



Thomas H. Prol

Member



Newark, NJ



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Thomas H. Prol, a Member of Sills Cummis & Gross, concentrates his practice on environmental, land use, commercial property tax appeals, and related litigation and administrative law matters. He is admitted to practice law in New Jersey and New York and before numerous federal courts.

Mr. Prol is a Past President of the New Jersey State Bar Association (2016-2017) and was the first openly gay leader in the Association’s history. He is a member of the American Bar Association House of Delegates, and is a Fellow of the American Bar Foundation, an honor bestowed on less than one percent of the attorneys in each jurisdiction.

Throughout his legal career, Mr. Prol has been a vocal advocate on issues of equality and access to justice. He worked to advance marriage equality and LGBT rights in New Jersey, and was an advocate for, and successfully argued the defense of both the New Jersey Criminal Justice Reform Act and the New Jersey Anti-Bullying Act. Mr. Prol is also a founding member and serves in the executive leadership of Garden State Equality, the leading New Jersey LGBT civil rights organization. He previously served as vice chair of the National Lesbian and Gay Law Association (now known as the National LGBT Bar Association) and on the board of the LGBT Bar Association of Greater New York.

Mr. Prol has appeared and has authored/co-authored numerous briefs over the past decade before the New Jersey Supreme and Superior Courts, New Jersey Council on Local Mandates and the U.S. Third Circuit Court of Appeals. He is a frequent lecturer for the New Jersey Institute for Continuing Legal Education (“NJICLE”).

Mr. Prol is an adjunct professor at Seton Hall University School of Law, and previously taught legal writing and appellate advocacy at New York Law School. He also served as Associate General Counsel and Agency Chief Contracting Officer for New York City’s Department of Consumer Affairs.

Sills Cummis & Gross P.C.

Prior to practicing law, Mr. Prol was an environmental scientist and enforcement officer for the U.S. Environmental Protection Agency, and served two years as a volunteer in the U.S. Peace Corps in Nepal.

Mr. Prol has also held externships with the U.S. Attorney's Office (EDNY), the New York City Commission on Human Rights, CNN and The Carter Presidential Center.

Practices

Environmental

Real Estate

Court Admissions

U.S. District Court, District of New Jersey

U.S. District Court, Southern District of New York

U.S. District Court, Eastern District of New York

Newsroom

In the News

2022 Insider Out 100: LGBTQ Power List

Insider NJ

June 30, 2022

ROI Influencers: Diversity & Inclusion 2022

ROI-NJ

June 29, 2022

NJ Lawmakers Push to Codify Same-Sex Marriages

NJ Spotlight News

December 16, 2021

2021 Insider Out 100: LGBT Power List

Insider NJ

October 21, 2021

Lawyers and Advocates Praise NJ's 'Historic' Appointment of First Openly Gay Acting AG

Sills Cummis & Gross P.C.

New Jersey Law Journal
July 8, 2021

Liquor Laws Once Targeted Gay Bars. Now, One State Is Apologizing

The New York Times
June 29, 2021

New Jersey's Most Influential DEI Leaders 2021

ROI-NJ
June 29, 2021

Judge Mary Jacobson, Author of Ruling Allowing Same-Sex Marriages, Sets Retirement

New Jersey Law Journal
June 8, 2021

NJ Marriage Equality Bill Reflects Concern That SCOTUS Will Overturn 'Obergefell'

New Jersey Law Journal
February 12, 2021

2020 Insider Out 100: LGBT Power List

InsiderNJ
October 26, 2020

Even With Robust State LGBTQ Anti-Discrimination Laws, Landmark Supreme Court Ruling Will Be Felt in New Jersey

New Jersey Law Journal
June 18, 2020

Menendez, Booker Talk COVID-19 and the 'Struggles of Many Law Firms'

New Jersey Law Journal
May 28, 2020

Murphy Signs 'Gay or Trans Panic' Bill Into Law

New Jersey Law Journal
January 27, 2020

Legal Defense Citing 'Gay and Transgender Panic' Banned

NJTV News
January 21, 2020

Bill to Ban 'Gay or Trans Panic' as Criminal Defense Heads to Governor

New Jersey Law Journal
January 20, 2020

Measure Seeks to Ban Gay Panic Defense in NJ Courts

New Jersey Law Journal
December 2, 2019

Sills Cummis & Gross P.C.

A Passion for Equality and the Environment

Corporate Counsel Business Journal

September 6, 2019

Former NJ Bar President Joins Sills Cummis

NJBIZ

August 9, 2019

Sills Cummis & Gross Welcomes Prol as New Member

ROI-NJ

August 9, 2019

Former State Bar President Prol Jumps to Sills Cummis, Eyeing Bigger Platform

New Jersey Law Journal

August 6, 2019

Presentations

11th Annual Renewable Energy, Clean Tech and Climate Change Conference

Environmental Justice and Climate Change

New Jersey Institute for Continuing Legal Education

December 2, 2022

Professionalism Day 2022: Creating a Culture of Diversity in the Legal Community

Inclusion Matters: Tips and Strategies on Creating a Culture of Diversity and Inclusion in the Judiciary and the Legal Profession

Essex County Bar Foundation

November 30, 2022

2022 New Jersey State Bar Association Mid-Year Meeting

LGBTQ Rights - Update from Florida

New Jersey State Bar Association

November 6, 2022

2022 New Jersey State Bar Association Annual Meeting and Convention

New Jersey State Bar Association

May 18, 2022

LGBTQ Rights Annual Update 2022

NJ's Marriage Equality Statute

New Jersey Institute for Continuing Legal Education

April 9, 2022

Robert's Rules for Lawyers - Mid-Pandemic Edition

New Jersey Institute for Continuing Legal Education

Sills Cummis & Gross P.C.

December 30, 2021

Setting Yourself Up for Success: Attorney Well-being and the Duty to Provide Competent Representation in Challenging Times

Essex County Bar Association

November 30, 2021

2021 New Jersey State Bar Association Mid-Year Meeting

Hot Tips for Hot Litigators - Sonoran Desert Edition

New Jersey State Bar Association

October 26, 2021

How to Get Back to Business: What You Need to Know about the Latest on the Law and Science of COVID-19

New Jersey Institute for Continuing Legal Education

October 12, 2021

What To Expect When They're Inspecting: Counseling Clients through the Civil Inspection and Criminal Enforcement Process

American Bar Association Section of Environment, Energy, and Resources

June 3, 2021

2021 New Jersey State Bar Association Annual Meeting

New Jersey State Bar Association

May 19, 2021

Speaking out for the Voiceless - Legal Developments Surrounding the Impact of Climate Change on Animals and the Environment

New Jersey Institute for Continuing Legal Education

March 31, 2021

I Didn't Know... Is No Excuse

Municipal Clerks' Association of New Jersey

March 17, 2021

NJBA's Property Tax Appeal Seminar

New Jersey Builders Association

March 8, 2021

Legalweek(year) 2021: Virtual Series 1

Diversity & Inclusion Spotlight: LGBTQ Representation in The Legal Industry - Are We Where We Need to be?

ALM

February 2, 2021

Robert's Rules for Lawyers

Sills Cummis & Gross P.C.

What Every Attorney Needs to Know About Robert's Rules of Order
New Jersey Institute for Continuing Legal Education
December 30, 2020

The Promise and Peril of the "Remote" Practice of Law: Maintaining Professionalism While Remaining Remote

Essex County Bar Association
November 30, 2020

Being Smart About Retainer Agreements: Forms, Issues & Analyses

New Jersey Institute for Continuing Legal Education
October 15, 2020

Notorious RBG - The Life and Legacy of an Icon

New Jersey Institute for Continuing Legal Education and NJSBA Women in the Profession Section
October 8, 2020

COVID-19 Impact on the US Criminal Justice System: Court System Services and Operations Session

National Institute of Justice
September 23, 2020

You've Got a Friend in Me - Effective Allyship

New Jersey State Bar Association Diversity Committee
June 12, 2020

A Conversation with US Senators Bob Menendez and Cory Booker on COVID-19 Response, Relief and Steps Ahead

New Jersey State Bar Association
May 27, 2020

Winds of Change in the Garden State: Protection Against Climate Change (PACT) As New Jersey Takes on Clean Air, Carbon-Neutral Energy, and Resiliency in Our Post-Pandemic World

New Jersey State Bar Association
May 13, 2020

What Do I Do Now? The Survival Guide for Solo and Small Firms in Times of National Disaster

New Jersey Institute for Continuing Legal Education
March 25, 2020

The 19th Amendment & New Jersey - A Centennial Celebration of Yesterday & Today

Middlesex County Bar Association, New Jersey State Bar Association, New Jersey Women Lawyers Association
February 3, 2020

Sills Cummis & Gross P.C.

Robert's Rules for Lawyers

New Jersey Institute for Continuing Legal Education

December 30, 2019

Award-Winning Filmmaker Keith Beauchamp on: What Lawyers Can Learn from the Murder of Emmett Till - The Untold Story

New Jersey Institute for Continuing Legal Education

November 13, 2019

2019 New Jersey State Bar Association Mid-Year Meeting

How Do You Solve a Problem Like Maria? Rebuilding Puerto Rico after the Hurricane

New Jersey State Bar Association

November 6, 2019

Workplace Discrimination and Harassment

Rutgers University School of Management and Labor Relations

May 2, 2014

Ethical Issues Affecting Engineers

Solid Waste Association of North America Conference

April 14, 2014

The N.J. Anti-Bullying Bill of Rights

New Jersey State Bar Association

May 19, 2011

It Gets Better: Progress in NJ to Stop Bullying

New Jersey State Bar Association

February 28, 2011

Alternative Energy under the American Recovery & Reinvestment Act

Columbia University Environmental Policy Lecture Series

May 5, 2010

The N.J. Environmental Rights Act

College of New Jersey Guest Lecture

March 24, 2010

Hot Topics at the OAL

New Jersey Institute for Continuing Legal Education

May 29, 2009

Global Warming, Alternative Energy and the Resurgence of the Creative Class

Columbia University Environmental Policy Lecture Series

April 1, 2009

EPA Enforcement and Regulatory Priorities in the Obama Administration

Sills Cummis & Gross P.C.

American Bar Association Section on Litigation
March 19, 2009

Recognition of Foreign Marriages Under the Full Faith and Credit Clause and the Common Law Principle of Comity

Columbia University Law School
November 15, 2008

The New Flood Hazard Control Act

New Jersey Institute for Continuing Legal Education
May 1, 2008

Making Green While Building Green - A Lawyer's Guide to the Environmental & Economic Benefits of Building Green

New Jersey Institute for Continuing Legal Education
April 22, 2008

Harnessing Redevelopment to Fight Climate Change

NJ Futures Redevelopment Forum
February 29, 2008

Global Warming Heats Up: Shifting from Voluntary to Mandatory Emissions Limitations

Columbia University School of Public Health
November 15, 2007

Legislating an End to Global Warming—the Federal, California and New Jersey Models

New Jersey Institute for Continuing Legal Education and New Jersey State Bar Association
November 9, 2007

East Meets West: A Comparison of NJ's Civil Unions Law with CA's Domestic Partnership Law

New Jersey Institute for Continuing Legal Education and New Jersey State Bar Association
November 9, 2007

The NJ Civil Unions Law

New Jersey Institute for Continuing Legal Education
January 2, 2007

What Every Lawyer Needs to Know About Environmental Science and Engineering

New Jersey Institute for Continuing Legal Education
November 28, 2006

Publications

Op-Ed - Unbending the Moral Arc: Dismantling the 'Capacious' 14th Amendment Protection of LGBT Rights

Sills Cummis & Gross P.C.

New Jersey Law Journal
July 18, 2022

Fulfilling the Promise of the Civil Rights Movement with Environmental Justice

New Jersey Lawyer
June 1, 2022

Op-Ed - Giving Credit Where Credit Is Due on Marriage Equality in New Jersey

New Jersey Law Journal
May 2, 2022

Op-Ed - 'God, Gays & Guns' Are Back in New Jersey Gubernatorial Politics

New Jersey Law Journal
September 27, 2021

Op-Ed - Attorney General Apologizes for Past Law Enforcement Persecution of LGBTQ Community

New Jersey Law Journal
July 5, 2021

Op-Ed - Growing Old With Dignity and Protection: New Jersey's LGBTQI+ Senior Bill of Rights

New Jersey Law Journal
April 19, 2021

Op-Ed - Wherefore Art Thou Marriage Equality?

New Jersey Law Journal
March 1, 2021

Op-Ed - No Cake, No Baby: The Backslide of LGBT Rights

New Jersey Law Journal
January 18, 2021

Op-Ed - The Weaponizing of Personal Religious Views to Deny Equal Protection to the LGBT Community

New Jersey Law Journal
December 7, 2020

Op-Ed - 'Originalism' Is Not Really a Thing; Let's Stop Pretending It Is

New Jersey Law Journal
October 26, 2020

Op-Ed - The Mayflower Compact at 400: The Bay State's Gift to the Garden State

New Jersey Law Journal
September 14, 2020

Op-Ed - 'Virtually Certain': The 'Bostock' Promise of Full Equality for the LGBT

Community

New Jersey Law Journal

August 10, 2020

Op-Ed - It's 2020 and LGBT People Are Just Now Getting the Right to Stay Employed

New Jersey Law Journal

July 6, 2020

Op-Ed - A Tale of Two States: Part Two

New Jersey Law Journal

June 1, 2020

Op-Ed - A Tale of Two States

New Jersey Law Journal

May 4, 2020

Op-Ed - The New Jersey Rules of Professional Conduct Are Out-of-Date and Overdue for Fixing

New Jersey Law Journal

March 23, 2020

Op-Ed - Why NJ Needs a Law Banning the Gay-Trans "Panic" Murder Defense

New Jersey Law Journal

February 17, 2020

Op-Ed - Will ERA Finally Be Ratified as 28th Amendment to U.S. Constitution?

New Jersey Law Journal

January 6, 2020

Op-Ed - Revisiting 'Boy Scouts of America v. Dale' and the Right to Discriminate

New Jersey Law Journal

November 18, 2019

Op-Ed - 'On the Basis of Sex': SCOTUS Revisits 'Price Waterhouse' and 'Oncale'

New Jersey Law Journal

September 16, 2019

Looking Back to Move Forward: Advancing LGBTQ Rights Before New Jersey State Courts

GPSolo

August 26, 2019

Op-Ed - More Evolution, Less Revolution: LGBTQ Rights Before NJ Courts

New Jersey Law Journal

June 24, 2019

Op-Ed - Mandatory CLE Is Good For NJ Lawyers and Judges

New Jersey Law Journal

Sills Cummis & Gross P.C.

December 12, 2016

New Jersey's Civil Unions Law: A Constitutional 'Equal' Creates Inequality

52 N.Y.L. Sch. L. Rev. 169

November 1, 2007

A Comity of Errors: N.J. Attorney General Reinterprets Common Law to Reject Foreign Marriages

N.J. Fam. Lawyer

March 1, 2007

After the Ceremony: New Jersey's Same-Sex Relationships Get a Hostile Reception

New Jersey Lawyer

April 1, 2006

The Benefits and Pitfalls of Representing Nontraditional Clients in Family Law, Estate and Civil Matters

GPSolo

February 1, 2006

Lifting A Lamp: Will New Jersey Create A Safe Harbor for Gay and Lesbian Immigration Rights?

New Jersey Lawyer

April 1, 2004

Marriage Rights for Same-Sex Couples in New York

Contributing Researcher, Report of the Association of the Bar of the City of New York

May 1, 2001

Tenancy Discrimination and the Façade of Protection for Gays and Lesbians in New York City

Finkelstein & Ferrara's Landlord-Tenant Reporter

April 1, 2000

Client Alerts

NJDCA Issues Guidelines Clearing the Way for Virtual Zoning & Planning Board Hearings

Land Use/Real Estate

April 3, 2020

Rankings and Recognition

Selected for inclusion in:

Sills Cummis & Gross P.C.

- *The Best Lawyers in America*®* 2021-2023, Environmental Law; Litigation – Environmental
- *New Jersey Super Lawyers*®* 2012, 2014-2019, 2021-2022, Environmental; Land Use/Zoning; Business Litigation
- *New Jersey Super Lawyers*®* “Rising Stars” 2011, Environmental; Government Contracts; General Litigation
- *ROI-NJ** “ROI Influencers: Diversity & Inclusion” 2021-2022
- *New Jersey Law Journal*®* “Attorney of the Year” Finalist 2017
- *New Jersey Law Journal*®* “Diverse Attorneys of the Year” 2015

Included in the *Insider NJ* “Insider OUT 100: LGBT Power List” in 2018-2022.

Received Mel Narol Award from the New Jersey State Bar Association in 2018 for leadership and advocacy by spearheading inclusion and making strides for women and minority lawyers.

Received Professional Lawyer of the Year Award, as selected by the New Jersey Commission of Professionalism in the Law and the Sussex County Bar Association, in 2018.

Received Amicus Curiae Award from the New Jersey State Bar Association in 2010, 2012 and 2014-2017.

Received Young Lawyer of the Year Award from the New Jersey State Bar Association in 2004.

* See [Award Methodology](#). No aspect of this advertisement has been approved by the Supreme Court of New Jersey.

Affiliations

Fellow, American Bar Foundation

Member, American Bar Association

- *Member*, House of Delegates
- *Member*, Coalition on Racial and Ethnic Justice Board
- *Member*, Environmental Law Section

Member, New Jersey State Bar Association

- *President* (2016-2017)
- *President-elect* (2015-2016)
- *First Vice President* (2014 -2015)
- *Second Vice President* (2013-2014)
- *Treasurer* (2013)
- *Trustee* (2007-2012)

Sills Cummis & Gross P.C.

- *Chair*, Pandemic Task Force (2020)
- *Member*, Finance and Operations Committees (2007-present)
- *Member*, Amicus Committee (2008-present)
- *Co-Chair*, Legislative Committee (2020-present)
- *Member*, Legislative Committee (2007-2013)
- *Member*, Membership and Public Relations Committee (2009-2013)

Trustee, Monmouth Bar Association

- *Chair*, Diversity Committee

Life Fellow, National Conference of Bar Presidents

Former Trustee, New Jersey State Bar Foundation

Member, New Jersey Supreme Court Board on Mandatory CLE

Member, New Jersey Supreme Court Ad Hoc Committee on Law Firm Trade Names

Attorney Mentor, New Jersey Law and Education Empowerment Project (NJ LEEP)

Member, NAIOP NJ

Education

J.D., New York Law School

M.P.H., Emory University

B.A., Emory University

Bar Admissions

New Jersey

New York