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Throughout most of my law school days, I was employed as a law clerk at a small law firm in Baltimore. Like most of us, I learned to draft pleadings and correspondence, answer discovery requests, and to otherwise add paper to the files. We did not have fax machines, e mail, or even computers. This

technological backwardness meant that I was also the office "go for." In this role, I spent a great amount of time delivering papers to different law offices, the various courts, and clerks' offices. I wore out a lot of shoe leather and the few items of business attire that I owned wore thin from too many trips to the dry cleaner. This is not at all to say that I was the subject of misfortune; at least, I was getting my exercise, I learned a lot about the practice of law, and my starting hourly wage of \$6.50 (more than twice the minimum wage of the day) permitted me the luxury of paying my rent and the weekly cleaning bills. All things considered, my experiences as a law clerk were quite common and, in retrospect, this was not such a bad way to grow into the practice of law.

Even amongst the tedium and drudgery of the law clerk routine, it was easy to succumb to the delusion that I was part of a legal team. Certainly, that memo I drafted in response to defendant's demurrer must have paved the way to victory or perhaps it was that motion in limine. This delusion was fostered by sitting in the galley and watching the action of numerous court proceedings. I would follow the line of questioning, second guessing the lawyers' strategies and techniques. Like many partially educated observers, I would formulate my own questions and arguments that I imagined would be far more effective than those offered by the real attorneys who were actually litigating. Buoyed by such fanciful notions, I looked forward to passing the

bar and becoming a lead attorney, a "first chair." I was certain that I could easily become the litigator who would ask the right questions and make the arguments that would win cases for my grateful clients.

It was, however, only a matter of a few days into my first stint as an associate attorney at an even smaller city law firm that I realized how different life was when your name was actually on the pleading and the client was your professional responsibility. There may be little physical distance between the law student in the audience and the attorney at the trial table, however, there are few experiences similar to the attorney's first jury trial or, for that matter, a first contract closing or appellate argument. My first jury trial was a slip and fall case before Judge Ross in the Circuit Court for Baltimore City. In those days, the court was modestly known as the Supreme Bench. The trial took place in the large ceremonial courtroom. This was a courtroom that could have been designed for a Hollywood movie set. One entered it through immense oak and bronze doors. This was a courtroom with twenty foot high ceilings ... it could accommodate an audience of at least two hundred and you had to walk up two steps to reach the front of the judge's bench, which seemed to tower over the proceedings. My client had less than one thousand dollars in medical expenses, no lost wages, and was prone to dose off without warning. It cannot be said that I was "first chair" because I was the only "chair." Not even a law clerk for assistance. My counterpart was experienced and well known; his law firm had been one of the first to advertise on television and he was something of a celebrity. The first interruption in the trial came before I had completed introducing myself. I had not even made it to the opening statement. We were called to the bench where Judge Ross informed me that I was to refer to him "as an institution." In other words, rather than say "If your honor please ...", we were to say "If the court please" In any event, I survived a motion for judgment and the case was settled during jury deliberations.

Of course, there were many things that I had

Continued on page 3

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PRESIDENT'S MESSAGE

Continued from page 1

failed to fully appreciate as a law clerk in the galley, but it was clear that the most important was the requirement that the attorney must first be a leader. To be sure, the qualities of leadership required of the attorney are not limited to courtroom activities. Regardless of the area of law, the attorney, by definition, must lead his client through the difficulties of the particular assignment. Just as the litigator must lead and protect her client throughout the rigors of a trial, the attorney drafting a contract must envision many scenarios and devise a strategy that will protect his client. The responsibilities of the successful attorney simply cannot be enumerated without including the essential element of leadership. And yet, most of us take this for granted.

Perceiving a general lack of effective leadership in many aspects of our society, noted legal scholar Ben W. Heineman, Jr. recently commented that although lawyers have always been leaders in this country, the legal profession presently suffers from a leadership deficit and a failure to actively develop leaders. Accordingly, he argues that not only should the study of leadership receive more formal attention in the legal curricula, but that attorneys should strive to be leaders in all segments of society. Lawyers as Leaders, 116 Yale L.J. Pocket Part 266 (2007) Certainly, if attorneys are taught the importance of leadership and they practice leadership, they will be more effective and more successful. Mr. Heineman urges us not to be complacent with being leaders within our profession, and I agree. "We need lawyers who can create and build, not just criticize and deconstruct. Lawyers must be able to ask and answer 'what ought to be' questions, not only 'what is' questions..." Id. This sentiment

was stressed in a most compelling fashion by Ms. Barbara Dunn at the joint membership meeting of the Prince George's County and J. Franklyn Bourne Bars on February 5th. In her presentation about Dr. Carter G. Woodson, the originator of "Black History Month," Ms. Dunn stressed that as educated professionals we have a special obligation to serve as mentors and leaders so that the lessons and mistakes of history will not be forgotten.

Your Bar Association has recognized the breadth of our leadership responsibilities in its By-Laws: "The mission of the PGCBA is to represent the legal profession and to serve its members and the community by promoting justice, professional excellence, collegiality, and respect for the law." Article I (B). The fact is that, if you are an attorney, you have been a leader and I encourage you to find as many avenues to lead as possible. Your Bar Association needs you to be a leader and your community needs you to be a leader as well.

Respectfully submitted,

John C. Fredrickson
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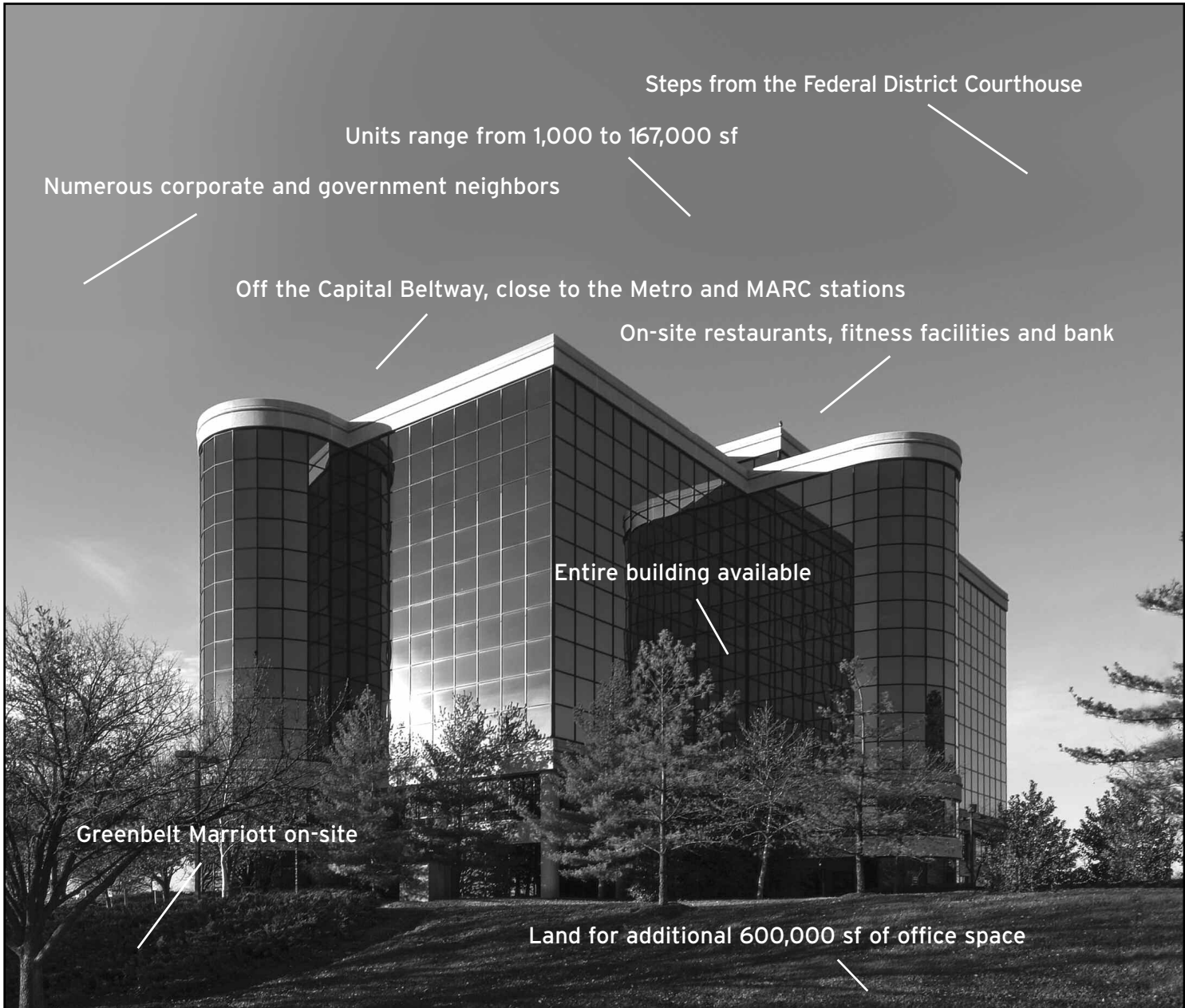
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Updates

We are glad to report this month that we have received some sources of funding, which will go to improve the number of referrals in some of our programs. The funding is meant to be used for cases that are hard to place with attorneys for pro bono representation. CLS will continue however to ask the attorney to take a pro bono case as well.

Judicare Program

This is new program, which started in January 2008. The funding comes from Maryland Legal Services Corporation (MLSC), and it will be used for family law cases including guardianship. Attorneys will be paid \$80.00 per hour up to \$1,600.00 per case.

Domestic Violence Program

This is a new program as well, and will be funded for a short time by the Pro Bono Resource Center of Maryland (PBRC). Attorneys will be paid \$50.00 per hour

to represent a client in a Protective Order hearing. For more information, please contact **Karin Dalichow, Esq.**, at 301-864-4907, ext. 14.

Contested Custody Program

This is an ongoing program where the attorney gets paid \$80.00 per hour to a maximum of \$1,600.00 per case. To learn more about this program, please contact our Pro Bono Coordinator, **Earlette Toomer** at 301-864-4907, ext. 13.

Oxon Hill Clinic

We are pleased to announce as well that we have received a small grant from the National Harbor Foundation. The funds will be used to pay a small stipend for an attorney to staff our Oxon Hill clinic one per week.

Bellow are photographs of our staff members **Karin Dalichow, Esq.**, and **Frinne Guevara Black** participating in the "A College Education is Within Your Reach: A Free Workshop in



Spanish" fair held at the University of Maryland on February 2, 2008. The fair was organized by the International School Counseling Office from the Prince George's County Public Schools. **Karin** and **Frinne** were pleased with the turnout, and many people learned about our services. If you are interested in having CLS provide information about our services to your community or event, please contact me at 301-864-4907, ext. 12.



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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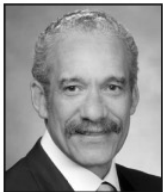


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PRINCE GEORGE'S COUNTY BOARD MINUTES

BAR ASSOCIATION BOARD OF DIRECTORS' MEETING

January 15, 2008

PRESENT: John Fredrickson (President), William Parker, Jr. (President-Elect), Garland Stillwell (Treasurer), Nicholas Rattal (Secretary), Clayton Aarons, Debra Davis, Alicia Lucero, Bryon Bereano, Gerald Baker, the Honorable Gerard F. Devlin, Jennifer Muskus, the Honorable Mark T. O'Brien, the Honorable Cathy Serrette, Isaac Marks, William Snoddy, Karen Pasciuto, Erik Nyce, Richard Moore, Linda Gantt, John Burns and Georgia Perry.

The President's Report

President Fredrickson called the meeting to order and reminded the Board of Directors that Law Practice 101 was taking place on Thursday, January 17, 2008. He thanked Alicia Lucero, Jennifer Muskus and Bryon Bereano for all their hard work. The plans for the February 5th meeting are progressing satisfactorily except there was a problem getting a commitment for the speaker. Judge Hassan Eli-Amin is working on securing a speaker for the meeting.

Mr. Fredrickson then proposed a public attorney membership drive. He proposed that attorneys who work for the government or a similarly situated agency would receive a discount on their membership dues. This recommendation is to set the dues at \$80 per year as opposed to the \$145. He advised that the Executive Committee thought that this was a good idea and wanted to bring it to the full Board's attention. There was a vigorous discussion on both sides of the issue. Eventually Erik Nyce made a motion which was seconded by Judge Devlin to adopt the proposal to reduce the rate for government and non-profit agency attorneys to \$80 a year. However, he also proposed that this policy would be reviewed to see what effects this was having on our membership drive. A vote was taken and it passed with Bryon Bereano and William Snoddy voting to oppose the motion. There was also a discussion that the Executive Committee,

with the addition of Erik Nyce, will explore alternative means of increasing membership and to consider other options such as reducing the rate for new attorneys whether they were working for the government or not.

Secretary's Report

The Secretary's Report was presented by Nicholas Rattal. There were no additions or corrections and on a motion by Judge Devlin and seconded by Richard Moore, the Secretary's Report was accepted.

Treasurer's Report

Garland Stillwell presented the Treasurer's Report. After reading the Treasurer's Report Gerald Baker pointed out that the Lawyer Referral Fees from LAL were not covering the cost of advertisement. It was agreed that the Board would look into the situation in the future. Judge Devlin made a motion, seconded by Bill Parker, to accept the Treasurer's Report.

Executive Director's Report

Georgia Perry presented the Executive Director's Report and announced that 80 members currently have not paid their dues. Judge Devlin made a motion, seconded by Bryon Bereano, to suspend the members and send notice of suspension. This passed unanimously.

Ms. Perry advised that Judge McKee, Bud Marshall, and Leonard Goldstein all have accepted honorary status in the Bar and that Judge Kratovil and Judge Shepherd have not replied as of yet.

Ms. Perry further announced that all the computer hardware has been placed in the office but was not 100% operational and that it was a work in progress.

Old Business

Isaac Marks discussed and showed diagrams of the lawyers' lounge to all members of the Board. He announced that the phones in the lounge would be on a county line and the lounge would be WiFi capable. There were still issues

of funding for equipment and furniture as well as what benefits anyone giving a donation for the furniture would receive. It was also determined that a copier would be placed in the lounge.

The Adopt-A-School Program was discussed by Karen Pasciuto and Linda Gantt who advised that everybody who gave donations last year will be receiving a letter asking to give again this year.

New Business

Rick Jaklitsch has announced that he cannot be the chairman of the Bar Golf Tournament and it was determined that Robin Bright would replace Rick to promote the golf tournament. Garland Stillwell was designated to assist the tournament event as well. There was a proposal from the Maryland Trial Attorneys Association who wanted to join the Prince George's County Bar in the promotion of the golf tournament.

John Fredrickson was approved unanimously to fill the next Board of Governors position on the Maryland State Bar as outgoing President for two years.

Alicia Lucero asked all members to assist judging and coaching in the high school mock trial tournament.

Judge Devlin announced that the Daniel O'Connell Law Society was planning a 10 day trip to Ireland and anyone interested should contact him.

Judge Devlin made a motion to adjourn the meeting which Bill Parker seconded.

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ALL ABOUT ABS

No matter where you go or who you talk to about fitness, everyone seems to have the same main concern about their physique. You guessed it.....they want to know how to “pull together” their abs. Some want to obtain the ever elusive “six pack” while others simply want to avoid the increasingly ubiquitous “keg”. Those involved in this quest for a flatter tummy are always eager to share with me their efforts...the fact that they’ve done sit ups, dieted, performed hours of cardio, and numerous crunches. Usually, whatever the goal is, it has remained elusive. And this likely isn’t because people aren’t working out hard enough or aren’t dieting sufficiently. The reason so many people are unable to achieve the results they desire with respect to their abdominals is because they don’t understand what “abs” are or how they work. Once you understand the make-up of the abdominal region and how those muscles work, it’ll be much easier to obtain a tight core.

The first thing you need to know about abdominals is that the “abs” are not a single muscle. Rather, abs are comprised of a group of muscles that are all interdependent and need to be worked together to shrink your waist line and give you a hard, tight mid-section. First, there is the transverse abdominis. This muscle is not visible from looking down at even the hardest set of abs since it is underneath another group of muscles called the rectus abdominis. This muscle consists of a group of thin horizontal fibers that are involved in abdominal compression during forced exhalation. Because of this limited function, this part of the abdominal muscle group will not be something that you need to concern yourself with in developing a smaller, tighter abdominal area. Internal obliques, the next set of abdominal muscles to be discussed, are also hidden from view. Like the transverse abdominis, they are located beneath another grouping of muscles called the external obliques. This muscle group consists of diagonal fibers which run in the opposite direction of the external obliques. They attach in the front at your lower ribs and your hip bone and they attach in the back to your lumbar muscles. Together with your external obliques, these muscles assist in crunching and twisting motions.

Now for the more important muscles in developing a tight and flat mid-section: the rectus abdominis and the external obliques. The rectus abdominis is the group of muscle most visible on a lean, fit individual. It’s a wide, thin sheath of muscle fibers that runs vertically from your sternum to your pelvis. This is the muscle group often referred to as the “six pack”. And often, this muscle grouping is mistaken for two separate muscle groups – upper abs and lower abs. However, this is a misconception. The rectus abdominis is all one group of muscles, all six of the lumps.

In addition to being the most visible group of abdominal muscles, they have the most important function of performing “crunching” motions - that is, when your hips are stationary, it’s your rectus that contracts to pull your ribcage down towards your legs when you bend forward and pulls your pelvis towards your ribcage when your torso is stationary. In essence, when you raise your leg(s) or when you bend or crunch forward, you’re enlisting the assistance of these most prominent muscles.

Okay. We have the anatomy of the abdominals down. The next thing you need to know is that there are many myths about abs which need to be debunked if you’re going to achieve the results that you’ve been seeking. The first myth to be extinguished is that one about training abs with light weights and high repetitions if you just want to trim down and shrink your waist line. This simply isn’t true and it’s the reason so many people who’ve been working on their waistlines for years still haven’t seen any real measurable results. This is what you need to remember: Whether you want a six pack, just a perfectly flat tummy, or simply to loose a few spare tires, your approach to exercising and dieting will be the same. The biggest “ab trap” is believing that you work that muscle group differently according to what your goal is. That’s the furthest thing from the truth. The same thing that’s gonna get you a six pack is what’s gonna melt away a spare tire and flatten a not so flat tummy. So don’t be afraid to train your abs hard and with moderately heavy weight. No one who was just trying to drop a few inches from her waist line has ever accidentally ended up with a six pack. And, your waist

will not get bigger from training your abs with weights...it simply won’t happen. Long before you develop thicker abs, your waist will tighten and shrink simply from strengthening and toning the muscles which will act as a girdle.

Bearing in mind the above specified truisms, the best approach to training abs is to start without any resistance to assess your abilities. If you are able to perform abdominal exercises in the repetition range of 10-12 without any resistance, then your goal should be to add 5-10 pounds with an attempt to complete the same repetition range. Once this goal has been accomplished, increase the repetitions to 15-20 before adding additional weight. You really don’t need to go beyond 20 repetitions per set, however. More reps only results in better muscular endurance which is great if you want to enter a sit-up contest. But as for developing defined and visible abdominal muscles, stay in the 8-15 repetition range. Remember, hypertrophy (or muscular development) of the abdominal muscle group is required to see a six pack or even to outline the border of the abdominal region.

The next big myth about abs is that you need some special gadgets, like those seen on late night infomercials, to really get your abs popping. And what’s even better about these highly technical gadgets is that they only require 6 minutes a day to sculpt tip, flat abs.....WRONG!!! Though it’s tempting to swallow wholesale what these self-proclaimed exercise gurus promise you on television in the wee hours of the night and on Sunday mornings, don’t be a sucker for a quick fix. There is no magic pill, or machine for that matter, that will flatten your abs and shrink your waist by eight inches in four weeks in just six minutes a day. Several studies have shown that one of the best exercises to sculpt and define the ab muscles is plain old, tried and true crunches. Yep, crunches. You can do them on the floor or on a bench, or even on a stability ball (which studies have actually indicated may provide the best stimulus for the ab muscles). You should also incorporate other exercises such as sit-ups, planks, knee or straight -leg raises, and oblique crunches into your routine for full and balanced development. All of these exercises can be performed

continued on page 10

GET HEALTHY TODAY *By: Edith Lawson-Jackson*

with resistance by using a medicine ball or a light dumb bell. But forget about the "ab rocker" and suck like contraptions. They just aren't necessary and more often than not they end up becoming "dust catchers".

Abs should be trained twice a week, although three times per week won't do you any harm. What's key to remember is that like any other muscle group, the abs need time to recover and repair the damaged fibers that's a part of the muscle building process. Be sure to rest at least one day after training abs before you train them again. And an effective method of training abs is to alternate between lower and moderate repetition ranges. That means that for the first three weeks that you train abs, use a rep range of 8-12 and then for the next three weeks, use a rep range of 12-15. It's also important to remember that abs respond best to circuit training. So instead of doing a set, then resting a minute or two before moving on to the next exercise, what you really need to do is perform three to four different exercises in a row without any rest between exercises. This is called a circuit or a "giant set".

So what you want to do, for example, is a giant set consisting of weighted crunches, reverse crunches or hip thrusts, planks, and oblique crunches all back to back with no rest. Then, at the completion of one set, rest for a minute before performing the circuit again. This circuit is performed 3- 4 times per ab workout. Of course, I've just given an example of four exercises which you can put together to work the abs thoroughly; however, there are a variety of exercises which can be substituted for those I've mentioned as an example. If you work out at a gym, you'll have more options as you can incorporate cable crunches roman chair crunches, etc. And if you have a training partner or exercise buddy you'll also have increased options. The medicine ball toss used with crunches and the medicine ball oblique throw are excellent exercises that require a training partner. So the variety of exercises available to you will depend on where you train and if you train with someone else. But even if you train alone and at home, you can still put together four exercises for your circuit and even have enough different exercises to change

to a whole new circuit of exercises after eight weeks.

The final component to really whittling away your waistline and creating sculpted abs is watching your diet. So I'll start by schooling you with a bit of science. Studies on high-protein , low carb dieters have found that subjects actually gained muscle while simultaneously losing bodyfat ...and this was all without picking up a single weight or doing any exercises. So just imagine if you incorporate this eating method into your training program. What does this have to do with ab development and shrinking your waistline, you might ask. Well, it doesn't really matter how many crunches you do or how hard and shapely your ab muscles are if there's a layer of fat on top of them covering them up. And yes, you can have a hard, solid group of abdominal muscles and a thick layer of flab resting atop of them. In essence, a flab covered six pack. No, this is not an oxymoron. You can be fat and still have a six pack...buried somewhere deep beneath. That's why a diet high in protein and moderately low in carbs is important to assisting you in displaying your shrinking waistline or six pack. But it's not necessary to drastically cut calories or eliminate carbs altogether. It's sufficient to cut your calories by about 500 per day (maybe slightly more depending on what you're already consuming) and following the abs exercise program described herein. So, if you really want shrink wrapped abs, it's time to get busy: start paying attention to what you eat and reduce your calories, and work your abs intensely with weights twice per week. Be consistent with both your diet and the exercises that you do, and you'll see measurable differences in your waistline in as little as three weeks.

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BAR ASSOCIATION LEADERSHIP OPPORTUNITIES

PGCBA's Nominating Committee, chaired by Immediate Past President Archie Palmore, is seeking candidates for the positions of Secretary and Directors of the Prince George's County Bar Association.

The deadline for submitting applications is Friday, April 11, 2008. Elections will be held at the Bar Association's Annual Meeting on Tuesday, June 10, 2008.

Minimum qualifications for an officer position are delineated by the By-laws. Generally, anyone who has been an Active PGCBA member in good standing for two years and has served on the Board OR as a chair or co-chair of a standing or special committee or section for two years may be a candidate for the office of Secretary.

Any active member currently in good standing may seek nomination as a candidate for a two-year term as a Director. The Board of Directors generally meets the third Tuesday of each month (depending upon scheduling) except for June and/or July, when the annual Retreat is held. The regular Board meeting schedule is determined by the President at the beginning of the new Bar year.

The Board of Directors manages the affairs of the PGCBA and provisions of the PGCBA Bylaws state in part that a nominee for a directorship commits that he or she will serve as a member and Board liaison of at least one committee or section; miss no more than two Board meetings without good cause; and attend the Board's annual retreat.

Anyone who would like to be considered for the position of Secretary or Director is requested to fill out the Application for Bar Leadership form and return the form, together with a brief summary of professional and bar activities, to the Bar Association office, to the attention of the Nominating Committee, prior to the Friday, April 11, 2008 deadline. Questions may be directed to Immediate Past President Archie Palmore at 301-277-3955, or to Georgia Perry at 301-952-1442.

APPLICATION FOR BAR LEADERSHIP

TO: Archie Palmore, Chair, Nominating Committee **DEADLINE FOR SUBMISSION:**
C/O Prince George's County Bar Association, Inc. April 11, 2008
14330 Old Marlboro Pike, Upper Marlboro, MD 20772-2840

Applicant: _____

Firm: _____

Address: _____

I wish to be considered as a candidate for the office of Secretary [] Director [].

Please include a brief summary of professional and bar activities.

SUBMIT TO NOMINATING COMMITTEE NO LATER THAN FRIDAY, APRIL 11, 2008

(PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE)

JOINT MEETING PRINCE GEORGE'S COUNTY BAR ASSOCIATION AND THE



FEB. 5, 2008



photo's continued on next page



Adopt a School Program

Initiated last year, the PGCBA Board voted to continue the Adopt a School Program. This was a wonderfully received community outreach program done by our organization.

Today our students must be prepared to meet the challenges of an economically competitive, technologically advanced and diverse community. Improving student achievement and teacher effectiveness should be of importance to us all. This program is an opportunity for you to make a difference.

Last year, in addition to a financial contribution of \$1,200 to each school, we supported the schools in other ways. For example, we:

- Attended a Girl's Tea at Avalon Elementary School
- Participated in Career Day at Thurgood Marshall Middle School
- Attended Crossland High School's Academic Hall of Fame Awards Dinner.

Your money was used to buy supplies to enhance Avalon's academic enrichment program; to help with the purchase of equipment for the library/computer lab at Thurgood Marshall; and to contribute to purchase laptops for those students who were honored for their academic excellence at the Crossland High "Quest for Excellence" dinner.

These three schools, as well as the majority of the public schools in Prince George's County, are among the lowest ranking in the State: of the 836 elementary schools, Avalon ranks number 682; of 239 middle schools, Thurgood Marshall ranks number 231; and of the 202 high schools, Crossland ranks number 164.* We can do better, and we have an obligation to do better. *(Please read the attached letter from Principal Thomas of Crossland High School).*

Please mail your contribution to the **Bar Office**. Call **Karen Pasciuto** and **Linda Gantt**, **Co-chairs** if you have any questions. Contributions will be accepted **through April, 2008**. **The principals from our schools will attend our next membership meeting.**

Thank you kindly for your continued support!

PRINCE GEORGE'S COUNTY BAR ASSOCIATION

* Source: National Center for Education Statistics, U.S. Dept of Education, and Maryland State Department of Education



Prince Georges County Schools
Crossland High School
6901 Temple Hills Rd.
Temple Hills, Md. 20748
Telephone: 301 449 4800 Fax: 301 449 4801
Charles Thomas, Principal



January 5, 2008

Memo To: All Staff, Parents, and Students

Subject: Congratulations

High School Assessment scores are the primary means of measuring the academic performance of our school in the county, state, and nation. Last year, our scores in English and Math met all targets mandated by the “No Child Left Behind” federal legislation. Should we meet those targets again during this school year we will no longer be designated as a school “in improvement”.

Our target this year for English is for 60% of our first-time test takers to pass the test. Our target for math is for 50% of our first-time test takers to pass the test. Each quarter, all Prince George’s county schools give all students that are in High School Assessment courses benchmark exams to measure their progress. All students take the same exam, at the same time, under the same conditions.

I am delighted to share the results of our benchmark exams for the first two quarters of this school year. During the first quarter, **64% of our Algebra students passed** the benchmark exam. ***This was the second best percentage in the entire county.*** Eleanor Roosevelt’s students did slightly better with 68%. During the second quarter, **79% of our English students passed the exam. Only three other schools in the county had a better passing rate.** Two of those schools, Roosevelt and Flowers, are science and technology magnet schools. The third school, High Point was better by a single percentage point. Our students are to be congratulated for their tremendous efforts to excel in the classroom. *They know that they really can do anything that they want to do.* During the first half of this year, the vast majority of them have decided that they want to prove to the world that they are as capable as any students anywhere.

Congratulations to our outstanding teachers. Your student’s success is *your* success. Thank you to our parents, your dedication and support is critical.

We will attain our goals this year. We will be ***“The Best School Anywhere”***.

Charles Thomas

Principal, Crossland High School

Administrators: Pamela Parham – Stephanie Lyon – Katherine McCormick – Clinton Shands – Cornithia Swanson

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Friday, March 20, 2008 from 9:00 a.m. - 4:30 p.m. in Baltimore

Friday, April 4, 2008 from 9:30 a.m. - 5:00 p.m. in Rockville

Friday, April 25, 2008 from 9:00 a.m. - 4:30 p.m. in Columbia

The registration form, agenda and other information may be obtained at the MICPEL website www.micpel.edu.

The Court will only appoint lawyers who have been trained in accordance with these Guidelines so please take advantage of this opportunity and register as quickly as possible. The Court and the community we serve thank you.



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8th Annual PGCBA Family Law Committee Seminar

Topic: Custody and All the Trimmings

Date: Saturday, May 17, 2008;

Time: 8:30 AM to 1:00 PM

Location: Prince George's Courthouse – Jury Assembly Room

March 19, 2008

Topics: Nuts and Bolts – Direct Examination of Primary Witnesses in a Custody Action

Speaker: Walter Herbert, Esq.

April 16, 2008

Topics: Nuts and Bolts – Cross Examination of Primary Witnesses in a Custody Action

Speaker: Ronald Bergman, Esq.

June 18, 2008

Topics: Motions for Continuance & Enforcement of Discovery Requests

Speaker: TBA

On January 17, 2008, the Prince George Bar Association held an informative session for new lawyers - as well as experienced lawyers - called Law 101. The session had three panel members: Judge William Spellbring (Ret.), Judge John Morrissey and Mr. Erik Nyce, Esq. Each panel member discussed a different topic.

First, Mr. Nyce discussed admitting evidence into court. An outline was given with rules of interest to practitioners. The outline is available on the PGCBBA web site.

The process of admitting evidence begins prior to court. Pretrial preparation includes understanding the foundational requirements and evidentiary value of each witness or exhibit to be used. Mr. Nyce discussed creating and using "to go files" which include legal elements and case law relevant to the particular issues at trial. A separate folder can be used for each witness including an outline of the area of examination, interrogatories or depositions, statements, impeachment material, and any documents/exhibits to be admitted through the witness. The relationship of relevance to the foundational requirements under the Maryland rules was discussed. Mr. Nyce emphasized the importance of compliance with scheduling orders - particularly with respect to expert designations, and witness and exhibit lists.

Judge Spellbring discussed Motions.

Judge Spellbring stressed the importance of placing the legal arguments in the proper factual context by a thorough recitation of the facts supporting the Motion prior to the legal arguments. The motion must be supported by responses to discovery, affidavits or testimony to bring the facts into evidence. Often new attorneys are so eager to argue the law that they forget that the judge needs facts in evidence to determine how the law applies to this case. It is also important that the facts alleged must be facts which are admissible into evidence. Lastly, Judge Spellbring pointed out that if an attorney wants a hearing on a motion they must request such a hearing.

Finally, Judge Morrissey showed the audience how to qualify an expert witness by performing an impromptu examination of Mr. Charles Bowie, Esq., who happened to be in the audience.

Mr. Bowie was qualified as an expert on the standard of care for an attorney. The process of qualifying an expert witness was then explained as having a "conversation." A lawyer should start with why the witness is there, and then go through all the reasons why the witness is worthy of expert status. This includes the witness' training, experience,

membership to professional organizations, awards, specialties and the number of times he has been an expert before. Once this background is done, the foundation must be made for how the expert came to the opinion, including the material which he reviewed with respect to the case, and whether he used methods and information generally accepted in his professional community under the Frye/Reed and Daubert standards. The examination of Mr. Bowie was both entertaining and very informative. It will be remembered by all in attendance as they qualify their own experts.

After the three panelists spoke, the floor was opened for questions. Several of the questions discussed scheduling orders and how they affect the practice of law, particularly with respect to designation of experts and how detailed the designation should be. It was generally felt that the answer varied by

court or sometimes even by judge. The suggestion was made that the designation should trace the discovery rule for expert opinions (2-402 (f) Scope of Discovery - Experts).

This seminar was the 2nd Law 101 seminar program that is open to all members of the bar association at no charge. The next seminar is on February 28, 2008, 4:30 pm at the Prince George County Courthouse. The topic will be on Pretrial Conferences. The panel will include members of the Circuit and District Court as well as the bar.

Erin Hebert

Ms. Hebert is a member of the Louisiana Bar and a new member of the Maryland Bar and Prince George's County Bar Association. She practices civil litigation in Lanham, Maryland.

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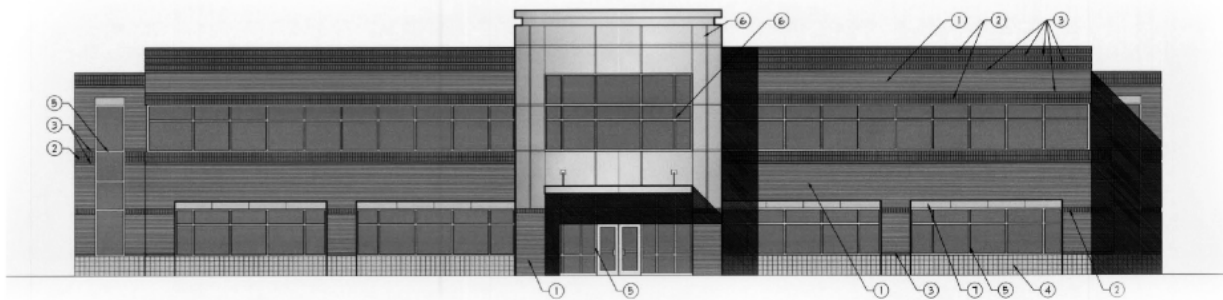
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require experience either in land use and zoning or transactional matters. Applicants for either position should have excellent writing skills, trial experience and/or judicial clerkship, good communication skills, the ability to work well with people, the ability to work under considerable pressure, and good research skills. Applicant must be computer literate and proficient with Microsoft Word. Self-sufficient keyboard skills are very desirable.

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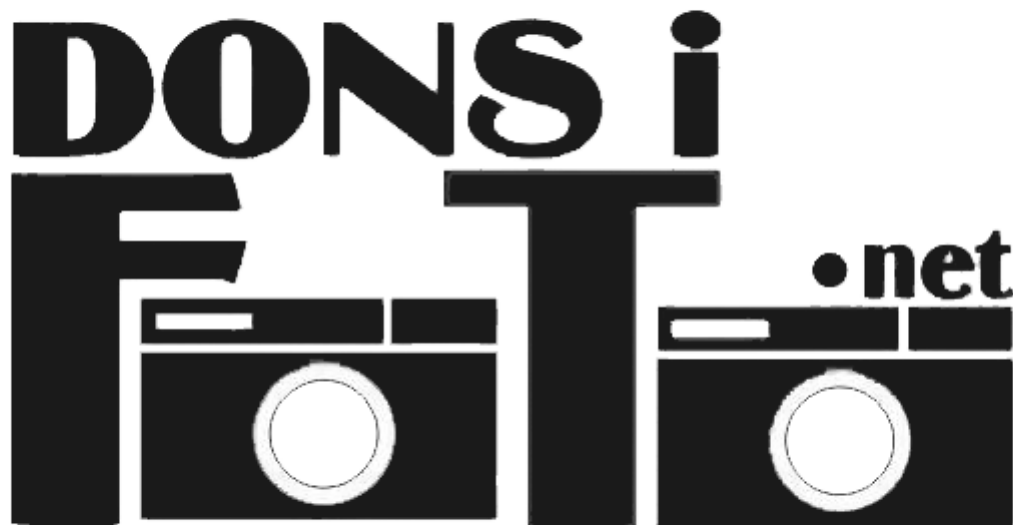
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