



**MILITARY AND VETERANS LAW SECTION
OF THE STATE BAR OF TEXAS FALL 2024**

OCTOBER 12, 2024

LUBBOCK, TEXAS

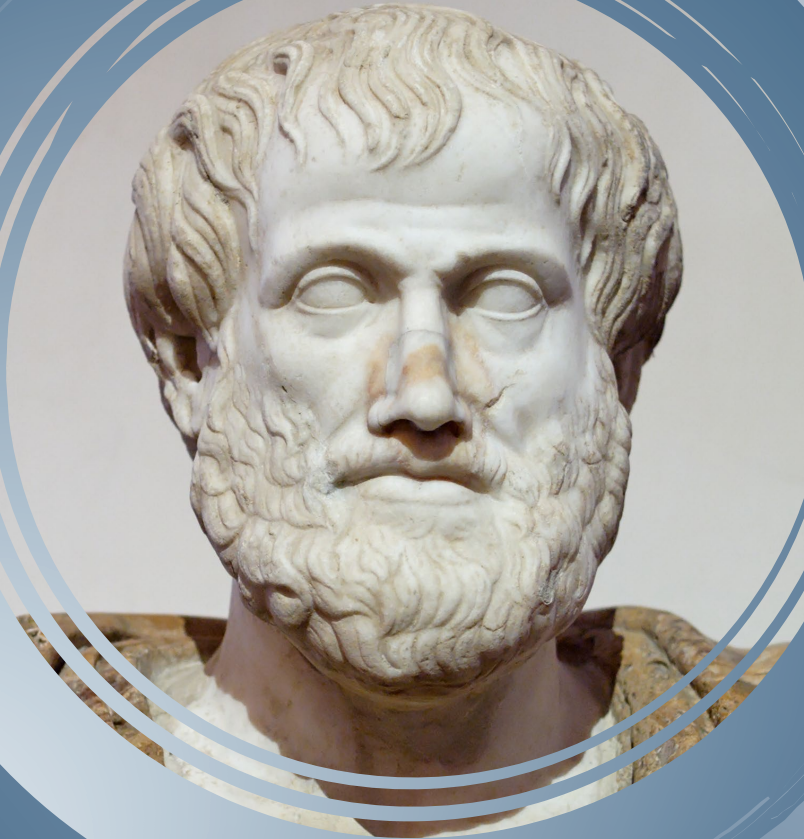
Client/Attorney Mental Health Awareness



HOUSEKEEPING

**“IT IS NOT ENOUGH TO WIN A WAR; IT IS MORE
IMPORTANT TO ORGANIZE THE PEACE.”**

ARISTOTLE



ARISTOTLE'S PHILOSOPHY

HUMAN CONFLICT IS SO INCREDIBLY COMPLEX
WE MUST ORGANIZE THE PEACE

Two kinds of tired;
one needs rest, one needs peace



Veterans



VAs around Lubbock

Lubbock Vet Center

- 3106 50th Lubbock, TX
- 806-792-9782

VA Hospital

- Lubbock

VA Clinics

- Lubbock



Infantrymen

“infantry service person”



CRAYONS

HAPPY
24th
BIRTHDAY
MARINES

It occurred to me that the services could be characterized by different breeds of dogs:

The Air Force reminded me of a French Poodle. The poodle always looks perfect... sometimes a bit pampered and always travels first class. But don't ever forget that the poodle was bred as a hunting dog and in a fight it's very dangerous.

The Army is kind of like a St. Bernard. It's big and heavy and sometimes seems a bit clumsy. But it's very powerful and has lots of stamina. So you want it for the long haul.

The Navy, God bless us, is a Golden Retriever. They're good natured and great around the house. The kids love 'em. Sometimes their hair is a bit long... they go wandering off for long periods of time, and they love water.

Marines I see as two breeds, Rottweilers or Dobermans, because Marines come in two varieties, big and mean or skinny and mean. They're aggressive on the attack and tenacious on defense. They've got really short hair and they always go for the throat. That sounds like a Marine to me!

So what I really like about Marines is that first to fight isn't just a motto, it's a way of life. From the day they were formed at Tun Tavern 221 years ago, Marines have distinguished themselves on battlefields around the world. From the fighting tops of the Bonhomme Richard, to the sands of Barbary coast, from the swamps of New Orleans to the halls of Montezuma, from Belleau Wood, to the Argonne Forest, to Guadalcanal, and Iwo Jima, and Okinawa and Inchon, and Chosin Reservoir and Hue City and Quang Tri and Dong Ha, and Beirut, and Grenada, and Panama, and Somalia and Bosnia and a thousand unnamed battlefields in godforsaken corners of the globe --Marines have distinguished themselves by their bravery, and stubbornness and aggressive spirit, and sacrifice, and love of country, and loyalty to one another.

They've done it for you and me, and this country we all love so dearly. They asked for nothing more than the honor of being a United States Marine.

That's why I like Marines.

United States Air Force





US Army

US Navy





US Marines





Coast Guard/Space Force

22 a Day

DD 214

The image shows a DD Form 214, a standard military discharge document. The form is filled out with handwritten information. Key sections include:

- Section 1:** Name (Last, First, Middle), Service Number, and Dates of Service (From and To).
- Section 2:** Component (Branch of Service), Grade or Rate, and Component Number.
- Section 3:** Discharge Status (e.g., Honorable, General, Other Than Honorable).
- Section 4:** Remarks and other administrative notes.

The form is placed on a wooden surface, and the background is a plain wall.

30 boxes total

**Focus on
box 13 and 18**

Box 13

Get the Citation

Awards and Citations

- Bronze star
- Navy Achievement Medal
- Purple Heart
- Good Conduct Medal
- Meritorious Mast

DIDN'T GET CAUGHT

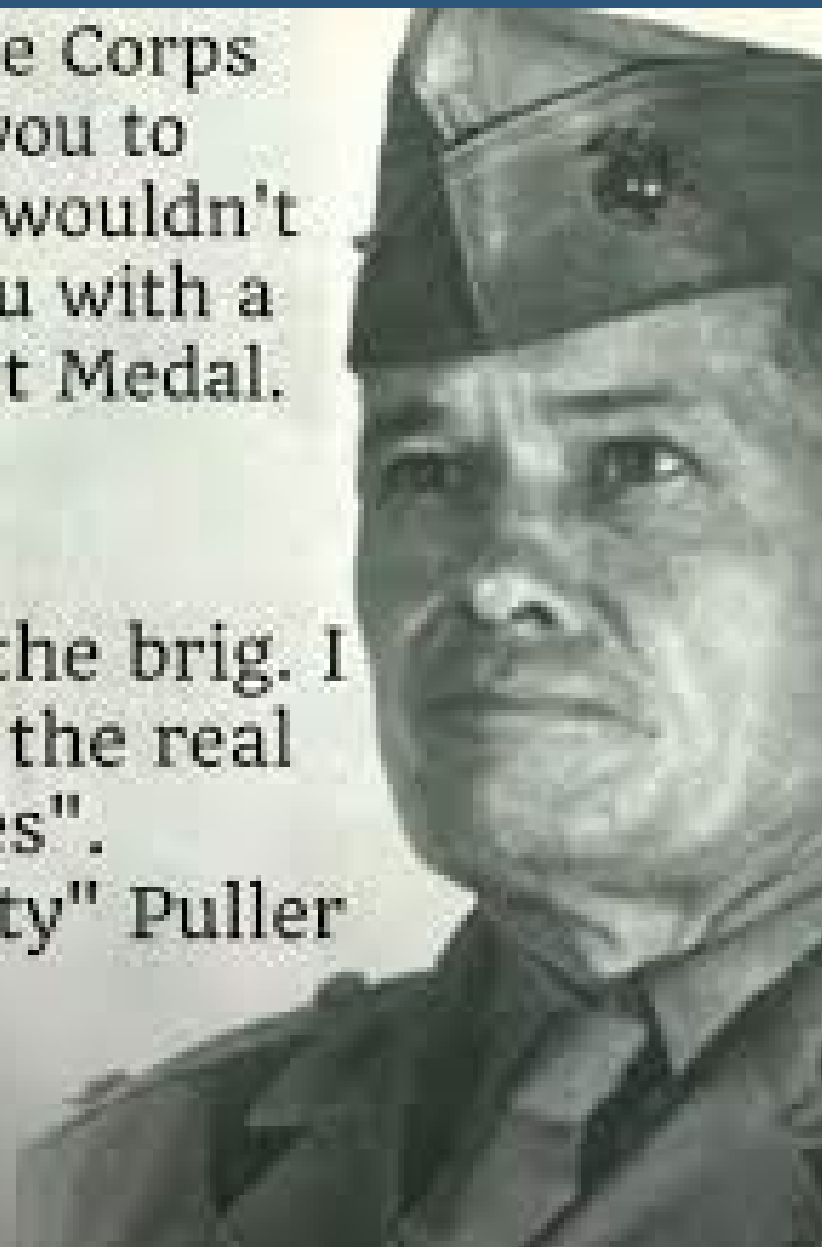


3 YEARS RUNNING

If the Marine Corps
expected you to
behave, they wouldn't
challenge you with a
Good Conduct Medal.

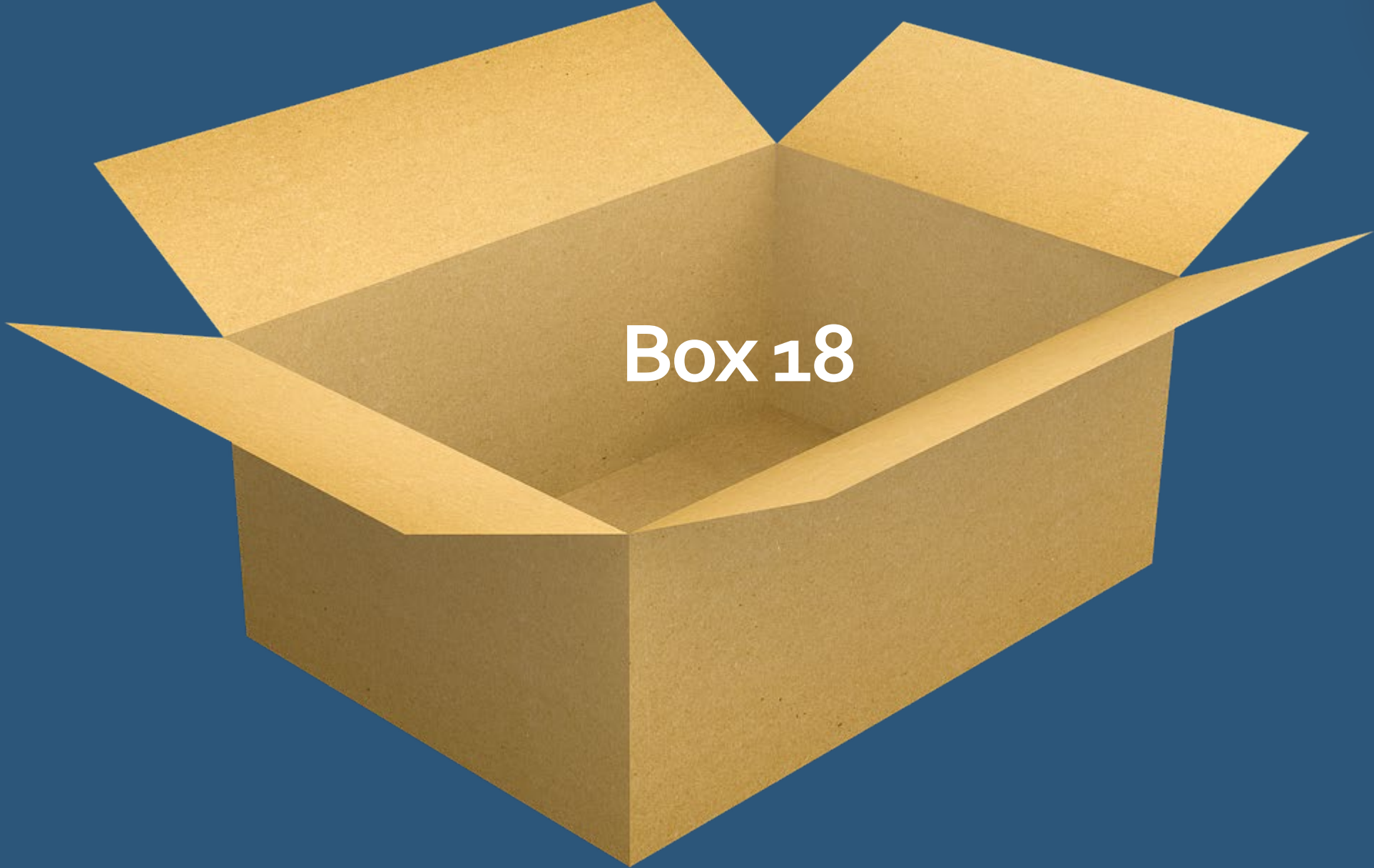
"Take me to the brig. I
want to see the real
Marines".

-Lewis "Chesty" Puller



Navy and Marine Corps Achievement Medal



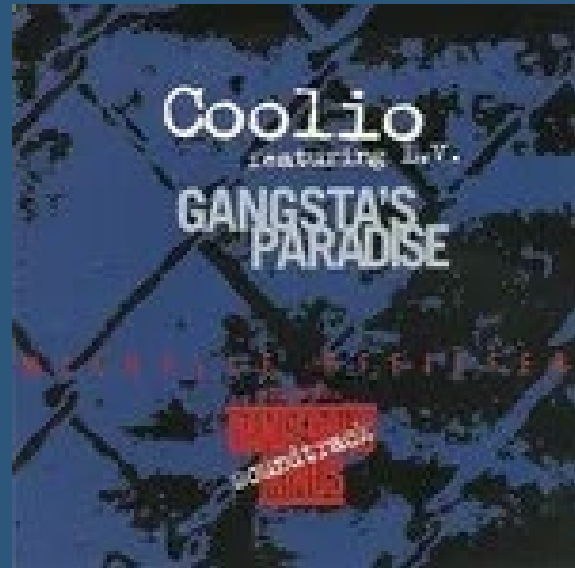


Box 18

Troop did not complete full term of service//nothing follows



1995





2000



2001

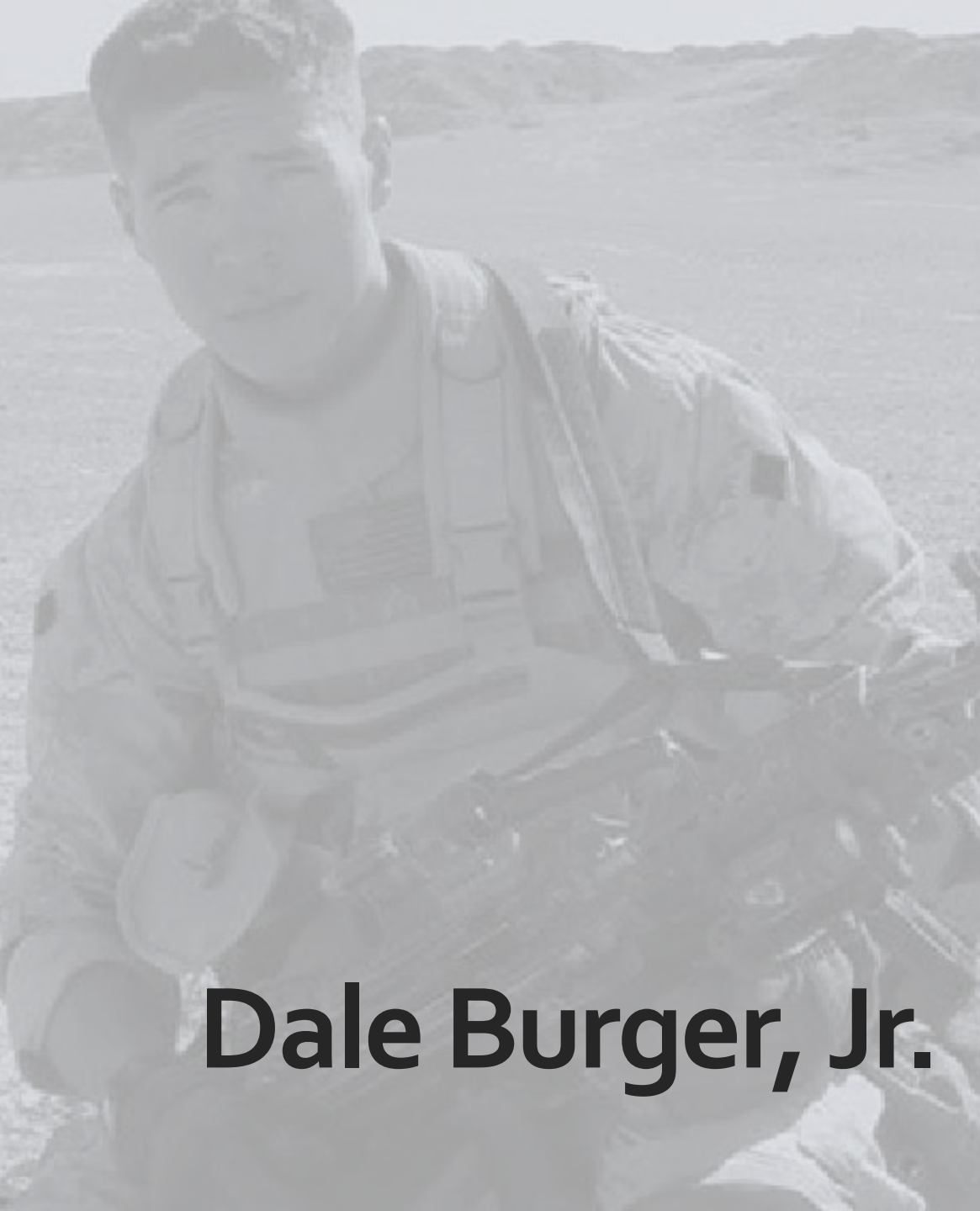


2002



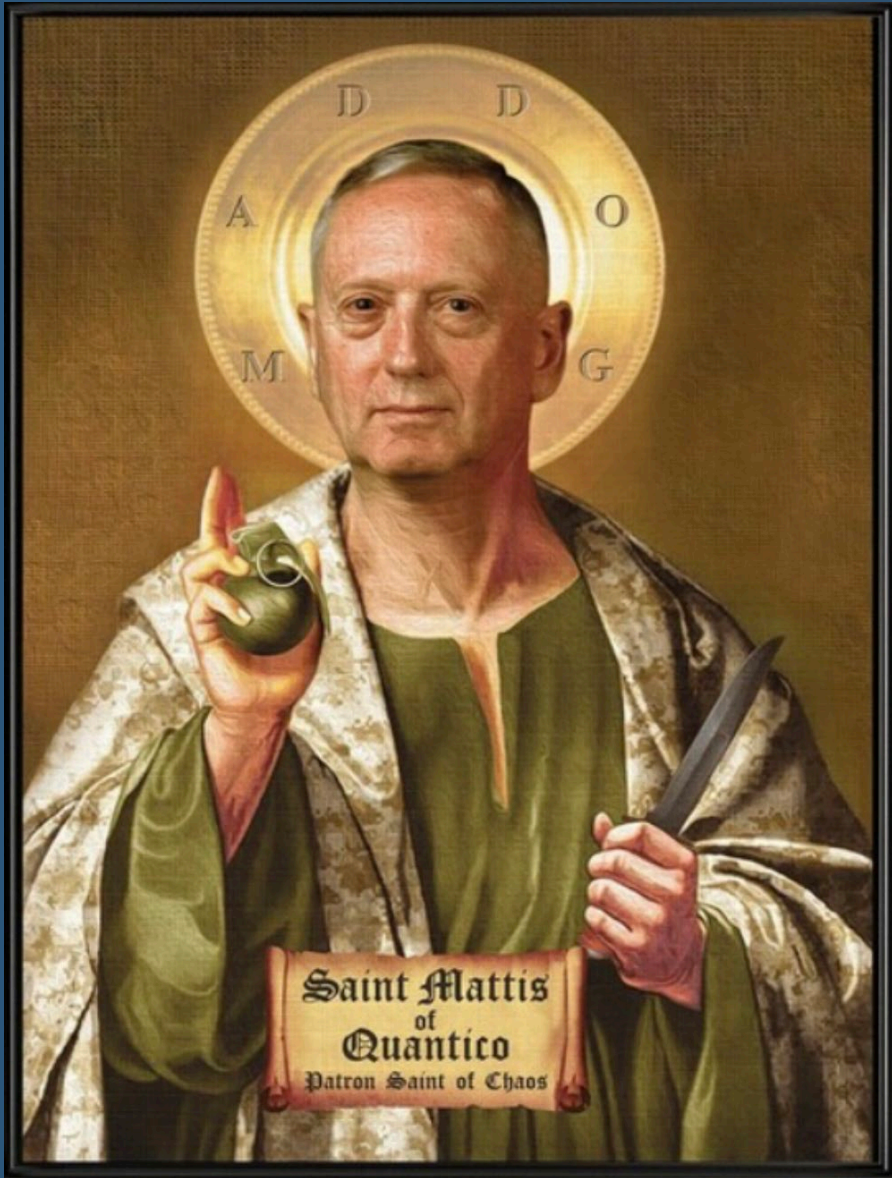
2003



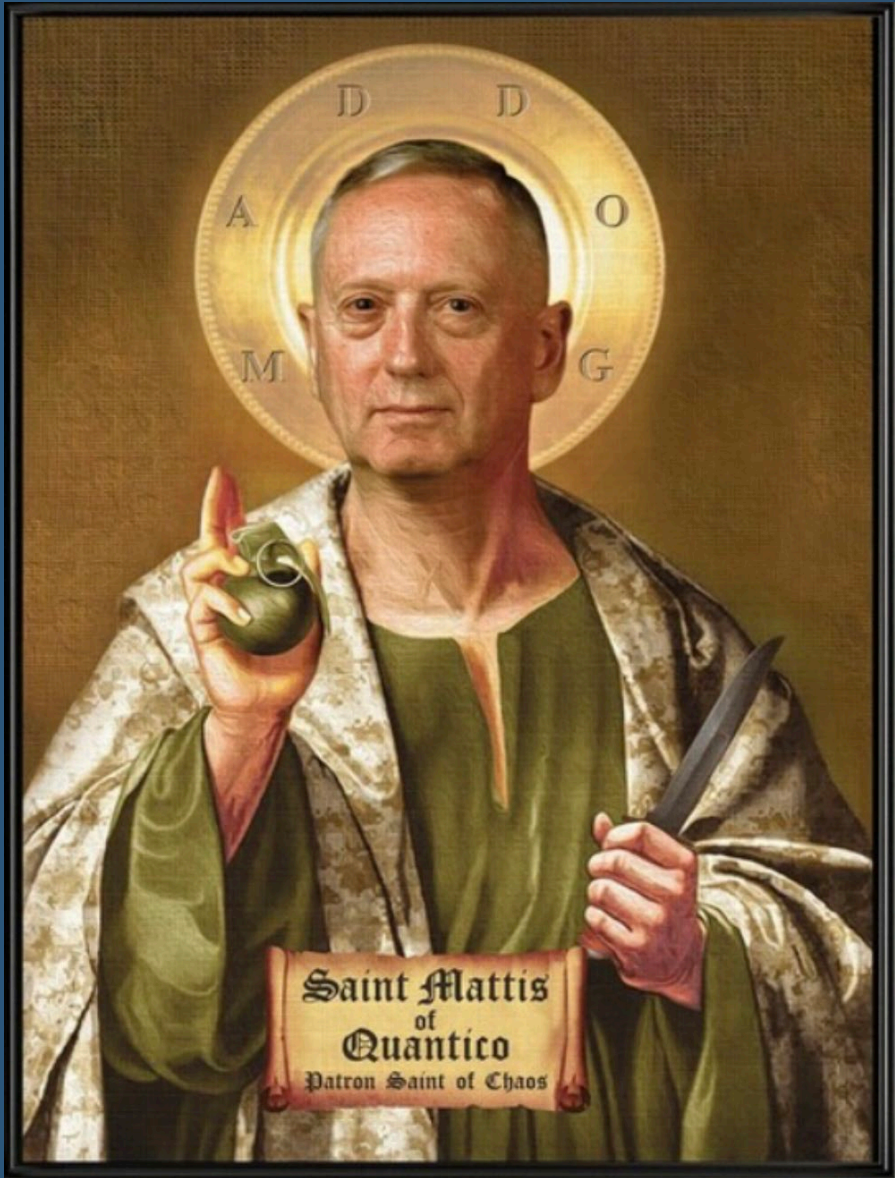


Dale Burger, Jr.



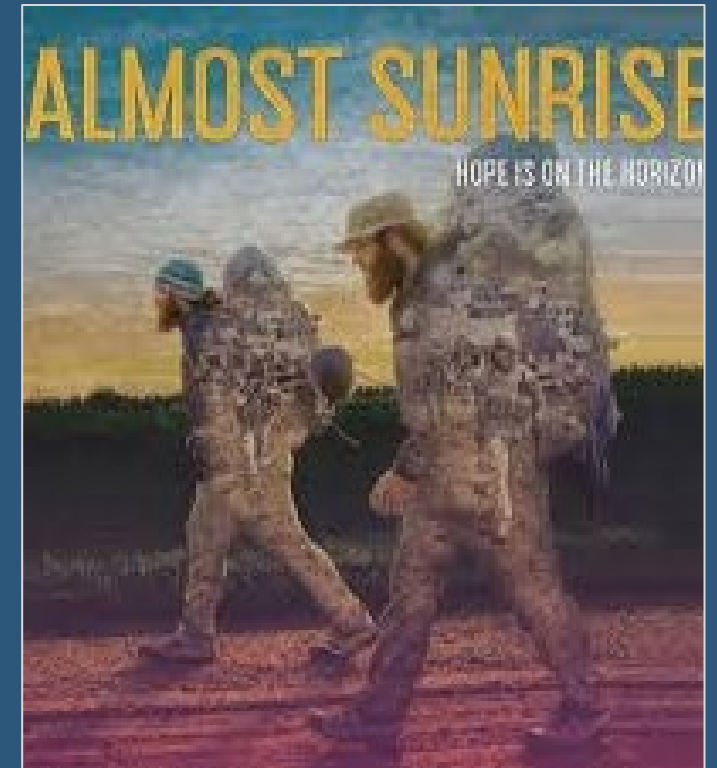
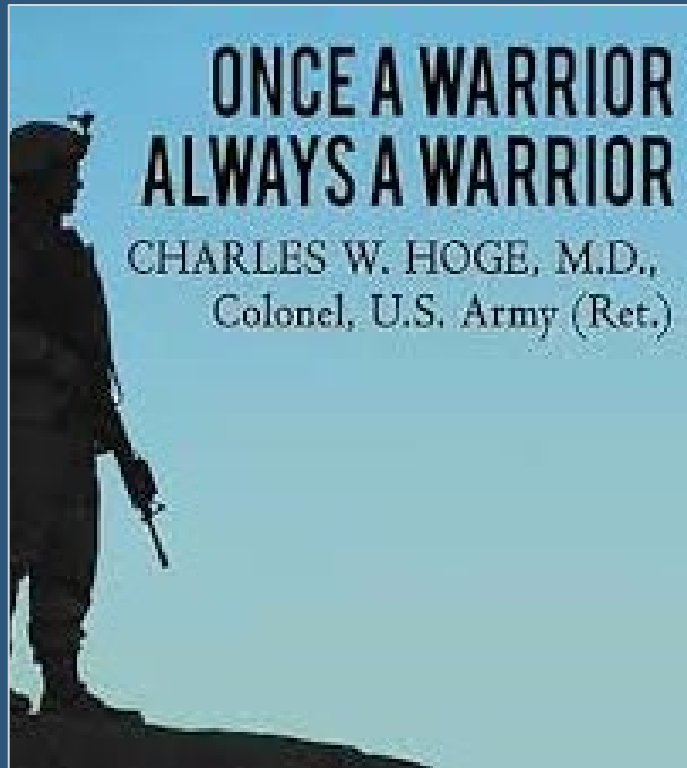


**“I come in peace. I didn’t
bring artillery. But I am
pleading with you, with
tears in my eyes, if you f**k
with me I will kill you all.”**



“Power Point is dumb.”

My Personal Resources





VA

U.S. Department
of Veterans Affairs

Attorneys Also Have Stressors



Exercise



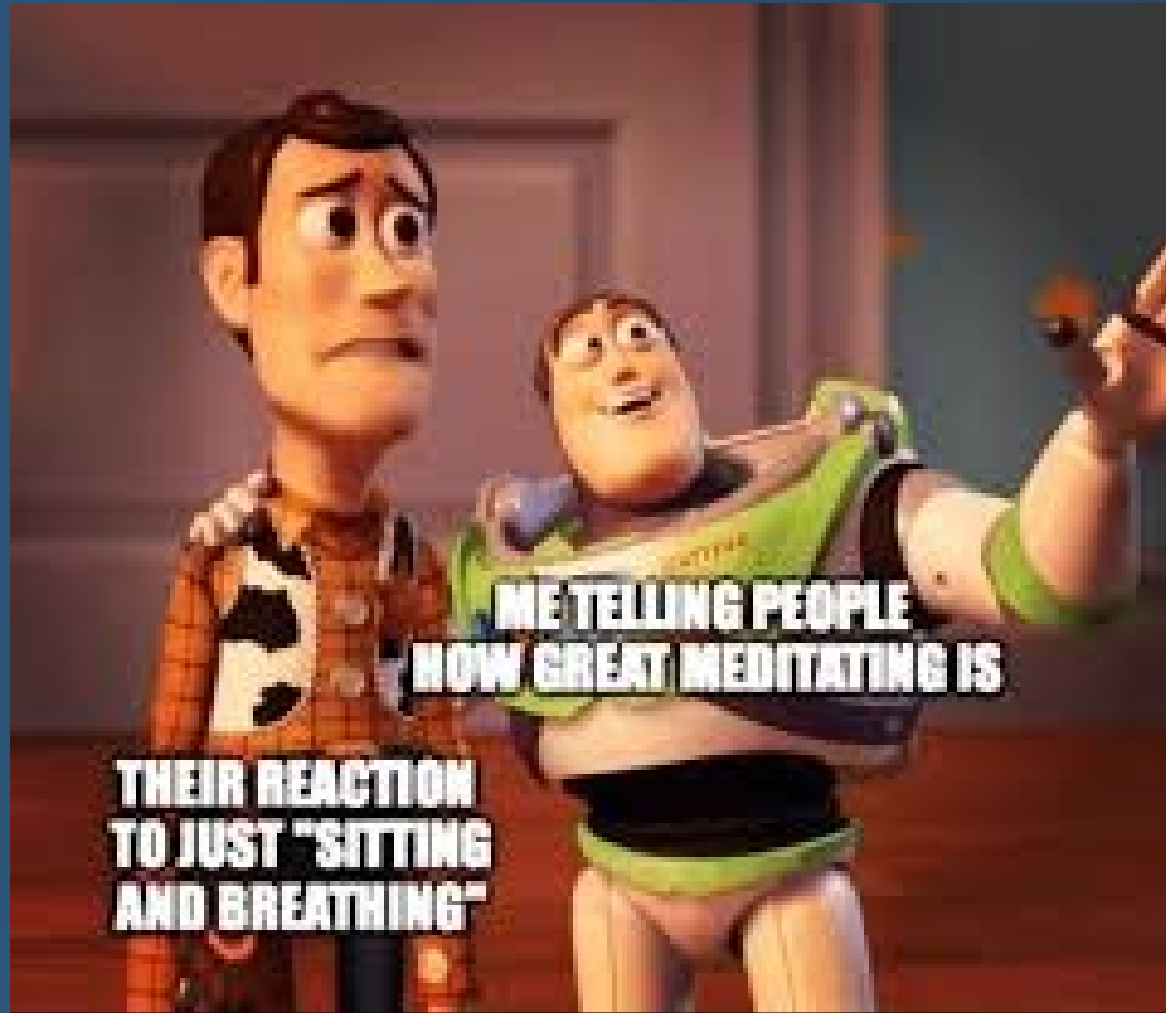
Exercise



Mindfulness and Meditation



Mindfulness and Meditation



Find a Hobby or Interest



Find a Hobby or Interest

Today I picked up a new hobby:
drawing stick figure arms on birds



Prioritization and Time Management

Work to live



Do you work to live or live to work?

Prioritization and Time Management

TO DO:

1. MAKE LIST

2. LOOK AT LIST

3. PANIC!

Social Support System



Social Support System





Better
call Paul!

PAUL S HARRELL

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