



PANO

Paralegal Association of Northwest Ohio

President's Message

MARCH

2024

What Is a Leader?

John Maxwell (CEO of *Maxwell Leadership*) says, "A leader is one who knows the way, goes the way, and shows the way." From this quote, it is easy to see that a great leader is someone who has gone down a particular path. They know the correct way to go, and they are willing to act as a guide for others to follow. The leader might not be the most eloquent or outgoing, but they are willing to risk it all to show people there is a better way.

We are all leaders in some way: in our family life, career, social circles, and professional circles. In many ways, we guide others, are the "chief" of our household or department, we are the tree that has set down strong roots in our circles. We serve and inspire others, solve problems, hold ourselves accountable, are passionate and purpose-driven, supportive, and are dedicated to influencing those around us, all while being committed to self-growth - personally and professionally.

You may be thinking, "why talk about leadership now?" Well, it is election time and PANO is asking you to consider taking a leadership position, to step-up and share your leadership skills. The current outgoing board is asking you to please consider holding a board position for the 2024-2025 year. Details on each position is included in this newsletter.

"Sometimes we can only find our true direction when we let the wind of change carry us." - Mimi Novic

Wishing you a happy, healthy, beautiful Spring!

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MARCH Membership Meeting

TOPIC: ProBono Legal Services

SPEAKER: Brandi Doniere

DATE: March 26th

TIME: Noon—1 pm

LOCATION: *Virtual Teams Meeting*



RSVP: Lisa Robison lirobison@mpcorp.com



MEMBERSHIP Meeting Dates

Virtual
March 26, 2024
April 23, 2024



BOARD Meeting Dates

Virtual
March 11, 2024 April 08, 2024
May 13, 2024

what's new?

JOIN the Board



Interested? Contact
[Molly O'Connell](#)



WE'VE GOT SOME SEATS TO FILL

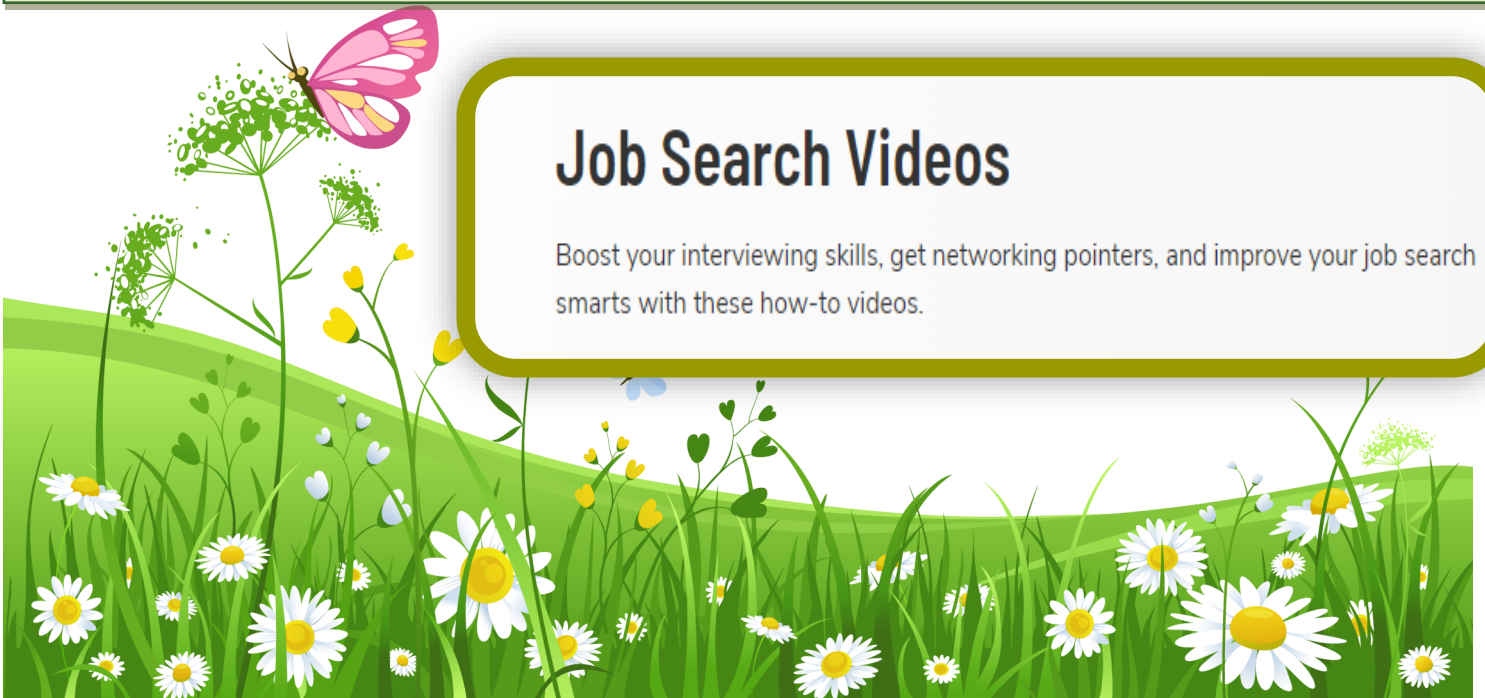


Job Opportunities

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

Job Search Videos

Boost your interviewing skills, get networking pointers, and improve your job search smarts with these how-to videos.



Spring into Wellness

ADULTS

 **2/3** DON'T EAT ENOUGH FRUIT

 **3/4** DON'T EAT ENOUGH VEGETABLES

Many spring “superfoods” help ward off chronic disease and naturally promote weight loss. Try asparagus, strawberries, cabbage, spinach, apricots, salmon and sea bass.

PHYSICAL INACTIVITY

- Costs the United States ~\$75 billion in medical expenses each year
- Is linked to increased risk of heart disease, anxiety, depression, and certain cancers

36%

of Americans say they get no physical activity at all in winter

Allergies

account for 17 million office visits – and the annual cost of allergies is estimated at

\$14.5 billion

But did you know that exercise naturally soothes seasonal allergies by easing congestion?

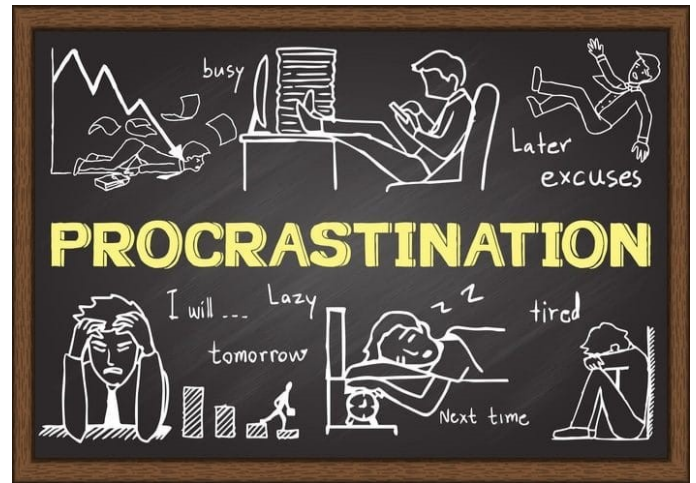
It's Garden Season!

Gardening for 30-45 minutes counts as a daily dose of moderate-intense physical activity and results in a bounty of healthy, fresh produce!

Articles



Burnout
Prevention and
Treatment



10 Hacks for Beating
Procrastination



N AFFILIATED
ASSOCIATION



Linked in

WEBSITE: panonet.org

Password: NWparalegal2020



Thank You!

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



**DON'T FORGET TO
SPRING FORWARD**

REMEMBER TO SET YOUR
CLOCKS AHEAD 1 HOUR
SATURDAY NIGHT

March 10

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



EASTER

family fun

