

## Sarah Carlin Ames

(she/her)

Associate

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Clients rely on Sarah's sound judgment, strategic sense and powerful writing as they navigate regulations and face legal disputes.

Sarah focuses on advising businesses and employers, offering practical guidance to ensure compliance with a multitude of regulations, and providing thoughtful, strategic help from the first signs of litigation. She came to the law with more than two decades of related professional experience. After graduating from Yale, Sarah became a reporter for The Oregonian, covering state government and City Hall. She then jumped directly into the fray, writing and strategizing for a range of public agencies, governors, political figures and non-profit organizations. The judgment, strategic sense and strong writing skills she honed in the public arena now are deployed to her clients' benefit.

Sarah enjoys work that makes a difference in our community and beyond – whether it is helping businesses thrive, shaping government policymaking or directly interacting with regulatory agencies. She dedicates her pro bono service to helping two immigrant families, one from Guatemala, the other El Salvador, with asylum cases pending in Immigration Court. She has also counseled clients on how to respond if immigration enforcement agents raid their workplaces. During law school, Sarah worked for the Oregon Department of Justice's Special Litigation Unit, helping with complicated and high-profile cases involving prisoners' rights, endangered species, disability rights and land use. She was a summer associate at Stoll Berne and externed with the Honorable Michael J. Simon of the District of Oregon.

### Services

Labor, Employment & Immigration  
Election and Political Law, Public Policy & Lobbying  
Litigation  
Labor & Employment Litigation  
Public Records & Open Government  
School Districts

### Admissions

Oregon, 2016  
Washington, 2020  
U.S. District Court, Western District of Washington, 2020  
U.S. District Court, District of Oregon, 2019

## Education

J.D., Lewis & Clark Law School (*summa cum laude*), 2016

- Cornelius Honor Society

B.A., Yale University (*magna cum laude*), History, Distinction in the Major, 1986

## Honors & Recognition

Best Lawyers: Ones to Watch - Communications Law and Immigration Law, 2021-present

## Professional Activities

Business for a Better Portland, Member

City Club of Portland, Member

- Research Committee on Local Government & Equity

Multnomah Bar Association, Member

Oregon State Bar, Member

Oregon Women Lawyers, Member

Owen M. Panner American Inn of Court, Member

## News

38 Attorneys Named 2022 Best Lawyers in America; 11 Named Best Lawyers: Ones to Watch  
*Foster Garvey Newsroom*, 8.19.21

43 Attorneys Named 2021 *Best Lawyers in America*; 10 Named Best Lawyers: Ones to Watch  
*Foster Garvey Newsroom*, 8.20.20

Sarah Carlin Ames Highlighted in OSB Bulletin's 'From Classroom to Career' Feature  
*Oregon State Bar Bulletin*, June 2019

Sarah Carlin Ames Appeared on KGW 'Straight Talk' to Discuss the City Club's  
Recommendations to Make Portland's City Government More Equitable  
*KGW*, 3.16.19

Sarah Carlin Ames Featured on OPB's 'Think Out Loud' to Discuss City Club Research Report  
on Portland's Commission Form of Government  
*Oregon Public Broadcasting (OPB)*, 2.11.19

## Speaking Engagements

Oregon Employers' Forum: New Workplace Laws & Regulations in 2020

Speaking Engagement

Portland, OR, 11.13.19

"Employment Law Update," National Business Institute: Human Resource Law From A to Z

Seminar

Portland, OR, 11.13.18

## Legal Alerts

OSHA Imposes New Requirements on Employers to Investigate Potential Transmission of COVID-19 in the Workplace

5.20.20

City of Seattle Releases Rules for Hotel Employee Protections

5.18.20

Surging Unemployment Claims Pose New Challenges to Employers – Are You Ready?

4.24.20

Washington Employers: Your Non-Competes May Soon Be Nonbinding

4.22.19

Predictable Work Schedules: Oregon Blazes a Trail

7.7.17

Equal Pay, the Oregon Way

7.5.17

## Publications

Foster Garvey COVID-19 Resource Center

3.18.20

Oregon Employment Privacy Law

*MLRC Employment Libel and Privacy Law 50-State Survey, 2018 Edition*, 11.17