

**Sandra SHERIDAN REGUERIN** is an Attorney practicing with the Fragoman Law Firm in Phoenix, Arizona. She is vice-chair of the AILA National Department of State Committee and the inspiration behind "Check in With Charlie," AILA's monthly interview with the Department of State Visa Office, forecasting visa trends and availability.

Sandra has practiced business immigration law exclusively since 1996. Prior to joining Fragomen in 2008, she was a shareholder at Littler Mendelson, and an associate at Bacon & Dear. Before that, Sandra directed the J-1 waiver practice for a physician immigration boutique firm in Northern Virginia. She has extensive experience in J-1 waivers and J-1 program administration, L-1 and O-1 visas, labor certification, permanent residency and consular matters, as well as orchestrating large-scale moves of temporary assignees for multinational companies. She is one of the country's foremost experts on the J-1 and specifically J-1 waivers for medical professionals.