

THE PARALEGAL PULSE



IN THIS ISSUE

- A Letter from the President
- NALA Update
- New Laws in Virginia
- A Day in the Life of a Delegate
- Upcoming Events
- Member Spotlights
- A Letter from Ann C. Hodges
- Get to Know the Board
- Sponsors

A Letter From the President

Dear Members,

As we reach the midpoint of this remarkable year, I am filled with immense pride and gratitude for all that we have accomplished together as the Commonwealth of Virginia Paralegal Association. It has indeed been a wonderful beginning for us so far, marked by significant achievements, inspiring events, and a renewed sense of community and purpose.

Milestones and Achievements

Our association has been graced with numerous milestones that reflect our dedication to excellence and our commitment to the paralegal profession. We have successfully hosted several well-attended continuing education seminars, providing our members with the latest insights and knowledge to excel in their careers. The feedback from these events has been overwhelmingly positive, underscoring the value of our shared learning experiences.

(continued)

Educational Initiatives

Our educational initiatives are set high, seeking and working towards a diverse array of workshops and courses that cater to both seasoned professionals and those new to the field. We have collaborated with esteemed legal experts who have generously shared their expertise, enriching our understanding of various legal disciplines. Melissa Brooks with J. Sargeant Reynolds, for example, provided a tremendous CLE on using AI in the legal profession. We are also continuing our endeavors in forming a mentorship program that pairs experienced paralegals with newcomers, fostering a supportive environment for growth and development.

Community Engagement

Beyond our professional development efforts, we are setting goals for strides in community engagement. Our volunteer initiatives will make a tangible impact, from assisting with local legal aid services to participating in pro bono projects that benefit those in need. These endeavors will not only strengthen our ties with the broader community but will also reinforce the importance of giving back.

(continued on next page)

(continued)

Networking Opportunities

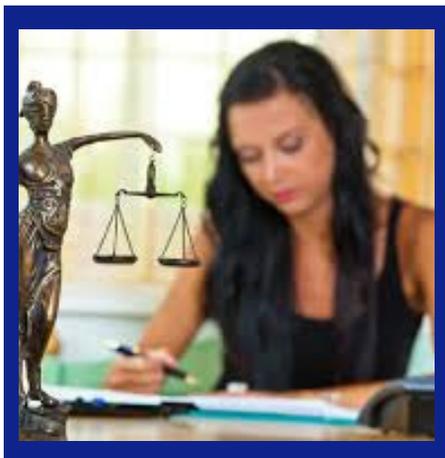
Our networking events have been a highlight of our formation, providing a platform for members to connect, share experiences, and build lasting relationships. The sense of camaraderie and mutual respect that permeates these gatherings is truly heartwarming, and it is a testament to the vibrant and supportive culture we have cultivated within our association.

A Look Ahead

As we look ahead to the remainder of the year, I am confident that we will continue to build on our successes and embrace new opportunities. We have a lineup of exciting events and initiatives planned, including our annual conference, which promises to be a landmark occasion. I encourage all members to stay engaged, participate actively, and contribute to the ongoing success of our association.

In closing, I want to express my heartfelt thanks to each and every one of you for your unwavering support and dedication. It is your passion, hard work, and commitment that make our association truly outstanding. Let us continue to strive for excellence and make the most of the year ahead.

With warm regards,
Jessica Glickman
President



Robneisha Ingram

A fun fact about me is that I'm currently balancing a full-time job as a Senior Legal Secretary in the City Attorney's Office while pursuing my Associate's degree in Paralegal Studies Program at Reynolds Community College. I'm on track to graduate this December, and I plan to continue my education at the University of Richmond in January 2026!

Something people might not know about me is that I'm very creative and love expressing myself through writing, and organizing events or spaces to make them feel warm and welcoming. I have a knack for remembering meaningful details about people, and I genuinely enjoy lifting others up and encouraging them.

Outside of work and school, I love to read, go to the gym, learn new skills, and spend quality time with my family and friends. I'm also the kind of person who will randomly surprise loved ones with small acts of kindness—just because. It brings me joy to make others feel seen and appreciated.

A Day in the Life of a Delegate

By Carrie Warr, Director

When I received the email invitation from Professor Brooks to apply for the Inaugural Virginia Government Simulation in October 2024, I was immediately intrigued. Admittedly, I should know more about how our government runs at this point in my life—I have been a working adult for 20 years now (in the legal field no less). I spoke with my boss to get approval for the day off and applied as soon as possible. I got an email a few weeks later that I had been accepted, along with 3 other paralegal students from Reynolds Community College. Little did I know that day how much of an impact this simulation, the classmates I attended with, Professor Brooks and our speakers that came to speak to us would have on me.

Day 1 started with a tour of the Virginia State Capitol building. What should have been an hour-long tour turned into two because our tour guide was so knowledgeable and could tell we were all so eager to learn as much as we could. Following the tour, we moved to VCU's campus for the opening reception, where Chris Piper, Executive Director of VPAP, was our guest speaker and told us all about his career in politics and running elections. After Mr. Piper finished his talk, we moved to caucus with our respective parties that we were pre-assigned. I was selected to join the Democratic Party. We held speeches and elections to decide who would represent us as majority leader and Whip for the weekend. (Sidenote - my classmate Ajanee' Ransom was chosen to be the Minority Whip for the opposing side. So proud of her!)

We closed out the night by coming together and had the Committee of the Whole meeting to decide which bills we were going to argue about the following day. We ended our day with 10 total bills to go home and prepare for, at 9 p.m. that night. A long but exciting day!



Bill Leighty, Chief of Staff

(continued)

For **Day 2**, we reported to the Capitol building bright and early and were shown to the House Chamber seats. These seats were where we were going to sit for the next two days as if we were actual delegates, to argue on the floor for our bills to pass, and vote using their electronic ballot screen on our desks. What an experience!! William "Bill" Leighty, Chief of Staff to Governors Mark Warner and Tim Kaine, was our speaker to kick things off. He regaled us with tales of his experiences and gave us some tips on how to have a successful career. He said "building your network, finding a mentor and always telling the truth" were three of the most important things he could stress to us.

Then we moved into our Second Committee of the Whole, Bill report out, floor sessions, and ended with another party caucus. All the students took their roles as Delegates and advocating their bills very seriously. There was lively debate with things getting heated at times, but ultimately, we found common ground and advanced meaningful legislation. The Democratic Party came out on top by getting the majority of its Bills passed. The role-playing simulation was truly a once-in-a-lifetime experience for me and really got me thinking about my future career perspectives. Could I work in government in the future? Only time will tell....

(continued on next page)

(continued)

The **third and final day** began as we again assembled in the House chamber to address some precedents and rule changes for years to come to help make the simulation run smoothly. We also held elections for students who knew they would be returning next year to have a chance at being the Governor and Lieutenant Governor. Speeches moved participants, and ultimately Nicholson from Bridgewater College and Ress from the University of Richmond were chosen to represent themselves in these seats next year.

To close out our final day in the Simulation, we had the distinct pleasure of having Delegate Betsy Carr come and speak with us. Delegate Carr was very inspiring and spoke about how valuable public service is and encouraged us to get involved and committed to making a difference. She told us how she started in politics, what she stood for, how she had several successful campaigns. She closed by answering many of the questions from the students in attendance. To the future students who have the opportunity to apply to this program, I strongly encourage you to take it! You will not be disappointed with your experience. I learned an immense amount and left with some new friends as well. I can't thank Professor Brooks enough for this opportunity.



Delegate Betsy Carr addresses the students in the House Chamber



Carrie and Tahmina hard at work



In the Capitol



Reynolds Team (Carrie Warr, Tahmina Abed, Professor Brooks, Ajanee' Ransom, and Penelope Tagert)

Membership Report as of March 29, 2025

By Carrie Warr, Director , Membership Chair

Active Members:	32
Associate Members:	9
Sustaining Members:	2

What's Happening, CVPA?

- Paralegal Students may now join CVPA for no cost. Students who have personally paid for their Associate membership may ask for a refund. Email cvparalegals@gmail.com.
- CVPA is still waiting on its Non-Profit status from the IRS.
- CVPA is adding three new membership categories:
Student, Legal Support, and Retired

STUDENT (Non-Voting) \$0.00

Any individual who is a student in good standing at any university, college, junior college, or other approved school pursuing a course of studies as a paralegal, provided that all such schools and curricula shall be subject to approval of the Board of Directors of the association and is not actively employed as a paralegal.

LEGAL SUPPORT (Non-Voting) \$25.00

Any individual in a legal support role who performs substantive legal work under the supervision of an attorney who can attest to the nature of the tasks completed. Examples of such roles include Legal Administrative Assistant, Case Assistant, Legal Project Manager, Legal Analyst, Contracts Administrator, and similar roles.

RETIRED (Non-Voting) \$25.00

Any individual who has been a member of this association for at least five (5) years and resides in the Commonwealth of Virginia who has retired from the paralegal profession.

Thank you for your patience as we work
toward creating a great association.

2025 Upcoming events.



TBD

1.0 CLE NON-SUBSTANTIVE
**LEGAL EASE:
MASTERING WORK-
LIFE BALANCE AND
STRESS MANAGEMENT**
(ZOOM)
12-1PM

In the high-pressure world of legal work, maintaining a healthy work-life balance is essential for success and well-being. Join us as **Michelle Wilson, JD** presents **Legal Ease: Mastering Work-Life Balance and Stress Management**, a dynamic seminar designed specifically for paralegals seeking to enhance their professional performance while prioritizing personal wellness.

APR
29

1.0 CLE SUBSTANTIVE
**A WINNING
DISCOVERY TEAM:
BEST
COLLABORATION
PRACTICES BETWEEN
ATTORNEYS &
PARALEGALS FOR A
SEAMLESS PROCESS**
(ZOOM)
12-1PM

This presentation will explore the essential roles both parties play in the discovery process and highlight best practices for fostering seamless teamwork. Learn strategies for clear communication, delegation of tasks, use of technology, and methods for ensuring thoroughness and accuracy in discovery. By sharing real-world examples and actionable insights, attendees will learn how to create a cohesive, well-coordinated team that navigates the complexities of discovery with precision, speed, and confidence.

MAY
08

**BRANDING YOURSELF
THROUGH LINKEDIN**
6-8PM

Networking event presented by **Beacon Hill**. Learn tips for your LinkedIn profile. More information to be provided. Location TBD.

MAY
09

1.0 CLE SUBSTANTIVE
CONTRACTS 101
(ZOOM)
12-1PM

Join us as **Angela Stevens, Sr. Manager, Contracts, ChemTreat, Inc.** gives a background on contracts, making an agreement (offer, acceptance, and consideration), and papering the deal.

MAY
30

**NETWORKING EVENT
AT THE DIAMOND -
RICHMOND FLYING
SQUIRRELS VS.
HARRISBURG
SENATORS**
6:35PM / GATES OPEN
AT 5:30PM

Sponsored by **Beacon Hill, Planet Depos, and MediVisuals**.
****Private area, field level tickets, private bar, and food included!****
Tickets \$27 in advance or \$32 includes parking.

JUN
13

**LEVEL UP:
STRATEGIES FOR
PROFESSIONAL
GROWTH AND
CAREER
ADVANCEMENT**
12-1PM

Presented by **Liz Coleman** and **Emily Krause**. Take charge of your career and be proactive; set SMART goals; identify skills; enlist the help of others; develop a personal elevator pitch; advocate for yourself; network with purpose and build connections. University of Richmond.

RSVP to each event by emailing:
cvparalegals@gmail.com

<https://cvparalegals.org>



Stephanie Hunter

I am on the Legal Advisory Committee for Tidewater Community College's Virginia Beach Campus. I am also on the Parent Advisory Committee for the Virginia Beach Police Youth Services Unit, collaborating with the police and other parents on how to maintain better communication and understanding between youth, parents and the Virginia Beach Police Department.

NALA Update

By Rich Hahn, ACP

Get ready to celebrate **NALA's 50th anniversary** at the **2025 NALA Conference & Expo in Atlantic City, New Jersey, from July 10-12, 2024!**

This milestone event celebrates five decades of excellence and innovation in the paralegal profession.

This year's conference is the ultimate opportunity for networking, expanding your knowledge, unlocking insights, exploring valuable tools, and commemorating NALA's golden anniversary.

REGISTER TODAY!
NALA Conference & Expo – NALA

Let us know if you plan to attend the NALA Conference. CVPA will have a booth at the Affiliate Showcase on Thursday, July 10, 2025 from 7-9 p.m. and we would love to see you!



CVPA Board Members



Jessica Glickman
President



Donna Donavant, ACP
Vice President



Ryan Mills
Secretary



Quinn Gomola Mullin
Treasurer



Carrie Warr
Director



Rich Hahn, ACP
NALA Liaison

Treasurer's Report as of March 29, 2025

By Quinn Gomola Mullin, Treasurer

BALANCE ON HAND 1/21/2025 **\$3,862.88**

INCOME

2/20/2025	Deposit: Membership Fee	\$62.81
3/03/2025	Deposit: Membership Fee	\$62.81
3/19/2025	Deposit: Non-Member CLE Fee	<u>\$9.41</u>
	Total Income	\$135.03

EXPENSES

2/28/2025	GoDaddy.com Monthly Website Fee	\$21.99
3/10/2025	Flying Squirrels Deposit	<u>\$170.00</u>
	Total Expenses	\$191.99

BALANCE ON HAND 3/27/2025 **\$3,805.92**



Amanda Dessert

I have been on my paralegal journey for 13 years as of 4/22/25. I started in the mailroom at my first firm in Toledo, OH and moved up from there. I love focusing on estate planning and trust/estate administration - it really feels like I get to help people! I grew up in Michigan, I love to ride my bike and watch RuPaul's Drag Race. One of my favorite things is to collect Pez dispensers with my husband! I don't know how many we have, but it's A LOT!



A Letter from Ann C. Hodges, Professor of Law Emerita Program Chair, Paralegal Studies School of Professional and Continuing Studies University of Richmond



Ann Hodges &
Tammy Alexander

As I transition out of the position of Program Chair of Paralegal Studies and into retirement, I have a few thoughts about the legal profession and paralegal careers that may be of value to those in, and entering into, the legal profession. First, working in the law is never boring. Even after more than fifty years, I still enjoy the law and the legal profession. While I might not have loved every case and every client, I was never bored. And that's a lot to say for a career.

Second, paralegals are essential and although their roles may change with changing technology such as AI, the human element will always be required in the law. AI, like other advances in technology, is a tool. Learn to use it and you will advance in your career. Anticipate other changes in the field and prepare for them. For example, there is talk of certifying paralegals to represent clients in order to increase access to justice. What a wonderful opportunity to expand your skills and make a difference for those in need. Third, make the lawyers' work lives easier and make the clients feel supported. Do these two things and you will be a success.

Don't forget that paralegal skills can be used in a wide variety of settings. Consider working in the insurance field, in legal compliance in a field like health care, or moving into legal operations, which supports in-house legal departments. Think about the skills that you have and market those skills, not just your experience. You will find that you are qualified for many positions by virtue of those skills. And build a network, something you are already doing through your membership in CVPA. Jobs often come by who you know rather than what you know.

Last but not least, find what you love. If your current field of law doesn't spark your passion, find another. There are so many opportunities in such a wide variety of areas of law, which are often very different from one another in both the substance of the law and the daily tasks performed. So follow your passion until you are excited to go to work each day. Wishing you all long and successful careers and happy lives.

Get to Know the Board

How did you get involved with CVPA and what are your current role and responsibilities within the organization?

JESSICA (PRES): I was approached by Donna Donavant and Jillian Sherman regarding their interest in starting a new association. I am the President, and my roles are to oversee the well-being of the association, moderate Board meetings, assist the Board with growth of the Association, CLE's, sponsorship, community partnership, and executing CVPA's mission.

DONNA (VP): Together with my fellow paralegals, I recognized the need for a dedicated paralegal association that provides consistent programs at both the local and statewide levels. I currently serve as Vice President, collaborating with the Board to further develop and strengthen our association.

RYAN (SEC): I assisted in founding the association with a few other incredible individuals. We wanted an active association that reached out to provide resources to others in the state and to offer networking opportunities for those in our communities. In the organization I am currently the Secretary. I take the minutes from our board meetings and also assist in any areas of the organization that need support. Another duty of the Secretary is to provide social media posts and communications with members regarding the association's business and activities.

QUINN (TREAS): I was approached by my co-worker at the time as the idea for a new organization was being discussed and offered to take on the role of treasurer. As treasurer, I handle all of the finances for the organization, overseeing our budget, expenses, reimbursements, membership dues, and sponsor fees.

CARRIE (DIR): I was asked to join during the planning stages of CVPA by some of my colleagues who thought I could help lend some student insight into the Association. I'm currently a non-voting Board member, Student Liaison and Membership Chair.

RICH (NALA LIAISON): After the 2024 NALA Conference, where I lost re-election for the position of NALA Affiliated Association Secretary, I was asked by a friend who was on the board of CVPA to join CVPA and become CVPA's NALA Liaison.

What are your goals for CVPA in the future? Are there any special projects or initiatives you want to help CVPA start or expand?

JESSICA (PRES): My personal goal is to get CVPA so strong that it is almost autonomous. Clearly, it cannot be, but I would like to have it so that there are so many involved members, directors, Board members, and community partners that if a cog of the association were to stop for a moment, no process would fall and the area that was in need of assistance (the "broken cog", if you will!) would be immediately remedied by another passionate member ready to pick it up. Synonymously, we would be a strong name in the legal community that would be known as an obvious affiliation with career growth and development as a paralegal. In our short time, our hard work provides this as showing as our trajectory. So, while it sounds a bit grandiose, it does not seem unrealistic.

DONNA (VP): My goal is to expand CVPA's presence throughout Virginia and foster stronger relationships within the legal community to offer engaging and relevant CLE topics to our members. I would like to help CVPA start a biennial statewide conference.

RYAN (SEC): I want to see our association expand. I would love to see another chapter begin in the Charlottesville area, northern Virginia, or east towards the beach.

QUINN (TREAS): My biggest goal for CVPA in the future would be to have paralegals from all over the Commonwealth actively involved. Our founding group organically sprung from Richmond and Northern Virginia, with the idea that we can provide connections all over the state. We continue to work towards that target and while it is, of course, a process, I am very excited to see our vision become a reality.

CARRIE (DIR): I would love for CVPA to grow even more and start to reach all areas of Virginia. We have a core group in the Richmond area and we are starting to grow our Northern Virginia membership, but I'd love to see it reach all areas.

RICH (NALA LIAISON): My goals as a CVPA member who lives in Leesburg, VA is for CVPA to become a statewide paralegal association with chapters in every county of the Commonwealth. The initiatives I would like to see are membership drives in every county in Virginia.

Change starts within us.

Rebecca Hubbard
Class of 2018



AT THE UNIVERSITY OF RICHMOND SCHOOL OF PROFESSIONAL AND CONTINUING STUDIES, our students are driven by change. They arrive with a variety of professional and educational experiences, the ambition to do more and an unbelievable drive to succeed.

Through the latest theory and real-world practice, our students gain the tools and knowledge to better themselves and the organizations they serve.

Learn more about our Paralegal Studies programs for adult students at an upcoming information session or join our contact list at spcs.richmond.edu.



RICHMOND
School of Professional
& Continuing Studies™



UNIVERSITY OF RICHMOND
**School of Professional
& Continuing Studies™**

Get To Know the Board (continued)

What is your favorite part of being in the legal community? What advice would you give to someone just starting out?

JESSICA (PRES): I love what I do and I love that there are so many like-minded people in the legal community. I have so much advice for people starting out, but the best would be to join CVPA!

DONNA (VP): My favorite part of being in the legal community is the intellectual challenge. The law is dynamic and constantly evolving, which offers continuous opportunities for intellectual growth. Engaging with complex legal issues keeps you sharp and encourages lifelong learning. My recommendation to those just beginning their careers is to actively engage in networking and educational events.

RYAN (SEC): I love to learn and hear from others. There isn't just one way to reach a goal or objective. By speaking and interacting with others, you can learn many new viewpoints and processes. You might also learn how not to approach a particular task. My advice for someone new to the community is to reach out to someone and connect. Do not be afraid to ask questions to learn what their experiences have been. You never know who may have a great piece of advice meant for you.

QUINN (TREAS): My favorite part has been, somewhat surprisingly to me, the people I have met and get to work with in the legal community. I am definitely an introvert but have met and made friends with a wide range of people. Sharing the bond of working in the legal field has been a great connector.

To anyone starting out, I would recommend taking every opportunity you encounter to meet and talk to others in the field. Even just grabbing some coffee and talking with someone who has been in the field longer than you can lead to great insight. Not every interaction will lead to something groundbreaking or tangible in the moment but 1) you never know who knows who and when a connection will lead to a connection that leads to a job, and 2) the more knowledge of the field you can gather, the greater chance you will feel more confident and comfortable, allowing you to be better at the work.

CARRIE (DIR): I love being a part of the legal community because of the camaraderie and the constant learning. The law is ever changing, and you have to stay on top of it. The connections and friendships you make are invaluable. The best advice I can give to someone just starting out is to network, network, network! And never stop learning.

RICH (NALA LIAISON): My favorite part of being in the legal community is the network we build and being able to reach paralegals across the country for help when needed.

What is your favorite area of law? Why?

JESSICA (PRES): I love civil litigation. It utilizes a portion of my brain that keeps me energized and I never get bored with it. I love critical and logical thinking and don't like anything rote and redundant. Civil litigation is an area of law that solidly checks that box for me.

DONNA (VP): Corporate law is my favorite area of law because it often involves working with a variety of stakeholders, including business executives, government regulators, and other legal professionals. This collaborative environment fosters teamwork and offers a chance to build relationships across industries.

RYAN (SEC): Right now, I work in corporate law, and I really enjoy it. Every day there is something new. There are a great range of clients with many different needs and requests. With daily priorities changing, you need to be aware of what is most urgent. There are also times when you may not have the resources you need as well. Knowing who to go to and where to find answers is crucial. You never know what the next day has in store.

QUINN (TREAS): I actually do not have a favorite area of law. The firm at which I work exclusively handles worker's compensation cases. However, I wouldn't say that a specific area stands out to me, rather I enjoy the work of a paralegal. I like doing research, compiling information, building a case, etc. That is what drew me to the legal field and keeps me here.

CARRIE (DIR): I'm drawn to family law. I worked in a JDR Court for many years before I worked at a law firm and I just can't shake my desire to help those in need. People are going through the hardest part of their lives when they are getting divorced, having custodial disagreements or in domestic situations, and I enjoy being able to help them.

RICH (NALA LIAISON): I have two favorite areas of law - the first is Copyright law, which I call the forgotten stepchild of Intellectual Property law, and the second is Administrative law, specifically the federal Freedom of Information Act (FOIA).



Dapri Marks

Fun fact about me: I was actually a Performing Arts major at Longwood University. Been singing the majority of my life, and my daughter's name is Lyric! Yet, here I am with 20+ years Paralegal experience, and LOVING IT!

Ryan Mills Wins an Award!

Williams Mullin's Richmond office hosted its annual Chili Cook-Off and our very own **Ryan Mills** was one of the winners! He won for **Best Named Chili!** Congrats, Ryan!



New Laws in Virginia

New laws in Virginia went into effect on January 1, 2025. Some of the new laws are listed below:

- Minimum Wage Increase** - Virginia's minimum wage increased from \$12.00 per hour to \$12.41 per hour. HB 1928 Passed. Increases the minimum wage incrementally to \$15.00 per hour by January 1, 2027. The bill requires the Commissioner of Labor and Industry to establish an adjusted state hourly minimum wage by October 1, 2027.
- "Ethnic Origin"** is now a protected class under the Virginia Human Rights Act. This means that discrimination, harassment or retaliation based on an employee's ancestry can be the basis for a private cause of action.
- RetirePath Virginia** - offered to employees without a retirement savings plan through their employer with 25 or more employees that have been operating for at least two years. Employees will be automatically enrolled unless they opt out within 30 days. Employers who fail to register could face penalties of up to \$200 per employee.



Get To Know the Board (continued)

What is a unique skill or hobby you have outside of your professional life?

JESSICA (PRES): I can play the alto saxophone. I am rusty, as it has been years, but I used to be pretty good at it!

DONNA (VP): I have been involved in scrapbooking for many years, with a consistent focus over the past three years. During this time, I have participated in numerous local and out-of-town weekend scrapbooking events. I plan to learn genealogy so I can trace my lineage and ancestors and perhaps help others do the same.

RYAN (SEC): I love to read fiction and build Lego. It is easy to escape into a good book and let the story take you to another place. Building Lego is also relaxing in that it provides an outlet to be creative and work with your hands. You would be surprised at what you can build by manipulating just a few bricks.

QUINN (TREAS): I like to build things. This started out with Lego but now includes bookshelves, raised garden beds, cold storage boxes for winter plantings, french drains, a trellis, and currently in the middle of constructing an outdoor pizza oven.

CARRIE (DIR): It's not very "unique" but my family loves to camp and travel in general. We plan multiple trips a year and really look forward to them. But a fun fact- years ago I used to play roller derby!

RICH (NALA LIAISON): I don't do it anymore; however, I have run 13 Marathons, which includes the Chicago Marathon, New York Marathon, Boston Marathon and the Marine Corp Marathon.

How long have you been a paralegal?

JESSICA (PRES): Over 14 years now.

DONNA (VP): I have been a paralegal for over 20 years.

RYAN (SEC): Just over two years.

QUINN (TREAS): I have been a paralegal for just under a year. I was a student at the University of Richmond School of Professional and Continuing Studies in the paralegal studies program from the fall of 2023 through the spring of 2024, when I earned my certificate. I actually began my job a couple months before graduating and am getting ready to celebrate my 1-year anniversary at the firm.

CARRIE (DIR): I'm not a paralegal in title yet. I am a legal assistant and a paralegal student at Reynolds Community College. But I have always worked in the legal field in some capacity since I was 18.

RICH (NALA LIAISON): 35 years since I received my Paralegal Certificate. 17 actual working years.

If you had an extra hour in the day, how would you spend it?

JESSICA (PRES): Investing in myself. Learning. I am a nerd.

DONNA (VP): If I had an extra hour in the day, I would spend it relaxing by the pool in the summer.

RYAN (SEC): I would spend that extra hour as quality time with my partner, family or friends. Often, the busy parts of life can get in the way of spending time with those that truly matter to you. It is important to carve out time and enjoy being with those that matter most.

QUINN (TREAS): I would probably split it between exercising and sleeping. I always feel like I can never get enough time for either.

CARRIE (DIR): Either sleeping, ha! Or doing some fun activity with my kids.

RICH (NALA LIAISON): Reading.



Richmond Flying Squirrels vs. Harrisburg Senators



CVPA has reserved
Rosie's Bistro in the Bullpen at the
Diamond on **Friday, May 30, 2025**

Gates open at 5:30 p.m. Game starts at 6:35 p.m. Tickets are \$27 a person and you may add pre-paid parking at a discounted rate of \$5 (\$8 at the gate). **Your ticket will include food, non-alcoholic beverages, and a FIELD LEVEL seat!!**

Our amazing sponsors **Planet Depos, Beacon Hill, and MediVisuals + High Impact**, have provided multiple tickets to raffle off ****13**** tickets to existing members! We also have 5 tickets to raffle off to new members - that is anyone who has joined in March up until the date of the drawing - April 15.

CVPA Presents
BASEBALL Night

TICKET ONLY
\$27

FRIDAY
30
MAY

RICHMOND FLYING SQUIRRELS VS HARRISBURG SENATORS

THE DIAMOND
3001 N. Arthur Ashe Blvd, Richmond, VA 23230

JOIN CVPA AND SPONSORS FOR A NIGHT OF NETWORKING, FOOD, BEVERAGES & BASEBALL! WE WILL GATHER AT ROSIE'S BISTRO AND THEN HEAD DOWN TO OUR FIELD-LEVEL SEATS TO CHEER ON THE RICHMOND FLYING SQUIRRELS. RSVP AT CVPARALEGALS@GMAIL.COM BEFORE APRIL 14TH ENTER THE RAFFLE FOR FREE TICKETS COURTESY OF OUR SPONSORS!!

GATE OPEN AT 5:30 P.M.

pd BEACON HILL LEGAL MediVisuals + High Impact

FOOD & NON-ALCOHOLIC DRINKS INCLUDED • PARKING \$8 (\$5 PRE PAID) • REGISTER BEFORE APRIL 14TH FOR THE RAFFLE!!!

If you know anyone who has been on the fence about joining, it's always a great time to join but now is an even better time! There will be a cash bar available for alcoholic beverages, but **Planet Depos** has provided us a generous, limited bar tab! Drink tickets will be passed out on a first come first serve basis.

This event is open to current members and prospective members. A prospective member is anyone who is interested in joining that complies with any of the CVPA membership categories.

RSVP by April 14, 2025 to be entered into the drawing!!!

Payments can be made to the Treasurer by Venmo @Quinn Gomola Mullin / Zelle at quinnpgm@yahoo.com / or on the CVPA page under the events tab.

All payments due by May 10. There is an extra fee for paying via the website.

Tickets are non-refundable.

Game Highlight (2): Grateful Fans Night #1 and Mesh Trucker Cap Giveaway
Rock your tie-dye and come early for live music on the concourse - it's Grateful Fans Night! The first 1,000 fans ages 15 & older will go home with a Groovy Mesh Trucker Cap. Gates: 5:30 PM | First pitch: 6:35 PM | Presented By Abilene Motor Express

Get To Know the Board (continued)

Where is your favorite place to live/or where would you want to live if you could? Why?

JESSICA (PRES): I would live in Italy on a hillside with a nice view of the water and in a location I could walk anywhere I needed to. I love walking to places, I love the water, and I love all the wonderful regional amenities Italy has to offer. Total pipe dream.

DONNA (VP): While I am content with my current residence, if I were to choose another state, I would select Florida. I am drawn to its warmer climate, and the additional benefit of discounted Disney World tickets for residents is also an appealing factor.

RYAN (SEC): I have always loved the beach. There is something so relaxing, hearing the waves constantly crash in the background. I do not feel the same serenity about finding sand everywhere, however, but that is an inconvenience I am willing to bear.

QUINN (TREAS): I would move to Edinburgh, Scotland today if I could. I visited there with my brother and my now fiancée. It was just the most wonderful place I have ever been. I enjoyed the city, the geography, the weather, the food, the people, the buildings, everything.

If we limit it to the United States I would move to Pittsburgh (where I lived for a year and near where my grandfather grew up/lived) or Seattle (my college roommate and his wife live there) nearly as quickly as I'd move to Scotland.

CARRIE (DIR): I've only lived in NJ and VA. If I had to choose somewhere that I think I would enjoy living it would probably be West Virginia. I love the mountains and remote areas.

RICH (NALA LIAISON): I grew up in northern California (Silicon Valley) for most of my life, except for 2.5 years for high school in Santa Barbara and four years of college in Thousand Oaks, CA, until I moved to Northern Virginia in 2020 so I would probably say Santa Barbara because I have good memories of my time there.

What is the most interesting job you've had other than being a paralegal?

JESSICA (PRES): Bartender. I have seen many interesting things and met many interesting people as a bartender.

DONNA (VP): Other than being a paralegal, being a Realtor is a very interesting job. I find great fulfillment in assisting individuals. Helping homebuyers and sellers navigate the process of purchasing/selling a home is both rewarding and satisfying. Additionally, real estate allows me the opportunity to meet a diverse group of remarkable individuals whom I might not have encountered otherwise.

RYAN (SEC): When I was in college, I worked an on-campus job to help cover some of my tuition. My glamorous position was cleaning up the science labs daily. It was interesting to see the many different experiments they would conduct. Admittedly, the worst time of year was when it was time to explore the internal organs of fetal pigs and frogs. You never knew what you would find dropped under a lab table or accidentally kicked into a corner.

QUINN (TREAS): I was also a political tracker, which is a sort of hands-on research of the opposing candidate where you typically shadow them, traveling to events and reporting on them. For me, it happened to coincide with the start of the COVID pandemic which shifted everything virtual, allowing me to follow candidates all across the country. I found it particularly fascinating to learn what the different issues were the focus, in different areas of the country. The top issues for candidates and constituents here in central Virginia were drastically different from those facing northern New Mexico or central Michigan.

CARRIE (DIR): Working in the JDR Court hands down. There was never a dull moment.

RICH (NALA LIAISON): One summer break during college I worked at what was then Marriott's Great America theme park in Santa Clara, CA as ride operator who operated the double decker carousel "Columbia" along with a ride called the "Sky Tower" (basically a glorified elevator).



Legal Project Management & Solutions

- Commercial Contracts
- M&A, Government Investigations and Compliance
- Antitrust/Second Requests
- eDiscovery and Document review
- Data Breach & Privacy
- Foreign Language Review

Temporary & Direct-Hire Placement: *All Practice Areas*

- Paralegals, Legal Support Staff and IP Professionals
- Compliance, Contracts & Regulatory Professionals
- Conflicts, Docket, & Records Professionals
- Lateral Attorneys, Partners & In-House Counsel
- Legal Administration, Operations & Marketing Professionals

Staffing & Locations in all 50 States

Richmond, VA & Washington, DC
Joanna Ganley - jganley@bhsg.com
Brooke Lamberton - blamberton@bhsg.com



**Planet
Depos**

Court Reporting & Litigation Technology

24/7/365 Support & Service
Worldwide, Comprehensive Coverage
International & Domestic Scheduling Expertise

Schedule Now:



Jennifer King
Senior Account Executive
jennifer.king@planetdepos.com
804.450.8300

© 2025 Planet Depos, LLC. ID1358-1



**Leading provider of
registered agent,
corporate and secured
transaction services**

UCC Filing and Search

Corporate Transparency Act

Public Record Due Diligence Searches



www.cogencyglobal.com

Get To Know the Board (continued)

What is one thing most people do not know about you?

JESSICA (PRES): I have 5 children, 1 son-in-law – ages 25 – 4, and 2 grandchildren, ages 2 and 4 weeks!

DONNA (VP): I thoroughly enjoy attending live music events and watching local bands perform, although I also appreciate larger concerts when the opportunity arises.

RYAN (SEC): I love music and singing. I come from a musically inclined family. I grew up hearing my mother sing and play the piano. My piano lessons never stuck, but I did enjoy singing. In high school and college, I was a part of a number of choirs and competed in musical competitions. I participated in All State Chorus for several years.

QUINN (TREAS): I was a soccer referee for ages 4 to adult, traveling the east coast for tournaments. I won the 2011 Virginia Youth Soccer Male Referee of the Year, was selected to officiate regional tournaments in West Virginia, Pennsylvania, New York, New Jersey, Rhode Island, Massachusetts, and even a national tournament, The President's Cup, held in Florida.

CARRIE (DIR): I really struggle with imposter syndrome. I want to do everything amazingly and when I don't I'm really hard on myself. I'm starting to learn to try and let some of that go though. On a lighter note- I have 5 children and life is always crazy!

RICH (NALA LIAISON): I thought that after college I would go to Seminary and become a Lutheran Pastor.

CVPA at University of Richmond

On March 19, 2025, paralegal students and undergraduates interested in pursuing careers in law gathered at the University of Richmond for a valuable networking event. The event featured a diverse panel of speakers from various sectors of the legal profession, offering insights into different aspects of working in the field. Panelists included attorneys, paralegals, and representatives from multiple law firms, all sharing their experiences and advice with the next generation of legal professionals.



Jessica Glickman and Quinn Gomola Mullin were among the distinguished speakers. Reflecting on the event, Glickman expressed her appreciation for the opportunity to engage with the students. "I was honored to be chosen to speak to so many intelligent and driven upcoming legal professionals and look forward to them being my colleagues one day. CVPA is so grateful for this partnership with the University of Richmond. Events like this support our mission and create incredible networking opportunities," she said.

The event provided a unique platform for students to learn from professionals and make connections that could help shape their careers in the legal field.

Thank You!

to our Sponsors

Magistrate Sponsors



BEACON HILL
LEGAL®



UNIVERSITY OF RICHMOND
School of Professional
& Continuing Studies™

Platinum Sponsors



Planet Depos™
We Make It Happen™



COGENCYGLOBAL®

Gold Sponsor

MediVisuals® + High Impact®

NOW ONE COMPANY

Single Event Sponsors

Williams Mullin
Sands Anderson
Atlantic Union Bank