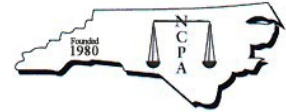


AMICUS

MAY 2010



TIPS TO HELP BALANCE CAREER AND FAMILY

Whether you are male or female, a mom or a dad, balancing career and family can be really difficult. When you're a woman, though, the choices you have to make seem especially difficult and the responsibilities all the more great. For some reason, women are guilt-ridden with their career decisions and the choices they make about working while trying to raise their children, providing nutritious meals for their family, keeping a respectable house and keeping their husbands happy. Last on the list, of course, is finding some time for themselves. So how does a woman find time to actually feel happy with her daily activities while keeping up with all of the responsibility?

First, take time to smell the roses! Literally, you can take time to smell the roses but you can actually do this with no flowers in sight. Every day, try to look around and appreciate what you have, taking in the sounds of your child's laughter, the wag of your dog's tail, the special glance of your husband as you tell a funny joke. Sometimes, the knowledge of what you have on your plate for the day will feel overwhelming, but a little perspective goes a long way. It may be a cliché and a very tired phrase, but it truly does work. People tend to get lost in the mundane, day-to-day "functioning" instead of really living their lives. For example, next time you are worried about fitting in your exercise with your child's play date at Little Gym, forego the Little Gym and head out with your

son or daughter for a run. Strap the little one in the jog stroller or if he or she is old enough, ask them to put on the running shoes with Mommy and head outside! Once outside, you can literally stop to smell the roses. Just a few minutes of gratitude a day will work wonders for your soul and automatically make your life feel more balanced.

Along these same lines, try and give yourself some "me" time once a week. Once a week may not seem like much, but if you really allow yourself to soak it in and enjoy the time spent, it will make the stress of all of the rest of the hectic days melt away. Take a good block of time on a Saturday or Sunday - 2 hours, maybe - and mark this time in your calendar in pen, not pencil. Keep a standing appointment with yourself, and honor it as you would any other. Think you are too busy on a weekend to do this? You will feel much more productive the rest of the weekend allowing yourself this little 'refresher', rather than trying to cram some time in on a random Tuesday or other weeknight. For this special time, you can book a massage or a facial at your favorite spa. Take a couple of hours to go window shopping at your favorite stores, by yourself or with a friend. Take in a matinee with a couple of girlfriends. If your husband is willing to fly solo on a Saturday night, you can even book a girls' night out once in a while and truly let loose! Even if your budget doesn't allow for these activities once a week, you can lock yourself in the bathroom with a

good book, a bubble bath and a nice glass of wine and feel good about your time alone - you deserve some!

Probably the most obvious way to balance career and family is to incorporate your family into what would otherwise be "work time". If you have a short commute to work, for example, perhaps you can drive your kids to school each morning instead of having them take the bus. In the alternative, you could have your morning cup of coffee at the bus stop with them and spend a few minutes chatting about their day and what they plan to learn in school as you sip your cup of Joe and breathe in the morning air to mentally prepare for your own day ahead. If you normally exercise in the morning and leave the house very early, switch your workout time to lunch and leave the office to go to the gym, eating at your desk when you get back. You will have more time with your family each day and get a healthy break from your pile of papers to boot.

You may need to get a little creative with your schedule, but there are definitely ways to help balance career and family. Sometimes an extra few minutes each day or a once-weekly good block of time can go a long way in helping restore your peace of mind and help you feel less harried.

Source:

<http://www.articlecircle.com/> -
Free Articles Directory

COMING SOON!

2010

MIDYEAR SEMINAR ASHEVILLE

For more information
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Contact: Stephanie Elliott-
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Or

Check out our website
at
www.ncparalegal.org

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DISTRICT II, BEVERLY WHITE, NCCP



District II

Message from Director:

Thank you all for keeping me on as your voice to the Board another year. We had a very successful 2009-2010 taking our District from 112 members to 173 members and there are bigger and better things in store for the upcoming year. Spread the word, District II is the place to be in 2010-2011!

Beverly White

Upcoming Events

- **May 17, 2010 - District Meeting - Ragazzi's Hwy 70 W - Garner Special Guest: TBA**
- **June 21, 2010 - District Meeting - Wyndham Hotel - Durham; Special Guest: TBA**
- **July 19, 2010 - District Meeting Location TBA: Special Guest: Barbara Bennett, Education Specialist, Securities Division, Secretary of State**
- **August 16, 2010 - District Meeting - Wyndham Hotel - Durham: Special Guest: Christopher Nichols, Topic: Internet Social Networking in the Law Office: Tools and Ethical Considerations**
- **September 10-11, 2010, NCPA Mid-Year Conference - Renaissance Hotel Ashville, NC**
- **September 20, 2010 - District Meeting Location TBA - Special Guest: Neal Camak, Attorney**
- **October 18, 2010 - District Meeting - Wyndham Hotel - Durham: Special Guest: Douglas Kenyon, Attorney, Copyrights, Trademarks & Patents**

Democracy... is a charming form of government, full of variety and disorder; and dispensing a sort of equality to equals and unequals alike.

Plato

Accomplishments of District II Members

Asher Munger, one of our student members began volunteering one day a week with the Southern Coalition for Social Justice. She is very happy to get hands-on exposure to paralegal work.

District II Members would like to say

“CONGRATULATIONS”

to fellow District member and newly elected officer,

Ute Woodall, NCCP

Secretary

Ute was elected at the Board Meeting on Saturday at Wrightsville Beach



DISTRICT III, SYLVIA ERICKSON, NCCP



Great fun and a good time was enjoyed by all that attended District III's meet and greet during NCPA's 30th Annual Meeting & Seminar at the Holiday Inn Resort in Wrightsville Beach, North Carolina on March 19, 2010. District III covers Bladen, Columbus, Cumberland, Duplin, Harnett, Hoke, Lee, Moore, Richmond, Robeson, Sampson and Scotland County and currently has 33 members. Now is the time for you to become involved in NCPA's new Mentoring Program. This is a wonderful opportunity for seasoned paralegals to provide assistance to up and coming paralegals and the program is completely confidential.

Attendance was up at the Cumberland County Paralegal Association's 19th Annual Seminar on April 17, 2010. Methodist University was the location for participants to obtain 6.0 CLE credit hours, to purchase products from exhibitors and to receive great door prizes. CCPA holds monthly meetings on the second Thursday of each month at various restaurants in Fayetteville. CCPA's website is www.ccpa.com.

Enjoy your summer!

Sylvia L. Erickson, NCCP

District III Director

(910) 484-0179

sylvia_erickson@fd.org

DISTRICT IV, KAREN ENGLAND, NCCP

DISTRICT IV NEWS--News around the District

Guilford Paralegal Association (GPA) held its April 13 meeting at Wyatt Early Harris Wheeler in High Point. Students and/or new paralegals were given the opportunity to ask questions of the more "seasoned" paralegals at this meeting. There were many great questions, and all experienced paralegals in attendance participated in answering the students' questions.

The regularly scheduled May meeting of GPA will be held on May 11 at Logan's Roadhouse, at which time it will conduct its nomination of officers for the new fiscal year, beginning in July. There will also be a time for planning for the upcoming year. Election of officers will be held at the June meeting on June 8, 2010. GPA will hold its 4th Annual Spring Seminar on Saturday, May 1, 2010, at the Doubletree Hotel in Greensboro, NC. The seminar has been approved for 6 CPE credit hours – 5 general and 1 ethics.

Details about the monthly meetings and all of GPA's events are available on the website. <http://www.guilfordparalegalassociation.org/>.

Alamance County Paralegal Association (ACPA), an NCPA affiliate held its March meeting with Marissa West, Esquire, speaking on Condemnation. ACPA's April meeting was held on April 20th, with Jennifer Bogacki, Esquire, speaking on Homeowner's Associations and Condominiums.

The May meeting of ACPA will be held at Carver's in Graham at 12:30 on May 18, 2010, with a speaker to be announced. Election of new officers will take place at the June meeting. ACPA does not meet in July or August, but will resume with new officers on the third Tuesday of September.

For information on ACPA please contact Hattie Sheets at hss@vernonlaw.com or Teresa Stacey at tas@vernonlaw.com.

Karen F. England, NCCP
District IV Director

DISTRICT V, ROXANNE CROUCH, CP



Greetings to all District V members! I am honored to serve as District V Director and represent you on the NCPA Board. One of my responsibilities is to assist with developing policies for our organization. These policies will affect you! Please share your ideas and concerns so our District will be represented.

If you have ideas for a mini-seminar or meeting topic, let me know. I hope to have a few gatherings this year. In addition, let me know of CLE opportunities in your area. I will try my best to have the information published in a future issue of the *Amicus* and on the NCPA website.

I will keep you abreast of issues facing the NCPA and I encourage you to get involved. There are opportunities to serve at various levels of commitment.

Please welcome new members Clifford Fulmer, Jennifer Greenlee, and Audrey Moore.

DISTRICT IX— LISA CHILDRESS, NCCP

Welcome new District IX member: Ginny Tallent, NCCP. District IX currently has 21 Members. Please encourage friends and colleagues to join.

The Catawba Valley Paralegal Association continues to flourish. Below is a list of upcoming meetings and events. Please visit the Catawba Valley Paralegal Association's website for more information. <http://www.catawbavalleyparalegalassoc.org>



May 25, 2010
Board Meeting at 5:30 pm
Location TBA

June 22, 2010
Board Meeting @ 5:30 pm
Location TBA

CPE Events

April 20, 2010
Absolute Divorce Seminar Sponsored by Legal Aid of NC
See website for details

May 11, 2010
CPE - Blair (Tripp) Cody III, Attorney
CVCC Auditorium, Details to Follow

June 8, 2010
CPE - Vanessa B. Hawkins, Attorney
CVCC Auditorium, 6:00 pm
Details to Follow

I look forward to the opportunity serving as your Interim Director for District IX. I will be sending more information as soon as I get settled into my new position.

Should you have any questions, suggestions, comments or wish to volunteer with the NCPA, please feel free to contact me at: (828) 460-1143 or email me at nc_paralegal32@yahoo.com.