



## Matthew J. LaMourie

Of Counsel

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207.791.3000

Matt is an attorney in the firm's Employment Law, Litigation and Immigration Groups. His practice is equally divided between management-side labor and employment litigation and compliance counseling, where he represents a full range of clients in matters encompassing wrongful termination claims, labor disputes, workplace harassment and discrimination claims, wage and hour compliance and OSHA compliance.

For more than 20 years, Matt has represented clients in numerous industries, including the retail, health care, publishing, energy, manufacturing and telecommunications sectors. His clients include not only firms located in Maine, but throughout northern New England and Atlantic Canada. He frequently draws upon his varied professional experience to counsel clients in ways to avoid litigation or to effectively manage risks associated with their workforce management practices.

Matt also manages the firm's growing visa processing and business immigration practice, which specializes in H, L and TN nonimmigrant visa filings and PRA applications for 1st preference priority workers (including transnational executives), 2nd preference and 3rd preference professional and skilled workers requiring labor certifications.

Matt and his wife Mary C. Hartman, and their three sons, live on Cousins Island, in Yarmouth, Maine.

### Admissions

- Maine
- Massachusetts
- New Hampshire
- U.S. District Court, District of Maine
- U.S. Court of Appeals, First Circuit

### Education

- Northeastern University School of Law (J.D., 1995)
- University of Delaware (M.S.S., 1985)
- Michigan State University (B.A., 1983)

### Services

- [Immigration](#)
- [International Commerce](#)
- [Employment Law](#)
- [Litigation](#)
- [Transportation & Maritime Law](#)
- [Cannabis Business](#)

## Professional Activities

- American Bar Association
  - Section of Labor & Employment
- Maine State Bar Association
- New Hampshire Bar Association
- Maine Chapter of the Labor Employment Relations Association (LERA), Maine Chapter
- American Immigration Lawyers Association (AILA)
- Society for Human Resource Management (SHRM)

## Civic and Charitable Activities

- Rippleffect, Board of Directors, former Executive Committee Member
- Children's Theatre of Maine, former Board member
- City of Portland Civil Service Commission, former Chair

## Publications

February 18, 2022

**Are We Done Yet? Managing COVID-19 in Year Three**

January 14, 2022

**What Do the Supreme Court's Vaccination Rulings Mean for Your Business?**

December 20, 2021

**OSHA's ETS Moves One Step Closer to Reality in 2022**

November 9, 2021

**Not So Fast: OSHA's ETS in Limbo While Challenges Play Out**

November 5, 2021

**OSHA Issues Long-Awaited Vaccination Rule for Large Employers**

October 13, 2021

**Beyond Maine's Ban-the-Box Statute: Practical Employer Considerations**

April 15, 2016

**Alert: Update on Publication of the New FLSA Overtime Regulations**  
*Employment Alert*

May 9, 2013

**Revised Form I-9 Employment Eligibility Verification Now in Effect**  
*Employment Law Alert*

## Press Coverage

March 20, 2014

## Federal decision affirms rights of local marijuana workers

March 5, 2014

Union gripe brings federal labor agency into marijuana debate for first time

## Representative Matters

- **Avoiding Litigation in Federal Wage and Hour Suit** - Matthew successfully negotiated the conclusion of a federal wage and hour enforcement action brought against a client with industrial workforces located in several states. In addition to assisting the client in avoiding costly litigation involving the U.S. Department of Labor and several former employees, he developed firm-wide solutions aimed at ensuring future FLSA compliance.
- **Corporate Reorganization and Execution** - Matthew was integral in the creation of a new operations and maintenance company for a multinational energy company. In connection with a pending refinancing transaction, Matthew analyzed how a necessary corporate reorganization would change the client's legal and employment-related obligations, planned the tasks and timing related to the reorganization, then quarterbacked its execution.