



Matters of the Heart



A symbol of love and one of the most crucial organs in the human body, the heart is worth taking care of. High-pressure environments, like family law, can contribute to stress and a tendency to neglect our own well-being, which can take a toll on the heart.

February is American Heart Health Month. To celebrate, here are five (5) ways you can take care of your mind and body so that you can show up for your clients, families, and most importantly, yourself:

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- 1 Move your body:** Dreary weather makes it hard to go outside. Instead, try taking the stairs or walking the hallway at work or at home. The Fourth Circuit staff are no strangers to roaming the courthouse to get our 10,000 daily steps.
- 2 Rest:** Allow yourself the freedom to watch a movie, meditate, spend time with family, or even just sleep.
- 3 Eat:** Eating well is a huge factor in heart health. Might as well make it fun by trying new restaurants, recipes, or even wine—which has been proven to be good for the heart. Bonus points if you recommend some good downtown restaurants to our staff—we love to try new Nashville eats!
- 4 Read:** Spend some time relaxing and learning. If you need any recommendations, we suggest *Loving Your Children More Than You Hate Your Spouse* or, of course, our Chamber Rules.
- 5 Write:** Whether it's writing out your to-do lists, journaling, or practicing gratitude, writing is a great way to rest and be mindful.

You take care of the families of Davidson County—now go take care of your hearts!

Court Closed for President's Day

Our Court will be closed on Monday, February 17th, in honor of President's Day. Enjoy the long weekend!

Happy Valentine's Day!



Happy Valentine's Day from the Fourth Circuit Court! Today is a day of celebrating love in all forms—or as we like to recognize it, a great excuse to wear matching outfits.

Guardian Ad Litem, Mediator, and Indigent Appointment

Our Court hears many cases that require a Rule 40 Guardian *Ad Litem*, representation for indigent litigants*, or mediator. If you or someone you know would like to be added to our list of attorneys accepting appointments for these roles, please fill out the form by clicking the following link: **Appointment Form**. You may also scan the QR code to the right:



**For those accepting appointments to represent indigent litigants and for those accepting appointments as Guardian Ad Litem for a child pursuant to Rule 40 (not 40A), all or a portion of your compensation shall be paid pursuant to Tennessee Supreme Court Rule 13, so please ensure you are registered to receive compensation through the Administrative Office of the Courts.*

Your willingness to be added to this list is greatly appreciated!

Chamber Rule Spotlight: Courtroom Decorum



Rule V, Page 5: Courtroom Decorum



“The purpose of this section is to set forth basic principles concerning appropriate behavior and decorum when appearing before the Court. These requirements are intended to emphasize and enhance the ethical obligations of attorneys under the Rules of Professional Conduct and the time-honored customs of experienced trial attorneys. They are further intended to inform litigants, witnesses, and spectators of proper etiquette when appearing in court.

“It is imperative to remember that a courtroom is a forum for adjudicating the rights and duties of litigants and that discussions that occur in court are highly regulated by the rules of evidence and procedure.”

Please Note:

We ask that all parties who appear in our Court review the policy on Courtroom Decorum prior to coming to Court. As such, all attorneys shall provide a copy to clients, witnesses, and court reporters *before* the expected court date. A copy of these guidelines can be found on the resources page of our website by clicking here: [Court Decorum](#) or by scanning the QR code to the right:



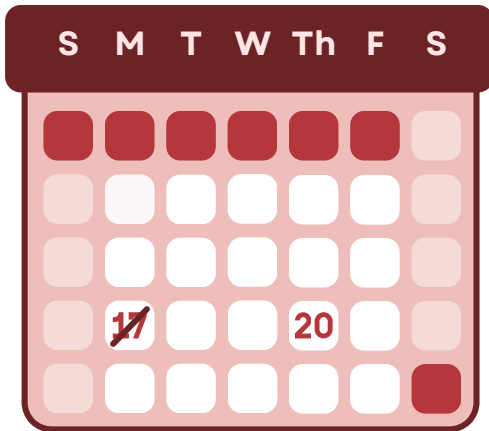
Share

Our Updates and Announcements are for everyone. Please feel free to share with your staff, clients, and anyone else who may have an interest. Anyone who would like to be added to the email list may contact Bekah Haralson at: RebekahLHaralson@jnsnashville.gov.

Should you have any questions regarding anything contained in this memorandum or any matters of the Court, please feel free to contact us at: 615-862-5910 and stay tuned for more updates.

Calendar

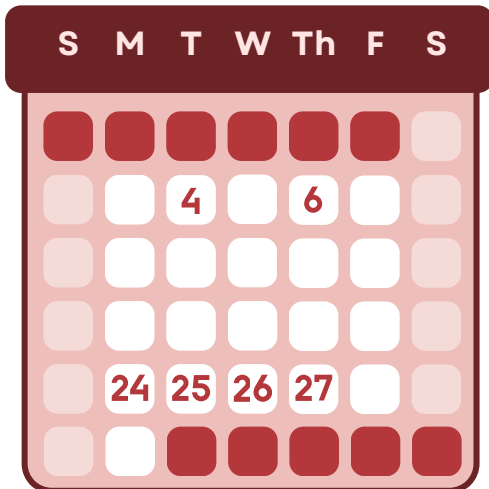
Check out the list below for changes to our regularly scheduled dockets and Court closures:



February

2/17: Office Closed for President's Day.

2/20: Special Status Docket for pending termination and adoption cases.



March

3/4: ID Divorces with Appearance Waiver Only.

3/6: No Pro Se Divorce Docket.

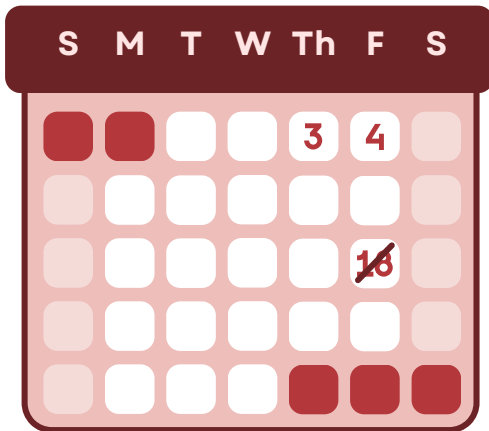
Judicial Conference is March 24th--March 27th. The Court will limit hearings on those dates as follows:

3/24: No Adoption Docket.

3/25: ID Divorces with Appearance Waiver Only.

3/26: ID Divorces with Appearance Waiver Only.

3/27: ID Divorces with Appearance Waiver and Pro Se Divorce Docket Only.



April

4/3: Status Conference Docket Only.

4/4: No Motion Docket.

4/18: Office Closed for Good Friday Holiday.

For a complete view of our regularly scheduled dockets and available Court dates, please see the calendar page on our website by clicking here: [Website Calendar](#) or by scanning the QR code:

