

## LM 38 BIO

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**Please share three to four brief paragraphs about yourself. Remember to include the following: Professional experience and history, about you and your family, where you were born, hobbies, interests.**

I was born and raised in Helena, Montana, to Rick and JoAnne Sherwood. I am the middle child of three, with an older brother, Joseph, and a younger sister, Anne. We were brought up in Bruin country on the west side of town and attended Capital High School. My father is an attorney and founder of Morrison, Sherwood, Wilson & Deola in Helena, and all of his children went on to become attorneys as well. My brother is a prosecutor up in Cut Bank, Montana, and my sister works at my father's firm in Helena. My mother is a clerk for Justice McGrath of the Montana Supreme Court, so I think it's fair to say I come from a fairly legal background.

After high school I attended UM, originally on an offer to play football. That ended promptly when I broke my ankle my freshman year and never really recovered. It was likely a blessing in disguise, however, because I was able to turn my focus completely on school afterwards. I ended up graduating with three (3) degrees in five (5) years: a BA in History, a BA in Sociology with an emphasis in Criminology, and a BA in Russian. I was also awarded the Outstanding Senior Award for Academic Excellence by the Department of Sociology in 2008 when I graduated, and was fortunate enough to participate in a semester abroad in St. Petersburg, Russia, my junior year.

After my undergrad I took some time off and traveled the world. I moved to Dublin, Ireland immediately after graduation to work and travel Europe for the next six (6) months. When I returned to Montana, I worked for a summer in order to make enough money to buy a ticket to New Zealand, where I would move next. I spent another six (6) months working and traveling around New Zealand and Australia before returning home for good in the summer of 2010. After working as a case manager and misdemeanor probation officer at Missoula Correctional Services to get my finances back in order after traveling, I applied and was accepted into law school here in Missoula.

I graduated law school in 2016 with a juris doctorate and a Certificate in Alternative Dispute Resolution. During law school I was also fortunate enough to intern for Paul Ryan and assist in the high profile case of Markus Kaarma: the Missoula resident convicted of murdering an Austrian foreign exchange student who broke into his garage. That case convinced me I

wanted to pursue a career in criminal law, which I have focused my practice on to date. I was hired by Milodragovich, Dale & Steinbrenner immediately upon graduation, and have worked here ever since. Along with criminal defense I am also a Criminal Justice Act Panel Attorney for federal cases, and practice a wide variety of civil and family law. My firm has been wonderful in teaching me the abilities to take on pretty much any kind of law that may walk through our door if needed.

When I am not working I try to spend as much time as I can with my family, friends and dogs. I have never been married but am currently living with my girlfriend of two (2) years, Hayley, and her seven (7) year old daughter, Penelope. Together we have three (3) dogs: Mickey, Theo, and Lizzy. Theo and Lizzy were rescue pups and we are very much involved in dog rescue projects when we can help. We also enjoy the river, fishing, traveling, gardening, and visiting antique shops. Hayley is a certified chef who just finished culinary school here in Missoula and currently works at Finn, but she is going back to school to get a business degree as well. Between that and all our other activities it can be difficult to find time to do things together, but we try our best!

My hobbies include a variety of things. I love to fly fish, be on the water, scuba dive, participate in old man sports such as softball, golf and darts, travel, and generally be social. I'm always interested in learning new things or skills, especially if they will take me to new and exciting places to meet new people. I very much am looking forward to this program to pursue those exact interests and further increase the network I've been working so hard to build ever since I moved back to Missoula in 2010.