

PROCLAMATION

First Judicial District Bar Association

NOVEMBER 2021

2021-2022

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PRESIDENT'S COLUMN

Andrew Hart

What keeps us lawyers sane? Okay, the term sane is a bit of hyperbole; or maybe it is an understatement. Either way there is no question the practice of law is stressful. A December 2017 article on the American Bar Association's Website titled [New Study on Lawyer Well-Being Reveals Serious Concerns for Legal Profession](#), discussed some concerning, albeit not all that surprising, studies identifying the stress lawyers are under. The cited studies surveyed 13,000 practicing lawyers and found that among other concerning findings: 28 percent of lawyers suffered from depression; 19 percent of lawyers had severe anxiety; and 11.4 percent of lawyers had suicidal thoughts in the previous year. The study also found that substance abuse is pervasive. In short, mental health for lawyers is a massive issue.

It makes sense. The stakes are high. It does not depend on your practice area. Litigators are faced with uncertain outcomes where the consequences for the client are significant, whether it be financial, time with their children, or even, and especially, their freedom. Transactional attorneys have it no easier. An out of place period could result in an undesirable outcome, and the consequences of such a misstep might not be known for many years. Whatever the stakes, people do not hire a lawyer for the little things. The little things can be negotiated and dealt with without the need for a lawyer's expertise and guidance. There is little question that each lawyer, every day carries the weight of the world, at least as far as their clients are concerned. Dealing with this on a daily basis is stressful.

So, how to manage the stress? There are a thousand and one ways to do it. There are volumes and volumes of literature. Some recommendations, per WebMD ways are: exercise; diet; sleep; and relaxation techniques, such as yoga, meditation, deep breathing, biofeedback, therapy, etc. Everyone has something that works for them. What works for you?

If your go-to techniques are no longer working, or if you just need some additional help, there are resources for you. Specifically the Colorado Lawyer Assistance Program ("COLAP"). <http://coloradolap.org/>

You have a hard job. Take care of yourself.

STILL LOOKING FOR A GREAT OFFICE?

Golden Hill Law Offices has inexpensive office space available November 1. We are a suite of ten 1st JD lawyers with practices in civil litigation, real estate, criminal law, elder law and estate planning, located at 12600 W. Colfax Avenue in Lakewood. We are close to I-70, West Sixth Avenue and the Jeffco Courthouse. An office in our suite includes use of three conference rooms, a kitchen area, a digital copier/scanner/fax, full time receptionist, ample parking, an exercise facility, a coffee shop and unbeatable opportunities for interaction with experienced practitioners.

Interested? Call Evan Lipstein at 303 232-5151
or Maureen O'Brien at 303-238-0648

NEUTRALS YOU KNOW, PROFESSIONALS YOU CAN TRUST.

Samuel Gordon, Esq.
Elaine Wholner, Esq.
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Hon. John P. Leopold
Hon. William F. Downes
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Mark your calendars for a great
Family Law CLE

With a panel of Jeffco
Magistrates and Family Law
Speakers

Presenting on the subject of:
"What to do when parents
can't agree when there
is need for a joint decision"

December 14, 2021 at 12:00

Registration will open soon

MOCK TRIAL VOLUNTEERS NEEDED

The 2022 First Judicial District Mock Trial Competition will take place on **February 18, 2022, and February 19, 2022.**

This is the largest mock trial competition in Colorado, and in the past we've needed approximately 120 volunteers to fill the role of either a presiding or scoring judge. **There will be two rounds each day, a morning round (9 AM to 11 AM) and an afternoon round (1 PM to 3 PM).** Check-in and orientation will be 30 minutes prior to the round beginning in the jury commissioner's room. Optional reading materials will be distributed in February.

Please contact LaQunya Baker at laqunya@bakersimpsonlaw.com to volunteer.



Are you looking for a way to get more involved in the 1st JD Bar Association?

Have you participated in one of the CLE sessions presented by the 1st JD and thought that you might have an idea for a great CLE?

Consider joining the **CLE Committee**. We are always looking for additional creative committed members to assist with bringing quality CLE topics to the members.

If you are interested and would like more information, email to admin@1stjd.org.

JUDGES AND AWARDS CELEBRATION

The Banquet Committee is now planning for an exciting in-person outdoor celebration in June of 2022. A lot depends on the pandemic status next year but they are hopeful that we can gather in a safe environment to honor the judicial officers and award winners. Watch for more information.

Also, please consider making a nomination for a deserving colleague. This has been a tough year and it is time to celebrate some of the successes we have witnessed.

BEFORE MAKING YOUR NOMINATION, CHECK THE CRITERIA FOR EACH AWARD.

Ex: There is an age or years of service requirement for the George Holley Young Lawyer Award, and several awards require that the recipient be a member of the 1st JD Bar Association– You can send an email to admin@1stjd.org to get a confidential answer about membership or age status.

Award Nomination Form– Go to 1stjd.org, select the Award Nomination form on the bottom left of the first page.

Frederick J. Myers Professionalism Award– This award is to be bestowed upon a member of the First JD Bar Association to honor that attorney who is a model of civility and respect in the legal profession. This is an award to an attorney who demonstrates outstanding professionalism, which is defined as dedication to service to clients in a civil, respectful manner. This award is intended to honor lawyers who demonstrate exemplary ethical conduct, civility and respect, toward all Parties, Counsel, and the Court. Professionalism and civility foster respect and trust between lawyers, the judiciary, and the public. Professionalism serves the best interests of clients, promotes the efficient resolution of disputes, and improves the administration of justice. The attorney honored with this award does not need to be a litigator and his/her area of practice is irrelevant.

Award of Merit–Awarded to the attorney member of the First Judicial District Bar Association who primarily practices in this District, and has provided distinguished service to the Bar and the community deserving of our Association's highest recognition.

George Holley Young Lawyer Award- This is given to an attorney under the age of 37 or in practice for less than 5 years who is a member of the First J.D. Bar and is deserving of recognition for her or his activities with the Bar, the community and in the practice of law. The recipient should be someone who reflects a strong commitment to the legal profession and to community service.

Claudia D. Miller Liberty Bell Award This award is given to an individual who has furthered the interaction of the community and the legal system and provided an uncommon contribution to the system or government as a whole.

Linda T. Palmieri Award for outstanding Service to Children-This is given in recognition of an individual's demonstration of a superior degree of professionalism and commitment to children, and who has worked actively to advance the welfare of children. The individual need not be an attorney, but shall have made significant contribution to the children of the First Judicial District, and the legal system as a whole.

Lisa Harness Memorial Award-This person demonstrates a superior degree of professionalism, knowledge and dedication to the position of a Clerk of the Court and has worked in the judicial system for a least one year. Persons who have consistently demonstrated their commitment to going above and beyond to assure that the judicial system and the public are served with an exceptional degree of service are appropriate nominees.