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# PARA SIGHT

## THE MENTAL HEALTH ISSUE

This issue is devoted primarily to mental health in the legal community. We have interesting and informative articles. We asked attorneys and others in the legal community for ways in which they deal with stress (or avoid it). We hope you will find this informative, helpful and insightful.



A BIG

# CVPA

THANK YOU TO

LARUE & ROGERS INVESTIGATIONS,

LLC, for their sponsorship of the January CPE and to  
BlueLine Advantage for their sponsorship of the  
February CPE



## Why lawyers are prone to suicide

By Patrick Krill

Reprinted from CNN: Editor's note: Patrick R. Krill is an attorney, clinician and board-certified, licensed alcohol and drug counselor. He is the director of the Legal Professionals Program at Hazelden Addiction Treatment Center.

(CNN) -- If you accept that all human life has value, and that suicide is a cruel and devastating end, you might conclude that a segment of society whose members are three to six times more likely to kill themselves might deserve some extra attention and resources. Makes sense, right? Of course.

Now, does your answer change at all if I tell you that the group I'm referring to is lawyers? Be honest. And no, this isn't the setup for a punch line. The propensity of attorneys to die at their own hands is a very grim and underreported aspect of practicing law. Sometimes revered and sometimes reviled, lawyers are both the guardians of your most precious liberties and the butts of your harshest jokes. Inhabiting the unique role of both hero and villain in our cultural imagination, lawyers play a key part in the proper functioning of society while also repelling any tendencies for people to feel sympathy or compassion toward us as human beings.

And the fact that we repel those tendencies is unfortunate, mostly because of one important thing we do differently from all but a few other professions: kill ourselves with shocking frequency. The propensity of attorneys to die at their own hands is a very grim and under-reported aspect of practicing law.

That was highlighted when an especially large number of Kentucky attorneys committed suicide last year. Suicide is a hazard so real that it is the third leading cause of death in the profession. By comparison, suicide is only the 10th leading cause of death in the general population.

So, why are lawyers far more prone to ending their own lives than almost everyone else? Part of the answer lies in their significantly heightened rates of depression and substance abuse. Studies have shown that lawyers are more than three times more likely to be depressed than others, and roughly twice as addicted to alcohol or other drugs as the rest of the population. A Johns Hopkins study found lawyers have the highest rate of depression of any profession. And, while not all people who are depressed commit suicide, a majority of those who commit suicide are depressed. Similarly, people who struggle with substance abuse are about six times more likely to kill themselves. These are discouraging numbers to be sure, and maybe the old wisecrack about hundreds of lawyers at the bottom of the ocean being "a good start" isn't as funny when we understand how many are actually drowning.

But what's behind those extreme rates of depression and substance abuse? That answer is less straightforward, but the rampant, multidimensional stress of the profession is certainly a factor. And not surprisingly, there are also some personality traits common among lawyers — self-reliance, ambition, perfectionism and competitiveness -- that aren't always consistent with healthy coping skills and the type of emotional elasticity necessary to endure the unrelenting pressures and unexpected disappointments that a career in the law can bring.

(Continued on next page)

Despite whatever preconceptions or judgments many people may have of lawyers and the work they do, there are some facts about the practice of law that can't be denied: It's tougher than most people think and frequently less fulfilling than they would ever believe.

The psychologist Rollo May famously defined depression as "the inability to construct a future." And, unfortunately for many attorneys who define their existence by a hard-earned membership in the legal profession, the powerful despair they experience when that profession overwhelms and demoralizes them doesn't leave them much psychological real estate for constructing a future they can believe in.

Not a future where the practice of law will be what they hoped for, not a future where their lives will have balance and joy, and not a future where their relationships will bring fulfillment and their stresses will seem manageable. They just can't see it. Unable or unwilling to extract themselves from the psychological, financial and personal mire they never would have expected years of hard work and discipline to bring them, many lawyers then find themselves sinking into a funk, a bottle or a grave.

If you're asking yourself whether you're supposed to now feel bad for lawyers -- as unnatural an emotional response as many people could ever have toward our profession -- the answer is no. Ultimately it is up to the profession itself to tackle this problem openly and honestly, and to increase its efforts and funding to reduce the staggering rates of depression and substance abuse that leave so many lawyers, judges and law students reeling or dead.

But perhaps you can feel more aware and compassionate. In turn, that awareness and compassion will spread and those who might be at the end of their rope will be encouraged to reach out and ask for help -- help that just might take the death sentence off the table.

<http://www.cnn.com/2014/01/20/opinion/krill-lawyers-suicide/>



The following is an article written by Jim Blackburn. This was sent to Cyndy Adams with permission from Blackburn Seminars for us to use in this newsletter. Kelley Walker, NCCP

## THE OTHER SIDE OF THE CURTAIN

In January, 1993, I went, for the first time, to see Dr. Jean Spaulding, a well-respected psychiatrist in Durham, North Carolina. I did not want to go. In fact, I had cancelled my first appointment the day before and only went at all when my law firm directed my secretary to follow me in a car the twenty six miles from Raleigh to Durham and not to leave until I walked in the front door of Dr. Spaulding's Dutch Colonial looking office.

I should have gone to see Dr. Spaulding months and even years before. In fact, at least one of my law partners from Charlotte had driven to see me one day to suggest the very idea of my seeking professional counseling. I listened patiently to what he had to say, dutifully called a doctor's office, only to be told the office was taking no new patients. Satisfied I had fulfilled my promise and obligation to my partner, I did nothing further.

I thought I could take care of myself, and that I did not need any help. I thought I would be okay, and nothing bad would happen to me. I was a long time attorney in North Carolina and well respected by my peers, both inside and outside the law firm to which I belonged. I came to work every day, was always on time, and to the outside world, and perhaps even to me, I was under control.

I was wrong. I know years later, it seems foolish to say I never saw it coming. But I didn't. Oh, I knew on some level that I was doing things and acting in ways that could ultimately harm me if anyone else knew, but I did not think anyone else would ever know, and besides, what I was doing wrong was only a fraction of my law practice and nothing that could not be explained. I was wrong on that too.

I found myself in my last years of practicing law a person who was not happy with himself, his career, his life, continuing to wonder if "this was all there was". I constantly thought of how much fun it would be to do something else, to escape from my all too real world. Still, despite these feelings, I could fool everyone, including myself. I

could compartmentalize my life and my wrongdoings. I could rationalize.

I got behind on some cases and clients, had difficulty calling some of them back or telling them the absolute truth when I did reach them by phone or see them in person. I came to believe some of the very things I was telling them and confused "buying time with getting something done". I was a mess.

To make my world continue, I transferred money from some clients to others, told some clients about progress in their cases that was not true and slowly lost my way and became a shell of what I had once been or thought I was.

And then...all at once, my legal world collapsed or shattered in a very public way. It ended. In a moment...it was over.

I think back often to that time and wonder, "what was I thinking?" I think today how easy it would have been to stay out of trouble, to have continued in the practice of law. But that would have required me to have a mindset of the kind I have today, not the way I was then

I don't find many attorneys or anyone in the legal profession for that matter who often raise their hands at meetings or seminars and say "I would be willing to seek professional help." No, most people are afraid to do so for they consider it weakness to talk with a psychiatrist or psychologist or anyone professionally. There is still a stigma attached to clinical depression or what Dr. Spaulding once referred to as a "cancer of the soul".

Attorneys are in one of the most stressful professions mankind has ever invented. Every day an attorney goes to work, he or she finds someone who is on the other side, wanting a different result. Rarely are attorneys, on any given issue, all on the same side. The search for truth and justice may be good and honorable, but it also can bring collateral damage. That damage is depression, an illness

that knows no boundaries of age, wealth or position in life.

I did not want to go. I argued back. I did not think that was necessary, I thought it was over the top. Finally, after meeting with Dr. Spaulding, my attorneys, my family, all of whom supported the decision to go to a hospital, I went, on a cold Monday in late January, 1993. I stayed at Duke Hospital for a week. I would have stayed longer, but insurance would not cover but so much.

After being released from the hospital, I met almost daily with Dr. Spaulding for more than a week. Finally, she gave me her opinion of my medical condition. This is a summary of what she said was wrong with me:

- A disorder of sleep
- A disorder of appetite
- A disorder of movement ( close to manic depression)
- A disorder of mood
- A disorder of thinking (psychotic features, though not psychotic)
- Walking around nervous breakdown
- A small stroke...caused by stress ( backed up by two MRI'S
- A break with reality
- A major depressive disorder
- Dr. Halleck added later a diagnosis of a severe personality disorder of trying always to please people, of not saying no...so bad that it was crippling.

One of the worst cases of depression she had ever seen. And this was just January, and I had the whole year before me.

I was put on Prozac...a lot of it...about four times the normal daily amount in an attempt to stabilize my life and thoughts and mood. That turned out to be a good thing because that year I turned in license to practice law, was under a criminal investigation by the State Bureau of Investigation, indicted by the local county Grand Jury, pleaded guilty to all charges with no plea bargain

agreement of any kind and finally sentenced to three years in prison, with work release, though that turned out to be about three and one-half months.

I saw Dr. Spaulding until the mid-1990's on a regular basis. She thought, and so she told me, that I would never really get well, that I would be on medication for the balance of my life, and that I would need intensive psycho-therapy forever.

On this, Dr. Spaulding was wrong. I have not seen her professionally other than a couple of times in all the years since 1995. I have not been on medication since that time. I am happy today, and one of the last times I saw her, Dr. Spaulding said she could not give me a medicine prescription because she did not think I needed there was no longer anything wrong with me.

I showed her some of the materials I had put together on my new speaking and teaching profession, and she just shook her head and said, "The Jim Blackburn I knew years ago could not have done that". And she wondered why the change.

I told her what I thought. "Jean ", I said, "I am now happy. I am doing what I want to do. I have found a niche, and I enjoy it. I get to meet the best people from everywhere...some attorneys, some not, but just lots of people who want to hear what I have to say. That is the most rewarding thing in the world."

But there are some other more specific ways I got happy and here is a short summary of what they are:

- Dr. Spaulding once asked me "when was the last time I was carefree and happy". I told her it was when I was a junior in college. I vowed to change that.
- Dr. Spaulding asked me "what in my life was in Technicolor and what was only in black and white"? I had no answer, and I made up my mind to change that.
- I remembered the words of Robert Frost that "the shortest way out is almost always through". It is not the easiest, but I promised myself I would try.
- I figured out what my talents and interests were... I

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liked people, like to talk and like to write...doing programs for professions in many cities and states allows me to do that.

- I loved making closing arguments in trials – making a speech or teaching a seminar is close to the same thing.
- I learned to live within myself, to not go so close to the edge, to make fewer promises and to keep the ones I made.
- Plato’s great line... “Be kind to everyone you meet for everyone is fighting a great battle” is very true.
- Live financially within your means. I do that.
- Take good care of your personal life...I try to do that.
- Smile, laugh, get sad, get angry, forgive, get over it, stop whining, and just do the best you can are all a part of being human. I go through these processes very regularly.
- Learn the wisdom of Magnificent Defeat...that sometimes we have to go through an experience we want to avoid, and think it is the end of us, but it is often just a beginning.
- Realizing that one should never put a period where God only places a comma, that we all can have several chances in life if we own our mistakes, say we are sorry and just do better.
- Accept that faith is important – if it is true that there are no atheists in foxholes, it is also true there are none when one is in serious trouble or trying to start over in life.
- Learning that if no one has died, everything can be fixed.
- Find some pleasure in times of the week other than the weekend – when is the last time you ever said, “Thank God it’s Tuesday”?
- Exercise – go for walks, if you don’t want to go to the gym...but do something to release the stress that the legal profession can bring.

These concepts have begun to work for me. I don’t do them all the time. Sometimes I have trouble with some of them, such as exercise, and find myself stumbling once again. But overall, they have worked for me, and I believe can help you in avoiding the pitfalls of depression. They do not cost any money, but they do require you to try. Why should you or anyone in the legal profession care about mental health issues in general or depression in particular? I have often heard attorneys in North Carolina say they have no problems in this area and don’t like the Bar requirement of taking one hour of Continuing Education on it or substance abuse every three years.

In recent years I have been asked to speak to lawyer groups and associations in a number of states from New Mexico to Oklahoma to Iowa to Kentucky to Virginia to Atlanta and most often in both North and South Carolina. What I have found is that people are the same everywhere, regardless of where they might live and practice law.

Depression and mental health illnesses are universal. Depression can strike anyone, regardless of age or profession. It is an equal opportunity disease.

At the same time, attorneys are in a unique position to see the results and consequences of this illness up close. It can impact your law firm, your family and /or your clients.

If I were practicing law today, I would look closely at myself and other attorneys in my law firm as to how clients are being treated, whether work is being done on time, whether there unexplained absences, are there too many postponements of court filings and complaints from a lack of communication with clients. If there are, then a red flag is being raised, and one that should be considered.

Several years ago when I was speaking at the North Carolina District Attorney’s Conference in Asheville, the Executive Director of the Bar Association told me that North Carolina averaged one attorney suicide per month.

In recent weeks, dating back to mid – May of this year, I have been told by people who have attended my programs of more than five suicides, from family members to work associates to friends.

Ross Douthat, writing recently in the New York Times, said that “over the past decade, the United States has become a less violent country in every way save one. As Americans commit fewer and fewer crimes against other people’s lives and property, they have become more likely to inflict fatal violence on themselves... The suicide rate for Americans 35 to 54 increased nearly 30 percent between 1999 and 2010; for men in their 50’s it rose nearly 50 percent. More Americans now die of suicide than in car accidents, and gun suicides are almost twice as common as gun homicides.”

In a May 22 online edition of Newsweek magazine, the cover story was titled “The suicide epidemic – why are we killing ourselves and how do we stop it?”

A chaired professor of Florida State University, whose father was a Marine yet took his own life,

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has made a life study of suicide and its causes. His conclusions are that often three elements are present when suicide occurs.

1. Aloneness – not feeling connected to anything or anyone that is good, be it a person, family, church or even a law firm. He told the story of a man, who had left a note, saying he was going to jump off the Golden Gate bridge but would not do so if while he was walking there, anyone looked at him and smiled. No one did, and he jumped to his death.
2. Being a burden to someone else – not being productive and able to care for one's self.
3. The willingness or ability to carry it out – don't be misled by this because the imagination can think of countless ways to end a life.

Any of these three situations might not be considered so serious as to be life threatening, in and of themselves. However, taken together as a whole, there can be great risk of harm to someone.

Twice I considered taking my own life during my fall as an attorney. Neither time did I try to act beyond thinking and even talking about it. For a long time, I was not sure why I had chosen to live other than the basic desire not to die. Looking back today, it is clear that I was not completely alone, and that I was working hard on learning to be productive again.

It has now been twenty years since that time. Sometimes there have been struggles and disappointment. I have not always succeeded. I have not always done my best. But slowly over time, I have learned to be happy, to have finally found my niche and purpose in life. And slowly, I have gotten better at being a person.

It can be difficult to think of tough situations and sadness and mental illness. But they exist, alongside happy and pleasant and successful times. What I would suggest to each one of you is to not give up, to do your best, to live in the moment, to not forget the past but not to let it overwhelm you, to be compassionate and kind to those you meet who are not as fortunate as you in terms of health. I would smile and laugh each day. And if I was someone not as happy or as well I want to be, then I would seek help and friendship that is unconditional. I would not quit. I would hold on...it will get better.

When I was in high school in Winston-Salem, we often went to the school auditorium for assemblies, speeches, pep rallies, shows and concerts. Always there was a large stage just beyond the orchestra pit. So many times there was a curtain hanging down so that you could not see the entire stage. I always wondered what was going on behind.

I now think that when the curtain goes up and the show begins that is entertainment...fun but not necessarily real. What is real, at least to me, is what takes place behind the curtain when it is down. That is when people are getting ready for the show, getting ready to perform, getting into costumes and makeup and masks, if it is a play. It is work, it is life. It is truth.

My goal is simple...to keep my life as simple as possible, to be as open and transparent as possible. I got better because once my story became public by way of the news media; I no longer had to worry about keeping it quiet. I could concentrate on getting better, living my life and trying to start over. Once everyone knew the worst about me, then they knew. And I didn't have to think about that as much anymore. I no longer had to wear a mask for there was no reason.

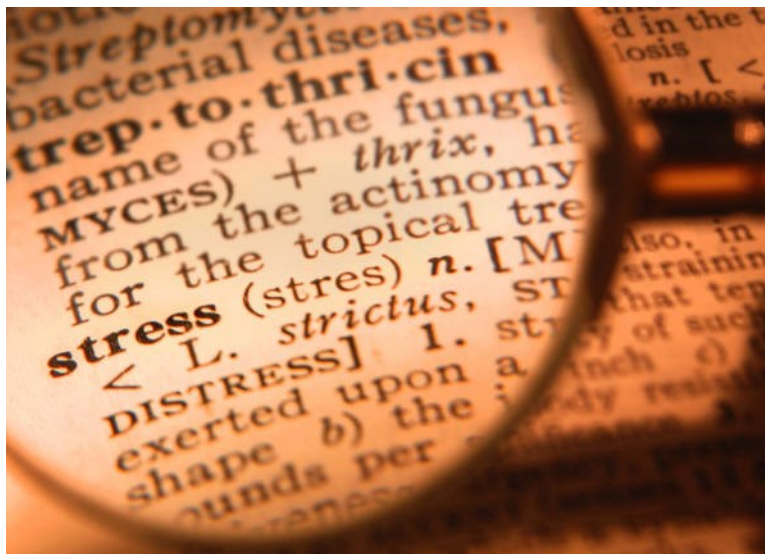
I suppose there is a stigma still to depression and mental health illness, and your friends and co-workers might look at you differently if they know you have such problems. But in the final analysis, who cares? What difference does it really make? All worrying about that can do is to keep you from getting better and living a happier and more productive life.

These notes and my presentation to you are my best efforts at letting you know what I found on the other side of the curtain. I found that life is real, it can be hard work, that there are no guarantees, but it can be so much better if I just did my best.

You may remember the famous line from one of the Star Wars movies long ago when Yoda is telling his young friend how to raise the spaceship, and the friend is having trouble doing it. "There is no try," Yoda said, "There is only do."



<http://blackburnseminars.com/>



The following are the results of our own (not quite scientific ) research on stress and related issues in the legal community. Cyndy Adams came up with a wonderful questionnaire which she, Suzanna Cowan, Peggy Hallman and myself handed out to various attorneys, paralegals, register of deeds and clerk of court personnel . The responses were sometimes shocking, sometimes humorous and sometimes very sad. I know this issue hits home on a personal level for me. The worst thing a person can do when they see a person suffering under tremendous stress is nothing. Sometimes all a person needs is a listening ear. The questionnaire we handed out is on the last page of the article. Please feel free to print it out and use it as a way of opening up communication in your own office or with your family. Kelley Walker, NCCP

“In the legal profession, adversity is the nature of the game. Adversity and conflict cause stress. And stress plays a major role in the cause of depression. It's a vicious circle. “

“When it came to dealing with stress, I was terrible at it and it often disrupted my personal life. I did find that riding my bicycle around [the town the attorney worked in] (which was often stressful in itself) was a great way to work through issues and gave me time to think.”

“Early on in my practice I had stomach problems and remember a cardiologist telling me to either get the stress under control or change professions. Soon after that I read a book about relaxation entitled "Relaxation Response" written by Dr. Herbert Benson, a cardiologist, with the Harvard Medical School. The book is 25 years old, a classic and still recommended in its updated version. It involves a technique of breathing exercise to clear your mind. This technique is also used in Yoga and other meditation groups. During a jury trial, at lunch break I would practice it to calm myself and used it at the office at times. I still use it in the middle of the night, when I can't sleep, to help me get back to sleep and it works. Everyone should try it to help relieve stress . As we know if you can reduce the stress it helps your general health in many ways.”

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“Looking back over the years I realize that weekends were filled with outdoor activities. I notice the same pattern is occurring with a doctor that I know. On weekends he is out on the lake almost every day, regardless of the weather. Since he is only at the lake on weekends, I see his intensity and it reminds me what I did when we had a lake cabin, which we would escape to on weekends. My advice that worked for me: 1) be physically active and 2) learn to calm your mind with relaxation techniques. 28 years in the law practice and still alive.”

~“I pray. I have learned to recognize causes of stress and avoid that which I can predict will be unhealthy. I am a big avoider of situations or potential clients who or which will be toxic.”

"I go home after work, have a long, hot bath, wash my hair, put on comfy pj's and then take a sleeping pill. When I wake up in the morning, things don't look so bad."

An attorney said that his/her way of dealing with stress is to "take it out on my assistant, and although I am later sorry for my conduct, it makes me feel better at the time. I can be a real \*\*\*\*\* when I am stressed to the max."

"I break something. Doesn't matter what, but I destroy an inanimate object with all my strength. Especially when I lose a case that I should have won. I have gone through about 4 phones in the last year. Alltel loves me."

"I just drop by my favorite watering hole and get sloshed. Call a taxi or have a friend drive me home and sleep it off. I feel like \*\*\*\* the next day, but it gets me through the night."

"I wonder why I do this crazy thing called being a lawyer, but for better or worse, I'm in it for the long haul. I just deal with it."

“There are times that working in the legal profession can be very rewarding, but it can also be very stressful for both attorneys and their staffs. Deadlines, endless phone calls and emails, time constraints, 50+ hour work weeks, ever changing processes such as the upcoming changes in the real estate closing process and unrealistic expectations on the part of clients, all add up to very stressful working environments for everyone in the legal profession. I really don't see the stress levels becoming any better in the future either.”

“I know from seeing what has happened with other lawyers in N.C. over the years that drugs and alcohol are not the answer. These items only make matters worse in the long run.”

“In an attempt to handle stress, I try to spend as much time with my family, and try, though not always successfully, to leave the office at the office and not think about the issues I'm dealing with. I've also learned that having several friends in the legal profession who I can share my frustrations with, as well as they with me, helps me realize that I'm not the only one facing the kinds of pressures in this business. We all deal with it everyday, and it is good to compare notes on what is the best way to face these issues.”

“Having friends to share your frustrations with and a strong support system of friends and family is what has helped me deal with stress in the legal profession over the years.”

“One person asked, “Don't we all have ulcers?” Another sagely noted, “This is a tough job and not for everyone.”

“I replay the scenario over in my head and look for ways to avoid the outcome the next time.”

Others clean, cook or bake, watch movies or TV, eat a bowl of ice cream, popcorn or cookies or drive through a fast food restaurant and "load up." shop, deep breathing, bubble bath, massage, play with their dog or pet, write in a journal, hit the gym (or do something physical). Many dream of doing something different (i.e. becoming a chef, starting a new business, opening a coffee shop). One person said that they write letters to their boss, detailing every problem or concern that they have with him or her, and then tear it up or delete it. Another said that they 'confront' their boss, but do so with caution, picking the time to bring up issues.

As you can see, there are as many different responses to stress in the legal profession as there are individuals. The best thing to do is find the healthy one that works for you and incorporate it in to your life.



We are featuring a “mental health” issue for the ParaSight in March. There will be several informative articles and other information that we hope you will find useful. In connection with our special issue, please tell us in a couple of sentences, or a few words, how you deal with stress in your life. As members of the legal profession, opportunities for stress exist at every turn. We would like to include some of your ideas for coping in our newsletter. **NO NAMES WILL BE MENTIONED, SO PLEASE DO NOT SIGN YOUR RESPONSES.** Please check as many of these as apply, and feel free to write your own. Use the back of page if needed.

- Vent to a spouse, partner or best friend \_\_\_\_\_
- Eat a bowl of ice cream or bag of popcorn or \_\_\_\_\_
- Keep it bottled up and say nothing to anyone \_\_\_\_\_
- Write in a journal or blog about what’s causing you stress  
\_\_\_\_\_
- Get into it verbally with the source of your stress, i.e., your boss, co-worker, etc.  
\_\_\_\_\_
- Get into it physically with the source of your stress \_\_\_\_\_
- Talk about and criticize the stress-cause to anyone who will listen  
\_\_\_\_\_
- Hit the gym, go for a walk, or other physical activity, including throwing or breaking things  
\_\_\_\_\_
- Cry about it, but not much else \_\_\_\_\_
- Enjoy a glass of wine or three, grab a beer or order some cocktails  
\_\_\_\_\_
- Speak with a counselor or other professional about your stress level  
\_\_\_\_\_
- Internalize the stress and keep it bottled up inside you  
\_\_\_\_\_
- Pray about it, speak with your religious family or pastor  
\_\_\_\_\_
- Look for a new job or think about it, anyway  
\_\_\_\_\_
- Drive recklessly or engage in some other dangerous activity  
\_\_\_\_\_
- Don’t deal directly with the source of stress; wait until an innocent party crosses your path and then speak to them harshly and inappropriately, hoping to alleviate some of your misplaced anger  Other:  
\_\_\_\_\_

## LAW UPDATES

When the clock struck midnight and we entered 2014, North Carolina had a number of new Legislation that took effect. Here are a few highlights:

NC Gen. Stat. 30-15 & 30-29 – the revision to this Statute regarding year’s allowance for a surviving spouse raised the allowance from \$20,000 to \$30,000 for the surviving spouse for one year after the death of the deceased spouse.

NC Gen. Stat. 9-7 – was rewritten to state that any person who serves a full-term as a grand juror shall be exempt from jury service (or a jury or for the grand jury) for six (6) years.

NC Gen. Stat. 55 – Business Corporation Act. The Business Corporation Act had several revisions . Below are a few highlights:

- 55-7-09 – provision for remote participation in meeting.
- 55-8-26 – provision that a corporation may submit a matter for a shareholder vote even if “after approving the matter, the board of directors determines it no longer recommends the matter.”
- 55-12-01 – disposition of assets that do not require the approval of shareholders.

NC Gen. Stat. 130A-215.5 – requires that health care facilities that do mammography exams report breast density results to patients by including the following:

"Your mammogram indicates that you may have dense breast tissue. Dense breast tissue is relatively common and is found in more than forty percent (40%) of women. The presence of dense tissue may make it more difficult to detect abnormalities in the breast and may be associated with an increased risk of breast cancer. We are providing this information to raise your awareness of this important factor and to encourage you to talk with your physician about this and other breast cancer risk factors. Together, you can decide which screening options are right for you. A report of your results was sent to your physician."

NC Gen. Stat. 20-87 (13)- requires that when a plug-in electric vehicle that is not a low-speed vehicle is initially registered or renewed the owner “shall pay a fee in the amount of one hundred dollars in addition to any other required registration fees.”

Respectfully submitted

Beverly K. Moore, NCCP

Law Update Committee Chair

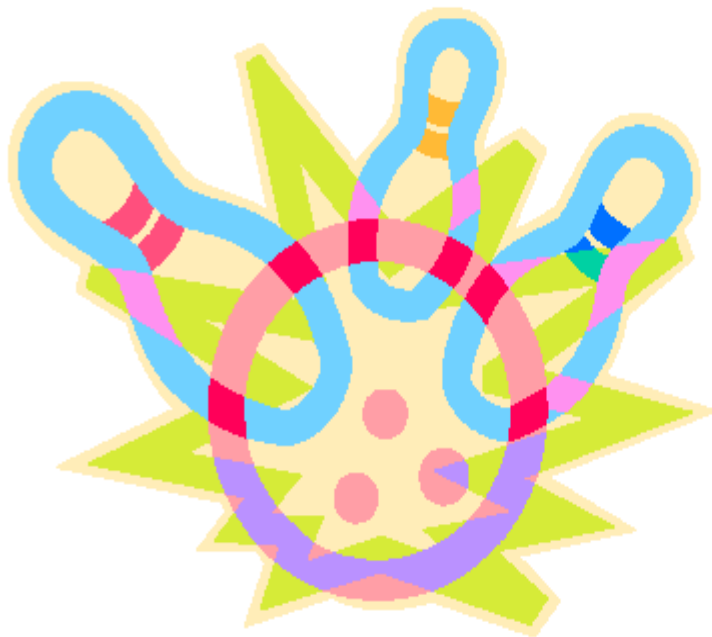


THE CVPA LYNN PRICE MEMORIAL SCHOLARSHIP  
AT WESTERN PIEDMONT COMMUNITY COLLEGE

The first recipient for the CVPA Lynn Price Memorial Scholarship has been chosen. Her name is Debra Brown, and at the time of publication, we have just her name. You will be hearing more about her, and we hope to also have her attend one of our CPEs. WPCF Foundation will be selecting the second scholarship recipient this spring. The CVPA Lynn Price Memorial Scholarship is a community outreach project of CVPA, established to honor the memory of a founding member and past president of our organization. Lynn lost her battle with cancer in July 2013. Please send your donations payable to CVPA, PO Box 3068, Hickory, NC 28603.



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SPRING SOCIAL**

**MARCH 11<sup>TH</sup>, 2014**

**5:30PM - 7:30PM**

**PIN STATION BOWLING CENTER**

**ADDITIONAL DETAILS:**

•Drinks & snacks available for purchase at the snack bar•

QUESTIONS? Contact

Jerri Lee Craig at [jerrilee@hotmail.com](mailto:jerrilee@hotmail.com),

Crystal Howton at [legalassistant@codylawfirm.com](mailto:legalassistant@codylawfirm.com)

Angie Starnes at [astarnes@codylawfirm.com](mailto:astarnes@codylawfirm.com)

**FUN FOR  
THE WHOLE  
FAMILY!**

RSVP by MARCH  
7<sup>TH</sup>, 2014 to  
Crystal Howton or  
Angie Starnes  
(828) 323-1234

Pin Station  
525 West A Street,  
Newton, NC

**PRICES**

**BOWLING: \$2.95/  
GAME**

**SHOE RENTAL: \$2.00/  
PERSON**



## TREASURER'S REPORT

January 2014

Beginning Balance: 01/1/2014	\$2,128.31
Deposits:	100.00
Expenditures:	218.00
Ending Balance: 10/31/2013	\$2,010.31

Submitted by : Leah Poovey, NCCP