



NATIONAL  
FEDERATION  
of  
PARALEGAL  
ASSOCIATIONS Inc.

*Registration  
Opens ~  
July 1, 2015*

NFPA Annual Convention &  
Policy Meeting

October 8-11, 2015  
Honolulu, HI

## *NFPA Congratulates Seven Colleagues on Their Passing of the LLLT Exam*

**Congratulations to the Inaugural LLLT Class!** Seven candidates passed the first Limited License Legal Technician exam on May 11, 2015. These seven passed both the Professional Responsibility Exam and Domestic Relations Practice Area exam:

- Leisa Bulick of White Salmon, Wash.
- Christine Carpenter of Auburn, Wash.
- Michelle Cummings of Auburn, Wash.
- Kimberly Lancaster of Shoreline, Wash.
- Melodie Nicholson of Auburn, Wash.
- Priscilla Selden of Entiat, Wash.
- Angela Wright of Granite Falls, Wash.

In addition to passing the exam, candidates must complete 3,000 hours of supervised experience, pledge an oath before the state Supreme Court, and fulfill other requirements in order to become licensed legal technicians.

Washington is the first state in the country to offer an affordable legal support option to help meet the needs of those unable to afford the services of an attorney. Legal Technicians, also known as Limited License Legal Technicians (LLLT), are trained and licensed to advise and assist people going through divorce, child custody and other family law matters in Washington. Think of them like nurse practitioners, who can treat patients and prescribe medication like a doctor. Licensed Legal Technicians bring a similar option to the legal world, making legal services more accessible to people who can't afford an attorney. While they cannot represent clients in court, Legal Technicians are able to consult and advise, complete and file necessary court documents, help with court scheduling and support a client in navigating the often confusing maze of the legal system.

Vicki Voisin, Paralegal Mentor, June 18, 2015 (Volume VII, Issue 7).

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## Stressed Out! We've all been there...

By "there", I mean those times in life when so many lemons are thrown at us that we have no choice but to make lemonade and maybe a lemon meringue pie (my favorite) but... we... just... can't... find... the... sugar.

**It is not possible** to make lemonade or a lemon meringue pie without sugar.

We keep looking for a way to work with those dang lemons, and they just keep coming but, without the sugar, they are piling up in a corner of the pantry and cluttering up all of the normally functional space where we store other pantry staples.

That is how things are going for me right now. All the stress that life is shoving my way is cluttering up my normally functional mind and causing me to, well, stress out. Therefore, I went on a quest for ways to cope, deal and minimize the effect of all that stuff, those nuisance lemons, on my life. I am sharing some of my findings with you- the likely at least somewhat stressed reader.

**10 Stress Relief Tips for the Office.** *The Community Table.* The article lists as number 10, "Ask for Help". Asking for help has never been easy for me but the last several weeks have taught me a thing or two about attempting to be able to do it all. Admitting that I have my limitations has shown me that there are good people out there who will back me up when I need it, no payback required.

**Stress-relieving Tips for Paralegals.** *Agile Law.* A short list of preventative tips, laughter being one that I can relate too. I think I have forgotten how to laugh lately. Watching my daughter in her princess gown (that she wears daily) singing the Frozen song always brings me joy, though.

Naturally there is no shortage of information available on how to avoid, eliminate and cope with stress, alas, many different recipes to use up all those lemons. I will keep searching for the combination that works for me.

Readers, how do you manage the day-to-day strains and the out-of-the ordinary intense pressures that arise without warning?

DO YOU HAVE AN IDEA FOR AN ARTICLE??

Have you already written an article?

Submit your ideas to

Tanya Patterson, NFPA Editorial Coordinator  
editorial@paralegals.org

