

President's Message

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As Spring comes each year, we bask in the optimism engendered by the longer days, the warming of the weather, and the songs of happy critters everywhere. In the dreary months, many survive by living off their stored reserves. Having too often been forced to seek shelter and congregate in groups for long periods, they are just now experiencing the freedom afforded them by the change of seasons. The fortunate creatures have endured the brutal months and now look forward with happy anticipation to easier times and the carefree pursuits of Summer. That's right, the happiest critter in this neck of the woods is the soon to be Past President of your local Bar association.

It is well known that, as June approaches each year, the step of the Bar President becomes lighter and his smile can be seen to make more frequent appearances. Yes, the finish line is in sight and all I must do is make it to the annual meeting so that I can pass the gavel to my successor. I have witnessed this phenomenon in others and it is truly a powerful set of emotions. Although others have been less restrained (for good reason), I will try to control my enthusiasm for having made it through this crucible.

On a more serious note, I state with conviction that it has been a great honor to serve as the President of the PGCBA and I enjoyed the experience. I will remember most the trust you placed in me, as well as the many friendships made and strengthened. All those serving as officers and board members of our association take on significant responsibilities beyond our respective work as attorneys and judges. These are, however, responsibilities that I commend and urge you to consider pursuing. There are good times and hard times but, all of them make us stronger and our profession better. At times, the last Bar year moved slowly and yet, upon its conclusion, it seems to have passed more quickly than any before. That the year passed quickly can be viewed as a comfort, or at least what human nature dictates. It is also disquieting, however, as a year is often not enough time to achieve the significant accomplishments for which we hope. As we all realize after the effort, it is all too easy to get caught up in our work.

Some time ago, I was swept up in a case that was tried before a jury over the course of several weeks. As you would presume, the trial was preceded by an intense pre-trial effort. This was a hard fought battle between unyielding parties who demanded the complete devotion of their respective teams of attorneys. I became so engrossed in the effort that I often woke very early and worked past midnight, weekends included. I seldom saw my wife and daughters awake for weeks at a time. When the trial came to an end, I slept in the next day eventually to be awakened by my young daughters' giggles and noisy play (the girls were about five years old at the time). When I turned to see them, I was surprised at how much they had changed since I last saw them. I swear they had grown by inches

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PRESIDENT'S MESSAGE

Continued from page 1

with their baby faces now gone. I was looking at two entirely different little girls. I had missed a chapter of their childhood. As many of you know from your own experiences, this type of event can be quite a shock.

This is now my opportunity to step back and reassess what has changed around me. I look forward to finding new opportunities to contribute to our community and our profession. One has a brief opportunity to contribute as an officer, but hopefully many years to contribute as a member.

Respectfully submitted,

John C. Fredrickson
President, Prince George's County Bar Association
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FORECLOSURE WORKSHOP

We are delighted to report that the Foreclosure workshop held on May 10 was a success. The workshop was held at the Unity Center of Light in Bowie and was sponsored by the Prince George's Pro Bono Committee, Civil Justice Inc., Maryland Legal Aid Bureau, CASA de Maryland, Pro Bono Resource Center, Maryland Department of Housing & Community Development and our organization, Community Legal Services. At least 16 homeowners came to the event and all received assistance.

Manuel Geraldo, Chair of the Prince George's Pro Bono Committee states "the event was successful because of the collaboration of the private bar, legal services organizations and community organizations to address a serious issue affecting our county. We look forward to sponsoring more events in the future with even greater private bar participation."

Special thanks are extended to attorney Diane Cipollone, Director of the Sustainable Homeownership Project at the Civil Justice Inc., and the volunteer attorneys who previously attended training by Civil Justice in foreclosure defense (also sponsored by the Pro Bono Committee). These attorneys provided limited one-on-one legal advice to sixteen homeowners. The volunteer attorneys are: Jennifer Brandi, William Moore, Michael Morin, Manuel Geraldo, and Maricruz Bonfante. Special thanks are also given to Maria Chavez, a law student from the University of Maryland School of Law, who attended the workshop. Chavez translated for attorneys who do not speak Spanish and assisted with intake. We also thank Unity Center of Light for providing the space for the event. Future Foreclosure Workshops will be scheduled around the County!

LAWYER REFERRAL PROGRAM

We still have some funding available under the Judicare and Contested Custody programs to help pay attorneys fees for legal representation of our low-income clients. The funding for the Judicare program comes from Maryland Legal Services Corporation (MLSC), and is used to place family law cases including guardianship. Attorneys are paid \$80.00 per hour up to \$1,600.00 per case. The funding for our Contested Custody program also comes from MLSC.

Attorneys are paid \$80.00 per hour to a maximum of \$1,600.00 per case. CLS will continue however to ask the attorney to take a pro bono case as well. For more information about these programs please contact Earlette Toomer or Darielys Pinto at 301-864-4907.

LANGLEY PARK DAY

We are pleased CLS has participated again in this year's Langley Park Day festival, held on May 4, 2008. The festival has two main goals: outreach to members of the Langley Park community and celebration of its rich cultural heritage. Several non-profit organizations, government agencies and businesses participate every year. The festival also included a folkloric show as well as sale of delicious food representing the different ethnicities of the Langley Park community. This year's Master of Ceremonies was Prince George's County Council member Will Campos (D-District 2). We express our appreciation for the following CLS staff members who attended the festival to staff our table: Karin Dalichow, Esq., Frinne Guevara, Darielys Pinto, and Michael Udejiofor.

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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IMPROVE YOUR HEALTH: EAT WHAT GROWS

Are you looking for the perfect snack food and the perfect meal combination to keep you both healthy and trim? Look no further than the produce stand at your grocery store. Fruits and veggies can be consumed for nearly all of your daily meals, while still allowing you to get in all the micronutrients you need to stay healthy. Veggies have numerous health benefits which include diminishing the risk of numerous cancers, reducing the risk of diabetes, cleaning your arteries and colon, and even helping to build muscle. Fruits are very high in antioxidants and fight free radicals, reduce your chances of developing certain cancers. And you can combine various fruits and vegetables to make a day's worth of complete meals that leave you feeling satisfied and get in your five or more servings per day. Here are some of my favorite growing gems and their benefits.

Blueberries - one cup of these deliciously satisfying berries have only 84 calories, only one gram of fat, and four grams of colon cleansing fiber. And to top that off, blueberries have more antioxidants than practically any other fruit. Additionally, blueberries have been shown to improve memory and rejuvenate brain cells. Thus, they are my pick for best fruit to be either eaten alone or combined with other fruits, or tossed into a vegetable salad.

Cherries - one cup of these sweet and tart treats contains only 87 calories, zero grams of fat and 3 grams of fiber. Cherries are full of antioxidants just like blueberries. However, cherries have a certain type of antioxidant, anthocyanins, that are known to reduce inflammation. That means that after an intense workout or a long run, consume a couple cups of cherries to ward off inflammation which in turn will diminish soreness.

Grapefruits - One large one yields 106 calories, zero fat, and 4 grams of fiber. We've all heard of the grapefruit diet, right? Well, there's a reason for the grapefruit being held in such high dietary regard. Grapefruit is shown to keep insulin levels in the bloodstream steady thereby slowing the rate at which carbohydrates enter the bloodstream. As a result, grapefruit directly influences fat loss. While it's not the magical fruit, studies have shown that subjects consuming half a grapefruit per day lost between 4 and 10 pounds without

employing any other diet methods. That means you should hit the produce stands today and stock up.

Pomegranate- once considered to be an exotic fruit not frequently consumed, pomegranates have recently invaded virtually every grocery store and can be found in a variety of products. And for good reason: a half a pomegranate contains only 80 calories. It has only 1 gram of fat, and while it does not contain fiber, it has some of the most powerful antioxidant benefits of any fruit. Furthermore, this delicious dark fleshed fruit aids in delivering nutrients to your muscles- especially helpful after an intense exercise session.

Other favorites include strawberries and cantaloupe which contain next to nothing in the way of calories and fat, yet contain lots of antioxidants. These fruits go extremely well in a salad of either other fruits or mixed with vegetable salads. And adding these fruits to the traditional vegetable salad adds a substantial degree of sweetness and often eliminates the need to add salad dressing.

Now for the veggies, which come in a variety of colors and with a variety of benefits. America's number one favorite vegetable by far is the potato, yep the good old plain white potato. But that's not because we love its health benefits. In fact, the way we typically eat it, fried, diminishes a great deal of the benefits inherent in this favorite vegetable. The potato is rich in folate and potassium and it is most healthful when eaten in the form of a baked potato. For those who engage in strength or muscle building activities, a baked potato touts the benefits of aiding with muscle growth and recovery. The potato is so healthy that even its skin has a substantial amount of vitamins and should be eaten. It contains approximately 165 calories, no fat, and 5 grams of fiber.

Tomatoes - while the debate goes on about whether the tomato is a fruit or vegetable, one thing is certain - this superfood contains tons of lycopene which fights heart disease and cancer, and also promotes muscle growth. The good thing about the nutrients in tomatoes is that unlike most fruits and veggies, these are actually better for you when cooked. Which is great news since we mostly consume tomatoes in the form of sauces (or on pizza). And these bright reddish orange treats contain only 22 calories for a medium sized tomato and 2 grams of fiber. They can be eaten alone either whole or sliced, on a salad, as a sauce

or soup, or added to many other types of food.

Broccoli - one of my very favorite veggies, is as versatile as it is healthy. One cup of broccoli contains only 31 calories, 3 grams of protein, zero fat, and 2 grams of fiber. These little "tree like" bunches are full of phytochemicals which keep water retention down, help diminish fat storage levels, and neutralize bad estrogens in the liver. I like to eat raw broccoli straight out of a sandwich bag, which makes broccoli a perfect handy snack. Broccoli can generally be transported very easily due to its ability to stand various ranges of temperatures while still being edible. So you can pack some and take it to work with you, keep it in your desk drawer or in your car while you're in court. And then it's a perfect addition to any salad or steamed with seasonings.

Spinach - A favorite of Popeye's for its muscle building benefits, really does have those cartoonish benefits. Spinach has three documented muscle-building compounds, including glutamine which bodybuilders actually buy in supplement form. Glutamine is an amino acid linked to intestinal health and muscle growth. And spinach contains an amazingly low number of calories - only 14 calories for two cups! Plus there's two grams of protein and a gram of fiber.

Onions- Like cherries, onions are known for their anti-inflammatory properties which are especially helpful to athletes and those engaged in regular exercise. On top of that, Onions also contain chromium and other components which help stabilize blood sugar levels by influencing insulin secretion. While most of us wouldn't eat onions by themselves, they can easily be incorporated into almost any dish. So throw them into your raw salads, mix them into a salad of fruits and veggies, add them to sandwiches and soups. Onions can be added to just about anything. So why not toss them into the next meal that you prepare?

I think we can all agree that eating what grows is easier than you think and as necessary for good health as you've always been told. Find ways to get in at least 5 a day. It's easy! And now you some of the best picks and ways you can incorporate them into a healthy diet. Try to do a week or two with nothing but fruits and veggies. You'll find it quite refreshing and you'll notice an improved mood. And, as if you needed an added bonus - you're sure to drop a few pounds.

The Law Links

Committee is seeking law firms to participate in their summer program. If you are interested in hiring a student for this summer and participating in this program, please contact :

Judge Adams at 301-952-3766 or

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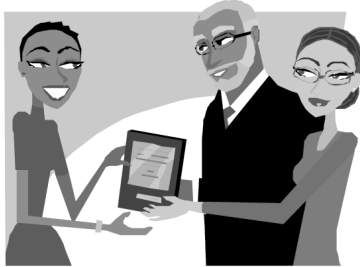
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LAW DAY MAY 1, 2008





ADOPT-A-SCHOOL PROGRAM – YEAR TWO *By Linda M. Gantt*

At the beginning of March of this year, the Adopt-A-School program coffers had less than \$1,000.00. Members were both generous and timely in their contributions, which totaled more than \$2,600.00, during the month of April. Thanks to you, on April 24, 2008, we were able to deliver \$1,200.00 to each school in the program, the same amount as last year. Being visible in the Prince George's County community and serving as positive role models for our youth has had a positive impact on the three schools we adopted - Avalon Elementary, Thurgood Marshall Middle School, and Crossland High School. These schools were identified by the Prince Georges County School Board as needing our help the most.

Our partnership with each school has provided students with an opportunity to see firsthand what it means to give back to the community. We attended Avalon Elementary School's ninth Annual Leadership Tea on April 24th. When we arrived, Karen Pasciuto and I were ushered to the head table to have tea while we enjoyed a wonderful dance and music presentation, during which we made our presentation to the very appreciative

Principal of Avalon, Dianne Bruce, Ph.D. On May 2, 2008, Orlando Barnes and I were welcomed as participants in Career Day at Thurgood Marshall Middle School. We are hoping each of the Principals from our adopted schools will be present at our Annual Meeting, June 10, 2008.

Crossland High School has again this year graciously extended an invitation to the Adopt A School committee, which we have accepted, to attend its annual "Hall of Fame" academic awards banquet being held on May 23rd. During our April visit with Mr. Thomas, Crossland's Principal, we were honored that he took the time to report on the school's successes at meeting federal targets required by the "No Child Left Behind" initiative.

All three schools were thrilled to have our donation in two separate checks this year. We presented a check for \$1,000.00 in continuing support of the programs each school identified last year as being wholly or partially unfunded. At Avalon Elementary our donation is used to purchase academic enrichment materials. Thurgood Marshall uses this donation for media and technology programs. And Crossland applies these

funds towards their scholarship program.

Another check for \$200.00 was presented for discretionary use. All three school's representatives remarked on how wonderful it is to have funds to cover the occasional miscellaneous expenses for which there is no school budget. Often faculty and staff must donate personal money to fund such needs such as craft supplies, for example, or the occasional lunch money for a student in need. This fund will be earmarked for such occurrences.

Even though the school year is almost over, next year will provide new opportunities for members to become involved with the Adopt-A-School Program. If you have questions or suggestions on ways to continue to fund or otherwise support this worthwhile program, Karen K. Pasciuto, Co-Chairperson, and myself would welcome your ideas. We are glad to be a part of each school's journey to becoming better educational institutions for students, parents, and teachers. We thank those who have given their time and money in support of the Adopt-A-School Program. We look forward to next year!



Adopt-A-School presentation to Thurgood Marshall School staff



Avalon dancers - 9th annual leadership Tea



County Fire Department with Thurgood students on Career Day



Crossland's Niambi Stewart, K. Pasciuto, Principal Thomas, L. Gantt



Miss Asiah Best sings a solo at Avalon Leadership Tea



Orlando Barnes and Linda Gantt with Thurgood Marshall Students



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On April 24, 2008, the Prince George Bar Association held its fourth and final Law 101 seminar at the courthouse. The speakers were Judge Thomas P. Smith, Judge Krystal Q. Alves and Erik Nyce, Esq.

Mr. Nyce started the presentation with a lot of helpful tips in preparing for trials. He explained what a "to go" file is and how they can be used for organizing witness examinations, preparing for oral arguments, and outlining opening statements and closing arguments. The three main sources are the Rules of Procedure, the Rules of Evidence and the Pattern Jury Instructions. Each element of proof in a case should be analyzed in terms of all three.

When an attorney has a complex case, it will need to be broken down into small parts. This break down is useful in helping the attorney to prepare by evaluating all of the elements and looking at all of the facts at issue. But it is also helpful in organizing a clear and concise presentation to the trier of fact. Mr. Nyce continued his presentation by covering more of the rule of evidence (in the second session of Law 101 this was covered in more depth). Particularly, the issues of hearsay and when it is worthwhile to object were discussed.

Judge Smith was the second presenter. He covered the biggest mistakes that he

sees attorneys make. First, when there is a jury involved, speed kills. An attorney needs to remember that the jury has no background information about the case and needs the issues and facts to be clearly presented. Also, position is key. Position yourself where the witness can face you while looking to the jury. In addition, when presenting an opening statement or a closing argument, be aware of pacing and facing away from the jury while covering an important point. Next, Judge Smith discussed how to effectively question witnesses, such as 1) you don't need to take a lot of notes while asking questions of the witness, 2) an attorney should not fight with the witness, that is what a judge is there for, 3) when your mind goes blank as to framing a non-leading question, ask "so what happened next," 4) at least four copies of each exhibit should be brought (this will be a copy for both attorneys, the fact finder, and the marked copy for the record), 5) objection for leading does not prevent the information from getting in and may waste time if overused, and 6) objections should only be made when an important point is involved. Finally, Judge Smith stated that qualification an expert witness is often overlooked. The questions and answers are known ahead of time and the presentation should be precise

and thorough.

Judge Alves was our third and final speaker of the night. She pointed out that district court judges have busy dockets and need attorneys to get to the point quickly. Before the case is called, talk to opposing counsel, and know whether you are going to try the case, how long it will take to try, and whether there are any stipulations. When dealing with interpreters, make sure to ask short simple questions, speak slowly and allow the interpreter and the witness to answer completely. As part of the theme of keeping things concise, object only when necessary and ask questions for information (not just because you can ask questions). Try to know your judge and his or her signs. Finally, make use of technology in the courtroom that can allow the trier of fact to see the evidence while the witness is pointing out important details.

All of this, and a lot more tips and suggestions, were covered in this fourth Law 101 seminar. These programs have been extremely informative and helped to give new lawyers some tricks of the trade. Thank you to everyone who organized these events and who presented at these seminars. Everyone who attended appreciated the efforts.

A copy of the handout and outline will be posted on the PGCB website.

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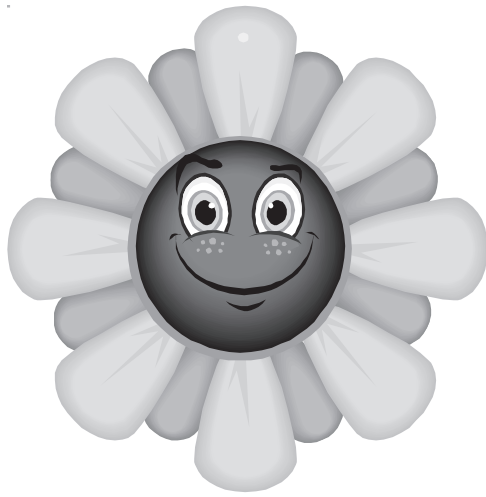
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*This is the last issue of the
NewsJournal for the
2007/2008 year.*

*Look for the next issue
in September.*

REMEMBER
*the deadline for
the September issue is
August 15th.*

A SPECIAL THANK YOU

THE PRINCE GEORGE'S COUNTY BAR ASSOCIATION WISHES TO THANK THE FOLLOWING MEMBERS WHO GAVE SO GRACIOUSLY OF THEIR TIME AND ENERGY TO MAKE MOCK TRIAL AND LAW DAY A SUCCESS:

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