



## President's Message

Hi! I know everyone is enjoying their summer. An email was sent out with the great news that we are meeting in the Justice Complex on Loop 121 in Belton for our general meeting for the rest of my term. I hope this is exciting to all the paralegals. If you have any questions, please let me know.

The Veteran's Clinic was a success with 28 Veterans and 30 Attorneys attending. I don't have an exact number of the Paralegals but thank you for your participation. It was very well organized and I'm sure appreciated by the Veterans.

If anyone has been on a fun vacation, please send a few pictures to Pat Simecek. I know I would like you to share your experience with us. Pictures are so precious of our families.

Our membership drive will be in August since there are so many people out of town. I am looking forward to seeing you all there!

Charities are next on our agenda. Teddy Bears Drive with donations to Casa, ACT-Aware Central TX-child abuse; and Wounded Soldiers are a few that have been mentioned. So, be contemplating our options.

Our guest speaker for July is Mstislav P. Talavera-Karmanov. He will be speaking on Landlord Tenant Issues. We can all look forward to listening and learning.

See you all on July 21, 2011, at noon.

Sincerely,  
Billie Sue Scales - with the honor of President of Bell County Bar Association of Paralegals

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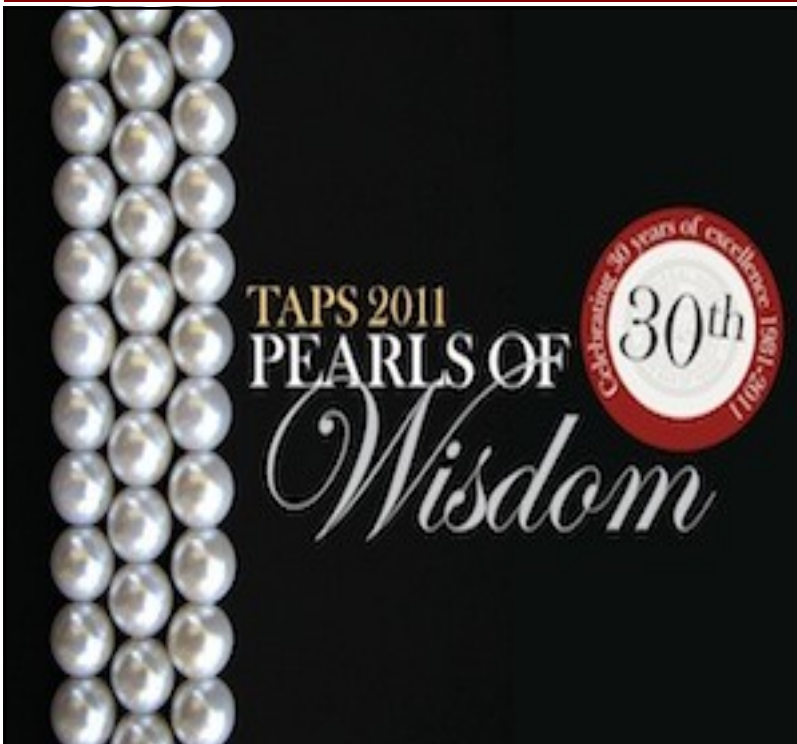
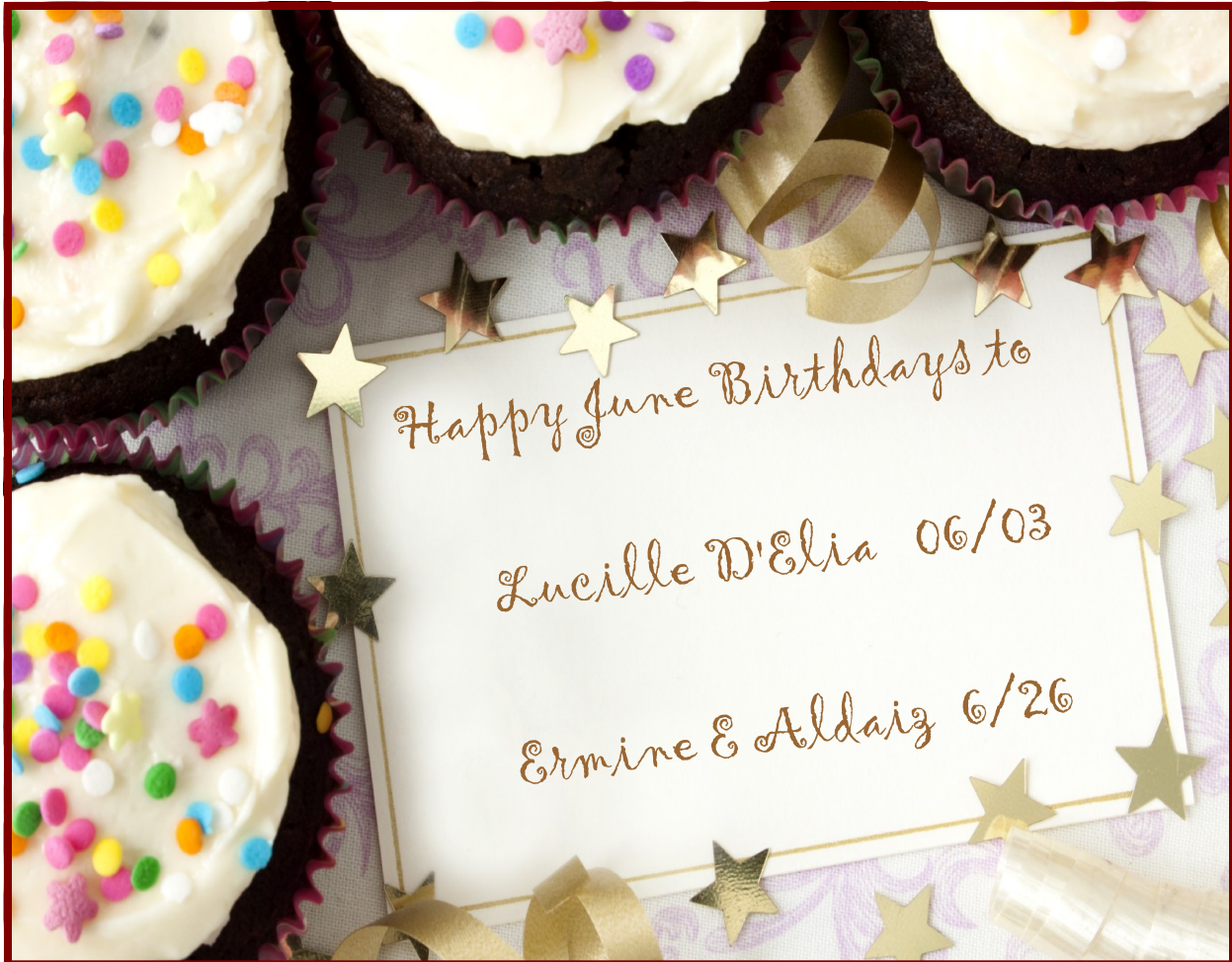
**Michelle Cantu**

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**HAPPY**

**BIRTHDAY**

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***Texas  
Advanced  
Paralegal  
Seminar***

**October 5-7, 2011  
Marriott Hotel & Golf  
Club • Fort Worth, TX  
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*A Three Day Multi-Track  
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# Insanity

- 1. At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.**
- 2. Page yourself over the intercom. Don't disguise your voice!**
- 3. Every time someone asks you to do something, ask if they want fries with that.**
- 4. Put decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to Espresso.**
- 5. Skip down the hall rather than walk and see how many looks you get.**
- 6. Order a Diet Water whenever you go out to eat, with a serious face.**
- 7. Specify that your drive-through order is 'to go'.**
- 8. When the money comes out of the ATM, scream 'I Won! I Won!'**

***The True Meaning of Stress:*** A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water; and everyone knew she was going to ask the ultimate question, 'half empty or half full?' ..... she fooled them all... "How heavy is this glass of water?", she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"



# Bell County Bar Association PARALEGALS

## 2011 - 2012 Officers

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Meetings are the third Thursday of the  
month at the Justice Complex in  
Belton on Loop 121 in the Auxiliary  
Court Room #2 on the second floor.