

Welcome to YOUR SAPA Sentinel:

JANUARY 2024

Do you know the History of New Year's Resolutions?

A New Year's resolution is a tradition, most common in the Western World, but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behavior at the beginning of a calendar year.

What are some popular New Year's Resolutions for 2024?

Improve Fitness (48%)

Improve Finances (38%)

Improved Mental Health (36%)

Lose weight (34%)

Improved diet (32%)

Make More Time for Loved Ones (25%)

Stop Smoking (12%)

Learn a New Skill (9%)

Make More Time for Hobbies (7%)

Improve Work-Life Balance (7%)

Travel More (6%)

Mediate Regularly (5%)

Drink Less Alcohol (3%)

Perform Better at Work (3%)

WHAT ARE SAPA MEMBERS SAYING?

Susi Boss' Favorite Quote - "DO ONE THING EVERY DAY THAT SCARES YOU." (Eleanor Roosevelt)

Heidi Helstrom – “Thank you everyone who called, sent a text, stopped by, and sent food, after my shoulder surgery! I really appreciate each and every one of you!”

Priscilla Nash - "2024 is my year to be a peace and letting go of the negativity."



SAN ANTONIO PARALEGAL ASSOCIATION

An Affiliate of the National Association of Legal Assistants, Inc.

The San Antonio Paralegal Association ("SAPA") is a non-profit association established to promote the paralegal profession by utilizing community networks, continuing legal education, and public service. SAPA strives to promote excellence and ethical standards for all members and supports voluntary national certification to recognize those members who have demonstrated competency in our beloved profession. SAPA is dedicated to the use of networking opportunities to support paralegals and legal professionals in their career growth.



Read the SAPA Newsletter and Win~!

Would you like to win a \$20 Amazon e-gift card?

Read this issue of the SAPA Sentinel and be the 10th *person to correctly* answer the question below and email the response to newsletter@saparalegal.org.

The monthly winner will receive a \$20 Amazon e-gift card to be mailed directly to them! Be sure you include the correct email address at which you would like to receive the e-gift card.

One winner per month.

CONGRATULATIONS TO.....

Oooops! No Winner!

December's Read and Win Question -

CORRECT ANSWER:

1000

READ *and* WIN QUESTION FOR JANUARY:

What are the 2 Amendments that will be presented at the 2nd Annual CLE Round Up?

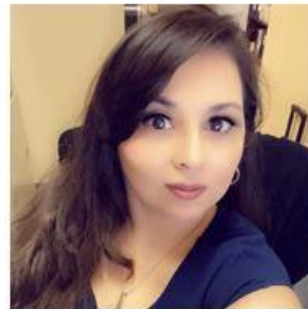
GOOD LUCK!

This newsletter is for our members and associates look forward for it to be more interactive and entertaining!

Please feel free to email me ideas and suggestions!

newsletter@saparalegal.org

President's Message



Happy New Year! I hope everyone is well and staying warm as we embark on another year filled with opportunities and growth. As your President, I want to take a moment to express my gratitude for each and every one of you. Your dedication to the San Antonio Paralegal Association (SAPA) makes our community vibrant and strong.

As we step into 2024, I encourage you to reflect on the past year and consider any resolutions you may have for the upcoming months. Personally, I've resolved to take more time for myself and prioritize moments with my family. I would love to hear your resolutions, so please feel free to share them with the SAPA community by sending an email to Elaine Simons, Newsletter Director, at newsletter@saparalegal.org.

A friendly reminder that it's time to renew your SAPA membership for the year. If you have any questions or encounter any issues, please reach out to Lisa Gutierrez, our Membership Director, at membership@saparalegal.org. Your continued support allows SAPA to thrive, and we appreciate your commitment.

Stay tuned for details about our upcoming membership social – a great opportunity to connect with fellow paralegals. We encourage you to bring a colleague along to join us and explore the benefits of SAPA membership.

If you're interested in getting more involved, whether through volunteering on a committee or running for a board position, we welcome your enthusiasm. Contact us for more information and consider submitting a letter of intent for board positions to President-elect Kathryn Flores-Hall at Presidenelect@saparalegal.org by March 1st.

A heartfelt thank you to everyone who attended our holiday party in December and the January CLE at Paesano's. Our next luncheon is scheduled for February 15, 2024, at the Old San Francisco Steak House. While it's a non-CLE luncheon, it's an opportunity to honor our sustaining members and express our appreciation for their invaluable contributions. Be prepared for exciting door prizes and raffles – you won't want to miss it!

Lastly, let's come together to support our chosen charity, "I am for her." Please bring both money and donations to contribute to this worthy cause.

Wishing you a fantastic year ahead, and I look forward to seeing you at our upcoming events.

Diana M. Olack
President 2023-2024

Please support SAPA Sustaining Members.
Without their support we would be unable to
hold awesome CLE Seminars and monthly
CLE luncheons!

- **Blend Document Technologies**
- **Capitol Services**
- **Compex Legal**
- **[CountyRecords.com](https://www.countyrecords.com)**
- **Hill Country Litigation Services**
- **Lexitas**
- **L.O.R.R. (Law & Order Record Retrieval)**
- **Magna Legal Services**
- **Preferred Counsel**
- **Scribe**

- Texas File
- Texas Medical Legal Consultants, LLC
- The Legal Connection
- Unisource Discovery
- Veritext

We cannot be successful without you! Thank you for all the donations and time spent!



We were fortunate enough to have State Representative

Eddie Morales, Jr. speak at our January CLE Luncheon.

His talk was very informative, and we can't wait to visit his family's restaurant, Piedras Negras Tortilla Factory, in Eagle Pass, Texas.

*** * * Membership Renewal Time * * ***

We value our members and look forward to seeing everyone at our events in 2024!!

Be sure to tell anybody that would be interested in joining!

For more information about his upcoming event, please email membership@saparalegal.com.

February Vendor Luncheon

Date/Time: February 15, 2024

12:00 p.m. - 1:00 p.m.

Location: Old San Francisco Steakhouse

10223 Sahara Drive

San Antonio, TX 78216

Cost: Members: \$35 / Non-Members: \$40

Menu:

Spring Salad, Almond Crusted Fish with Lemon Caper Sauce,

Garlic Mashed Potatoes, Glazed Carrots, Rolls & Butter,
Dessert-Chef Choice,
Sweet Tea or Water

Link for Registration: <https://saparalegal.org>

Please Register in Advance....Space Limited!

You have the option to pay online with credit card or to be invoiced.

If invoiced, you must pay by cash or check on the date of the event.

*******[No Shows will be invoiced](#)*******

*******[Cancellations should be made no later than](#)**

[5:00 pm, Monday, February 12, 2024](#)*****

*******[NO refunds for registrations will be available after that date due to contractual obligations with venue](#)*******

If you have any questions, please contact SAPA's Education
Director: education@saparalegal.org



Paralegal Division, State Bar of
Texas - District 5



District 5 Members,

Happy New Year! Here's to a year filled with legal victories and remarkable accomplishments. As we step into 2024, get ready to Round Up Your CLE with D5!

The **2nd Annual CLE Round Up will be held on Friday, February 9, 2024**, from 9 am to 3:30 pm, at the San Antonio offices of Dykema Gossett PLLC (112 E. Pecan, Ste. 1800, San Antonio, 78205). There is **no cost for PD Members** to attend the seminar. There is a \$12 parking fee to be paid by the attendee. The seminar will offer up to 5 hours of CLE (including 1 hour in Ethics), and the speaker topics include:

1. Artificial Intelligence Chat GPT (Ethics)
2. Employment Laws Every Paralegal Should Know (Civil/Employment Law)
3. Bank Fraud Typologies (Consumer Protection Laws)
4. Preparing Your Client & Witnesses for Testimony (Civil/Family Law)
5. Bexar County Do's & Don'ts (Civil/Criminal Law)
6. 5th & 14th Amendments (Criminal Law)

Seating is limited to 60 attendees. So, register now! Contact Cynthia Garcia, District 5 CLE Sub-Chair, for more information at district5@txpd.org.

Pro-Rated Membership is happening now! This is a good time to join or rejoin the Paralegal Division. Members joining through February 25, 2024, join at half price and membership runs through May 31, 2024. Active and Associate members will be required to obtain the mandatory 6 CLE hours for renewal. So, that means you will have the opportunity to earn your CLE hours for renewal, including the 1 hour in ethics, at our 2nd Annual CLE Round Up on February 9, 2024.

THANK YOU to all SAPA and District 5 members who participated in the 2023 Adopt-A-Family Charity. We collected over 40 gifts and \$415 in donations from paralegals in the San Antonio area. We are truly grateful for our paralegal community. Because of them, we were able to make this holiday season a blessed one for the adopted family.

The **Paralegal Division Board of Directors will be meeting on February 2-3, 2024**. If you have any suggestions or comments that you would like for me to take to the Board, please send them my way to: district5@txpd.org.

Respectfully,

Pearl Garza

District 5 Director

*** * * UP COMING EVENTS * * ***

SAPA Board of Director's Meeting

February 6, 2024, at 6:30 p.m.

Location:

Uhl Fitzsimmons

4040 Broadway Street, Suite 430

San Antonio, Texas 78209

If any members have a small business or know of a small business owner who would like to donate an item for our February Sustaining Members Luncheon to be raffled off as a door prize. Members will be able to purchase ticket, all money collected will be given to our charity, I am FOR HER, and be able to drop a ticket in the bucket to have a chance to win the items that were donated. I have three members who have a small business donating items and we would love to help promote small business owners.

Thank you -

Priscilla Nash

Public Relations Director



IN THE COMMUNITY

Pro Bono Opportunity



I am Priscilla Nash the Public Relations Director for SAPA and Pro-Bono Sub Chair for District 5 Paralegal Division. I volunteer with SALSA in the intake process with the “Don’t Bully Me Project” and I partner with Elaine Simons, *Newsletter Director with SAPA, on the weeks we monitor the emails coming in.* I also volunteer as a notary when I am able to for the Wills Clinic along with Gricelda Gonzalez, Membership Director with SAPA, as well as other SAPA members.

There are several ways to volunteer and I encourage you to click on the link and learn more about how to volunteer: <https://www.sa-lsa.org/volunteer/non-attorney-volunteer-opportunities>

There are Wills Clinic where you can volunteer as a Spanish Translator or notary on the following dates: January 22, 2024; March 11, 2024; and April 29, 2024; The clinics are at the Center for Legal and Social Justice at St. Mary’s School of Law located at 2507 NW 36th Street, San Antonio, Texas 78228. If you want to help, you will need to fill out the volunteer form online at www.sa-lsa.org/events/category/attorney.

If you have any questions, please contact me at publicrelations@saparalegal.org

Let's Rodeo San Antonio!

<https://www.sarodeo.com/events>

EVENTS THIS MONTH

in and around town.....



HAPPY BIRTHDAY!!

Brianne King - January 1

Marcus Dukes - January 4

Yesenia Ochoa - January 6

Vanessa Aldana - January 7

Rocio Mayes - January 8

Celsa Swartwood - January 8

Felix Yruegas - January 8

Sheri Dyana Ortiz - January 14

Lisa Rodriguez - January 25

Clarissa Gracia - January 27

Susan Wilen - January 27

Kathryn Flores - January 30

**PLEASE BE SURE TO UPDATE YOUR PROFILE TO
INCLUDE YOUR BIRTHDAY!!**

*** * Paralegal Positions * * ***

If you are looking to make a move or just want to checkout new opportunities, see our **JOB BOARD**.

San Antonio Paralegal Association

[View More Jobs](#)





**STUDY GROUP
COMING SOON FOR**



DATES, TIMES, AND LOCATION: TBD

EXAM

**FOR MORE INFORMATION OR IF INTERESTED, PLEASE CONTACT NALA LIAISON,
SUSI BOSS, AT nalaliaison@saparalegal.org**



MENTOR PROGRAM

BE A MENTOR | HAVE A MENTOR

Protégés:

- Receive guidance/direction/support on topics such as ethics, career advancement, & professionalism.
- Access to valuable networking opportunities with other paralegals and the legal community through your mentors and others at state-wide and district PD events.
- Opportunities to learn more about the PD and PD activities & opportunities to get more involved.

Mentors:

- Opportunity to share your guidance/direction/support on topics such as ethics, career advancement, & professionalism.
- Encourage and promote the Division, and opportunities to participate in the Division.
- Invite Protégés to attend Division functions, and introduce Protégés to Division leadership, as well as some of the members.

*Voting, active members in good standing, with at least seven (7) years of experience as a paralegal, are qualified to serve as Mentors. Mentors must complete the requisite application acknowledging Mentor has read and agrees to follow the Mentor Program Guidelines.

SIGN UP TODAY

For more information contact:
mentorprogram@tspd.org



The State Bar of Texas Paralegal Division is accepting Membership Applications on-line.

Online applications can be processed with payment options by check or money order (made payable to the Paralegal Division) or by credit card using an American Express, Visa, or Master Card. If paying by check, mail your check along with a copy of your membership application to Paralegal Division, P. O. Box 19163, Amarillo, TX 79114. **Application payments are non-refundable.**

- **Important** - Active and Associate members must provide your supervising attorney's bar number when asked for during the application process, so please have it available before beginning.
- We strongly suggest you apply via a computer that has print capability so you can print your application for your records.

Once you start the application process, be aware that periods of inactivity greater than 20 minutes will cause your online session to time out and require that you start over, so be sure to have any required information available

before you begin.
[Click to Apply Online](#)

LET'S SEE YOUR PET PICS!

We love pets and want to see yours! Please send me your pet pics at

newsletter@saparalegal.org

Your Recipe Corner!

Send me your favorite recipe to share!

CHINESE SLAW

1 bag of broccoli slaw

1 bag of angel hair slaw

$\frac{1}{2}$ to $\frac{1}{3}$ C dry roasted sunflower kernels

6 oz. Slivered almonds

1 pkg. beef top Ramen

Mix both slaws, kernels, almonds and crumble and add uncooked ramen noodles (set seasoning pkg. Aside)

Mix together:

1 Cup oil

1/2 Cup sugar

1/3 Cup white vinegar

Beef season pkg. from ramen noodles

Shake well and store in sealed container.

Store in refrigerator overnight and shake liquid ingredients and pour over slaw mixture - blend and serve.

Susi Boss

Higdon, Hardy & Zuflacht



ONCE UPON A TIME...

We didn't envision building a national company when we started Capitol Services in 1978. A small office in Austin offering Texas UCC searches was all we really had in mind. In fact, if our banker had required us to prepare a business plan, we probably wouldn't be here today.

Many years ago, our first CPA commented that the best thing we had done was hire nice people. We think that still rings true. Some of those people are still with us today, including two who started with us in our first year of business. Quite a few clients who gave us an opportunity to earn their business that first year remain with us too.

Forty years later, Capitol Services has offices from coast-to-coast providing a full range of corporate, registered agent, and lien services. More importantly, we still hire nice people and retain them. Even though we have continued to grow and add new people, 40% of our employees have been with us for over 10 years.

A lot has changed over the past 40 years, but our mission has remained the same – “to provide friendly, efficient, and cost-effective service to our clients amid a relaxed atmosphere that encourages a balanced work-life experience for our employees.”

John Robinson and Cheryl Roberts

Co-Founders