

# THE RIPPLE EFFECT

## BY RAINWATER, HOLT & SEXTON



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**FOR IMMEDIATE RELEASE**

### **Local Law Firm Asks: Hey, Who's Your Hero?**

*Rainwater, Holt & Sexton launches The Ripple Effect to honor Arkansas heroes;  
Names local coach Robert Upshaw as first honoree*

**LITTLE ROCK, Ark., Feb. 2, 2011**—At a time when negative news predominates, it's comforting to know genuinely good and honest people really do exist. These are everyday people who are faithfully doing what they've been called to do—whether they're coaches, teachers, law enforcement officers, pastors, or members of the armed forces, just to name a few. To help shine a spotlight on these people and provide inspiration for others, Arkansas law firm Rainwater, Holt & Sexton recently launched The Ripple Effect—an ongoing initiative that celebrates and shares the stories of local heroes who continue to make a positive difference.

"We want to recognize people who are doing the right thing, taking care of their families, reaching for more than what's expected of them, and providing a sense of hope for others," attorney Bob Sexton said. "Someone isn't born better than someone else. It's about waking up every day, putting your best foot forward, and deciding to do the right thing. Making good decisions puts you in the position to help others."

Throughout the year, the law firm will honor local heroes by highlighting their good deeds and sharing their stories. Honorees also will receive an engraved trophy, and a donation will be made to a charity of their choice. A website dedicated to the cause ([www.rhsRippleEffect.com](http://www.rhsRippleEffect.com)) will feature these heroes and allow others to leave comments and nominate future heroes.

"We're all in this together, and we need to realize there is hope and we can help each other. We must lead by example to bring positive change—and it takes just one action or idea to bring that change. The Ripple Effect inspires us to be that change and celebrate those who strive for more."

**Mike Rainwater**

*Attorney*

Rainwater, Holt & Sexton

"This is a tremendous opportunity to recognize these special people while inspiring others to find the heroes in themselves," attorney Stephen Holt said. "I think heroes are made. It's a decision on how you're going to live your life, not just a specific moment."

— MORE —

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**Robert Upshaw: Dad, Coach, Husband, Hero**

The members of Rainwater, Holt & Sexton are pleased to recognize Robert Upshaw as the first Ripple Effect hero. As the director of the Central Arkansas Fellowship of Christian Athletes (FCA), he's devoted the past 17 years to making a positive difference in students' lives across the state.

"Robert is the real deal," attorney Michael Rainwater said. "He is a great guy who people want to be around. Robert is a hero because he has chosen to submit himself, totally, to helping others."

Upshaw works with area schools, organizes camps, and raises funds through events to benefit FCA. A father of four and a well-rounded athlete, he is able to relate to student athletes and loves helping them find hope and direction. He understands their struggles and pressures to play well. He also encourages his students to consider the kind of footprints they're leaving for others to follow. Most important, he teaches students that, although people will stop clapping and cheering for them some day, their spiritual relationships will last forever.

"I think about a superhero as someone who stands above the norm, but doesn't want a pat on the back," Upshaw said. "I see myself as someone who lives a life that exemplifies Christ and makes others gravitate toward me. I try to build trust with others, and I want them to know I care."

**About The Ripple Effect**

Helping others plays an important role at Arkansas law firm Rainwater, Holt & Sexton. In fact, the firm has been helping clients overcome adversity for years. As a result of consistently seeing their clients' perseverance and dedication through difficult times, the law firm was inspired to create The Ripple Effect—an ongoing initiative that recognizes and shares the stories of local heroes who continue to make positive differences in the community. To learn more and nominate a hero, visit [www.rhsRippleEffect.com](http://www.rhsRippleEffect.com).

**About Rainwater, Holt & Sexton**

Rainwater, Holt & Sexton has successfully litigated a wide range of claims throughout Arkansas. With a staff of nearly 50 legal professionals, the Little Rock-based law firm focuses on plaintiffs' personal injury law. The firm's attorneys are committed to representing the rights of individuals and take pride in their reputation as knowledgeable litigators and effective negotiators. For more information, visit [www.CallRainwater.com](http://www.CallRainwater.com).

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