



PANO

Paralegal Association of Northwest Ohio



2025

President's Message

I recently read this statement:

"Stop judging and evaluating yourself, stop comparing yourself to other people. This produces feelings of pride or inferiority and sometimes a mixture of both." Whoa! How true is this! Oftentimes, we do the above without even realizing it, especially in the workplace.

It is easy to participate in the game of compare. We do it all the time with possessions and appearances. However, I think the above is referring to intangible things such as thoughts & feelings like: I work longer and harder than a co-worker or my work product is better but s/he gets all the credit. Or even the other end of the spectrum: I'm not as technically savvy, smart, experienced or (blank) as so and so. When these thoughts start, it's easy to continue down this path and soon we are spiraling into grumbling, negativity, and discontent.

Instead, if we focus on the tasks of each day and not become distracted by the things occurring around us in the periphery, we can learn to become thankful in all our circumstances. If we do this, hopefully we will no longer be default players in the Compare Game and our discontent will start to dissolve like snow in springtime!

Happy March!!

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MARCH Membership Meeting

TOPIC: Life of Insurance Claim

SPEAKER: Denise Wade-Jackson

DATE: March 25th

TIME: Noon—1 pm

LOCATION: *Virtual—Teams*



RSVP: Lisa Robison lirobison@mpcorp.com

SAVE THE DATES!

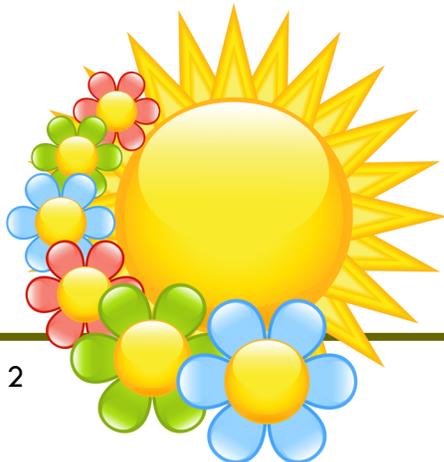
MEMBERSHIP Meeting Dates

Virtual
March 25, 2025
April 22, 2025



BOARD Meeting Dates

Virtual
March 11, 2025 April 01, 2025



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.

Check this out



Job Loss and Unemployment Stress

The stress of losing a job

Coping with job loss stress tip 1: Allow yourself to grieve

Tip 2: Reach out to stay strong

Tip 3: Involve your family for support

Tip 4: Find other ways to define yourself

Tip 5: Get moving to relieve stress

Tip 6: Eat well to keep your focus

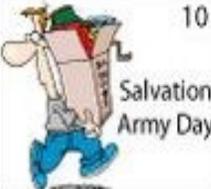
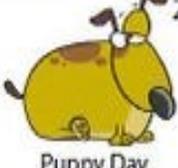
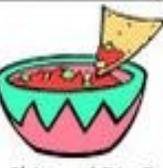
Tip 7: Take care of yourself

Tip 8: Stay positive to keep up your energy



March

National Irish Heritage Month

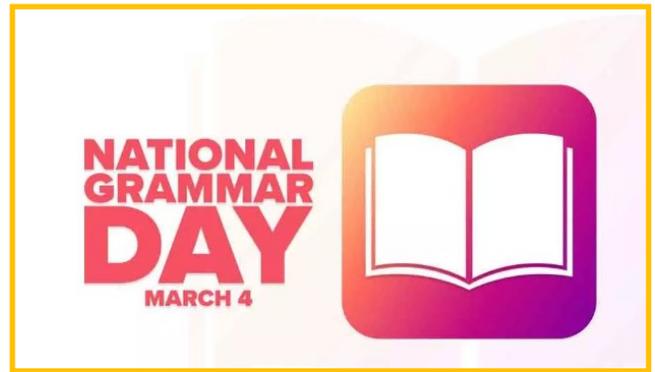
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						 Peanut Lovers Day	
 Academy Awards Night	 Peach Blossom Day	 Mardi Gras	 Cheese Doodle Day	 Oreo Cookie Day	 National Cereal Day	 Women's Day	
 Barbie Day	 Salvation Army Day	 World Plumbing Day	 Plant a Flower Day	 Popcorn Lovers Day	 Potato Chip Day	 National Quilting Day	
 Artichoke Day	 St. Patrick's Day	 Sloppy Joe Day	 Poultry Day	 Proposal Day	 Puppy Day	 Day of the Seal	
 Chip and Dip Day	 Chocolate Covered Raisins Day	 Waffle Day	 Purple Day	 Whiskey Day	 Barnum & Bailey Day	 Chiffon Cake Day	
 Pencil Day	 Clam in a Halfshell Day						



Articles



Improving Relationships at Work with EQ



*National Grammar Day
3 SCOTUS Cases
Where Grammar Mattered*



N AFFILIATED ASSOCIATION



LinkedIn

WEBSITE: panonet.org

Password: NWparalegal2020



Thank You!

Sustaining Members

- ✘ Boerger Investigative Services, LLC
- ✘ Eastman & Smith Ltd.
- ✘ Hylant
- ✘ Marathon Petroleum Corporation
- ✘ Marshall & Melhorn, LLC
- ✘ Medical Evaluators LLC
- ✘ Shumaker Loop & Kendrick, LLP
- ✘ Stautzenberger College



**DON'T FORGET TO
SPRING FORWARD**

REMEMBER TO SET YOUR
CLOCKS AHEAD 1 HOUR
SATURDAY NIGHT

March 09

Board Members

POSITION	NAME & ADDRESS	CONTACT INFO
<i>President 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>Vice President NALA Liaison</i>	Marian Buntain, Marathon Petroleum Company 539 S. Main Street–Findlay, OH 45840	Phone: 419-421-3345 Email: mabuntain@mpcorp.com
<i>Secretary Membership</i>	Emily Nickoli, Semro Henry Ltd. 7255 Crossleigh Court, Suite 104–Toledo OH	Phone: 419-517-7377 Email: enickoli@semrohenry.com
<i>Treasurer</i>	Caitlin Stieber, Hylant 811 Madison Ave.–Toledo, OH 43604	Phone: 419-724-3473 Email: Caitlin.stieber@hylant.com
<i>Trustee at Large</i>	Dawn Kaucher, Eastman & Smith LTD. PO Box 10032–Toledo, OH 43699	Phone: 419-247-1764 Email: dmkaucher@eastmansmith.com
<i>Trustee at Large</i>	Molly O’Connell, Marathon Petroleum Company 539 S. Main Street–Findlay, OH 45840	Phone: 419-421-3203 Email: MOConnell2@mpcorp.com
<i>Job Bank Coordinator</i>		Email: PANOLucasCnty2020@gmail.com

