

THE GBA NEWS DOCKET

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Manisha P. Patel, Esq.
*President of the
Greensboro Bar
Association*

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Message from the President

Dear Members of the Greensboro Bar Association,

As we enter February, I want to take a moment to reflect on the incredible dedication and service our members continue to bring to the Greensboro Bar Association. Your commitment to our profession and our community is what makes this organization thrive, and I encourage each of you to stay engaged as we move forward in 2025.

January was a very busy month for the GBA! We held a wonderful membership meeting on January 16th with our featured speakers Matt Smith, President of the North Carolina State Bar and Peter Bolac, North Carolina State Bar Executive Director. We celebrated member Kimberly B. Gatling with the Centennial Award and honored member Justice Robert Edmunds with the NC State Bar Distinguished Service Award. We held our second annual Ask-A-Lawyer Day on January 20th, 2025, honoring the Martin Luther King, Jr. Day of Service hosted at the Greensboro Chamber of Commerce in Downtown Greensboro. We had over thirty volunteer attorneys providing legal advice and answering questions for over seventy members of our community!

Our committees remain hard at work, making a real impact through their initiatives and service projects. If you haven't already, I urge you to get involved with a committee that aligns with your interests. Whether it's pro bono work, community outreach, or professional development, there are numerous ways to contribute and make a difference. Your participation not only benefits those we serve but also strengthens our legal community. The Herb Falk Society is collecting applications this month from members who provided over seventy-five (75) hours of pro bono legal services beyond the recommended fifty hours by the NC Rules of Professional Conduct Rule 6.1.

Additionally, our Annual Membership Challenge is in full swing! This friendly competition is a great way to connect with colleagues, encourage new membership, and reinforce our commitment to growing the GBA. Let's continue to build momentum and reach our goals together. Also this month, I invite you to attend our virtual Annual CLE on February 27, 2025. This event offers valuable learning opportunities, featuring expert speakers and timely topics that will help us stay informed and equipped in our practices. Don't miss this chance to fulfill your CLE requirements while engaging with fellow members from the comfort of your own space.

From the North Carolina State Bar, Guilford County is in the first quarter group for trust account random audits. This audit period will conclude on April 11, 2025. Keep an eye out for communications from the NC State Bar audit department if you have any questions.

Thank you for your continued support and dedication to our profession and our community. I look forward to seeing your active participation in the months ahead.

Most sincerely,

Manisha P. Patel, Esq.
President, Greensboro Bar Association and the 24th Judicial District

FEBRUARY CALENDAR NOTES

- February 7 Herb Falk Society Reporting Deadline
- February 12 GBA Board Meeting,
4:00 PM, Self-Help Building
- February 13 Mentorship Lunch & Learn,
12:30 PM, Elon Law Room 207
- February 19 Young Lawyers Section Board Meeting,
12:00 PM, Turning Point Litigation
- February 20 Member Lunch,
12:30 PM, Greensboro Country Club
- February 20 Submission Deadline
for March Newsletter
- February 27 Annual CLE Seminar,
9:00 AM, Zoom
- February 27 YLS Networking,
5:30 PM, Abbey Taphouse

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HERB FALK SOCIETY 2024 REPORTING FORM AVAILABLE NOW

The Herb Falk Society was established to honor those members of the Greensboro Bar Association who contribute at least 75 hours of pro bono service each calendar year.

The deadline for reporting pro bono work done in 2024 is February 7, 2025. The reporting has been simplified in recent years.

How to Submit your Pro Bono Hours?

Complete and submit the online Herb Falk Society form [HERE](#) and submit online (or mail to the GBA office if necessary).



Wellness Corner

BarCARES is a confidential, short-term intervention program provided cost-free to members of the 24th Judicial District Bar and other participating judicial district bars, voluntary bar associations and law schools. If you would like additional information about the program and/or its availability in your area, please contact the BarCARES coordinator at 919.929.1227 or 1.800.640.0735 or click on the icon below.

BarCARES[®]

NOTICE

Submissions for consideration for the Greensboro Bar Association Newsletter should be made to Jonathan M. Parisi at jparisi@spanglerestateplanning.com. All written submissions should be made in Word format and should be in complete and final form, and any photographs should be submitted in jpeg format. Any photographs submitted should contain a caption identifying the person or persons in the photograph and, where applicable, other information necessary to understand the context of the photograph. Submissions made in other formats, including e-mail text submissions, may not be considered for publication.

Young Lawyers Section: Connections



Tyler Nullmeyer
is President of the
Greensboro Bar
Association's Young
Lawyers Section and
Associate Attorney
at [Turning Point
Litigation](#).



An Update from YLS

In January, YLS hosted a lunch event at Liberty Oak for its members. It was a great turnout, and we enjoyed connecting with several of our members! We have several exciting upcoming events, including a lunch and learn event and networking event in February. We are also excited for our upcoming spring kickball season, which will begin in March. If you are eligible for YLS and do not currently receive our emails, please email younglawyerssection@greensborobar.org to be added to our email list! Our email list is the best way to receive information about upcoming YLS events.

Upcoming YLS Events:

At 12:30 PM, on **Thursday, February 13, 2025**, YLS will be partnering with the GBA mentorship committee to hold a lunch and learn event at Elon School of Law! Judge Teresa Vincent will be speaking about civility and the importance of mentorship in the legal profession. Lunch will be provided. If you would like to attend, please email younglawyerssection@greensborobar.org to RSVP. This event is open to all GBA members.

At 5:30 PM, on **Thursday, February 27, 2025**, YLS will be hosting a networking event at Abbey Taphouse! All YLS members and their families are invited! Drinks and snacks will be provided. To RSVP, please email younglawyerssection@greensborobar.org.

From 8:00 AM – 12:00 PM, on **Tuesday, March 4, 2025**, YLS will be partnering with Hunter Elementary School for Read Across America Day! We are asking for volunteers to cover one-hour shifts reading to the students. We welcome all GBA members to volunteer for this event. If you would like to volunteer, please email erobertson@crlegalteam.com.

At 2:30 PM, on **Tuesday, April 1, 2025**, YLS will be holding a volunteer service event at Backpack Beginnings in Greensboro. If you would like to participate, please email younglawyerssection@greensborobar.org.

For more information about YLS events & service opportunities, follow us on Facebook (Greensboro Bar Association's Young Lawyers Section) or email us to be added to our email list (younglawyerssection@greensborobar.org).

YLS Member Spotlight: Elizabeth Robertson, Immediate Past President



Elizabeth Robertson

Elizabeth practices personal injury litigation at CR Legal Team, LLP in Greensboro. Elizabeth's favorite part of her job is getting to know her clients and helping ease the stress and discomfort they often experience from navigating the legal system. When asked why she chose to be a YLS board member, Elizabeth stated "I chose to become a YLS board member because I loved the GBA and wanted to find a way to become more involved and develop connections with attorneys that were similarly situated in the Greensboro community."

When asked to identify something she is proud of, Elizabeth responded that she is the first in her family to graduate from college. Her advice for new attorneys is to sit with a different attorney at every GBA meeting, which helps "develop invaluable networking skills and a vast, experienced network quickly."

For more information about Elizabeth and her law firm, visit <https://www.crlegalteam.com/meet-the-team/elizabeth-ray-robertson/>.

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Camille Stell
is President and
CEO of Lawyers
Mutual Consulting
& Services. Continue
this conversation
by contacting
Camille at [camille@
lawyersmutualinc.com](mailto:camille@lawyersmutualinc.com)
or 800.662.8843.

NAVIGATING BURNOUT: A GUIDE FOR SOLO AND SMALL FIRM LAWYERS

The practice of law has long been associated with high stress and long hours. However, for solo and small firm lawyers, the stakes can feel even higher. Balancing the demands of client representation, administrative tasks, business development, and personal obligations can quickly lead to burnout. Understanding the causes, recognizing the warning signs, and implementing proactive strategies can make a crucial difference in maintaining both your mental health and your professional effectiveness.

The Scope of the Problem: Attorney Burnout

Attorney burnout is not a new phenomenon, but its prevalence is cause for concern. A 2021 ABA Profile of the Profession, as well as the 2024 Bloomberg Law Well-Being Report reveal that over 50% of lawyers surveyed experienced symptoms of burnout. The same surveys, one of those taken during the Pandemic, revealed that many lawyers were contemplating leaving the profession altogether due to chronic stress and overwhelming workloads.

A 2023 study conducted by the Institute for Well-Being in Law further highlighted that lawyers in small firms and solo practices are disproportionately affected. Unlike their counterparts in larger firms, these attorneys often lack the structural support to share the burdens of practice management, which exacerbates their risk of burnout.

The Impact of Overwork on Productivity

Research consistently shows that overwork is counterproductive. A Stanford University study found that productivity per hour sharply declines after 50 hours per week, and after 70 hours, the decline is even more significant. Overworked individuals are prone to making more mistakes, requiring more time to complete tasks, and having trouble in creative problem-solving.

The World Health Organization (WHO) has also linked overwork to serious physical and mental health issues, including heightened risks of anxiety, depression, cardiovascular disease, and impaired cognitive function. For

lawyers, whose work often demands precision and sound judgment, the stakes of overwork-related errors are exceptionally high.

Common Signs of Burnout in Lawyers

Recognizing burnout early can prevent long-term harm. Common signs include:

- Emotional exhaustion: Feeling drained and unable to muster energy for tasks that once felt routine.
- Cynicism and detachment: Experiencing a growing sense of disillusionment, irritability, or resentment toward clients and colleagues.
- Reduced effectiveness: Finding it difficult to focus, meet deadlines, or maintain the quality of work.
- Physical symptoms: Headaches, insomnia, frequent illnesses, and gastrointestinal issues are common manifestations of chronic stress.

Contributing Factors to Burnout in Solo and Small Firm Practices

Several factors make solo and small firm lawyers particularly vulnerable:

1. Lack of Delegation: Many solo practitioners handle every aspect of their practice, from legal work to billing and marketing.
2. Unpredictable Income: Fluctuating cash flow and financial pressures can add to stress.
3. Boundary Erosion: Without clear boundaries, work often spills into evenings, weekends, and even vacations.
4. Isolation: Solo practitioners may feel isolated due to a lack of professional support or peer collaboration.

Strategies for Managing and Preventing Burnout

Effective time management can be a powerful antidote to burnout. Consider the following tips:

- Set Priorities: Identify your most critical tasks each day and focus on completing those before less urgent matters.
- Use the Pomodoro Technique: Work in focused intervals (e.g., 25 minutes) followed by a short break to prevent mental fatigue.
- Automate Routine Tasks: Use legal practice management software to automate tasks like client intake, document management, and billing.

Delegate or outsource when possible. For solo practitioners, it may feel impossible to

Continued on page 4

ASK-A-LAWYER DAY 2025 IS HUGE SUCCESS!

What a remarkable achievement and fantastic way to honor Martin Luther King Jr. Day of Service! With an impressive turnout of 68 sign-ins, it was heartwarming to see the community come together at our ASK-A-LAWYER Day, with some individuals seeking assistance for multiple legal challenges.

Thanks to the dedicated efforts of over 30 remarkable attorneys from the Greensboro Bar Association, we were able to assist over 75 individuals with their legal issues.

Overall, more members of the public sought answers to questions about Wills & Estates (21), Family Law (9), Real Property (8), Landlord-Tenant Law (6), and Employment Law (5). But there were also multiple questions about Medical Malpractice, Elder Care Law, Disability and Medical Benefits, Education Law, Intentional Torts, Criminal Law and Expungement, and Collections/ Consumer Law.

“We were humming along close to full capacity for several hours,” reported Pro Bono Committee Co-Chair Jon Wall. “A special thanks to our media partners WGHP-Fox8 and WFMY-2 for helping us get the word out, along with Triad City Beat, WNAA Radio and Yes! Weekly,” he continued. Co-Chair Theodora Vaporis continued: “The Greensboro Chamber of Commerce volunteered their facility, and its staff volunteered their time to help make this event successful. Of course, our biggest thanks goes out to the GBA volunteer attorneys!”

A huge thank you to all the volunteer attorneys for your hard work and commitment to making a difference in our community! Your contributions are truly invaluable, and together, we are creating a brighter future for those in need.

The following attorneys spent their day or part of their day with us or assisted in preparing for the big day:

ShaKeta Berrie
Fred Berry
Robert Douglas
Kimberly Gatling
Christon Halkiotis
Perry Henson
Jason Hicks
Thomas Hockman

Kya Johnson
Jeffrey Jones
Shanelle Joyner
Amy Klass
Davis McDonald
Eliu Mendez
Erin Neely
Jonathan M. Parisi

Manisha Patel
Jan Pritchett
Srikanth Reddy
Nicole Scallon
Kurt Seeber
Abigail Seymour
Alex Snow
David Spangler

Donald Sparrow
Gray Styers
Claire Thompson
Ian Vance
Theodora Vaporis
Gerald Walden
Jon Wall
Peter Zellmer

Elon Law Students Shea Floyd, Addie Lose, Renata Navarro and Jacy Romero provided valuable help. Your contributions are truly invaluable, and together, we are creating a brighter future for those in need.



KIMBERLY BULLOCK GATLING PRESENTED WITH 2025 CENTENNIAL AWARD

The 2025 Centennial Award for outstanding and exemplary community service was presented to Kimberly Bullock Gatling at the GBA member meeting on January 16, 2025.



Kimberly Gatling, Jennifer Mencarini (Awards Committee Chair)

Kim is a proud graduate of the North Carolina Agricultural & Technical State University (NC A&T), where she earned a Bachelor of Science in Electrical and Electronics Engineering and became a member of Delta Sigma Theta Sorority, Inc. She has continued her connection to and engagement with the NC A&T community in multiple ways. She is the current chair of its Board of Trustees and previously served on the Search Advisory Committee working to make recommendations for the replacement of NC A&T's long-serving Chancellor, Harold L. Martin, Sr., who retired in 2024. Kim also previously served as a member of the NC A&T Board of Trustees, on its Real Estate Foundation, and as the Board of Visitors chair.

Kim earned her law degree from the George Washington University School of Law and has been practicing law with distinction in North Carolina since then. Kim is a partner at Fox Rothschild, where, in 2023, she was elected by her peers to the firm's Executive Committee and has served as Chief Diversity & Inclusion Officer since 2020.

Kim has made a meaningful impact in North Carolina throughout her career, particularly considering how few Black women lawyers practice in the IP space. She has blasted through structural and systemic barriers for people of color, both in her life and in her career, and she works ceaselessly to create more equitable opportunities for other lawyers in our state. Kim currently serves as a mentor in the Triad Business Journal's Mentoring Monday Program.

Fox Rothschild had never had a Chief Diversity & Inclusion Officer (CDIO) before appointing Kim to that role. As the CDIO, Kim works to develop and implement programs and policies that support the firm's goals of increasing and promoting a diverse workforce and inclusive environment at all levels of firm operations. Her leadership has been instrumental to Fox's development of comprehensive programs and policies that promote a more diverse workforce, inclusive environment, and equitable outcomes.

The words "community service" are insufficient to describe what Kim does for the communities of which she is a member. Her work in support of community-building efforts is nothing short of extraordinary. In addition to her previously described service to NC A&T, she is a past chair of the Moses Cone-Wesley Long Community Health Foundation's Board of Directors. The Foundation envisions a Greensboro where health inequities no longer exist and works to eliminate them by advocating for and investing in community-driven solutions. Kim is a past chair of the United Way of Greensboro's Board of Directors, and during her tenure, she led the Board through strategic planning and a national search for a Chief Executive Officer. She has also served on the boards of Habitat for Humanity, the Gateway Research Park, the Women's Resource Center, and as a member of the NCBA Board of Governors.

Kim applies her extensive knowledge and deep experience to her role as a Director for Culp, Inc., a public company headquartered in High Point, NC, and as a Director on Truliant Federal Credit Union's Board.

In addition to all that Kim does for her clients, the firm, and the community, she is a dedicated partner to husband Danny and mom to three exceptional young men, and a devoted daughter, sister, and aunt. She never hesitates to make time for her family, sorors, and friends, even with all she has on her plate.

Kim personifies a lawyer-leader and community servant, and the GBA is happy to present her with the Centennial Award.



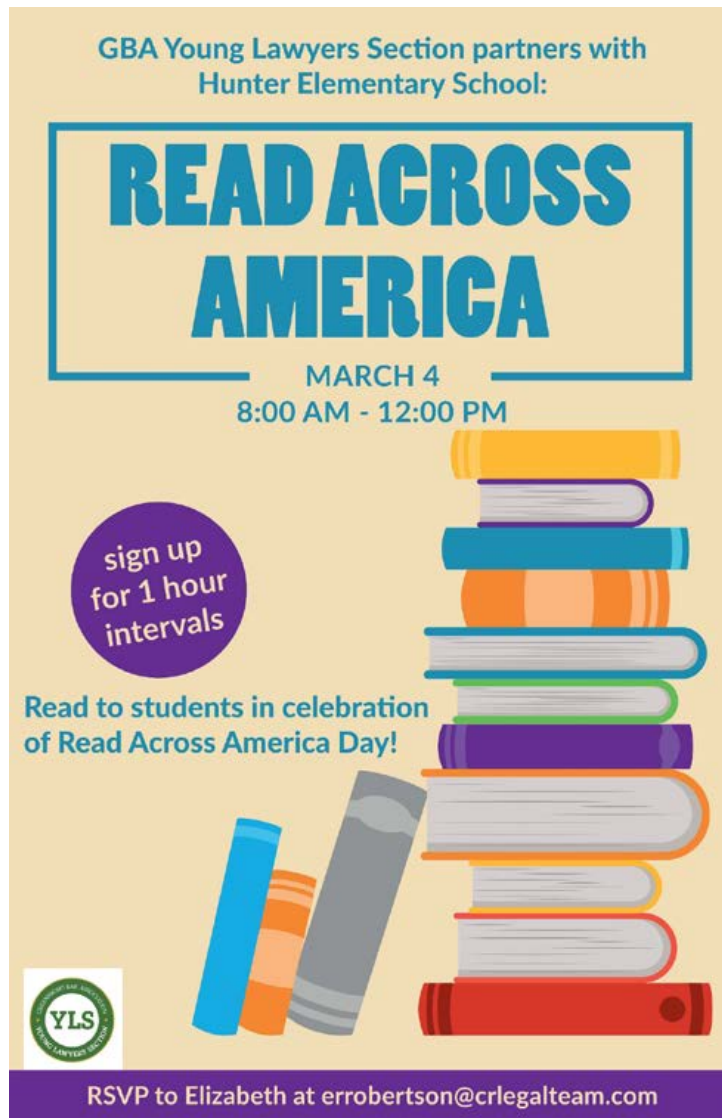
Peter Bolac (NCSB), Manisha Patel, Justice Robert Edmunds, Kimberly Gatling, Matthew Smith (NCSB), Judge Patrice Hinnant

YLS SEEKING VOLUNTEERS FOR READ ACROSS AMERICA 2025

The Young Lawyers Section is organizing a Read Across America event at Hunter Elementary School which is scheduled for **Tuesday, March 4, 2025**. All GBA members are invited!

YLS is asking for volunteers to read to students for a one-hour shift between 8AM and 12PM.

If you would like to volunteer, please RSVP to Elizabeth Robertson at erobertson@crlegalteam.com




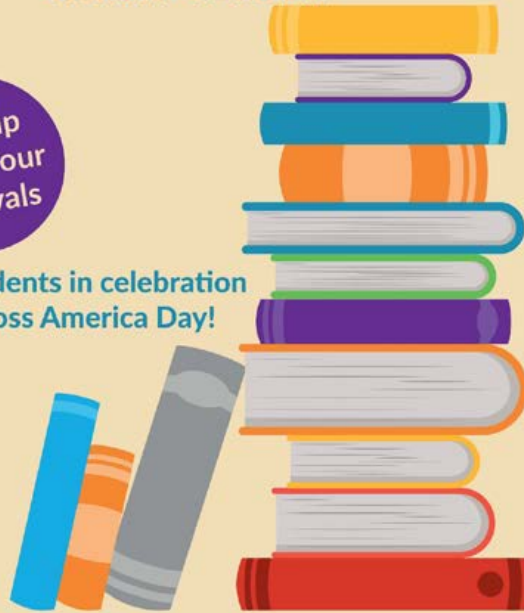
GBA Young Lawyers Section partners with Hunter Elementary School:

READ ACROSS AMERICA

MARCH 4
8:00 AM - 12:00 PM

sign up for 1 hour intervals

Read to students in celebration of Read Across America Day!



RSVP to Elizabeth at erobertson@crlegalteam.com

YLS LUNCH & LEARN EVENT

Please join us for a lunch and learn event at Elon School of Law (201 N. Greene St., Greensboro, NC 27401, Room 207). The event will feature a presentation from Judge Teresa Vincent regarding civility and the importance of mentorship in the legal profession. The event is scheduled for 12:30-1:30 PM on **Thursday, February 13th**. Lunch will be provided. To RSVP, please email younglawyerssection@greensborobar.org.

This event is NOT eligible for CLE credit.



Greensboro Bar Association
Young Lawyers Section

LUNCH AND LEARN

YLS invites you to join us for a lunch and learn event featuring Judge Teresa Vincent.

Thursday February 13 12:30-1:30 PM	Elon School of Law Room 207 201 N. Greene St.
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Lunch will be provided. Please RSVP to younglawyerssection@greensborobar.org.

DONATE TO HUNTER ELEMENTARY SCHOOL!

In the spirit of the GBA's theme of "Service to Others" this year, the Young Lawyers Section has partnered with Hunter Elementary School to provide our young students with the resources necessary to succeed in school, such as school supplies and educational opportunities outside of the classroom.

Scan here to make a generous donation to our future leaders!



THE GREENSBORO BAR ASSOCIATION PRESENTS

A BENEFIT FOR LEGAL AID OF NORTH CAROLINA

Saturday, March 29, 2025
5:00PM-7:30PM

Boxcar Bar + Arcade
120 W Lewis Street

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Law Firm Carolinas
Marc Trigilio
Garrett Walker Aycoth & Olson

Elon School of Law
ER Law
Law Office of Manisha P. Patel

Admission

\$60 - Early Bird ends 2/28
\$70 - Advance before 3/28
\$75 - At the door

or mail a check payable to
GBA Foundation to:
P.O. Box 1825
Greensboro, NC 27402

Click or Scan to Register Online!



REGISTER FOR GREENSBORO BAR ASSOCIATION VIRTUAL 2025 ANNUAL CLE SEMINAR

WHEN: February 27, 2025, 9AM-5PM

WHERE: Zoom (Virtual Only)

Please join the GBA for our Annual CLE Seminar! This is the sole fundraiser for the Greensboro Bar Association Foundation, providing support for its community grants program.

This year, we are excited to expand our course offerings to **SIX** continuing legal education credit hours (pending approval).

Register online at [Annual CLE Seminar Registration](#)

Or

Register by Mail: Mail check and completed [Registration Form 2025](#) to GBA office.



Cost:

- Young Lawyers Section Member: \$85

Early Bird Deadline: Through February 22, 2025

- Members: \$110
- Non-Members: \$130

Regular Deadline: After February 22, 2025

- Members: \$130
- Non-Members: \$150

NC State Bar CLE Credit Pending Approval: 6.0 hours

- 1.5 Hours of General
- 1.5 Hours of Professional Well-being
- 1 Hour of Ethics
- 2 Hours of Technology

Topics Included

- Digital Security for Lawyers and Firms
- Beyond the Buzz: Applications of ChatGPT for Lawyers
- A.I. Tools in Legal Research
- Mental Health in the Technology Age (or “Help, I Can’t Put Down My Phone”)
- Ethics in the use of A.I.

GREENSBORO BAR ASSOCIATION FOUNDATION ANNOUNCES FELLOWS PROGRAM

The purpose of the Greensboro Bar Association (“GBA”) Fellows program is two-fold. First, to recognize members who have distinguished themselves in the profession by electing them to membership as “Fellows.” Secondly, to allow the Greensboro Bar Association Foundation to continue to operate and support various law-related charities, as well as to support other purposes for which the Foundation was established.

The membership will be limited to a maximum of ten percent (10%) of the GBA membership (currently 800 members). The first class will be 20 members. Going forward, the classes will be around eight (8) members. Each fellow will pledge to contribute \$2,000 in either a one-time gift or over a five (5) year period.

The first class of fellows will be announced at the GBA membership meeting in April 2025.

To nominate a fellow use the form or access an online nomination form by **March 1, 2025**.

Nominations can be submitted [HERE](#).

The Fellows Committee consists of:

Manisha Patel, GBA President

Davis McDonald, GBA Treasurer

Jason Hicks



GBA MEMBER SPOTLIGHT: JEFFREY JONES



Jeffrey Jones

Jeffrey Jones has been practicing law for 30 years, after earning his undergraduate degree from Northwestern University and his Juris Doctorate from Rutgers University School of Law. He currently operates his solo practice, J.T. Jones Law, PLLC, based in downtown Greensboro.

Jeffrey's practice focuses on transactional entertainment law, intellectual property, and estate administration.

Over the years, he has worked extensively in the music industry, representing talent, writers, musicians, performers, producers, and creators, as well as handling transactions on the label and business side. One of the highlights was attending the Grammy Awards Ceremony with a client that won a Grammy. In the literary publishing world, Jeffrey has represented both authors and creators, as well as book publishers, and facilitated numerous transactions. Within the film industry, his work primarily centers on the production sector.

Earlier in his career, Jeffrey served as a Certified NFL Contract Advisor and worked in sports marketing, which provided valuable insights into contract negotiations and brand management. Today, much of the firm's intellectual property work involves the exploitation of publicity rights, name, image, and likeness (NIL), and the protection of properties and brands.

A unique aspect of Jeffrey's practice lies in the intersection of estate administration and entertainment law. Creators and entertainers often possess substantial earning potential postmortem, making it crucial to align estate planning and administration with the protection and management of their intellectual property and legacy.

What is a recent legal case or project you worked on that you found particularly rewarding or challenging?

The most challenging case I've ever worked on is an estate administration matter for a world-famous movie star who passed away intestate over 30 years ago. I was brought on as counsel four years ago to represent one of the heirs. For decades, the two heirs have been locked in a bitter

battle, leaving millions of dollars in potential licensing fees untapped. These lost opportunities include publicity rights, name, image, and likeness (NIL) rights, as well as film, merchandising, streaming, social media, and endorsement deals.

We are now incredibly close to resolving the differences between the heirs and positioning the estate to generate significant income. However, just as it seems all issues are resolved, an unexpected hurdle inevitably arises. Despite these challenges, I remain hopeful and optimistic that we will soon reach a resolution, allowing the estate to fully capitalize on its valuable NIL rights and create meaningful financial benefits for the heirs.

This case highlights an essential lesson for practitioners—estate attorneys and beyond: always advise your clients to establish an estate plan, even something as simple as a basic Last Will and Testament. I once heard the saying, "If you hate your spouse, children, or heirs, don't create a will—and they'll fight over your assets for the rest of their lives." It's a stark but accurate reminder of the chaos that can ensue when estate planning is neglected.

No one wakes up thinking, "Today is the day I'll die unexpectedly." This case is a sobering example of the turmoil that can arise when such planning is ignored. A little preparation can prevent years—if not decades—of legal and financial conflict.

What is one lesson you've learned during your career that you think is important for others to know?

In my years of practicing law, I've learned that the most important quality of a good advocate is recognizing that every client comes to you with a real, often urgent, legal need. They seek your expertise, wisdom, compassion, and guidance—but above all, they need to feel heard. Clients want to know you genuinely understand their concerns and will work diligently to achieve the best possible outcome for their case.

While our profession is demanding, with constant pressures and never enough hours in the day to tackle our workload, taking the time to truly listen to our clients is essential. Without it, we risk losing the trust and confidence that make our practice sustainable—and successful.



JUSTICE ROBERT EDMUNDS HONORED WITH NC STATE BAR JOHN B. MCMILLAN DISTINGUISHED SERVICE AWARD

The Greensboro Bar Association proudly announces that Justice Robert Edmunds has been awarded the prestigious North Carolina State Bar John B. McMillan Distinguished Service Award. The honor was presented at the Greensboro Bar Association's member meeting on January 16, 2025, by the 2025 North Carolina State Bar President Matthew Smith and North Carolina State Bar Executive Director and Secretary Peter Bolac.

The John B. McMillan Distinguished Service Award is the highest honor bestowed by the North Carolina State Bar to recognize exemplary service to the legal profession and the public. Justice Edmunds' dedication to the practice of law, commitment to ethical standards, and unwavering service to the community have made him a worthy recipient of this distinguished award.

Justice Edmunds has had a remarkable legal career, serving with distinction on the North Carolina Supreme Court and the North Carolina Court of Appeals. Throughout his career, he has been a steadfast advocate for justice, professionalism, and mentorship within the legal community. His contributions extend beyond the courtroom, as he has been actively involved in numerous civic and professional organizations, furthering the mission of access to justice and the betterment of the legal profession.

"Justice Edmunds embodies the very essence of service and dedication that this award represents," said Manisha Patel, President of the Greensboro Bar Association. "His impact on our profession and our community is immeasurable, and we are honored



Matthew Smith (NC State Bar President), Justice Edmunds

to celebrate his achievements." The Greensboro Bar Association congratulates Justice Edmunds on this well-deserved recognition and thanks him for his invaluable contributions to the legal profession and the broader community.

For more information about the North Carolina State Bar John B. McMillan Distinguished Service Award, please visit <https://www.ncbar.gov/bar-programs/distinguished-service-award/> or contact slever@ncbar.gov.

YOUNG LAWYERS SECTION: CONNECTIONS CONTINUED FROM PAGE 3

New YLS Email Address

YLS has a new email address, younglawyerssection@greensborobar.org. YLS is taking this moment to update its email list. YLS is a free GBA section for attorneys of any age who have been practicing for 5 or less years, or attorneys 40 years of age or younger. If you satisfy one or both of these criteria and would like to be included on emails about upcoming events, please email younglawyerssection@greensborobar.org. We look forward to connecting with all YLS eligible members of GBA!

Connect with YLS:

To provide feedback & suggestions for future events/programming, please email the Young Lawyers Section at younglawyerssection@greensborobar.org. For more information about YLS events & service opportunities, follow us on [Facebook: Greensboro Bar Association's Young Lawyers Section](#).

The Young Lawyers Section would like to celebrate the personal milestones and professional accomplishments of its members. Email YLS at younglawyerssection@greensborobar.org to share achievements that you would like celebrated.



WILLIAM OLIVER MOSELEY, JR.

February 1, 1935 – January 4, 2025

William Oliver Moseley, Jr., 89, of Greensboro, North Carolina, passed away peacefully on Saturday, January 4, 2025, after a brief illness.

Born in Clarksville, Virginia, Bill was the son of William Oliver Moseley Sr. and Corrie Ellen Crumpton. He grew up in South Hill, Virginia, and attended Hampden-Sydney College, where he was a proud member of Chi Phi Fraternity. Following his years there, Bill served his country honorably in the U. S. Army, stationed in Vicenza, Italy, for two years. Upon his return, he began a career in the insurance industry in Richmond, Virginia. It was there that he met the love of his life, Betty Thornton Easley, on a blind date. They recently celebrated 64 wonderful years of marriage.

Bill and Betty's journey together took them to several cities before they settled in Greensboro in 1970 with Pilot Life Insurance Company.

Later in life, Bill made the decision to change careers and attended Wake Forest University School of Law, graduating in 1981. He established a distinguished career as an attorney, concentrating his practice in bankruptcy law. Bill was a respected court-appointed trustee who guided countless individual through difficult times with compassion and professionalism. He was a member of the Greensboro Bar Association.

A man of deep faith, Bill was known for his heartfelt blessings at mealtime and his unwavering commitment to serving others. He was a faithful member of Christ United Methodist Church and served as a trustee, Lay Leader, Stephen Minister, choir member, and Sunday School teacher for both high school students and adults for many years. He was an active member of the Rotary Club of Greensboro and the Hamilton Lakes Civitan Club.

Bill is survived by his devoted wife, Betty, a registered nurse who lovingly cared for him, especially in his later years; and a sister, Harriette M. Fogarty of Pawleys Island, South Carolina. A proud and supportive grandfather, Bill is also survived by his three daughters: Hardy M. Pinnix; Blair M. McDow (Bill) of Columbia, South Carolina; and Corrie M. Weaver (Mark); and five cherished grandchildren: Eliza McDow of Charlotte, North Carolina; Will McDow of Atlanta, Georgia; Christian Weaver of Petersburg, Virginia; Hope Privette (Emma) of Greensboro, North Carolina; and Gray Weaver of Chicago, Illinois.

Bill's life was marked by integrity, faith, and love for his family and community. He will be dearly missed but fondly remembered by all who had the privilege of knowing him.



JEFFREY THOMAS WORKMAN

October 14, 1969 – December 13, 2024

Jeffrey Thomas Workman of Greensboro, born on October 14, 1969, in Greensboro, North Carolina, passed away peacefully at his home on December 13, 2024, at the age of 55.

Jeffrey was a dedicated attorney for 31 years, serving recently with distinction at the Law Firm of Paula A. Wells until his passing. His commitment to the law and his clients was unwavering, and he was a respected member of the legal community, evidenced by his active involvement with the Greensboro Bar Association.

A lifelong learner, Jeffrey attended the University of North Carolina at Chapel Hill before furthering his education at Wake Forest University Law School in Winston-Salem, North Carolina. His passion for knowledge extended beyond his professional life; he was an avid reader and enjoyed the solace and inspiration found in books.

At the tender age of five, Jeffrey accepted Christ as his Savior at Westover Church, a moment that marked the beginning of a lifelong journey of faith. He later became a devoted member of Westminster Presbyterian Church, where he found a spiritual home and community.

In addition to his professional and spiritual pursuits, Jeffrey had a deep love for music and sports, especially playing golf with his father. He found joy in listening to music and was a fervent supporter of UNC Sports and the New York Yankees, cheering them on with enthusiasm through every season.

Jeffrey will be deeply missed by all who knew him, but his legacy will live on in the hearts of those he touched throughout his life.

CELEBRATING EXCELLENCE: TWO ATTORNEYS AT LAW FIRM CAROLINAS REACH MAJOR MILESTONES



Andrew Brower

Andrew Brower Named Certified Specialist in Estates Planning & Probate Law

Attorney Andrew Brower of Law Firm Carolinas has achieved the designation of Board-Certified Specialist in Estate Planning & Probate Law. Requirements for legal specialization include substantial involvement in the practice area for at least 5

years, significant continuing legal education credits in the specialty area, positive peer review, and a successful score on a comprehensive six-hour written examination.



Carole Albright

Carole Albright Elected 2025 National Treasurer of ACPL

Attorney Carole Albright of Law Firm Carolinas has been elected as the 2025 National Treasurer of the American College of Parliamentary Lawyers (ACPL). The ACPL honors attorneys who have demonstrated exceptional expertise in parliamentary law, serving as advisors to

conventions, condominium and homeowner associations, governmental bodies, and nonprofit organizations. Albright is a Professional Registered Parliamentarian and a Fellow in the ACPL.

NATALIE C. FOLMAR NAMED MANAGING PARTNER OF TUGGLE DUGGINS P.A.



Natalie C. Folmar

Tuggle Duggins recently announced that GBA member Natalie C. Folmar has been named managing partner of the Greensboro-based law firm, and released the following press release on January 21, 2025 to announce the exciting news:

“As we celebrate 50 years of client service and success, we are thrilled to have Natalie leading our continued growth,”

said Partner and Management Committee Member D. Ross Hamilton, Jr. “Natalie has a distinguished reputation for her dedicated service and leadership to our clients, our firm, and our community. We are confident she will uphold our firm’s values and commitment to unparalleled client service.”

Natalie has been with Tuggle Duggins for nearly two decades and has served as a member of the firm’s management committee for seven years. Additional members of the firm’s management committee include partners Michael J. Wenig, D. Ross Hamilton, Jr., Jeffrey S. Southerland, and Erin C.V. Bailey. After nine years of dedicated leadership as managing partner, J. Nathan Duggins, III, will serve the firm as chairman of the board and will continue to be instrumental in the firm’s growth and service to clients.

“I am honored to serve in this position and to continue the firm’s legacy of dedicated service to businesses and their owners,” said Natalie. “Having joined Tuggle Duggins as a summer clerk and spending my career with the firm, I am proud to drive the firm’s strategic and thoughtful growth as we continue to provide solutions for our clients’ interests locally, regionally, nationally, and internationally. Serving clients is at the heart of what we do—which wouldn’t be possible without our incredible attorneys and staff. I have the highest esteem for our team, and I look forward to leading our continued collaborative and business-minded approach to serving as entrusted partners to our many longstanding clients.”

Natalie guides companies on matters relating to acquisition and divestiture as well as the day-to-day operations of their businesses. Having served for a period as inside counsel with a firm client, she understands the essential need for efficient, accurate, and practical legal representation. She is a member of the Greensboro Bar Association, North Carolina Bar Association, and American Bar Association. She serves on the board of the Guilford Education Alliance and recently taught as an adjunct professor at Elon School of Law. Natalie is a graduate of the University of North Carolina School of Law and the University of North Carolina-Charlotte.

MANISHA P. PATEL NAMED TO NC LAWYERS WEEKLY'S "LEADERS IN THE LAW" FOR THE SECOND TIME

GBA President Manisha P. Patel, a distinguished family law attorney and community leader, has been named to NC Lawyers Weekly's prestigious *NC Excellence in Law: Leaders in the Law* list for 2025. This marks her second recognition, the first being in 2020.

The Leaders in the Law award honors attorneys who exemplify excellence in the legal profession, make significant contributions to the legal community, and demonstrate a steadfast commitment to service. Patel's recognition reflects her unwavering dedication to her clients, the law, and her community.

Patel's leadership roles are extensive. In addition to her role as President of the Greensboro Bar Association and President of the 24th Judicial District, she is also an elected Councilor for the 24th Judicial District of the North Carolina State Bar and serves on the Board of the North Carolina Mock Trial Program. Additionally, Patel serves on the Board for the National Conference of Women's Bar Associations and is the elected Liaison to the American Bar Association Commission on Women in the Profession. Her past leadership roles include serving as President of the North Carolina Association of Women Attorneys in 2019 and 2020.

Her accolades include being named among the Triad Business Journal's Top 40 Leaders Under 40 in 2019, being selected for the North Carolina Bar Association's

Young Lawyers Division Pro Bono Award in 2019, and receiving the Greensboro Bar Association's Pro Bono Award in 2020. She has also been recognized as a Super Lawyers Rising Star from 2019 through 2025 and was included in Business North Carolina's Legal Elite for Family Law 2018- 2020 and 2022-2025 and named to the National Association of Women Lawyers *Rising List* for 2024.

"I am deeply honored to be recognized among such esteemed colleagues for a second time," Patel said. "This award is a reflection of the incredible support I've received from my peers, my clients, and the community I am privileged to serve."

Patel's commitment to pro bono work is evident through her extensive volunteer efforts, including serving as a Guardian ad Litem for Guilford County since 2019. Her leadership and service continue to inspire attorneys to embrace their roles as advocates and changemakers.

For more information about NC Lawyers Weekly and *Excellence in Law: Leaders in the Law* award, please visit <https://nclawyersweekly.com/event/nc-excellence-in-law/>.

CITIZEN LAWYER AWARD NOMINATIONS OPEN

Do you know a citizen lawyer dedicated to volunteering their time for worthy community or civic causes to improve the quality of life of their local or statewide communities? Nominate them for a North Carolina Bar Association Citizen Lawyer Award to be recognized for their longstanding commitment and dedication to volunteering to inspire other lawyers to invest their time and talents in service-oriented activities.

The submission deadline is **February 27, 2025**.

For more information: <https://share.ncbar.org/toolkit/4491da2b-9dca-4b21-ba13-336a48c94b2a>



delegate, but there are affordable solutions:

- **Virtual Assistants:** Hiring a part-time virtual assistant to handle administrative tasks can free up valuable time.
- **Freelance Attorneys:** Consider outsourcing legal research or drafting tasks to freelance attorneys when your workload becomes overwhelming.

Establish clear boundaries. Boundaries are crucial to preventing work from overtaking your personal life.

Consider these strategies:

- **Set Office Hours:** Communicate your availability to clients and avoid checking emails after business hours.
- **Create a Separate Workspace:** If working from home, dedicate a specific area as your office to maintain a clear separation between work and personal life.
- **Take Regular Breaks:** Schedule regular breaks throughout the day to decompress and recharge.

Prioritize physical and mental health. Physical health and mental well-being are essential components of productivity and resilience:

- **Exercise:** Aim for at least 30 minutes of moderate physical activity most days of the week.
- **Sleep Hygiene:** Establish a consistent sleep schedule and create a calming pre-bedtime routine.
- **Mindfulness Practices:** Practices like meditation, yoga, or deep breathing exercises can help manage stress and improve focus.

Seek support and build connections. Isolation can intensify burnout. Strengthen your support network by:

- **Joining Professional Groups:** Participate in bar associations or legal networking groups.
- **Seeking Mentorship:** Connect with other solo and small firm attorneys who can offer guidance and support.
- **Therapeutic Support:** Don't hesitate to seek professional counseling if feelings of burnout or anxiety persist.

Take time off. Many lawyers resist taking vacations out of fear of falling behind or missing client opportunities. However, time off is crucial for rejuvenation.

- **Plan Ahead:** Notify clients in advance and delegate urgent matters to trusted colleagues or temporary coverage.
- **Unplug:** Make a concerted effort to disconnect from work-related communication during your time off.

Evaluate your workload. Regularly reviewing your workload can help you identify patterns contributing to burnout. Ask yourself:

- Which clients or types of cases are most draining?
- Are there cases you can decline or refer out to protect your well-being?
- Can you adjust your fee structure to align with the time and effort required for certain matters?

The cost of ignoring burnout can be severe and can lead to significant personal and professional consequences. Studies show that burned-out professionals are more likely to experience relationship strain, professional dissatisfaction, and even malpractice claims due to errors or missed deadlines. In extreme cases, burnout can lead to attorneys exiting the profession entirely, taking with them years of expertise and dedication.

Signs It May Be Time to Seek Professional Help

If burnout symptoms persist despite implementing changes, professional help may be necessary. Consider reaching out to a mental health professional if you experience:

- Persistent feelings of hopelessness or apathy
- Difficulty maintaining daily functioning
- Panic attacks, severe anxiety, or depressive episodes

Organizations like the Lawyer Assistance Program (LAP) offer confidential support and resources tailored to legal professionals facing mental health challenges.

Building a Sustainable Practice

Burnout is a serious, yet preventable, issue for lawyers. By adopting proactive time management strategies, setting firm boundaries, prioritizing well-being, and seeking support, lawyers can build practices that are not only successful but also sustainable. Recognizing the signs of burnout early and taking decisive action can lead to a more balanced, fulfilling career.

Ultimately, caring for yourself is not a luxury—it's a necessity for providing the best possible service to your clients and fostering a healthy, rewarding legal career.

Camille Stell is the co-author of the book, RESPECT – An Insight to Attorney Compensation Plans available from Amazon. Continue this conversation by contacting Camille at camille@lawyersmutualconsulting.com or 800.662.8843.

