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MEMBERS

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Catawba Valley
Paralegal Association

Post Office Box 3068
Hickory, North Carolina 28603

PARA SIGHT

KNOWLEDGE IS POWER

NOVEMBER 2012

THE FIRST SEVEN YEARS

Respectfully submitted,
Cyndy Adams, NCCP

I joined CVPA at the very first opportunity some 7 years ago. I was so excited to have a local forum where members could receive CPE credits toward our newly established North Carolina State Bar Certified Paralegal status, network, and further the paralegal profession. Now, as I begin my third term as President, I thought it relevant to take a moment and reflect on some of our accomplishments and good deeds. We have, at times, struggled, frequently excelled, downsized and grown, regularly met, discussed, voted, attended, amended and achieved. Members and officers have come and gone, but are still remembered. Close to 100 local attorneys and others have presented free, timely, interesting CPE's to members in good standing. Each CPE presentation has been approved by the NC State Bar for CPE credit. To my knowledge, there has never been a charge to any member in good standing to attend CPE's, and we have never paid anything more than a small honorarium (which is

often refused) and State Bar fees (for CLE credit) for our attorneys and others in the legal profession who have presented for us.

CVPA has been supported, endorsed, affirmed, recognized and sponsored by Catawba Valley Community College, The Catawba County Bar, Patrick Beaver Library, Newton Library, numerous local businesses, Investors Title Insurance Company, Pampered Chef, local attorneys and other benefactors. Long ago and far away, a small group of us participated in the Newton MayFest as a fundraiser. I am sure we are still finding muffins and cupcakes that we didn't sell that Saturday! Thankfully, our fundraiser for the last several years has been Pampered Chef, which is always a big success, thanks in large part to Susan Renfro. CVPA members volunteered at the "Medicators vs. Litigators" basketball games for a couple of years, showing our support for the legal profession.

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NOTEWORTHY

Congratulations to Leah Poovey and Randy Gantt who were married on November 2, 2012, in Morganton. The couple will honeymoon in Cancun in December.

Congratulations to Judge Robert A. Mullinax, Jr. and Kimberly Y. Mullinax on the birth of their daughter, Adrienne Joy Mullinax, on November 1, 2012.

Why Living a Life of Gratitude Can Make You Happy

Written by [Leo Babauta](#)

"If the only prayer you said in your whole life was, 'thank you,' that would suffice."

—[Meister Eckhart](#)

Merci

Gracias

Dankeschön

Grazie

Many days, I try to humble myself and hold a 2-minute gratitude session. I simply sit or kneel, with no distractions, close my eyes, and think about what I'm grateful for and who I'm grateful for.

I don't do it every day, but let me tell you, on the days I do it, it makes me very happy.

Why should that be? Why should the simple act of thinking about who and what I'm grateful for make such a big difference in my life?

Just a few reasons:

- Because it reminds you of the positive things in your life. It makes you happy about the people in your life, whether they're loved ones or just a stranger you met who was kind to you in some ways.
- Because it turns bad things into good things. Having problems at work? Be grateful you have work. Be grateful you have challenges, and that life isn't boring. Be grateful that you can learn from these challenges. Be thankful they make you a stronger person.
- Because it reminds you of what's important. It's hard to complain about the little things when you give thanks that your children are alive and healthy. It's hard to get stressed out over paying bills when you are grateful there is a roof over your head.
- Because it reminds you to thank others. I'll talk about this more below, but the simple act of saying "thank you" to someone can make a big differ-

ence in that person's life. Calling them, emailing them, stopping by to say thank you ... just taking that minute out of your life to tell them why you are grateful toward them is important to them. People like being appreciated for who they are and what they do. It costs you little, but makes someone else happy. And making someone else happy will make you happy.

What do I give thanks for, privately, in my little gratitude session? It varies every day. I thank all the readers of this site, for the encouragement you have given me, for the donations you've made that

have made me that much closer to realizing my dreams, for the criticism you've given that has made this site better ... for the time you've given me, just reading the articles when you have the chance.

I thank my loved ones, for all they do for me. I thank strangers

who've shown me little acts of kindness. I thank God, for the life he's given me. I thank people around the world for the things they've done to make the world better. I thank myself, for things that I've done (it's important to recognize your own accomplishments).

How to Live a Life of Gratitude

The thing is, simple acts of gratitude don't cost you much (especially once you get over the initial discomfort some people feel with thanking others). But they can make a huge difference.

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As Community Outreach projects, we have sponsored Catawba County DSS Emergency Children's Fund, adopted families in need during the holidays, Women's Resource Center, Catawba County Humane Society, The Corner Table, Maiden and Longview Elementary Schools, to name a few. Members have collected food, snacks and juice boxes, hats and gloves, tissue, diapers and baby wipes, cleaning products, notebook paper and school supplies, gift cards, baby car seats, and countless other items for our Community Outreach recipients. CVPA members have hauled, carted, carried, toted and transported any manner of items and donations, here and there, all for the good of our Outreach projects. Our socials have been held at Catawba County Club, Riverbend Clubhouse, Zanders, Bistro, Pin Station, various parks, Elk's Lodge, Rancho Viejo, and a good time was had by all who attended. We have toured the Jennifer Fulkerson Christmas Village and laughed at the upside-down trees and bathroom decorations. One chilly Saturday morning in December, we met at Lew's office to make gift baskets for attorneys, Clerk of Court, Register of Deeds and others...which we presented to educate about who CVPA is, what we do and why. With assistance and guidance from Ed and Chuck at Union Square Computers, we created and gave wings to our very own website. This continues to be a work in progress. As of today, we have about 150 "friends" on Facebook and use the social network as yet another way to inform the public about our organization. The *ParaSight*, flyers, e-mails, letters, phone calls...we use all these and more to spread the word about CVPA.

Through it all, during the life of Catawba Valley Paralegal Association, we have never lost sight of our goals and ambitions, dreams and wishes, or our mission:

CVPA is a non-profit corporation created for charitable and educational purposes and is dedicated to the development and advancement of the legal profession and the promotion of paralegal and legal assistant careers in Catawba, Burke, Caldwell, Lincoln, Alexander, Cleveland, and surrounding counties.

I am so proud of CVPA, our board, officers, and members and honored to be a part of the organization. I strongly encourage any member of the legal profession -- attorneys, judges, clerks, legal assistants, paralegals, paralegal students, DA's, legal secretaries, receptionists, or anyone else who has a connection to the legal profession through their job or school -- to consider joining CVPA. You don't have to be "certified" or hold a degree. CVPA is for all who love (*ok, like*) the legal profession and all it encompasses. The cost is minimal -- \$30 for annual regular membership -- and the benefits are countless. To my recollection, we have never raised the membership fees. The question is: Where else can you attend 6 or 7 accredited CPE's for \$30 (including 2 ethics)? If you are a past member, come back! If you have never attended a meeting, join us! Any questions? Please ask!

Catawba Valley Paralegal Association, Inc.

It's where YOU need to be.

Thanksgiving Pumpkin Pie Recipe



- 1 deep dish pie crust (9-inch) (homemade or store bought--your choice)
- 1 can (15 ounces) pumpkin
- 1 can (14 ounces) sweetened condensed milk
- 2 eggs
- 1 tablespoon pumpkin pie spice

1. Preheat oven to 425°F.
2. Mix all ingredients in large bowl until smooth. Pour into crust.
3. Bake 15 minutes then reduce temperature to 350°. Bake an additional 40 minutes. It's ready when knife inserted 1 inch from crust comes out clean. If possible, cool completely before serving.

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If you're interested in living a life of gratitude, here are my suggestions:

●**Morning gratitude session.** Take 2-3 minutes each morning to give thanks, to whoever or whatever you're grateful for. You don't have to do anything, other than close your eyes and silently give thanks. This one act can make a huge difference.

●**Say thank you.** When someone does something nice for you, however small, try to remember to say thank you. And really mean it.

●**Call to say thanks.** Sometimes you might think about something nice that someone did for you. Perhaps you remember during your gratitude session. When you do, pick up the phone and call the person, just to say thanks. Let them know what they did that you're grateful for, and why you appreciate it. Takes a minute or two. If it's too early to call, make a note to call later. Even better is telling them in person, if you happen to see them or if they're on your route. Almost as good is a thank-you

email — keep it short and sweet.

●**Give thanks for "negative" things in your life.** There's always two ways to look at something. Many times we think of something as negative — it's stressful, harmful, sad, unfortunate, difficult. But that same thing can be looked at in a more positive way. Giving thanks for those things is a great way to remind yourself that there is good in just about everything. Problems can be seen as opportunities to grow, to be creative. See the prayer below for more on this.

●**Learn a gratitude prayer.** There are many prayers, religious or not, that can remind you to be grateful. Find one you like, and print it out or make it your desktop wallpaper. Here's a collection from a [multitude of religions](#). You can find many others on the Internet, or write your own. If you're not religious, make one that doesn't include the concept of God. A good one is below.

Let me leave you with a prayer of gratitude that I've always found ... well, perfect:

∞∞∞∞∞∞∞∞

Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

~ Author Unknown ~

The 25th Judicial District is very fortunate to welcome several new members of the bar. In this issue, we feature Jordan L. Faulkner, Attorney at Law, who I met at a recent Family Law Conference in Hickory. Other new attorneys will be highlighted in coming editions of the *ParaSight*. —Cyndy Adams



Jordan L. Faulkner

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"I am originally from Lexington, South Carolina. I graduated *cum laude* from Presbyterian College, in Clinton, SC, in 2009 with a B.S. in Physics, as well as a major in History and a minor in Mathematics. I went on to attend Charleston School of Law, in Charleston, SC, where I graduated *cum laude* in 2012 with my J.D. While in law school, I was the Articles Editor for the **Charleston Law Review** and a Volunteer Guardian ad Litem in the community.



characteristics that I aspire to achieve. Atticus also loved his family beyond measure and was a great role model for his daughter, Scout. Similarly, I have always admired and respected my parents, who both have careers in public service. While in college, I realized that my interests were pointing me towards law school, and that becoming an attorney would afford me the opportunity to serve the public as my parents have done.

My wonderful husband of three years is Will Faulkner. We moved to Hickory in Spring 2012, when he received a job promotion with the USDA. We have a three-year old Golden Retriever, Grady. In my spare time, I enjoy working on our new home, camping, sewing, spending time with family, and of course, playing with Grady. I know it is cliché, but the character, Atticus Finch in **To Kill a Mockingbird**, first inspired me to become an attorney. Though fictional, his common sense approach to the law, candor and trial skills, together with a stubborn dedication to clients are

I have recently opened a solo practice in Hickory, The Faulkner Law Firm, PLLC, where I am focusing on domestic and family law. I look forward to meeting and making new friends in the community. I realize that this district has a wealth of experienced attorneys who may serve as mentors to me in my own practice. My personal growth, practical education and 'on the job training' will enable me to establish my law practice and grow my firm. I am excited and challenged to begin my legal career in the 25th Judicial District."

Treasurer's Report



Prepared by:
Leah Poovey, Treasurer
September 30, 2012

Beginning Balance 9/04/12: **\$2,127.21**

DEPOSITS:

Jean Durham 25.00

Total Deposits: **\$ 25.00**

DISBURSEMENTS:

Kelley Walker—reimbursement for
 Gift Card, invitations, postage, copies: 117.00
 Sarah Frisby—facility rental 400.00
 The Corner Table—contribution 90.00

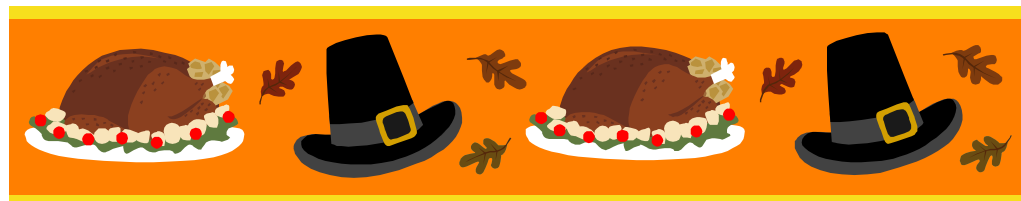
Total Disbursements **\$ 607.00**

September 30, 2012 Balance: **\$1,545.21**

Two of Leah's favorite online publications in our field are Legaco.org and Lawyersweekly.ca. Below are links to articles she thought would interest you. The first is an article on calendaring. The Lawyers Weekly article speaks to how social media is affecting the courtroom.

<http://www.legaco.org/article/best-practices-legal-calendaring-management-paraegal>

<http://www.lawyersweekly.ca/index.php?section=article&volume=32&number=13&article=4>



Up-coming CPE's and Monthly Meetings

Mark your calendars!

Plan now to attend our monthly meetings held on the 2nd Tuesday in each month at 6:00 pm at Catawba Valley Community College Auditorium.

**Door Prize drawing* at each meeting for a \$25 gift card.
Bring a friend for an additional chance to win.**

November 13: Derek Mace —Retirement Accounts

December 11: Holiday Social—Location TBA

January 8: Ethics CPE

*Attendance at the monthly meeting is required along with payment for any CPE if you are not a CVPA member.

IN MEMORIAM

In memory of Rick Barker, who passed Away July 29, 2012, and Blanche Sayer, who passed away November 1, 2012, husband and mother of CVPA member, Cheryl Barker.

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