



## INSIDE THIS ISSUE:

Articles	2
Summer	3
Pics	4
Job Bank	5
Sustaining Members	6
Board Members	7

Thanks to all who attended the Paralegal Day event. It was a lot fun! Ballots will be sent out the week of June 13, be sure to complete and return them.

We look forward to more great events this fall.

Enjoy your summer!

*Angela Poole*





# Articles



Remote Depositions:  
A Power Tool for  
Modern Litigation



The Clock Is Ticking:  
How to Miss Fewer  
Court Deadlines



5 Ways to  
Shift Your  
Perspective



8 Ways to Beat  
the Summer  
Blues @ Work



# HOT 5

## NATURAL SUMMER TRENDS

Five insider tips to go natural this season.



### *Fun Summer Activities Checklist*



## The Best Way to Stay Hydrated

FLUID + ELECTROLYTES = HYDRATION



or



Get nature-balanced hydration from coconut water and maple water, which are naturally rich in electrolytes.

**K Na Cl Mg**



## Super Skin Soothers

BEFORE SUN:



Protect your skin naturally from UV-induced skin damage and premature aging, look for elemental zinc oxide or titanium dioxide in your natural sunscreen.

AFTER SUN:



Aloe soothes sunburns and coconut oil moisturizes sun-dried skin. Apply generously after sun exposure.



## Top Summer Supplements

YOUR BEST CHOICES FOR A HEALTHY SUMMER:



**Omega-3s**  
For all round good health from the inside out.



**Antioxidants**  
Vitamin C, Vitamin E and Carotenoids for nourishing sun-damaged skin.



**Carnosine**  
Helps to counterbalance damaging chemicals present in your favourite barbecued foods.



## A New Lens on Label Transparency

LOOK FOR THESE SEALS:



Canadians want to know what is in the food and products they purchase. "Certified Organic" tells you:

- 95% of ingredients must be organic
- Does not contain GMOs
- Produced with low environmental impact



## New Summer Superfoods



**Everything Coconut**  
Ice cream, chips and even soy sauce!

**Organic Snack Bars**  
Healthy energy on the go.



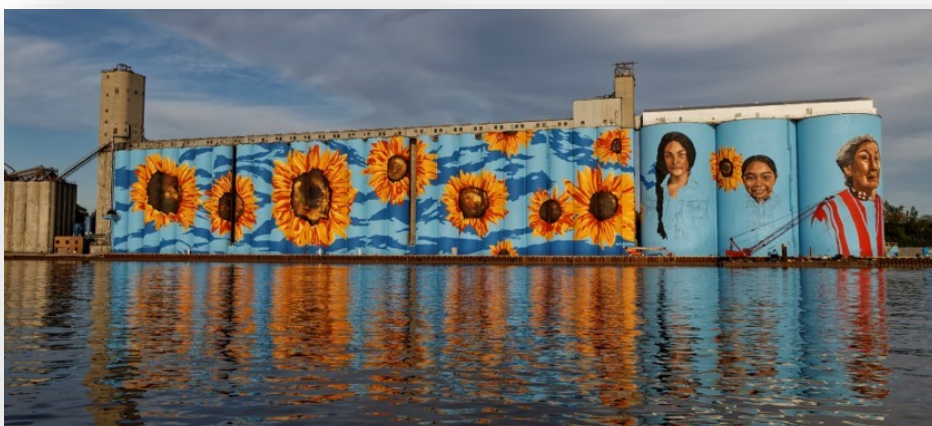
**Seaweed Snacks**  
Totally portable and rich in minerals.

**Watermelon**  
A super-hydrator and tasty source of the anti-oxidant lycopene.



**Berries**  
Packed with phytonutrients to help protect you from the sun.





Paralegal  
Day Pics

# Job Opportunities

[Paralegal Jobs, Employment in Toledo, OH | Indeed.com](#)

**YOUR CAREER IS A JOURNEY.**

**Next Stop, Phoenix.**

**2022 NALA Conference | July 14-16 | Phoenix, AZ**

NALA is excited to announce our first-ever hybrid conference! This means you can choose to attend either in-person or virtually. This is your chance to earn up to 15 CLE hours from 30+ education sessions, network with fellow paralegals, and engage with leading experts.

[Learn More!](#)



**N AFFILIATED**  
ASSOCIATION

**WEBSITE:** [panonet.org](http://panonet.org)

**Password:** NWparalegal2020





# Sustaining Members

- ✂ **Boerger Investigative Services, LLC**
- ✂ **Brouse McDowell, LPA**
- ✂ **Eastman & Smith Ltd.**
- ✂ **Heban, Murphree & Lewandowski, LLC**
- ✂ **Hylant**
- ✂ **Libbey Glass LLC**
- ✂ **Marshall & Melhorn, LLC**
- ✂ **Shumaker Loop & Kendrick, LLP**
- ✂ **Stautzenberger College**
- ✂ **Turley, Peppel & Christen LLC**
- ✂ **Weber & Sterling LLC**

# 2021-22 Board Members

POSITION	NAME & ADDRESS	CONTACT INFO
<b>President</b>	Angela Poole, Hylant 811 Madison Ave. — Toledo, OH 43604	Phone: 419-259-6067 Email: <a href="mailto:angela.poole@hylant.com">angela.poole@hylant.com</a>
<b>1st Vice President NALA Liaison</b>		
<b>2nd Vice President TBA Liaison</b>		
<b>Secretary Scholarship</b>	Shannon Rehberg, Marathon Petroleum 539 S. Main Street—Findlay, OH 48450	Phone: 419-672-2618 Email: <a href="mailto:srehberg@mpcorp.com">srehberg@mpcorp.com</a>
<b>Asst. Secretary Membership</b>	Amanda LaGrange, Owens Corning One Owens Corning Pkwy—Toledo, OH 43659	Phone: 419-248-7685 Email: <a href="mailto:Amanda.lagrange@owenscorning.com">Amanda.lagrange@owenscorning.com</a>
<b>Co-Treasurers</b>	Janet Eschedor & Connie Gross, Weber & Sterling, LLC 1721 Indian Wood Circle — Maumee, OH 43537	Phone: 419-893-3360 Emails: <a href="mailto:jeschedor@ws-law.net">jeschedor@ws-law.net</a> & <a href="mailto:cgross@ws-law.net">cgross@ws-law.net</a>
<b>Asst. Treasurer</b>	Loretta Taylor, Brouse McDowell 300 Madison Ave. — Toledo, OH 43604	Phone: 419-931-6922 Email: <a href="mailto:ltaylor@brouse.com">ltaylor@brouse.com</a>
<b>Trustee at Large</b>	Lisa Finn, Spengler Nathanson PLL 900 Adams Street — Toledo, OH 43604	Phone: 419-252-6295 Email: <a href="mailto:lfinn@snlaw.com">lfinn@snlaw.com</a>
<b>Trustee at Large</b>	Jacquie Goss, Spengler Nathanson PLL 900 Adams Street — Toledo, OH 43604	Phone: 419-252-6248 Email: <a href="mailto:jgoss@snlaw.com">jgoss@snlaw.com</a>
<b>Newsletter / Website / Social Media</b>	Lisa Robison, Marathon Petroleum Company LP 539 S. Main Street — Findlay, OH 48450	Phone: 419-421-2541 Email: <a href="mailto:lirobison@mpcorp.com">lirobison@mpcorp.com</a>
<b>Job Bank Coordinator</b>		Email: <a href="mailto:PANOLucasCnty2020@gmail.com">PANOLucasCnty2020@gmail.com</a>



**SUNNYSIDE BEACH, PANAMA FLORIDA**  
© Greg Voevodsky / WavesDVD.com



# SUMMER *bucket list*

- Slip-n-Slide
- Shave Ice
- Feed Ducks at the Pond
- Amusement Park
- Picnic at the Park
- Visit to the Lake
- Drive-in Movie
- Outdoor Concert
- Sidewalk Chalk Art
- Swimming at the Pool
- Town Parade
- Local Carnival
- Camping
- Backyard BBQ
- Block Party
- Water Fight
- Homemade Popsicles
- Lemonade Stand
- Lawn Croquet
- Nature Walk or Hike
- Hit the Beach
- Ride Bikes
- Build a Sandcastle
- Visit Aquarium
- Hit a Ballgame
- Watch Fireworks
- Plant a Garden
- Pick Fruit on a Farm
- Have a Sleepover
- Water Park
- Roast Marshmallows
- Skate Park
- Historical Sites
- Blow Bubbles
- Tube Down a River
- Visit the Zoo
- Pie Eating Contest
- Visit Museum
- Have a Car Wash
- Summer Reading Program
- Ice Cream Sundaes
- Pick Wild Flowers
- Summer Camp
- State Fair
- Geo Caching
- Road Trip
- Family Reunion
- Run Through Sprinklers
- Fly a Kite
- Sign Up for a Race
- Start a Craft Club
- Build a Fort
- Send a Postcard
- Make a Bird Feeder
- Go Boating
- Visit Grandparents
- Splash Pad
- Visit a Farmer's Market
- Face Paint
- Trampoline Camp Out
- Catch Fireflies
- Star Gazing
- Outdoor Play
- Visit National Monuments
- Water Balloon Fight
- Play Board Games
- White Water Rafting
- School Playground
- Tag Football
- Volunteer
- Bird Watching
- Climb a Tree
- Walk the Dog
- Bonfire on the Beach
- Rent a Vacation Home
- Jump on the Trampoline
- Horseback Riding
- Miniature Golf
- Arcade Games
- Homemade Ice Cream
- Family Photo Shoot
- Hike to a Waterfall
- Bug Hunt
- Paint Pottery
- Garage Sale
- Join 4H
- Take a Factory Tour
- Water Skiing
- Make S'mores
- Beach Volleyball
- Celebrate the 4th
- Eat at a Food Truck
- Visit a Festival
- Start a Rock Collection
- Take the Train
- Find a Pen Pal
- Play Frisbee
- Petting Zoo
- Start a Book Club
- Summer Job
- Play Night Tag
- Hopscotch
- Can Fruit or Vegetables
- Make a Home Movie
- Video Game Tournament
- Host an Amazing Race
- No-Bake Cookies
- Go Roller Skating





KEEP  
CALM  
AND  
SEE YOU  
IN SEPTEMBER