

President's Message

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In order to evaluate the future of any organization, you must not only look at its' growth in number of new members and the retention of current members, but you must also look at the willingness of an organization to change and to accept new and diverse suggestions and opinions in formulating future plans.

As President of the Prince George's County Bar Association, I have been very pleased by both the strong support of our Bar Association by our long-time members and also by the influx of new members who bring with them new and innovative ideas. This coalition of old and new members all working together to promote both legal proficiency and also professional collegiality send a very clear message to the community as a whole, that the Prince George's County Bar Association has a very productive and innovative future based on its' strong foundation of continued member dedication, participation and cooperation with each other, with the Court system and with the community.

In response to increased requests made to the Bar for legal representation, the Board of Directors approved the acquisition of the software and other materials necessary to handle in-house, the Lawyer Referral Service, which had previously been outsourced.

This internal control and oversight of the Lawyer Referral Service is another signal from the Board of Directors that our Bar Association is continuing to grow and, as a result, will greatly enhance the services and opportunities it will be able to afford its' members.

As this holiday season approaches and the air is filled with happiness and joy, and as we look forward to the coming of a new year full of the unlimited expectations that give us hope for the future, the members of the Prince George's County Bar Association can be secure in the resolute position of the Board of Directors to lead our Bar Association into 2009 in a positive, productive and innovative direction.

I wish all of you and your families a Very Happy Holiday Season and a Healthy and Productive New Year.

Respectfully submitted,

William J. Parker, Jr

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John R. Foran 301-441-2022

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Martin G. Oliverio 301-513-0613

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MEMBER ACTIVITY

PGCBA Member, Charles J. Kenny, Jr., recently returned from visiting Croatia. Charlie was there as a Director of the Maryland History and Civic Education Association (MHCEA). Dr. Adomanis is its Executive Director who was Charlie's high school Advance Placement History teacher. Charlie served as a judge in a National Mock Trial Competition held in Zagreb, Croatia. Croatian high school students

presented a trial in both English and Croatian. The case was based on an Oregon case. Charlie sat with Paul De Muniz, Chief Justice of the Supreme Court of Oregon along with Marcin Mrcela who is a Supreme Court Justice for Croatia. MHCEA partnered with the Delaware Law Related Education Center and the Classroom Law Project of Portland, Oregon. This program is part of an ongoing 10 year relationship under CIVITAS, a federally funded grant program, to help educate teachers to teach the fundamentals of democracy. The trial was conducted as a jury trial under the American format and then under Croatian format as well. Charlie, by the way, has been the DeMatha High School Mock Trial Attorney Coach for 15 years.



Charles J. Kenny, Jr., Robert A. Bradtke, US Ambassador to Croatia and Chip Adomanis.



Charles J. Kenny, Jr., Honorable Justice Djuro Sessa, Chief Supreme Court Justice of Oregon, Paul De Muniz, the President of the Croatian Supreme Court, Branko Hrvatin and Honorable Justice Marin Mrcela.

Charlie had the privilege to meet with Branko Hrvatin, President of the Supreme Court of Croatia as well as with Supreme Court Justices Marin Mrcela and Djoru Sessa along with Judge De Muniz to discuss the differences and similarities of the Croatian and United

States judiciary. They also, along with others, had the opportunity to meet with Robert A. Bradtke, US Ambassador to Croatia at his residence.

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Community Legal Services recently held our annual staff appreciation and past presidents dinner. This year marks several milestones for our staff.

Earlette Toomer our wonderful paralegal, who manages our Oxon Hill clinic and makes those calls to you asking for your assistance to our clients, completes her fifth year of employment with us. Earlette began her work with us as an intern through Prince George's Community College.

Attorney Karin Dalichow who operates our Latino Family Law Clinic in Langley Park, MD., completes her fifth year of employment with us. Karin not only provides legal advice while managing the clinic, but provides the grant application and reporting necessary to keep this clinic operating.

Deputy Director Nora Eidelman has completed her tenth year with us. Nora began her career with us as an intern while studying at the University of Maryland, University College. One of her teachers,

Judge Albert W. Northrop recommended Nora to us. As always, as soon as the weather becomes cold, Nora escapes to one of our southern neighbor countries. Her column will return next month.

We thank all of our Past Presidents who have served Community Legal Services (formerly The Law Foundation) with distinction. Our Past Presidents:

- Judge Darlene Perry**
- Judge Joel Worshtil**
- Leonard Goldstein, Esq.**
- Judge Julia Weatherly**
- Michele LaRocca, Esq.**
- Edward O'Connor, Esq.**
- Judge Cathy Serrette**
- Keith Parris, Esq.**
- Anthony Martin, Esq.**
- Jodi Blecker, Esq.**

I thank all of you, the attorneys and your staff members who have made us a success by continuing your commitment to equal justice. Your commitment of time, talent, and treasure provides hope for our citizens especially in this turbulent economy.

I wish all a wonderful and restful holiday season.
Neal Conway

Community Legal Services of Prince George's County, Inc., is a non-profit organization established to provide quality civil legal services to low-income persons in Prince George's County. It does this through the generous contribution of legal advice and legal representation by members of the private Bar. Additionally, CLS operates three free legal Clinics in the County. They are located in the in Circuit Court House, Oxon Hill, and Langley Park respectively. For more information about our services, please contact Nora C. Eidelman, at 301-864-4907, ext. 12.

CLS is Featured in the Catalogue for Philanthropy 2006-07. View our profile at: http://www.catalogueforphilanthropy-dc.org/2007/community_legal_71641.htm

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PRINCE GEORGE'S COUNTY

FROM THE CHAMBERS OF WILLIAM D. MISSOURI

CHIEF JUDGE

TO: Attorneys practicing before
the Prince George's County, Maryland
Circuit Court

FROM William D. Missouri
Chief Judge and Circuit Administrative Judge
for the Seventh Judicial Circuit

CC: The Honorable Robert M. Bell
The Honorable Glenn T. Harrell, Jr.
All Resident Circuit Court Judges

RE: Show Cause Hearings for Failure to Provide Pretrial
Statements or the Failure to Comply with Maryland
Rule 2-504.2

DATE: November 10, 2008

On July 9, 2008, I published a memorandum regarding the necessity to comply with Maryland Rule 2-504(b) or be subject to sanctions by the Court.

Effective January 1, 2009, all attorneys practicing before the Circuit Court who fail to comply with Rule 2-504.2 will be subject to the issuance of a show cause order directing that they show cause as to why they should not be found in contempt of court. The hearings will be scheduled before the Civil Coordinating Judge.

Evidence Presentation System (NOMAD) Prince George's County Circuit Court

The Prince George's County Circuit Court has two audio/visual evidence presentation systems (NOMAD). The NOMAD systems are available for attorneys to use in trials/hearings. The NOMAD is a video capture system that can be used to display images of exhibits, including documents, photographs, negatives, objects, x-rays, transparencies, etc., to a large screen in the courtroom via a projector. This system permits the judge, attorneys, witnesses, and jury to view the images at the same time. It also allows the operator to zoom in on the most critical areas of the exhibit.

POLICY

Use of the NOMAD system is restricted to Attorneys. Prior to using the NOMAD, attorneys are responsible for scheduling and attending a ½ hour training session. **Training must be completed at least 3 days prior to the scheduled date. Training is mandatory. A reservation is required (minimum of 24 hours in advance). There will be no deviation from this policy.**

RESERVATIONS

The NOMAD equipment is available on a first come, first served basis. There is no fee associated with using the system. Requestors are required to provide the case name, case number, attorney's name, attorney's phone number, and date of trial/hearing at the time the reservation is made. Cancellations should be made to the appropriate contact at least one hour prior to the scheduled date/time of the trial/hearing. Contact information is provided below. Failure to follow the cancellation policy may result in a sanction by the court upon the attorney who made the reservation.

NOMAD System Setup

The NOMAD system will be delivered and setup in the appropriate courtroom one hour prior to the scheduled date/time by Court IT staff. Courtroom clerks are responsible for notifying Court IT staff as soon as possible if a case is transferred to another courtroom. Software and laptop connections are the responsibility of the attorney and not of the court. Damage to any part of the equipment is the sole responsibility of the attorney. Attorneys will contact Court IT when they are finished using the system. Only Court IT staff is permitted to remove the NOMAD from the courtroom.

Primary Contact

Jurusha Mason (301-952-4094) jmmason@co.pg.md.us

Alternate Contacts

James Fenwick (301-952-3478) jwfenwick@co.pg.md.us
Lisette Dupree (301-780-2063) ldupree@co.pg.md.us

Authority: *Honorable William D Missouri*
Chief Judge

Amended: *October 21, 2008*



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**Additional information to follow in
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**THURSDAY, DECEMBER 11, 2008
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HAVE YOUR TURKEY AND STUFFING TOO: EATING SMART THROUGH THANKSGIVING

The average American will gain between three and seven pounds during the holiday season. Having fallen victim to this statistic in prior years, many think that gaining pounds during the holiday season is unavoidable. And when you consider the typical holiday menu - turkey, stuffing, casseroles, pies, and cakes - can anyone really expect to indulge without gaining at least a few pounds? The answer to that question is an unequivocal yes! You can have your stuffing and eat it too, all without gaining more than perhaps a pound. How to do it? Easy....first off, you can't tell anyone who'll be eating your cooking that you will be "modifying" the traditional recipes. What they don't know won't hurt them, and they'll never know if you don't tell them....promise. If you're doing the cooking, this is what you need to do to prepare a scrumptious AND healthy Thanksgiving dinner that no one will suspect is "healthy cuisine".

TURKEY

If you typically slather your turkey in tons of butter or deep fry it, that's not only the recipe for a spare tire, but it will also likely clog a few arteries. So let's revamp the cooking of the bird. It is possible to prepare a beautiful juicy and golden turkey while slashing calories at the same time. Typically, I'll massage three tablespoons of pure olive oil into my turkey after pricking the skin all over with a fork. That way, the oil and your seasonings will sink into the turkey and the turkey will stay juicy and moist. Add two cups of water to your roasting pan

and you can baste the turkey with the juice created from the water, olive oil, and seasonings. I've prepared my bird in this heart-healthy fashion for years and no one has ever accused the turkey of being dry or bland. Just be sure to massage in plenty of your favorite seasonings during your rub down of the turkey.

If you want other new healthy turkey recipes, Eating Well publishes new recipes every year including one for an herb-roasted turkey and a lemon garlic roasted turkey with white wine gravy. Just log onto www.Eatingwell.com. These healthy recipes provide delicious turkey dishes at only 155-180 calories and no more than 6 grams of fat per serving.

Some additional tips for cutting calories and fat include removing/avoiding visible fat, limiting dark meat, and most important - watching your portion size. One portion should be about 4-5 ounces. That means that the serving should be the size of your hand while balled into a fist or the size of a deck of cards. Have turkey as your source of meat for the holidays and skip ham and/or prime rib. Turkey is a great source of protein, iron, zinc, potassium, and B vitamins.

STUFFING

If you want to be able to eat stuffing on Thanksgiving, without feeling like you're the one who's been stuffed, you'll have to substitute your traditional recipe made with butter and fatty sausage for a healthier version using chopped veggies, broth, and lean chicken or turkey sausage. Additionally, it will be key to replace white bread as the main ingredient with whole wheat bread or brown rice. Eating Well also has posted a cornbread and sausage stuffing recipe made with sweet Italian sausage, onion, celery, cornbread, and chicken broth which boasts only 237 calories and 9 grams of fat per serving. This is a substantial reduction from

the traditional stuffing recipe which typically contains 260 calories and fifteen whopping grams of fat.

SIDE DISHES


Your side dishes don't have to be macaroni and cheese, lasagna, creamy mashed potatoes, and the like. Healthy side dishes that everyone will enjoy include steamed fresh green beans sprinkled with garlic and sprayed with non-fat butter flavored spray, wild and brown rice, and baked sweet potatoes. Sweet potatoes are a much better choice than mashed white potatoes since sweet potatoes are naturally creamy and sweet, needing no whipping agents or butter to be added. Baked sweet potatoes can be topped with cinnamon, Healthy Balance butter flavored spread, and just a pinch of brown sugar.

DESSERTS


The holidays just wouldn't be the holidays without dessert, and having said that, dessert is undeniably the finishing ingredient to any holiday meal. The key to your success will be in choosing which dessert to partake of. There is pecan pie, apple pie, pumpkin pie, sweet potato pie, chocolate cake, cheesecake, brownies, and of course, those cute little cookies. Just keep this in mind: desserts with natural ingredients like fruit are always better than those made primarily from flour ingredients. That means go for the apple pie and sweet potato pie instead of the cakes and cookies. Pumpkin pie is typically only about 180 calories per serving (without eating the back crust portion) while pecan pie will cost you a whopping 480 calories!

FINAL TIPS FOR A NO GAIN HOLIDAY MEAL

Following the suggestions above for preparing healthy recipes and opting to choose healthier desserts will slash calories dramatically and help you in



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your quest to wake up the next morning weighing the same thing you weighed on Thanksgiving morning. In total these modifications can save you as much as 600 calories, bringing your total consumption of calories down to about 1700 calories for your entire meal. But there are other things that you should do earlier in the day to “prepare” for your holiday meal. First, don’t think that you’ll “save” calories by skipping breakfast and lunch. This will only cause you to be super hungry at dinner and more likely to over-eat. Instead, have a light breakfast of oatmeal (try Quaker Weight Control) and an orange or small banana, apple sauce and a half of a small bagel, or scrambled eggs and apple slices. Drink lots of water throughout the day prior to your big holiday meal - aim for half a gallon or 8 glasses of water. For lunch, because dinner is only a couple hours away, try to have something light like 2 servings of low-fat yogurt or a small meatless salad.

Try to find an hour prior to dinner time where you can squeeze in some exercise. Go for a 30 minute walk or jog, or get the family members together for a game of basketball. Anything you do to get your metabolism elevated right before your meal will keep your calorie

burning mechanism revved during dinner so that more of what you eat is burned up. Lastly, watch what you consume during dinner. Avoid high sugar drinks like pure fruit juices AND alcoholic beverages. If you need more than water or iced tea, have only one glass of wine.

Follow these tips and you’ll wake up after the holidays feeling healthy and happy that you won’t have to have your pants let out for the new year.

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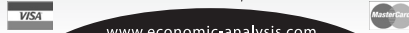
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