

**Special Interest
Articles:**

- Paralegals Night Out
- Spring Seminar Update
- Blanket Brigade - Update
- Beth Honeycutt – Published Author

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Denton County Paralegal Association

**The Denton County Paralegal Association
invites members to attend**

Paralegal Night Out

**June 16, 2017
5:30 p.m. – 8:30 p.m.**

**Fortunata Winery
2297 FM-2931
Aubrey, Texas 76227**



You've been working hard!

This is your invitation to spend a relaxing evening on the patio of the lovely Fortunata Winery and enjoy the Tuscan Villa atmosphere.

Appetizers and brick oven pizzas will be provided by DCPA; members will be responsible for their own alcoholic beverages.

Si prega di RSVP to Pamela Snavelly psnavely@hbvwlaw.com
Hayes Berry White & Vanzant, 512 W. Hickory Street, Suite 100, Denton, Texas, 76201
by 5:00 p.m. on June 12th. Grazie!

2017 Spring CLE Seminar Was A Success!

DCPA's Spring CLE Seminar provided 5.0 Hours of substantive legal education and was well attended by area paralegals. "Keep Each Other Safe – Aware, Prepared, and Ready to Respond" featured in-depth presentations on open carry laws, firearm statutes, threat assessment, defense tactics, identity theft protection, and human trafficking issues in Texas. Many thanks to all our wonderful speakers, sponsors, members, guests, and Seminar Planning Committee who contributed to the success of this event!

Featured CLE Speakers

Travis Bond - Tribute Tactical
Shawn Clary - Tribute Tactical
Doug Bell - Denton County DA's Office
Leah Harbour - Flores Harbour Law Firm
George Lynch - Traffic911

Special Guest Speakers

Lynnie Anderson - Refuge for Women
Don White, Jr., - Hayes Berry White & Vanzant; DCAP Board Member

Sponsors

Jesse Guerrero - File & ServeXpress
Bruce Stewart - Stewart Process Service
Janel Stoffels - Stoffels & Associates

Seminar Planning Committee

Deborah Nyarangi, CLE Chair
Pamela Snavely, President
Daphina Park, President-Elect
Lisa Pittman, Treasurer
Martha Gallegos, Secretary/Parliamentarian
Vicki Schmidt, Membership Chair
Sunnie Palmer, Membership Committee
Heather Walker, Historian

Guest Speakers Courtesy of

Cheryl Cooper
Denton County Bar Association

Spring CLE Seminar Pictures



President-Elect Daphina Park and Treasurer Lisa Pittman at check-in



Learning and networking



CLE Chair Deborah Nyarangi and Travis Bond of Tribute Tactical



Travis Bond of Tribute Tactical covers open carry laws and firearm statutes



Shawn Clary, Chief Instructor for Tribute Tactical, presents threat assessment and defense tactics

Spring CLE Seminar Pictures Con't



CLE Chair Deborah Nyarangi and Shawn Clary of Tribute Tactical



Lynnia Anderson, City Director of Refuge for Women, provides program information



Doug Bell, Financial Crimes Investigator for the Denton County DA, covers Identity Theft



President-Elect Daphina Park, City Director Lynnia Anderson of Refuge for Women, and President Pamela Snavelly



Doug Bell of DA's office with handouts on Identity Theft Protection



Spring CLE Seminar Pictures Con't



Leah Harbour, litigation attorney at Flores Harbour Law Firm, presents Human Trafficking laws



George Lynch, CEO of Traffick911, discusses social media trends and problems



Lunch break!



Checking work messages before the next session



George Lynch, CEO of Traffick911, presents anti-human trafficking awareness and identification

Spring CLE Seminar Pictures Con't



Captivated audience



Don White, Jr. of Hayes Berry White & Vanzant explains recent revisions to the DCAP Order to Mediate, Rules, and Regulations



Door Prize Time!



Meeting Notice

The Denton County Paralegal Association's next Luncheon will be on Thursday, **June 15, 2017** at noon at Oakmont Country Club, 1200 Clubhouse Drive, Corinth, Texas.

The all-inclusive cost of lunch is \$14.00 payable when you sign in. We cannot accept debit or credit cards, or make change, so please bring the **exact** amount of cash or a check made payable to DCPA. You can also pay online prior to the meeting at www.dentonparalegals.org.

Did you know...

RESERVATIONS ARE REQUIRED and can be made via e-mail to Lisa Pittman at lpittman@hbvwlaw.com. **The deadline to RSVP is June 12, 2017 by 3:00 p.m. for your attendance and whether you will purchase lunch.** That will help Oakmont ensure the hot buffet is freshly prepared and ready shortly after you arrive for the meeting.

Notice: We must notify Oakmont of the number attending prior to the meeting for preparation of food and adequate seating arrangements. Please note we are also required to bill those individuals who make reservations to purchase lunch and do not attend.

Directions to Oakmont

Oakmont Country Club is located in Corinth off I-35 East between Lewisville and Denton.

- Exit 461 – Shady Grove Road/Post Oak Drive
- Turn west onto Post Oak Drive
- Turn right (west) onto Robinson Road at stop sign
- Turn left (south) onto Oakmont Drive – you will see an Oakmont sign in the median
- Turn right into Clubhouse Drive (second right)

Upcoming CLE Events:

July 20, 2017 - Litigation CLE (Service of Process)
 August 17, 2017 - Family Law CLE (Grandparent's Rights)
 September 21, 2017 – Litigation CLE (Veteran's Court)

2017 Officers

Pamela Snavely, President
psnavely@hbvwlaw.com

Daphina Park, President-Elect
Daphina.Park@dentoncounty.com

Martha Gallegos,
 Secretary/Parliamentarian
Martha.gallegos@dentoncounty.com

Lisa Pittman, Treasurer
lpittman@hbvwlaw.com

Heather Walker, Historian
heather.walker@dentoncounty.com

2017 Committee Chairs

CLE, Deborah Nyarangi
Deborah@bowen-law.com

Fundraising, Daphina Park
daphina.park@dentoncounty.com

Legal Directory, Cheryl Cooper
ccooper@dentonlaw.com

Membership, Vicki Schmidt
vicki.dcpa@gmail.com

Newsletter, Lisa Pittman
lpittman@hbvwlaw.com

Social, open

Scholarship, Jenna Earhart
jeearhart@hbvwlaw.com

AGENDA FOR MEETING

Date: April 20, 2017
Place: Oakmont Country Club
1200 Clubhouse Drive
Corinth, Texas 76210
Time: Noon

1. Welcome Members and Guests

2. Old Business

April Minutes and April Treasurer's Report
May Treasurer's Report

3. Committee Reports

CLE - Deborah Nyarangi
Fundraising - Daphina Park
Legal Directory – Cheryl Cooper
Membership - Vicki Schmidt
Newsletter - Lisa Pittman
Scholarship - Jenna Earhart
Social - Pam Snavelly

4. New Business

Ad Hoc Committees

- Bylaws and Standing Rules
- Courthouse Plaque
- Christmas Party

5. Announcements

June Social Outing
Recognition of Published Author

6. Door Prize

7. Adjournment

President's Message

By: Pamela Snavelly, ACP



This first official day of summer is June 21st and many people are ready to take some time off for a well-deserved vacation. School is out so it is a great opportunity to get the family together for a trip and make some new memories. This is your chance to take a break from the work week hustle and the stress of tight deadlines, challenging clients, demanding bosses, and your own self-imposed high performance expectations. Wait...you can't imagine where you will fit a vacation in on the trial calendar? You'd love to get a day off, but your caseload is overwhelming and it stresses you out to even think about going out of town for a long weekend? Your budget is already stretched beyond your comfort level and you can't afford to do *anything* fun? If you think you are too busy to take time off, that the pain of returning to an overloaded desk is not worth a few carefree days, or that you are too strapped financially to plan a getaway, there are some important factors of which you should be aware!

Vacations can improve your physical health

Stress in small doses can be helpful by giving you an extra burst of energy to get discovery out the door or by keeping you on your toes while you are sorting through and marking those last minute exhibits. However, long term stress experienced day after day tends to take a physical toll on the body. Chronic stress can increase your heart rate and raise your blood pressure. It can cause upset stomach, headache, and insomnia. Sleep deprivation affects your ability to think clearly, increases your reflex time, and lowers your ability to resist infection. Your risk of having an accident becomes greater, and the chance of coming down with an illness due to a compromised immune system more likely. Your memory may also suffer and affect your decision making ability. Taking time off helps the body replenish and repair itself, much like getting a good night's sleep. It can help lower blood pressure, decrease the development of heart disease, and lessen the risk of having a heart attack. The calming effects of a vacation can help reduce on-the-job errors, poor work performance, and absenteeism for health-related issues.

President's Message Con't

Vacations can improve your mental health

A successful paralegal is typically very organized with strong written and verbal communication skills, who pays attention to detail, is capable of sound judgment, can prioritize duties, is self-motivated, projects a positive attitude, and is willing to be a team player. Chronic stress can cause cognitive symptoms of excessive worrying, racing thoughts, forgetfulness, disorganization, the inability to focus, lack of judgment, and negativity. All of these conditions can contribute to feelings of depression, anxiety, and irritability. The mental benefits of taking time off include the production of positive emotions, elevated feelings of well-being, a boost in focus, promotion of creativity, improved confidence and sense of self-esteem. Family vacations have a positive impact on family bonding, communication, and promotion of positive and enduring connections among family members.

Vacations don't have to break the bank

It's great if you have the financial resources to book an Alaskan Cruise or a Grand Tour of Europe, but if you are a humble paralegal working in the suburbs with no additional source of income, it is probably not a realistic option. However, you can still come up with an enjoyable and affordable vacation plan that will alleviate stress and create special memories. Here are some options to consider and a few suggestions for the budget conscious:

- Southwest Airlines offers Click 'N Save travel discounts each week out of Love Field. Grab a low cost flight to a new, exciting destination and explore the sights, sounds, and culture that awaits! Flights departing early in the morning on Tuesday and Wednesday typically offer the best airfare. Check for package deals that include flight, hotel, and car rental.
- Driving to the coast and booking an Airbnb rental is another way to take a relaxing break minus the expensive hotel rates during tourist season, and the add-on charges such as sales tax, occupancy tax, and parking fees. Condos can also be found for fairly reasonable rates that provide a full kitchen to reduce meal expenses, offer free recreational equipment (such as bikes, snorkels & fins), provide special entertainment on weekends, offer snacks and drinks at the clubhouse, and separate pool areas for kids and adults.
- Camping out at a state park is an inexpensive alternative that offers the beauty of nature, and simple pleasures like swimming, fishing, hiking, biking and picnicking. Catching fireflies, watching the stars come out, tasting the full flavors of outdoor cooking, and sharing s'mores around a campfire can make lasting memories. If pitching a tent is not in

President's Message Con't

your skill set, look into a cabin rental. Many area lakes offer kayaks, paddleboats, paddle boards, and canoes for rent; some have guided lake tours.

- The "staycation" is a way to take a break from work without leaving home and incurring travel or hotel expenses. You can surround yourself with beauty at the Arboretum, Botanical Garden, or local Art museums. There are dozens of scenic hiking trails around the Metroplex and within the 6,000 acre Great Trinity Forest. Take your dog to the park to play, find a stable with horseback riding, or trek through a DFW Zoo to learn about the interesting creatures that inhabit our planet and those native to Texas. Explore the programs at the Science Place, Museum of Natural History, or the Astronomy Center. Professional sports teams and minor league teams offer special family night deals. Summer plays, festivals, and outdoor concerts are plentiful. Plan a visit to Grandma and Grandpa's for some unconditional TLC, and to offer them a helping hand with a project. Book a day spa to relax and unwind with a bit of special pampering for yourself. Check out novels at the local library that will transport you and your kids to another place and time in the literary world, and take a break from electronics.

Going on vacation will help you strike a good work-life balance that will break the cycle of chronic stress and give a natural boost to your physical health. Time off will give you a chance to refocus and regroup, and help you generate creative new ideas from an outside-the-office, relaxed perspective. There are many options and types of get-aways available that will allow you to explore your unique interests yet remain within your budgetary requirements.

I hope you have the chance to get away this summer and recharge your batteries. I think you will find that when you return to the office you will be refreshed and rejuvenated, ready to tackle the challenges inherent in the paralegal profession with calmness, confidence, and renewed clarity!



Bibliography and for further reading:

- Whitbourne, Ph.D., Susuan Krauss (2010). The importance of vacations to our physical and mental health. *Psychology Today* .
- Oliveto, Joe. (10/8/2015) Vacations: Good for your Health. Seriously. *Thrillist Health*.
- Blank, Chris. (2009) What are the Benefits of Taking a Vacation? *USA Today*.
- Silver, Tisa (8/3/2010) Four Summer Vacation Ideas on a Shoestring Budget. *Forbes*

Blanket Brigade Work Night Fun!

Submitted by President, Pamela Snavely, ACP

We enjoyed a busy Blanket Brigade volunteer work night in May! Our team made six colorful fleece throws to add to our donation for kids at Friends of the Family. Thanks to all who volunteered their time, donated materials, and channeled their creative energy to keep this community service project moving forward!

We will schedule an additional work night over the next few months to ensure we meet our goal: 25 blankets for presentation to Friends of the Family by DCPA's October meeting. This is a great outreach that offers an extra bit of warmth, comfort, and security to kids who find themselves in difficult circumstances. It is also a wonderful opportunity to connect with other DCPA members and work together for the betterment of our community!

Anyone who wishes to participate and become a part of the Blanket Brigade may do so by donating or soliciting donations of materials or funds for their own project. The cozy no-sew fleece blankets are easy enough for beginners to tackle and do not require any sewing experience. This is the time of year that fleece is on sale at many fabric stores, so watch for sales and purchase your materials at big savings!

See pictures from the May 24th Blanket Brigade Work Night on the following pages!



Blanket Brigade Pictures



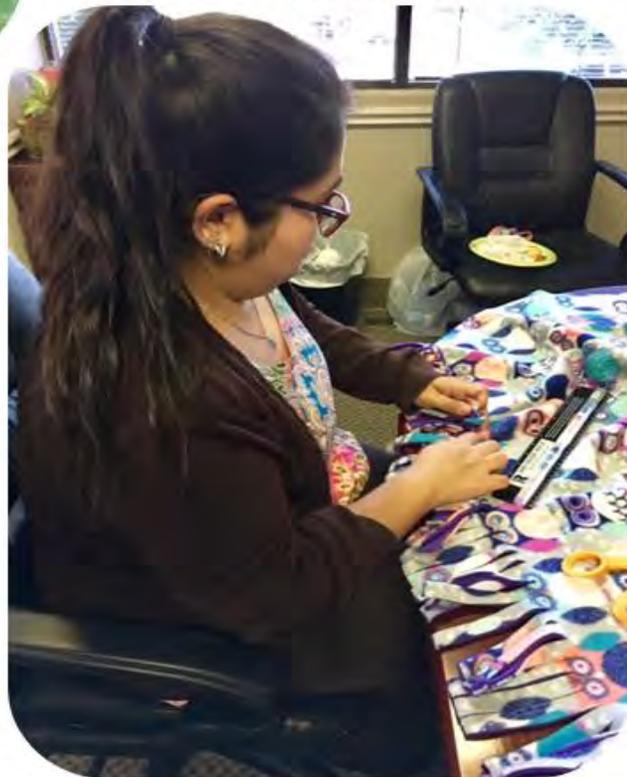
Jenna Earhart & son, John



Michele George



Deborah Nyarangi



Adriana Sanchez

Blanket Brigade Pictures Con't



Jenna & John Earhart



Michele George



Adriana Sanchez



Pam Snavelly



Blanket Brigade Pictures Con't



Martha Gallegos



Deborah Nyarangi & Lisa Pittman



Martha Gallegos



Martha Gallegos & Lisa Pittman



On Father's Day,
we pay tribute to all in our society
who have taken on the responsibilities and
joys of fatherhood. Whether our fathers
are near at hand or a continent away, with
their families or watching from the light
of eternity, we take this day to remember
them, to say our thanks for the years they
have given us, and to ask that they
receive God's blessings.

- Ronald Reagan

Happy Father's Day!

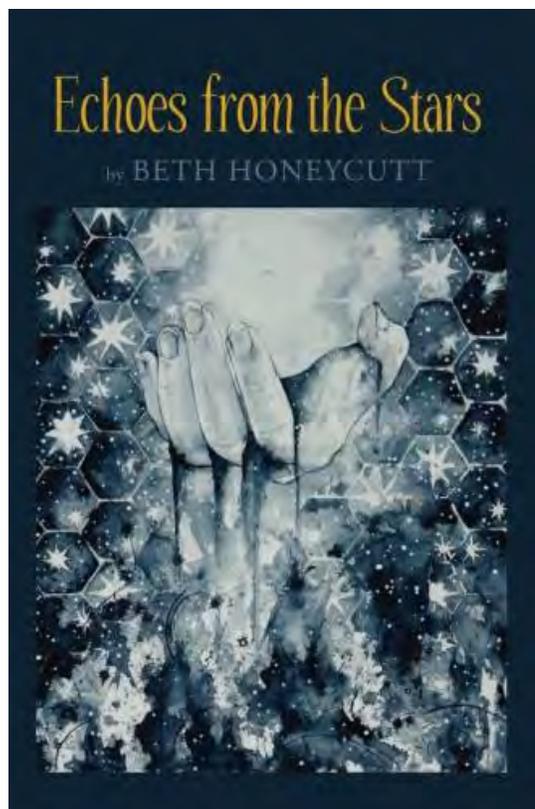
Member Beth Honeycutt - Published Author

Do you ever wonder why you are here? Have you asked yourself what difference your life makes in the world? Sometimes it helps to look to your roots, and a shift in perception may be all it takes to experience a new sense of hope for yourself and the world.

If you wonder about purpose and possibilities, the time is right for you to order and read **Echoes from the Stars** by fellow paralegal, Beth Honeycutt, whose book is recently released and is available on Amazon. Beth's appreciation of words rings clear in her writing as she shares new perceptions gained from listening to the world. Often found writing, Beth enjoys ceremonies and leading classes on sacred wisdom teachings where she interacts with others, shares joy, and practices living with awareness from the center of herself.

This book celebrates the difference our words make in today's world. **Echoes from the Stars** offers a fresh perspective of the creation story through poetry, prose, and processes. A female interpreter to a Council of Gods tells the story of the growth of the earth as mountains form and changes ripple across the skin of the planet. Interwoven among stories, the book provides processes and poems which invite participation and reflection, and which ultimately encourage us to see life from a broader point of view.

Join others and read this ancient story, re-told. Find it on Amazon.



Birthdays

Our members with July Birthdays are:

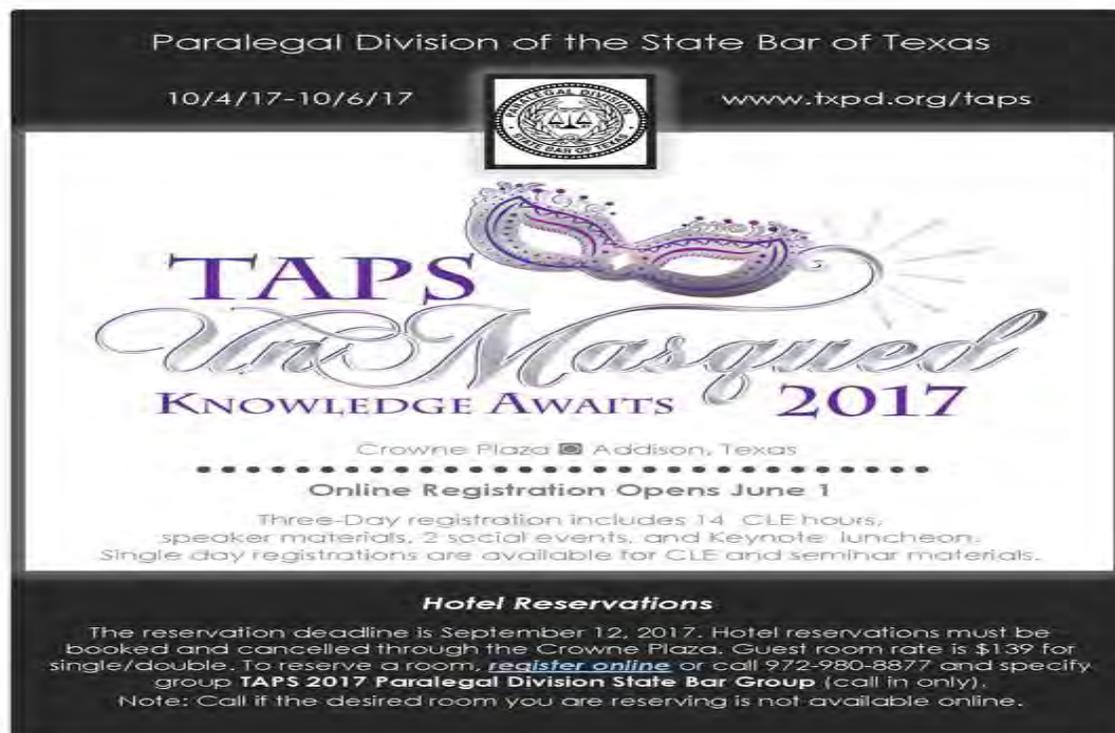
Barbara Law (7/3)
Shirley Shelburne-Ramos (7/17)
Martha Gallegos (7/20)
Heather Walker (7/22)
Jessica Cannon (7/29)

Hope each of you will have a **Happy Birthday!**

TBLS Board Certification – Submission Deadline 6/30

Experienced legal assistants and paralegals can earn their Board Certification through the Texas Board of Legal Specialization (“TBLS”) by testing and proving special competence within a select field of law. There are seven legal specialty areas offered: Bankruptcy, Civil Trial, Criminal, Estate Planning & Probate, Family Law, Personal Injury Trial, and Real Estate. Each area contains both General Requirements and Specific Area Requirements. The Paralegal Certification Application must be submitted by **June 30th** in order to take the annual TBLS Paralegal Exam offered in November. Go to <http://www.tbbs-bcp.org/> for more information.

2017 TAPS – Registration Is Open!



Paralegal Division of the State Bar of Texas

10/4/17-10/6/17  www.txpd.org/taps

TAPS
The Masqued
KNOWLEDGE AWAITS 2017

Crowne Plaza Addison, Texas

.....
Online Registration Opens June 1

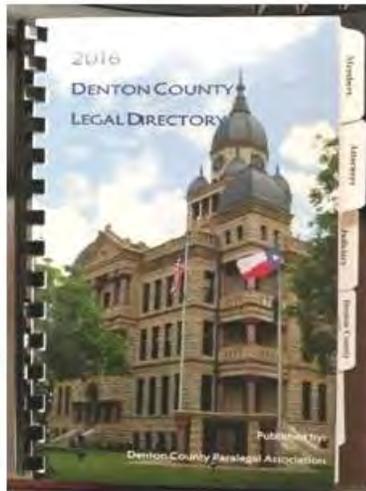
Three-Day registration includes 14 CLE hours,
speaker materials, 2 social events, and Keynote luncheon.
Single day registrations are available for CLE and seminar materials.

Hotel Reservations

The reservation deadline is September 12, 2017. Hotel reservations must be booked and cancelled through the Crowne Plaza. Guest room rate is \$139 for single/double. To reserve a room, [register online](#) or call 972-980-8877 and specify group **TAPS 2017 Paralegal Division State Bar Group** (call in only).
Note: Call if the desired room you are reserving is not available online.

2016 Legal Directory

By: Cheryl Cooper, Committee Chair



The 2016 Legal Directory Committee of the Denton County Paralegal Association is pleased to report that we have published our Denton County Legal Directory.

We are providing two options for the directory this year: a bound hard copy of the directory, as well as a digital copy of the directory that is on a flash drive. This is the first time in the history of DCPA that we have offered a digital copy of the directory and we are very pleased at the way they turned out.

If you, or someone you know, would like to purchase one of these directories, please contact Cheryl Cooper at ccooper@dentonlaw.com; Work (940) 891-0003; or Cell (979) 277-8761.

Digital directory - \$15.00 (\$2.50 Shipping Fee)

Bound directory - \$22.00 (\$4.50 Shipping Fee)

Both directories - \$35.00 (\$6.50 Shipping Fee).

If you prefer to pick up a copy at no additional cost, you may do so at Alagood Cartwright Burke P.C., 319 W. Oak Street, Denton, Texas, 76201, with advance notice.

Checks should be made payable to Denton County Paralegal Association and either hand-delivered or mailed to our address.

DENTON COUNTY DISTRICT CLERK

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- County Clerk PDF**
- Does not contain sensitive data

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Support Our Sustaining Members

Please help support our Sustaining Members by calling them when you have a project that needs outside support. Remember it is through their continued support and generosity that DCPA is able to provide social events at a low cost.

Stewart Process Service, Inc.**Bruce G. Stewart**

110 Sheraton Place
Denton, Texas 76209
Phone: 940-367-4643
Fax: 940-484-0999
Email – stewartprocess@verizon.net

County Process Service**Fred Bowles**

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Stoffels & Associates, Inc.**Janel M. Stoffels**

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Phone: 972-893-6691
Fax: 888-529-7587
Email – jguerrero@fileandserve.com

Minutes

1. President Pamela Snavelly called the meeting held on April 20, 2017 to order at 12:14 p.m. at Oakmont Country Club in Denton. President Snavelly welcomed members, guests and the speaker.
2. Guest speaker was Natalie Rasco. Ms. Rasco is a nationwide training and development specialist for File & ServeXpress.

OLD BUSINESS

3. President Snavelly asked for a vote on the March meeting minutes. A motion for approval was presented by Sunnie Palmer and seconded by Daphina Park. The motion carried by unanimous vote.
4. President Snavelly asked for a vote of approval for the March Treasurer's Report. A motion for approval was presented by Jenna Earhart and seconded by Michele George. The motion carried by unanimous vote.

NEW BUSINESS

5. President Snavelly gave an update on the Membership Drive Contest. Daphina Park is currently in first place.
6. An update of the 2017 Spring CLE Seminar scheduled for May 18, 2017, 10:00 a.m. to 4:00 p.m. at Oakmont Country Club was given. The schedule on Keep Each Other Safe was discussed.
7. A quick review of the TAPA Conference was given by Daphina Park.
8. President reminded members of elections and encouraged members to submit their names for Office in the Executive Committee or Committee Chair.
9. Lisa Pittman was the winner of the door prize.
10. There being no further business, President Snavelly adjourned the meeting at 1:05 p.m.

Denton County
Paralegals Association

Mailing Address:

PO Box 2641
Denton, TX 76201

Visit us on Facebook:

<https://www.facebook.com/Denton-County-Paralegal-Association>

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<https://www.dentonparalegals.org>

Join our LinkedIn Group!

DCPA – Denton County
Paralegal Association
www.linkedin.com/groups/12045395