

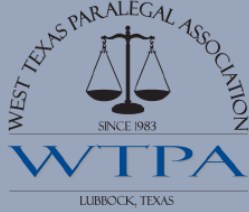


Lexicon

OFFICIAL BI-MONTHLY NEWSLETTER OF THE
WEST TEXAS PARALEGAL ASSOCIATION
2019-2020—FEBRUARY 2020



West Texas
Paralegal Association
P. O. Box 93103
Lubbock, TX 79493-3103



**WEST TEXAS PARALEGAL
ASSOCIATION SPRING SEMINAR**
SATURDAY, MARCH 8, 2020 - 8:30 a.m. to 12:30 p.m.
TEXAS TECH SCHOOL OF LAW - ROOM 107
3311 18th STREET, LUBBOCK, TEXAS

Pending Approval by NALA for
3.5 Hours CLE
Join us for our Membership meeting to be held
immediately following seminar!

Agenda

- 8:30 **Registration**
Complimentary Coffee, Juice, and Pastries
- 9:00 **Honorable Curtis Parrish**
Impeachment Process and Legal Issues
- 10:30 **Deirdre Trotter**
Probate – Tales from the Crypt
- 11:30 **David Strange and Maria Oviedo**
Immigration Issues

Membership Meeting to follow!

Please complete and mail registration form and fees in advance!

<http://www.westtexasparalegalassociation.org/>



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President's Message

On behalf of the West Texas Paralegal Association, I would like to invite you to join us for our upcoming spring seminar. The seminar is scheduled for Saturday, March 7th, beginning with registration at 8:30 a.m., a great line-up of speakers, followed by a short membership meeting. Invite your co-workers to attend! 3.5 hours are pending approval with NALA. Cost is minimal as you can see from the CLE announcement included in this edition of Lexicon so take advantage of the networking and learning opportunities!



We will be providing some breakfast items, coffee, and juice! We will also be having drawings for door prizes! Hope to see you on March 7th at Texas Tech School of Law, Room 107.

I'm always available to answer any questions you may have so just call me at (806) 834-8793 or email elma.moreno@ttu.edu.

Elma Moreno
President, WTPA

NEXT BOARD MEETING

April 1, 2020

AS CLOSE TO 5:30 P.M.

Blue Sky on 4th Street

2020 NALA CONFERENCE & EXPO JULY 9-11

ATLANTIC CITY, NJ

THIS YEAR AT CONFERENCE

- 32 EDUCATION SESSIONS
- 14 HOURS OF CLE CREDIT
- 400+ PARALEGAL PEERS
- 30+ EXHIBITORS
- 45TH ANNIVERSARY CELEBRATION BANQUET



**EARLY BIRD
RATES**

\$575
MEMBER

\$628
NONMEMBER

\$215
STUDENT

\$101
THURSDAY
ONLY

REGISTER ONLINE AT WWW.NALA.ORG



Lots of CLE on the NALA.org site

If you are a member of NALA,
you get an \$80 voucher towards CLE.

West Texas Paralegal Association Scholarship

Deadline: May 1

This scholarship was established by the West Texas Paralegal Association to provide educational support for students pursuing a degree in a paralegal program.

ELIGIBILITY

Legal residents of Crosby, Floyd, Garza, Hale, Hockley, Lamb, Lubbock, Lynn, or Terry counties who are enrolled for a minimum of 6 hours in a paralegal program approved by the State Bar of Texas Paralegal Division.

SELECTION CRITERIA

- Student's intent is to pursue a degree as a paralegal in a program approved the State Bar of Texas Paralegal Division

CONTACT

Community Foundation of West Texas
6102 82nd Street, Suite #8B
Lubbock, TX 79424
(806) 762-8061

<https://www.cfwtx.org/current-scholarships>

Scholarship can be found at The Community Foundation of West Texas.


Look under "scholarship," then "Current Scholarships," then West Texas Paralegal Association. To apply, you will need to create an account.

Remember, scholarships are about more than the \$\$\$! Being awarded a scholarship looks good on a resumé!



SUSTAINING MEMBERS!!!

Any attorney, law firm, business, corporation, school or educator who supports the paralegal profession and the goals, objectives, and programs of this Association may become a sustaining Member of the Association upon approval by the Membership Committee.



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Materials for publication can be submitted to Lola Smith-Gentry
West Texas Paralegal Association
Lexicon/Newsletter
2413 Cedar Avenue
Lubbock, TX 79404 or
by email to
dldigen355@aol.com
or
lgentry@hkwwlaw.com

This newsletter is being sent by email
to anyone with a current email
address on
the roster.

The Lexicon is published bimonthly
by the West Texas Paralegal Association
and is devoted to promote and educate
about the legal assistant profession.
Opinions that are expressed in this
material are those of the authors and do
not
necessarily represent the views of the
West Texas Paralegal Association.



NEXT MEMBERSHIP MEETING

March 7, 2019

Following the Spring Seminar

OFFICERS and COMMITTEE CHAIRS

2019 - 2020

President

Elma Moreno
Texas Tech University School of Law
elma.moreno@ttu.edu

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Madison Scheppler
Crenshaw, Dupree & Milam
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Mullin, Hoard & Brown
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Second Vice-President**Membership Chair**

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Treasurer

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Texas Tech University School of Law
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NALA Liaison

Candace Norrod
Texas Tech University
Office of the General Counsel
candace.norrod@ttu.edu

Parliamentarian**Bylaws and Standing Rules Chair**

Lola J. Smith-Gentry, A.C.P.
Hund, Krier, Wilkerson & Wright, PC
lgentry@hkwwlaw.com

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Elma.moreno@ttu.edu

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Sylvia Juarez
City of Lubbock
Syl_juarez@hotmail.com



WTIPA

LUBBOCK, TEXAS

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REGISTRATION FORM

REGISTRATION FORM AND FEES DUE ON OR BEFORE MARCH 5, 2020
(PLEASE COMPLETE AND MAIL REGISTRATION FORM AND FEES IN ADVANCE!)

Registration Fees: \$20 in advance, \$25 at the door

Students: \$10 in advance, \$15 at the door

Name: _____

Firm: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

Email: _____

For more information please contact Elma Moreno
Elma.moreno@ttu.edu or (806) 834-8793

Please make checks payable to: West Texas Paralegal Association
and mail to:

P. O. Box 93103
Lubbock, Texas 79493-3103

DOOR PRIZES! DOOR PRIZES!

DOOR PRIZES! DOOR PRIZES! DOOR PRIZES! DOOR PRIZES!

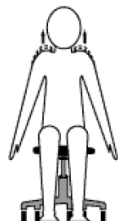
<http://www.healthyworkplaceweek.ca/>



Stretching the Neck & Shoulders

1. Shoulder Shrug:

Purpose: to relieve early symptoms of tightness or tension in the shoulder and neck area.



- Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.

2. Head Glide:

Purpose: to stretch your chest, neck and shoulder muscles.



- Sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.

3. Neck Relaxer:

Purpose: helps to relax the neck.



- Sit or stand with a straight back. Inhale. As you exhale, drop your head slowly to the left trying to touch your ear to your shoulder. Repeat on right. Bring head back to centre.
- Inhale, then exhale slowly and drop chin to chest. Inhaling, roll your right ear toward your right shoulder; exhale while bringing chin back toward chest. Repeat to the left.

4. Shoulder Roll:

Purpose: to relax the shoulder muscles.



- Inhaling, slowly raise your shoulders towards your ears, and roll them backward 5X in a circular motion. After 2 or 3 rotations, change directions and roll shoulders forward. Ensure you are breathing deeply each time.

Actually found some stretches
that you can do at work
without everyone thinking you have "lost it"!

WWW.ANDERZTOONS.COM



"I gotta tell you, this crime scene selfie is not going to help."

**I'M PROUD
TO BE
LEGAL
ASSISTANT
UNTIL I WIN THE LOTTERY**



"Perhaps you would like to rephrase your last answer."

Stu's Views

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Alleged BAD dog! Alleged BAD dog!