



The Board of the Utah Prosecutorial Assistants' Association are as follows:

Chair: Jill Wallace Ewing, Attorney General's Office
 Co-Chair: Karen George, Salt Lake County District Attorney's Office
 Members: Marcy Duke, Springville City Attorney's Office
 Kimberley Lee, Weber County Attorney's Office
 Laurie Rinck, Tooele County Attorney's Office
 JoEll Rowley, Wasatch County Attorney's Office
 Christine Stevens, Millard County Attorney's Office
 CeCelia Zarbock, Provo City Attorney's Office
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2010 UPAA Conference

Our 2010 conference is scheduled for June 24-25th, and will be held at the University Park Hotel in Salt Lake City. We are working to make this an exciting conference.

Recent CUPA Recipients

Lydia Mossi, Kane County Attorney's Office
 Help us in Congratulating her on a Job Well Done

If you are interested in joining a study group to prepare for the CUPA test, please contact Karen George or Lori Thayne.



AVOIDING BURNOUT

Val Baldwin, CPC
 Live Your Ultimate Life Now

by Henry Neils, Reprinted from CareerBuilder.com

In some ways it was a typical breakfast meeting. The waitress was pleasant, the eggs were average, and the restaurant was full of busy people. My client held a cup of black coffee and the first few times he took a sip he managed to spill quite a bit of it. His trembling hand was just one of the symptoms of his burnout. That's why we were meeting. He wanted to know if I could help him.

I picked up a fork and explained that as long as I used it for eating, the fork would last indefinitely. However, if I began to use it to drive nails or dig trenches, it would soon break. The key was to use it for what it was designed to do.

The look in his eyes told me he got it, but I still went on to say that people are like the fork. When they do what they are not designed to do, they eventually break.

Sure enough, I had him take a MAPP (Motivational Appraisal of Personal Potential) Assessment and it showed that he was designed to work on projects where there was a definite goal. He derived immense satisfaction from reaching goals. He also needed to work by himself about half the time. He was a scientist and enjoyed lab time, doing calculations, and interpreting test results.

What his job required on a day-to-day basis was another story. His primary task was to supervise a dozen people and maintain operations. No goals. No projects. No time alone. Consequently, his job was sucking the life out of him.

Much credit for his recovery goes to his boss who was willing to change the job content to fit the design of a valuable employee. So how do you know if you, a loved one, or someone who reports to you is suffering from burnout? Here are the early-warning signs.

1. Chronic fatigue - exhaustion, tiredness, a sense of being physically run down
2. Anger at those making demands
3. Self-criticism for putting up with the demands
4. Cynicism, negativity, and irritability
5. A sense of being besieged
6. Exploding easily at seemingly inconsequential things
7. Frequent headaches and gastrointestinal disturbances
8. Weight loss or gain
9. Sleeplessness and depression
10. Shortness of breath
11. Suspiciousness
12. Feelings of helplessness
13. Increased degree of risk taking

Fight burnout. Do what you were designed to do. If you are interested in taking your own MAPP assessment, you can do so easily, quickly and affordably online at www.assessment.com. Check it out and get started on living your ultimate life!



Meet our Newest Board Members

Christine Stevens is employed at the Millard County Attorney's Office in the criminal division. She has been there since 1991. She is a member of the Utah State Bar Paralegal Division, the BCI TAC for their office, and also is their Victim/Witness Coordinator.

Christine currently lives in Holden with her Farmer/Rancher spouse. They have 6 children and 13.5 grandchildren. She loves to golf, read, shop, travel and spend time with her family. Christine will be a valuable member to our board and we look forward to the knowledge and experience she will bring.





Marcy Duke was born and raised in Orem, Utah. She currently resides in Spanish Fork. I have two sons, one living in Spanish Fork and the other in Cedar City. Marcy worked at the Wasatch County Attorney's office for nine years and is currently working at the Springville City Attorney's office, where I have been for the past two years. My favorite things to do when not working

are playing with my three grand kids (a fourth is coming in August!), golf, and shopping. I look forward to being on the UPAA board, I have enjoyed the UPAA conferences in the past and meeting all the members, it is something I look forward to every year. If we haven't met please come and introduce yourself, I love meeting new people.

TRIVIA

- ✿ "Stewardesses" is the longest word typed with only the left hand.
- ✿ "Lollipop" is the longest word typed with your right hand.
- ✿ No word in the English Language rhymes with "month, orange, silver or purple."
- ✿ Our eyes are always the same size from birth, but our nose and ears never stop growing.
- ✿ The words "racecar," kayak" and "level" are the same whether read left to right or right to left.
- ✿ A snail can sleep for three years.
- ✿ An ostrich's eye is bigger than its brain.
- ✿ An average person's left hand does 56% of the typing.
- ✿ Women blink nearly twice as much as men.