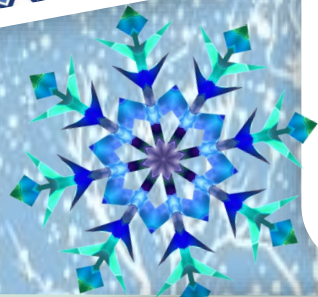


JANUARY



Paralegal Association of Northwest Ohio

2024

HAPPY
NEW YEAR

A new year is filled with possibilities, so dream big and believe in yourself this year!

Inside This Issue:

January Mtg	2	New Years	5
Future Dates	3	Sustaining	6
Articles	4	Board Roster	7



January Membership Meeting

- * TOPIC: *To Be Announced*
- * SPEAKER: *To Be Announced*
- * DATE: Tuesday, January 23rd
- * TIME: Noon-1pm
- * LOCATION: Virtual—Teams Meeting

Reservations

RSVP by Friday, January 19th to: [Lisa](#)



social media



WEBSITE: panonet.org

Password: NWparalegal2020



Linked in

Membership Meetings

February 27, 2024

March 26, 2024

April 23, 2024

Board Meetings

* January 08, 2024

February 12, 2024

March 11, 2024

* April 08, 2024

May 13, 2024



Paralegals Feed Ohio

Join the combined team of paralegal associations across Ohio (PACO, CAP, CPA, and PANO) as we help restock our local food banks starting in February

*"From the Ohio River to the Great Lakes,
Paralegals Feed Ohio"*



Drop off locations include:

- * Eastman & Smith—Toledo, OH
- * Eastman & Smith—Findlay, OH
- * Marathon Petroleum Company

Articles



****Having trouble accessing the articles? **
Try using Chrome instead!**



5-Point Plan to Set Meaningful Career Goals for 2024

5 Tips for Paralegals Working with Multiple Attorneys

How to Create Your Own "Year In Review"



Paralegal Jobs, Employment in Toledo, OH | Indeed.com

30 Common Interview Questions & How to Answer



New Year's Resolutions

What Resolutions Are Made,
How Likely You Are To Keep Them
And How To Improve
Your Chances Of Success

TIPS TO INCREASE THE LIKELIHOOD OF SUCCEEDING



Choose a Specific, Realistic Goal

Pick Just One Resolution

Don't Wait Until New Year's Eve

Start With Small Steps

Avoid Repeating Past Failures

Set intermediate milestones

Keep Working on Your Goals

Get Support from Your Friends and Family

TOP NEW YEAR'S RESOLUTIONS

- DRINK LESS ALCOHOL
- EAT HEALTHY FOOD
- GET A BETTER EDUCATION
- GET A BETTER JOB
- GET FIT
- LOSE WEIGHT
- MANAGE DEBT
- MANAGE STRESS
- QUIT SMOKING
- REDUCE, REUSE, AND RECYCLE
- SAVE MONEY
- TAKE A TRIP
- VOLUNTEER TO HELP OTHERS

OF THOSE WHO DO SET RESOLUTIONS

- 34% set resolutions related to money
- 38% set resolutions related to weight
- 47% set resolutions related to self-improvement or education
- 31% set resolutions related to relationships

YOUR CHANCES OF SUCCESS

THE YOUNGER you are, the more likely you are to achieve your resolutions

19% ACHIEVE their resolutions every other year.

39% OF THOSE IN THEIR TWENTIES achieve their resolutions every year or every other year.

LESS THAN 15% of those over 50 achieve their resolutions every year or every other year

49% have infrequent success.

ONLY 8% OF PEOPLE are always successful in achieving their resolutions.

24% (ONE IN FOUR PEOPLE) NEVER succeed and have failed on every resolution every year.

HOW COMMON IS SETTING A RESOLUTION?

45% of Americans usually set New Year's Resolutions

17% infrequently set resolutions

38% absolutely never set resolutions

The less happy you are, the more likely you are to set New Year's Resolutions. This is especially true for those who set money-related resolutions:

41% are not happy

25% are happy

34% are moderately happy



Sustaining Members

- ✦ **Boerger Investigative Services, LLC**
- ✦ **Eastman & Smith Ltd.**
- ✦ **Hylant Group, Inc.**
- ✦ **Marathon Petroleum Corporation**
- ✦ **Marshall & Melhorn, LLC**
- ✦ **Medical Evaluators LLC**
- ✦ **Shumaker, Loop & Kendrick, LLP**
- ✦ **Spengler Nathanson P.L.L.**
- ✦ **Stautzenberger College**



2023-24 Board Members

POSITION	NAME & ADDRESS	CONTACT INFO
<i>President</i>	Molly O'Connell, Marathon Petroleum Company 539 S. Main Street—Findlay, OH 45840	Phone: 419-421-3203 Email: MOConnell2@mpcorp.com
<i>Vice President NALA Liaison</i>	Lisa Foreman, Milberg Bryson Coleman Phillips Grossman PLLC	Phone: Email: lisa.foreman4116@gmail.com
<i>Secretary Membership</i>	Marian Buntain, Marathon Petroleum Company 539 S. Main Street—Findlay, OH 45840	Phone: 419-421-3345 Email: mabuntain@mpcorp.com
<i>Treasurer</i>	Dawn Kaucher, Eastman & Smith LTD. PO Box 10032—Toledo, OH 43699	Phone: 419-247-1764 Email: dmkaucher@eastmansmith.com
<i>Trustee at Large Newsletter / Website</i>	Lisa Robison, Marathon Petroleum Company LP 539 S. Main Street — Findlay, OH 45840	Phone: 419-421-2541 Email: lirobison@mpcorp.com
<i>Job Bank Coordinator</i>		Email: PANOLucasCnty2020@gmail.com

