2) Michael P. Leeds, Eric Richmond, and Abby Kelly win best Individual Development Project for "Passover Seder."
- 3) Jason Larsen wins best Community project for "Guest Chefs at Ronald McDonald House."

Additionally, Ashley Orel was awarded the New Jaycee of the Year award, Nick Horstman received the Springboard award, and Anne Ribby won Best Membership Project for the Road Rally.

Business Partner awards were presented to Spartan Printing and Maner Costerisan.



The Jaycee Creed by C. William Brownfield

We believe that faith in God gives meaning and purpose to human life;
That the brotherhood of man transcends the sovereignty of nations;
That economic justice can best be won by free men through free enterprise;
That government should be of laws rather than of men;
That earth's great treasure lies in human personality; and that
**SERVICE TO HUMANITY IS
THE BEST WORK OF LIFE**

The Lansing Jaycees is an organization of people ages 21–40 that promotes leadership training through community service. We meet the first Tuesday of the month at 7 p.m. at Tripper's Bar and Grill in the Frandor Shopping Center, with dinner served between 6 p.m. and 7 p.m. Visit our website, www.lansingjaycees.org for more information.



Letter from the Editor

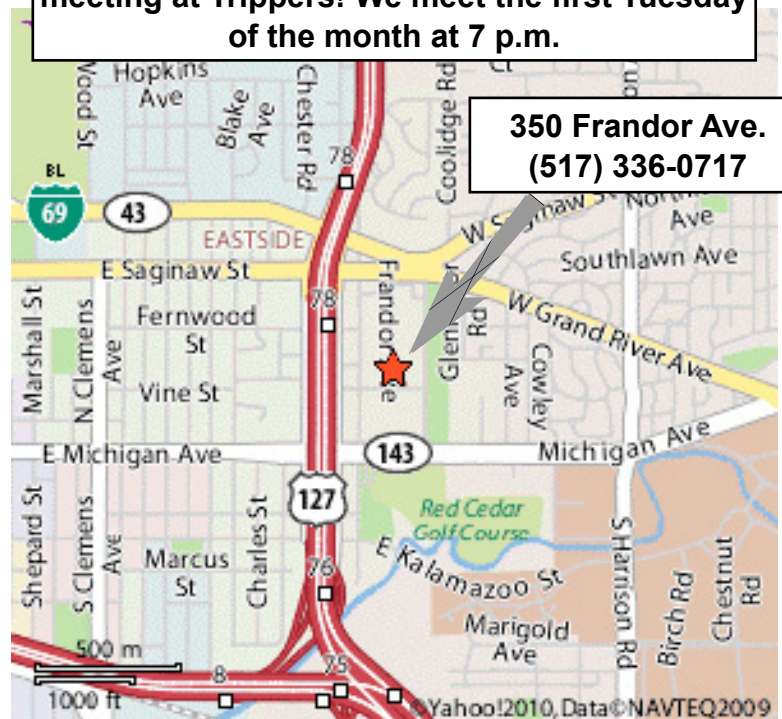
Thanks to the contributors of this month's newsletter, including **Joe Kelly, Abby Kelly, Lauren Leeds, Carrie May Larsen, Charlie Root, Angela Clock, Ashley Orel, Michael P. Leeds and Ilona Castelein.**

Remember, anyone can be an author!

Please submit your articles, photos, or ideas for future newsletters to Lauren Leeds at lleeds823@gmail.com by March 18, 2014.

Join us for our monthly membership meeting at Trippers! We meet the first Tuesday of the month at 7 p.m.

**350 Frandor Ave.
(517) 336-0717**



2014 Board of Directors

Meets every third Tuesday of the month at 6 p.m.

President

Charlie Root, (517) 862-5326

Chair of the Board

Abby Kelly, (517) 944-9729

Membership VP

Joe Kelly, (616) 617-8037

Individual Development Directors

Michael P. Leeds, (248) 622-1829
Nick Horstman, (517) 703-4565

Management VP

Carrie Larsen, (248) 756-3840

Management Director

Lauren Leeds, (989) 482-1232

Community Development Directors

Angela Clock, (517) 410-9527
Ashely Orel, (517) 582-7252

Treasurer

Sheryl Soczek, (517) 862-6376

Assistant Treasurer

Jeff Straus, (989) 330-1956

Secretary

Ilona Castelein, (517) 488-2245

President's Report

Being a Leader = Being a Problem Solver

"Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership."

—Retired General Colin Powell

This is hands down my favorite quote on the subject of leadership. Because it is simple, it gets straight to the point and it is true. Whether you are a four star general, like Colin Powell, a manager at a restaurant, or a parent trying to raise a child, it all boils down to solving problems.

As the President of the Lansing Jaycees I have been charged with leading the chapter, and that means that I have been charged with solving any problems our members may have. The same goes for the board of directors, as they have also been elected to lead our chapter. We are here to lead, and that means we are here to solve problems.

Now as a general member in this organization, you have been charged with being a leader in our community. That means you are tasked with having a positive impact on our community by solving the problems within our community. You may be interested in solving problems dealing with social welfare, like poverty, or hunger. Or you may be interested in solving problems within our business community by trying to address unemployment or a lack of networking opportunities. Whatever problems you are aware of in our community, whatever issues concern you the most, your challenge as both a Jaycee and a community leader is to try to find reasonable and sustainable solutions to those problems.

As the leaders of our great chapter, the board of directors has been tasked with helping you resolve the issues that will undoubtedly surface as you strive to create and implement your innovative solutions. The important thing to remember is that we cannot help you with a dilemma if you do not communicate to us that you could use help. The board of directors has access to resources and tools you may or may not be aware of, and can help you overcome obstacles such as funding your solution or finding a knowledgebase to help you research your solution. So please, let us know how we can help you help our community. You are the ones in the trenches, on the ground everyday grinding it out, trying to make our little corner of the world a better place. We are here to facilitate your efforts, and every member of the board of directors is dedicated to this duty. Not only dedicated but excited for the opportunity to help someone create positive change.

As the quote that opened this article states, "The day soldiers stop bringing you their problems is the day you have stopped leading them." That means that if those of us on the board of directors don't have anybody bringing us problems that they could use some help dealing with, we will have no choice but to assume we have failed as your leaders. You wouldn't want us to feel like failures would you? Of course not! Let us hear about the challenges you are facing so we can do all that we can to help ease your burden of leading our community to a better future.



Charlie Root
President

croot80@gmail.com

Dates to Remember

Individual Development Events

- FEBRUARY 11:** Knitting Circle, 6:30-8:30 p.m.,
Zoobies Old Town Tavern,
611 E. Grand River, Lansing
- FEBRUARY 18:** Self-defense Class, 6-8 p.m.,
Mid-MEAC, 405 Grove St.,
East Lansing
- FEBRUARY 25:** Knitting Circle, 6:30-8:30 p.m.,
Zoobies Old Town Tavern,
611 E. Grand River, Lansing

Management Events

- FEBRUARY 11:** Jaycees' Foundation Meeting
6-7:30 p.m., Olga's
354 Frandor Ave., Lansing
- FEBRUARY 18:** Board of Directors Meeting,
6-8 p.m., 2425 E. Grand River
Suite 1, Lansing, MI
- FEBRUARY 27-
MARCH 2:** Texas Hold'em 11:30 a.m. to
2:15 a.m., Tripper's Card Room,
Frandor

Membership Events

- FEBRUARY 7:** Happy Hour, 5:30-7:30 p.m.,
Old Chicago, 1938 W. Grand River,
Okemos
- MARCH 4:** General Membership Meeting,
6-8:30 p.m., Tripper's
350 Frandor Ave.

Community Development Events

- FEBRUARY 23:** Special Olympics Polar Plunge
1-3 p.m.
Eagle Eye Golf Course
15500 Chandler Road
Bath, MI
- APRIL 19:** 56th Annual Easter Egg Hunt
Time TBD, state Capitol lawn,
100 N. Capitol Ave.

February Birthdays

Nick Alt
Dan Harris
Charlie Root
Sara Schultz

March Birthdays

Elizabeth Beal
Dawn Hetzel
Ryan Kiernicki
Anne Ribby
Jennifer Young

Membership Anniversaries

February

Elizabeth Beal
John Prush
Dan Harris
Amy Simon

March

Sheryl Soczek
Joe Kelly
Michael Leeds
Andrea Stay
Ryan de la Rangelje
Nick Horstman

Management Report

Return on Your Time Investment

You get out of it what you put into it.

I think one of the most unique things about the Jaycees is the idea that as a member, you create and shape your own experience. There are no official requirements—you don't have to attend meetings, participate on committees, or attend events. But if you take the time to do these things, you may be surprised at what you get out of your experiences.

So, what effort are you willing to put into your Jaycee experience? Junior Chamber International, JCI, has a program called Passport to Leadership. You may hear it referred to by its old name, Springboard. Whether you choose to formally participate in the program or not, elements of the program can make a big difference to you. The first six degrees have something in common. It's a no-brainer, really—attend fifty percent of the chapter's meetings and/or projects. Perhaps you don't have the time to attend this many meetings and/or projects. That is okay. But take the time to pick the ones that are of interest to you. Or pick an event that will take you outside your comfort zone. Whatever you do, do something!



Carrie Larsen
Management Vice President
carriemay@aol.com

In the Management Area this year, there will be plenty to pick from. Are you an avid walker, jogger, or runner? We can use your help in getting our Pi Day 5K off the ground. At the January GMM, we generated a list of potential business to contact to take a tour and see how they operate. This is a great opportunity if you love tours or haven't helped plan many projects. Have you wanted to help plan a fundraiser but don't really know how to start? We are here to help and guide in these endeavors.

Finally, and as always, if you have questions or suggestions, please let us know.

SHOUT OUTS!

To Kris and Jessi:
Thank you for your hard work in making Texas
Hold 'Em a success! —Carrie

Hey Ashley, thanks for the sweet and thoughtful
thank-you cards. Opening them brought a smile to an
otherwise blah Wednesday. —Lauren

Management Report

For Auld Lang Syne...

As the last few days of 2013 dwindled away, my mind was drawn to the words of an old Scottish poem that most people are familiar with as the traditional New Year's Eve song Auld Lang Syne.

Just in case you're not familiar with it, the English version of the song is sung as follows:
Should old acquaintance be forgot, and never brought to mind?
Should old acquaintance be forgot, and old lang syne?
For auld lang syne, my dear, for auld lang syne,
we'll take a cup of kindness yet, for days of auld lang syne.

Written down by poet Robert Burns in the 1700s, many people today aren't sure what the poem/song is actually about. This scene from the classic movie *When Harry Met Sally* is a prime example:

Harry: "What does this song mean? My whole life, I don't know what this song means. I mean, 'Should old acquaintance be forgot?' Does that mean that we should forget old acquaintances? Or does it mean that if we happened to forget them, we should remember them, which is not possible because we already forgot them?"

Sally: "Well, maybe it just means that we should remember that we forgot them or something. Anyway, it's about old friends."

Auld lang syne can loosely be translated to "for old time's sake." This nostalgic ditty is an appropriate one for the kind of reflection that often accompanies the end of the year. The 365 days that made up 2013 brought each and every one of us, some more than others, happiness and heartbreak, frustration and celebration, and contentment and woe.

As we all move past the good and bad that 2013 brought to us, as we furiously work on the resolutions we made for ourselves, and think about our goals and dreams for 2014, I encourage you to consider the lyrics of Auld Lang Syne and how the sentiment can help enrich or improve your life going forward.

For me, the significance of the song combines several life lessons that we all need to be reminded of from time to time:

- 1) For old time's sake, don't hold grudges—try to find what you have in common with others (yes, even people you may or may not enjoy spending time with), focus on their good traits, and try to remember what brought you together in the first place. You know, all that forgive and forget stuff;
- 2) Don't take your loved ones for granted—at the heart of it, Auld Lang Syne is about appreciating those who have been with you through thick and thin; and
- 3) While it's important to reflect on the past and remember the good times you've had, don't forget to live in the moment—all around you are friends and family members who love you.

Here's to what I can only hope will be a fantastic 2014!



Lauren Leeds
Management Director
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Individual Development Report

What is Relativism?

Relativism is the belief that morals vary over time and cultures. Descriptively this is not in doubt. The things we value today are very different from the things we valued just a few decades ago. However, the kind of relativism I am concerned with here is slightly different. Ethical relativism is the belief that no one is to say what is right or wrong. Every person determines for his or her self what the right thing to do is. To judge a person's belief is to impose your subject view which is no more or less correct than anyone else's.

Aside from being a justification of great evil (if there are no absolute moral truths, slavery's moral status is just a matter of personal belief) I contend that ethical relativism is an incoherent, self-defeating belief. One cannot logically speak actually be a relativist. The argument is as follows:

- P1: A relativist professes only one moral claim: all moral beliefs are relative.
P2: The claim "all moral beliefs are relative" is itself a moral claim.
Therefore, the truth of relativism is itself relative.

What this means is that someone processing a relativist position is admitting that his or her belief is internally inconsistent and is thus not actually believable.



Michael P. Leeds
Individual Development Director
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Learning Self-defense can Prepare and Empower

It's a sad and sobering fact that one out of every five American women say they have been the victim of an attempted or completed sexual assault. The best answer to this epidemic is to educate people in our society so that they don't view sexual violence as an answer or help them get the mental health aid they need. While we brainstorm ways to reach that goal and we work to eliminate sexual violence, you can empower yourself by learning self-defense.

The Lansing Jaycees will offer a self-defense class for women later this month. The Individual Development project will be held Tuesday, February 18th at the Mid-Michigan Environmental Action Council, 405 Grove Street in East Lansing, from 6 p.m. to 8 p.m.

The class is being taught by an fourth degree master instructor with more than 30 years of experience practicing and teaching Tae Kwon Do (Korean martial art). He also has more than 13 years experience as a former Army military police officer.

The two-hour class will focus on personal/public safety and self-awareness., and is appropriate for all skill levels. In fact, someone who has never taken a class like this before will leave with a great base of personal safety knowledge. For people who have taken some type of self-defense class before, this is a great opportunity to refresh what you've learned and, hopefully, you'll learn something new as well.

The cost for the class is \$20 per person, unless we have 10 people attend, in which case the cost of the class decreases to \$15 per person. If someone brings family members (mom/dad, sister/brother, daughter/son), the family member is only \$10 (family members do count towards the 10 person class size).



Lauren Leeds
Management Director
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Membership Report

Get the Most Out of Your Membership

The Jaycees do many fun activities for our community and for ourselves. You can get the most out of your membership by participating in events that you find interesting. A great way to be involved is to check our calendar and attend some events that we have coming up. If you have an idea for an event that you think other people in our chapter would enjoy, the Jaycees have the resources to help you plan a successful event.

At the January General Membership Meeting, we asked attendees to brainstorm potential projects. The board has added a few ideas to a the list of potential projects. These ideas don't plan themselves though. You can take part in committees for future projects or get in touch with project chairs to see how you can help for projects that are already being planned.

Projects with Chairs

Easter Egg Hunt: Colleen Burton and Jenni Riehle

5K Road Race: Ryan Kiernicki

3 on 3 Basketball Tournament: Jake Bourdon

Ideas that Need Planners

Sledding at Hawk Island

Snowshoeing

Dogsledding

Skiing

Microbrew and music festival

Visit nursing homes

Mentor High School Students

Haunted Tours around Lansing

Bowling Outing

Visit Henry Ford Museum

If you want to get involved in planning one of these or any other event you can think of, just let any board member know, we all want you to find value in your membership!



Joe Kelly
Membership Vice President
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Lansing Jaycees Trivia

Do you know the only married couple where both spouses served as president of the chapter?

Hint: You can find the answer by reading the entire newsletter.

Answer: Scott Pohl and Sherry Bass-Pohl

Community Report

February: Let's Go to the HEART of It!

February is usually all glitz and glam as the month that Valentine's Day falls in. (You know, where lovers celebrate a romantic holiday, and the single people claim it's singles' awareness day.) But in February, there is something going on that is MUCH deeper than a holiday.

February is recognized by the Centers for Disease Control as American Heart Month. The American Heart Association recognizes that heart disease kills more women than any forms of cancer combined. That is alarming! The CDC says, "Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women." What are you doing to keep your heart healthy? What are you eating? I encourage you to explore the American Heart Association's website and explore a heart healthy lifestyle.



Ashley Ore
Community Development Director
ashley.orel.mpa@gmail.com

In Lansing, on February 7th, don't be alarmed if you see our downtown speckled with women wearing red. February 7th is the 10th birthday of the Go Red for Women movement, and they're celebrating with the Lansing Red Dress Dash. It will be held at the Lansing Center during the Lansing Women's Expo. Walk, strut, or stride across the finish line to uncover the truth that heart disease kills more women than all forms of cancer combined. Lansing 2013 Wear Red Day prizes for the highest heel, most red, and best red dress. Registration is from 10 a.m. to noon, when the dash begins, and the cost is free.

Protect yourself against the number one killer, heart disease. Get to the HEART of it, and create a healthy lifestyle for you to live a wonderful life. Cheers to February!

Get Into Action with Community!

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."
—Thomas Jefferson

As we roll into the month of February, the community area already has Easter on the brain! We'll be kicking off planning for the chapter's 56th Easter Egg Hunt at our first committee meeting on Sunday, February 12th! Our co-chairs for this event will be [Colleen Burton](#) and [Jenni Riehle](#). Please stay tuned for a time and location.

We're also looking for more people to take the plunge—the Polar Plunge for Special Olympics! On Sunday, February 23rd, a brave group of Lansing Jaycees will jump into very cold water outside at Eagle Eye Golf Course to raise money for Special Olympics! Want to join the team? Sign up at the [website](#)! We also need costume ideas!



Angela Clock
Community Development Director
fallingstar924@hotmail.com

At our 2013 year end banquet, President Charlie spoke about finding root causes of issues in our community and working to fix them. I challenge all of you to bring your project ideas for community to either Ashley or me. We're looking for ways that we can make a large impact on the Greater Lansing area in 2014!

Auxiliary Officers Report

Castelein Curry Chicken and Veggies

Ingredients:

4 teaspoons olive oil
4 chicken breasts (boneless skinless)
8 teaspoons curry powder
2 lbs. of red skinned potatoes
1 lb. of baby carrots
Salt and pepper to taste



Directions:

Preheat oven to 450 degrees.

Evenly arrange your chicken breasts in a 9" by 11" casserole dish. Coat chicken breast with a teaspoon of curry powder.

Cut potatoes and carrots into approximately one-inch pieces. Toss veggies, olive oil, and remaining curry powder together in a mixing bowl.

Place veggie mixture over the chicken. Cook for 30–40 minutes or until the chicken is thoroughly cooked and veggies are tender. Last but not least, enjoy!



Ilona Castelein
Secretary

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Member Spotlight

Jen Anderson, a native New Englander, joined the Lansing Jaycees in January of 2013. Being relatively new to the Midwest, she says she joined the organization to connect with local individuals and participate in meaningful projects.

She loves the book *Arcadia* by Lauren Groff and enjoys the *Sherlock* and *House of Cards*. For sheer entertainment value, her favorite movie of 2013 was *Pacific Rim*.

As an avid knitter, her favorite Jaycees project is the Charity Knitting Circle, which won best overall project of the year for 2013. "(The Knitting Circle) has been a respite during my week in which I can knit, drink, connect with excellent people and still be working toward a charitable end goal," she said. Besides knitting, Jen also enjoys reading, writing, running, lifting, and playing video games in her spare time.

Random fact: she is uncommonly excellent at *Tetris*, though she hasn't played in awhile.

Jen is married to Dave Anderson and works days as a bid writer for Delta Dental and nights as a freelance editor and content developer. She also endeavors to be a crusader for social justice.

Her favorite quote is: "Come...dry your eyes, for you are life, rarer than a quark and unpredictable beyond the dreams of Heisenberg; the clay in which the forces that shape all things leave their fingerprints most clearly."

—Doctor Manhattan, *Watchmen*



Jen Anderson

Past President Spotlight

Scott Pohl, President #59

Lansing Jaycees' 59th president, Scott Pohl, served from 1987 to 1988. He joined in 1981 and aged out in 1997, a member for all but one year of that time.

Scott is a general assignment reporter at WKAR Radio, working primarily on stories for our *Current State* program; he also occasionally fills in as local host during NPR's *Morning Edition* and *All Things Considered*.

While a senior at Michigan State University, Scott was recruited by Past President Mike Walimaki, who was going from store to store in the Meridian Mall trying to drum up members (Scott was working part-time at a store).

Besides meeting his wife, Sherry Bass-Pohl, Scott has fantastic memories of the Jaycees. His proudest moments as a member included chairing a couple of important projects after his term as president, which was highly unusual in those days. One was organizing a day where members helped build a house (Habitat for Humanity style) for a former member who had started the project before falling ill with cancer; members of the chapter didn't want his family to be left with a half-finished house. While they didn't finish the job, a lot of Jaycees showed up and accomplished a great deal.

Another fond memory is what Scott calls the "Wish You Were Here" party at Christmastime after the first Iraq war began. They invited families of soldiers who couldn't be home for Christmas. The party included food, presents for the kids, Santa, and Josh White Jr. singing (there wasn't a dry eye in the place when he sang "Let There Be Peace On Earth"). Children had an opportunity to have their photo taken with Santa and they put care packages together that were sent to loved ones who could not attend because they were serving overseas.

According to Scott, most of he and his wife's close friends are people they met in Jaycees. He added that the biggest thing he learned from the Jaycees is how to organize a plan, follow the plan, adjust to unanticipated problems, and how to deal with failure and move on.



Sherry Bass-Pohl, President #66

In July 1988, a friend asked Lansing-area native Sherry Bass-Pohl to accompany her to the Lansing Jaycees GMM at the Days Inn in downtown Lansing. She attended and remembers being impressed about having sat with a former chapter president. The next week she attended the new member orientation and spent hours listening to stories about the chapter and its members.

Sherry joined the chapter, which had 150+ members at the time, at the next GMM and found herself immediately swept into the Haunted House committee. She said that getting involved so quickly was one of the smartest decisions she ever made. Sherry ran for Community Director at the next election, then Community Vice President the following year. She served as Secretary and Membership Vice President before being elected president in 1994. By then, membership had decreased to 121, but she was successful in fulfilling the time-honored charge to every chapter president of adding one more member, one more dollar, and one more president (Shelly Adams). Sherry was a member for a total of 15 years until she aged out. Like Scott, she even ran a project (Children's Shopping Spree) after she was president.

One standout thing she learned is that planning down to the last detail does pay off. The Jaycees provided her endless great memories and opportunities: friends, projects, conventions, hours swapping stories, past president outings, and, last but not least, her husband Scott. Some of her favorite memories are of ski trips to Trout Creek that were more fun than a human should have; the Children's Shopping Spree; omitting one detail during the Luthy Top 10 Chapter President interview which cost her the award (she took home a top 15 president award); the incredible moments serving as honorary pallbearer at several past presidents' funerals; and the knowledge that she is a better person for having lived the motto that "service to humanity is the BEST WORK OF LIFE!" (with gusto).

Currently, Sherry is the Market Conduct Company Examinations Manager with the Michigan Department of Insurance and Financial Services.

Plunging for a Cause

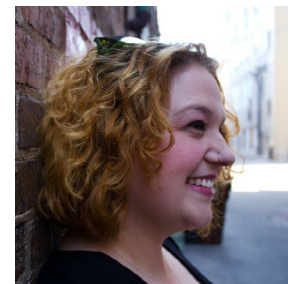
BRRRR!!!! Temperatures are so low in Lansing right now—it's a wonder people even leave their homes, right? What is even more astonishing is that a group of people want to jump into FREEZING COLD WATER in February!

This year, I will join fellow Jaycees in raising money by doing the Polar Plunge for Special Olympics Michigan (SOMI). You can be a part of the fun, too! By raising funds, we will be helping to support year-round sports training and athletic competition for more than 19,600 children and adult with intellectual disabilities right here in our state. I ask you, what is a moment's worth of discomfort when there are so many people who can benefit?

As a Jaycee, I am compelled to take part in this activity because it goes beyond my comfort zone in many ways. I usually only fundraise for Relay for Life of Lansing, I usually only cheer our plungers on at this event, and I usually like to stay very warm during the winter months! I like a challenge, and this being out of the realm of the ordinary for me makes it exciting and fun to think about. Also, there will be costumes! I figure it is time for me to step away from my normal Sunday afternoon activities just once and do something beneficial for others—even if it means not being exactly “toasty warm” for a little while.

I hope you'll join me in plunging! I promise it'll be fun! If you don't want to, perhaps come out and cheer us on—my fellow jumpers and I would appreciate a good cheering section. If even standing in the cold isn't something that agrees with you (and I totally understand if it doesn't), you can still participate by donating to our team at our [website](#).

As we go through 2014, ask yourself what kind of projects might be out of your comfort zone. Maybe there is a project that has sounded intriguing in the past that you would like to try. Don't be afraid of a challenge! You're a Jaycee—you can do it!



Abby Siegel
Chair of the Board
queenpetunia@hotmail.com

Jaycees Business Directory

Keller Williams Realty

I pride myself and the Robert Dowding Team at Keller Williams Realty with excellent customer service in the representation of sellers, buyers, and investors in the entire Greater Lansing Area. Leverage yourself by hiring a true professional to assist you, your friends, and your family in achieving your Real Estate dreams and goals.

Phone: (517) 853-6390

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Website: www.RobertDowding.com

Blog: www.RealestateRealresults.com

Auto, Home, Life & Tax Deferred Annuities

I specialize in home, auto, and life insurance. I'm passionate about the fact that insurance is boring and confusing to most people. Let me keep an eye on it for you, so it can keep up with you without the worries.

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The Law Office of Eric J. Sheppard

I provide dedicated, personal attention to all of my cases. I will assist you and your family with all of your questions and concerns relating to your legal matters. I am highly experienced in criminal law, family law, and general practice matters.

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