

Lauren Beames

ASSOCIATE

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Lauren Beames is an attorney in the firm's Litigation Department. She focuses her practice in the areas of commercial, business, and real estate litigation.

Prior to joining Lowndes as an attorney, Lauren was a summer clerk with the firm. While at law school, she was a member of the Moot Court Board, a research assistant for the Institute for Biodiversity Law and Policy, and an adjunct professor of environmental regulation at the University of South Florida. She also served as articles editor for the *Journal of International Wildlife Law and Policy* and as deputy chief of policy and hours for the Stetson Ambassadors. Before attending law school, Lauren was a middle school English teacher.

Lauren earned her juris doctorate from Stetson University College of Law, where she graduated *magna cum laude* and was awarded the Order of the Barristers, the Hearne Family Environmental Law Award, and the Victor O. Wehle Award in Trial Advocacy. She received her bachelor's degree in English literature and language from Virginia Tech.

An avid lover of the outdoors, Lauren enjoys running, stand-up paddle boarding, and mountain biking when she's not in the office.

Recognitions

- *The Best Lawyers in America* guide, Ones to Watch, Commercial Litigation, 2025, Real Estate Law, 2025
- Stetson University College of Law
 - Order of Barristers Award, 2022
 - Hearne Environmental Law Award, 2022
 - Finalist, PACE National Environmental Law Moot Court Competition, 2022
 - Best Brief Award, Orseck Moot Court Competition, 2021
 - Book Award, Trial Advocacy, 2021

Practices & Industries

Litigation
Business Litigation
Real Estate Litigation
Real Estate

Admissions

Florida
U.S. District Court, Middle District of Florida

Education

- Stetson University College of Law, J.D., *magna cum laude*, 2022
- Virginia Polytechnic Institute and State University, B.A., 2016; Literature and Language

- Champions, Orseck Moot Court Competition, 2021
- Wehle Award in Trial Advocacy, 2021
- Associate Justice Award, Moot Court Board, 2021

Community Activities

- Junior Achievement of Central Florida, Leadership Council, Members Chair, 2023-2024
- Stetson Law National Environmental Moot Court Team, Advocacy Skills Trainer, 2022-2023

Professional Certifications & Memberships

- Orange County Bar Association, Business Law Committee, Executive Officer, 2023-2024

News

Best Lawyers Recognizes 59 Lowndes Attorneys in 2025, One Named Lawyer of the Year
08.15.2024 | AWARDS & RECOGNITION

Lauren Beames Co-Authors Article on Biodiversity Conventions for William & Mary Environmental Law and Policy Review
04.18.2024 | PRESS RELEASE

Publications

New Year, New Rules: Uniform Trial and Case Management Order Starts January 2025
11.07.2024 | ARTICLE

The Initial Response of Biodiversity Conventions to the COVID-19 Pandemic
04.2024 | PUBLICATION

“Grossing-Up” Operating Expenses in Commercial Leases
08.09.2023 | LOWNDES LEASING LAWYERS BLOG

The United States Supreme Court’s Decision in *Sackett v. EPA* Narrows the Jurisdictional Scope of Wetlands Protected Under the Clean Water Act
06.05.2023 | ARTICLE

CAM Expenses in Commercial Leases: Cumulative versus Non-Cumulative
2022 | LOWNDES LEASING LAWYERS BLOG