RestrictContactByName.apxt:
```
trigger RestrictContactByName on Contact (before insert, before update)
{
//check contacts prior to insert or update for invalid data
For (Contact c : Trigger.New) {
if(c.LastName == 'INVALIDNAME') { //invalidname is

invalid

c.AddError('The Last Name "'+c.LastName+'" is not

allowed for DML');
}
}
}
```