

# Checking In With Past Presidents:

## Frank Knowlton

### What are you up to these days?

I am just finishing my 26th year at Nelson Mullins and now have the privilege of being a team leader with team members in DC, Florida, Tennessee, and SC. George Cauthen was my predecessor as team leader and my mentor throughout my career here. The firm has grown a great deal since I started and it continues to be an exciting and rewarding place to be. My children have all graduated from college and moved to different cities. My daughter just moved to Charleston after 8 years in Jackson Hole and my two sons are in Denver and Wyoming. Keeping up with them is always a priority for me.

### What hobbies do you enjoy, or more generally, what interests do you have outside of law?

I still enjoy running, but found rock climbing several years ago and am dedicated to that sport. It's been a long progression from running to triathlons to mountaineering and now to rock climbing. I met my wife







through rock climbing, and we climb frequently in the Red River Gorge (in Kentucky, where she owns a house), as well as in other parts of the country, France, and Switzerland.

### **What is the best piece of advice you have ever received?**

“Absorb the energy.” We encounter many folks in our profession and in life who have high emotions over issues for reasons you can’t always appreciate or understand. This advice helps reinforce the discipline to absorb that high energy without letting it get in the way of your understanding their position or issue.

### **What is your favorite book, movie, or music and why? [Or lunch spot or dinner spot]**

I recently finished *Nightingale* by Kristin Hannah. It is an historical fiction novel about the impact of WWII on the civilian population in France and told from a woman’s perspective. It was very well written and extremely powerful. If you read it in public, say on an airplane, be sure to have some Kleenex around (according to a friend). As for lunch and dinner spots, we always enjoy the Gourmet Shop for lunches and brunches and dinners at some of the new spots like Hendrix and Halls, as well as the old standbys like Motor Supply and Mr. Friendly’s.

### **What was your favorite RCBA memory or accomplishment?**

One of my favorite memories was when we formed the Friends of the Richland County Courthouse. The purpose was to study the potential for building a new courthouse to replace the one that we have which has far outlasted its intended 25 year useful life span. During this process, the entire RCBA Executive Committee was very involved and got to work closely with Justice Toal who was (and remains) a passionate advocate. Unfortunately, our timing was not the best as the great recession hit us just at the wrong time, but I understand the process is on-going.