

THE FRANCES NEWSLETTER

April 2007

Frances, L.L.C.

Vol. 3, No 4

Presidents Message

Heart Disease Is America's No. 1 Killer.

(Continued)

Call 911..... Signs and Symptoms:

- Uncomfortable ressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
- Anxiety, nervousness and/or cold, sweaty skin.
- Paleness or pallor.
- Increased or irregular heart rate.
- Feeling of impending doom.

Rent Referral = Free Parking Space for a year

We have several spaces for storage available and the following
OFFICE SPACE for lease: Suite 238-1096, Suite 240-890,
 Suite 400-1900, Suite 433-1977. See office for details.

One person offices 341 and 441 now ready to lease.

Bob's Corner

Don't Be Alarmed! *The fire alarm system test is scheduled for **Thursday April 6** starting at **8:30 am**. The testing will take approximately 2 hours and the alarm horns will sound intermittently during this time.*

About our Tenants

Updegraff Law Office - Suite 204

David L. Updegraff and has been a tenant in the building since 1993. David is mainly a transaction lawyer and if you have ever looked into the office as you walk through the skywalk you are sure to have seen hundreds of red corporate record books in bookcases in the office.



Jill Bakken, David L. Updegraff and Andrea Bean

In addition to forming, dissolving and merging entities, David draws a lot of contracts for sales and purchases of businesses and real estate, as well as draws Wills and probates estates. Recently, however, he completed a three week trial which amounted to a tax fraud case and obtained a wonderful result for his clients.

Andrea Bean works full time for the firm, having been there almost 7 years. Prior to that she worked in other law firms in downtown Sioux City and has vast experience in a wide range of legal issues. Those of you who attended the CPR class originally offered when we purchased the defibulator may have seen David and Andrea in attendance at that class.

Jill Bakken works three days a week with the law firm and has been with the firm approximately three years. She also has worked for various law firms in downtown Sioux City in the past and worked for the Hellige firm in our building when it was known as the Cosgrove firm for a number of years.

For almost 20 years Lois Pierce did the job that Andrea Bean now holds. After Lois had taken a hiatus for a couple of years she came back to work with the firm on a part-time basis to assist in entity preparation and maintenance. She has been doing this work on a part-time basis for 10 years.

Audrey Lambert worked for 15 years in the job that Jill Bakken now performs for the firm. Audrey decided that she wanted to travel with her husband Jack in their motor home and has done this for the last three years. Periodically, however, Audrey thinks that she wants to go shoot pool or have a vacation and Audrey is called upon to hold the firm together until Andrea returns. It should be noted that if you shoot pool with Andrea, you need to practice being a good loser as she and her team finished third in the Iowa State Pool Tournament and this is not the first time that she has won awards. Some of them are on display at the front desk.

In the conference room you will find old bookcases and books. People frequently ask why those are retained as all of this information is on computer. The answer is that all of the bookcases and many of the books belonged to David's grandfather when he practiced law in Sigourney, Iowa. When he died, he left his law firm to two of his sons who were lawyers, Uncle John and David's father Nathan. Neither of them had need of a law office as they had already established their own firms long before. When David opened his own office in 1984, it was logical for him to use Grandpa's bookcases and books. Additionally, there were some bookcases in the office constructed by his father which are also utilized by David. Finally, David admits that he is a dinosaur and prefers to use books over computers and will use the books whenever he can.

David's brother and his brother's son are both lawyers in Des Moines and David's sister is a long time paralegal with the Bradshaw firm in Des Moines.

David's grandfather C.G. Updegraff practiced law for over 50 years in Signourney, Iowa continuing to practice until he was over 90 years old. David's father Nathan Updegraff would have been practicing to this day had the cancer not taken him three months short of his 50th anniversary of commencing to practice law. David has been practicing 32 years and thus has a ways to go.