



GOTTA GO GREEN

Everyone knows that vegetables are good for you. Why else would your parents have told you “eat all of your vegetables” when you were a kid. Sure, protein is great, and carbohydrates have their uses, but no other food packs more punch than the things growing from God’s green earth. What, you might ask, makes veggies such a super food? Well, there are so many benefits, I couldn’t address them all in just one article. So, I’ll just stick to the most common benefits that are easiest to comprehend.

Let’s talk first about appearances. Because while everyone wants to have a healthy functioning body, most people are concerned about the benefits of proper diet and nutrition because of what it can do for them visually. The most wonderful thing about vegetables (as far as your appearances go), is that they are often considered a “free” food. That doesn’t mean you can walk out of the grocery store without paying for them. What this does mean is that while they are very nutrient dense, they have an amazingly low calorie density. In layman’s terms, this means that you can virtually eat as much of these foods as you want, without worrying about storing any excess calories that might be converted to fat. That’s because most vegetables (with the exception of starchy ones like corn and beets) have a biochemical constitution where the body actually uses just about as much energy consuming these foods as the food itself actually contains. The body uses energy to consume and process foods. In most cases, foods contain way more calories than the number of calories (i.e. energy) that are used to process it. Vegetables are the only exceptions to this rule. There is one

caveat, though....when we speak of this wonderful benefit that vegetables have, we mean “vegetables in the raw”. This doesn’t mean the veggies have to be raw, but they can not be embellished with cheese, butter, olive oil, salad dressing, sauces, etc. So go ahead and steam, boil, or microwave your veggies if you don’t want to eat them raw, but do avoid the “additives”. This way, you can eat broccoli and salad by the bagfuls. And you won’t gain a pound!

Consumption of vegetables is also a great way to include in your diet an often neglected, but essential component to good health - fiber. Vegetables, a good source of bulk, help slow digestion and thereby, regulates blood sugar levels. This benefit of fiber gives you a two-in-one. The fiber contained in the veggies will aid in elimination which is contraindicated for fat storage, and allow for increased absorption of vitamins, minerals, and amino acids which are all needed for tissue repair and growth. Additionally, the bulk contained in vegetables prevent highs and lows that come with uncontrolled blood sugar levels. When your blood sugar levels are properly regulated, you don’t have a burst of energy followed by a “crash”, as is the case with some high carbohydrate, low fiber foods.

Other than subtracting from your waistline, veggies boast various other benefits that are just short of miraculous. For one, vitamins are a powerhouse of antioxidant chemicals called phytochemicals. Vegetables produce phytochemicals to protect themselves during growth. The benefit to us is that these same antioxidant chemicals also protect us against many ailments. For example, the lycopene in tomatoes is proven to provide a reduced risk of heart attack when consumed frequently. As well, studies have shown lycopene to reduce the risk of certain cancers, especially prostate cancer. The carotenoids found in carrots are a strong protectant against certain types

of cancer and are an important nutrient for eye health.

Red vegetables are best known for harboring lycopene, whose benefits include a reduced risk of diabetes and osteoporosis. Lycopene also aids in muscle recovery and is found in beets, red onions, red peppers, radishes, red potatoes, and of course in tomatoes. Orange and yellow veggies are high in Vitamin C and beta-carotene. Beta carotene is converted in Vitamin A in the human body, one of the most important of all nutrients. Both Vitamin C and beta carotene assist in warding off cancer, promoting heart health, boosting the immune system, and aiding in muscle recovery. The veggies containing these nutrients includes butternut squash, carrots, pumpkins, sweet potatoes, yellow bell peppers, and yellow tomatoes. Green veggies contain huge amounts of the B vitamin folate, which is essential for the growth of new muscle cells and is involved in nitric acid production. These healthy green vegetables include broccoli, asparagus, brussel sprouts, artichokes, “greens”(all varieties), spinach, zucchini, and watercress. And finally, there are the white veggies which are known for their high allicin content. Allicin, a phytochemical found in the onion family, is stellar at maintaining healthy testosterone levels and inhibiting cortisol production (cortisol is bad if you’re trying to retain muscle mass). Allicin also aids in preventing cardiovascular disease. To include these beneficial, multi-taskers in your diet, try consuming cauliflower, garlic, mushrooms, onions, turnips, white potatoes, shallots, or parsnips on a daily basis.

Similarly, there is a group of phytochemicals called indoles which are found in cruciferous vegetables (such as cabbage and broccoli) which provide unique benefits by stimulating enzymes that make estrogen less effective. What this means is that indoles can assist in

the decreased storage of bodyfat and the increased production of muscle mass. Broccoli, for this very reason, is a main staple of bodybuilders and fitness competitors when dieting for competitions. To sum up this particular benefit of phytochemicals, suffice it to say that these micronutrients, acting as antioxidants, protect various organs (and skin) against damage and attack by outside influences (such as pollution and harmful sunrays), and aid in repair of muscle tissues.

Now that you know the benefits of going green (or at least getting in as much green as possible), you need to know how to best extract the invaluable nutrients contained in vegetables. First, you need to be certain to always select fresh, ripe vegetables from your grocer. Fresher, ripe vegetables maintain more of their nutritious benefits than vegetables that are wilted or under/over ripe. And while fresh is always preferred over canned and sometimes over frozen, this is true only if the fresh vegetables are truly fresh. If they’ve traveled across the country after being picked and then they’ve sat on the produce shelves for several days, then frozen would be a better option. If the produce in your grocery store doesn’t look particularly fresh, opt for frozen. In many cases, it’s just as good as the “fresh” goods available at most supermarkets. This

is because frozen foods are often “flash frozen” which means that soon after being picked, they’re quickly frozen to preserve most of their nutritional value. And the frozen foods maintain almost all of the nutrients they possessed at the time they were froze.

Further, veggies don’t have as long a shelf life as meats and other macronutrients. While you can probably store cooked meat for a little over a few days, it’s really best to replenish veggies every 2-3 days, to ensure that they retain their maximum nutrient value. Also, most vegetables require refrigeration. Some exceptions, however, include artichokes, tomatoes, and potatoes. These vegetables actually maintain their nutritional value best when stored in a dry, room temperature area such as the kitchen counter.

Finally, preparation of your nutritious, delicious vegetables also plays a critical role in determining how much of the highly touted benefits you’re actually receiving. Again, most vegetables are in an optimal state for maximum nutrition extraction when you eat them raw. Some exceptions are tomatoes, corn, and carrots which are actually more nutritious when cooked. This is especially true of tomatoes (Tomato paste and tomato sauce used in cooking dishes such as pasta have very high lycopene

values - much more than raw tomatoes). But for the other vegetables, you want to cook them as little as possible. Steaming is preferred over boiling, as the nutrients (many of which are water soluble) have a tendency to leach out of the vegetables and into the water when you using boiling as the method of preparation for veggies. In a similar fashion, microwave ovens have a way of damaging some of the nutrients contained in the food.

So the next time you’re desirous of a snack that packs a punch in numerous ways, reach for something green....or red, or yellow. Just make sure it’s not candy.

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IN THE CIRCUIT COURT FOR PRINCE GEORGE'S COUNTY, MARYLAND

FOURTH AMENDED ORDER OF COURT REGARDING CLOTHING FOR PRISONERS APPEARING IN COURT

It having come to the court's attention that it is necessary to implement procedures to ensure that prisoners are appropriately dressed for court appearances, it is on this _____9th_____ day of September 2008, by the Circuit Court for Prince George's County, Maryland,

ORDERED, that the Sheriff for Prince George's County and/or his designee shall not accept any clothing for prisoners that are in the care and custody of any Federal, State, County, or Municipal agency charged with the duties of maintaining custody of individuals detained and/or committed to their respective custody, and it is further,

ORDERED, that the attorney for any person detained under proper commitment who is scheduled to appear before a Judge of the Circuit Court for Prince George's County as a defendant, respondent, plaintiff, or witness in a civil or criminal jury trial shall, when requested to do so, provide proper attire for their client, by delivering all clothing to the proper place of confinement no less than forty-eight (48) hours of the scheduled trial date, unless the proper place of confinement is the Prince George's County Detention Center, in which event the below paragraph controls and it is further,

ORDERED, that the Director of the Prince George's County Detention Center, and/or his designee shall accept any and all clothing provided for persons in the care and custody of the Prince George's County Detention Center, so long as the clothing is presented on Tuesdays through Thursdays between 9:00 a.m. and 1:00 p.m., or between 9:00 am. and 1:00 p.m. on weekends, and it is further,

ORDERED, that those persons detained in the care and custody of the Prince George's County Detention Center shall be dressed in appropriate, non-detainee clothing (court attire, civilian clothing) when they appear before a Judge of the Circuit Court for Prince George's County, Maryland as a defendant, respondent, plaintiff, or witness in a civil or criminal jury trial, provided the clothing for the party has been delivered as directed pursuant to paragraph 2 or 3 above; and it is further

ORDERED, that neither the Sheriff for Prince Georges County nor anyone in the Sheriff's employment shall accept clothing for a defendant, respondent, plaintiff, or witness on the morning that a civil or criminal case is scheduled for an event or jury trial before the Circuit Court unless good cause is demonstrated to the Administrative or presiding judge.

 WILLIAM D. MISSOURI
 Administrative Judge
 7th Judicial Circuit

cc: Resident Judges
 Hon. Peggy A. Magee, Clerk of Court
 Hon. Glenn F. Ivey, State's Attorney
 Hon. Michael A. Jackson, Sheriff
 Brian Denton, District Public Defender
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We have published our CLS's Fiscal Year 2008 Annual Report and take this opportunity to share with you some positive details from the report and a success story. First, we thank the members of the

Prince George's County Bar Association for your continued support and generosity. A total of 105 attorneys provided legal advice or representation to our clients in FY 2008. They have been individually named in the Report. We apologize in advance if we have mistakenly excluded anybody. If we have done so, please contact our office and we will make the appropriate adjustments.

We are happy to report that in FY 2008, we provided assistance to 8,025 clients. 6,501 clients were assisted by staff via our clinics or main office. 1,417 clients were assisted by volunteer attorneys in clinics and another 107 clients were provided legal representation via our Pro Bono, Judicare or Contested Custody referral programs (these last 2 programs pay \$80 per hour). The total hours donated by volunteer attorneys was 2,988 and another 1,019 hours through our paid programs. We have seen an increase of 5.7% in the number of clients served compared to FY 2007.

In FY08 our assistance to a disabled gentleman finally came to an end after several years of representation. This client originally came to us in a custody case vs. the maternal grandmother due to the death of our client's former wife. Our client was granted custody. Later the maternal grandfather filed for a modification of custody claiming child abuse. Our client once again was victorious in maintaining custody of his daughter. The maternal grandparents then filed for adoption. The Circuit Court ruled in favor of terminating our client's parental rights due to his disability and inability to work. Our client sought to appeal the case. CLS does not normally accept appeal cases, but Attorney Barbara Jorgenson who mentors our new attorneys insisted that the Circuit Court was wrong in its findings and was willing to help three of our new attorneys work through the appeal. Attorneys David Tibbetts, Anthony Arnold, and Nakia Gray accepted the challenge. By that time, the appeal case was moving along and the three attorneys as well as our staff learned as the

case moved along, our client's case was successful! The Court of Appeals ruled that being impoverished or being disabled are not reasons for terminating parental rights. If you would like to receive a copy of our Annual Report, please contact me at eidelman@clspgc.org or 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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DISTRICT 5 POSTPONEMENT POLICY

By Administrative Orders previously adopted by the Court of Appeals, procedures have been established for the resolution of conflicts in case assignments among the various courts, and the responsibilities of counsel and the court have been enumerated when a postponement has been requested. Pertinent provisions of those Administrative Orders provide:

1. If counsel accepts a case knowing that there is a conflict with the scheduled hearing date, counsel should not expect to be granted a continuance.
2. If a conflict arises after counsel enters an appearance, counsel shall make every effort to obtain coverage by a partner or associate before requesting a continuance. A request for continuance shall include a statement of compliance with this rule.
3. When counsel accepts a case which creates a conflict, a continuance may be granted only in the judge's discretion and under extraordinary circumstances. In the exercise of that discretion, the judge shall first assure that all parties, witnesses, and counsel in the case can be notified of the continuance sufficiently in advance of the trial date to avoid undue inconvenience; that the case has not been continued an unreasonable number of times; and that the continuance would not otherwise impede the proper administration of justice.
4. Except in certain enumerated circumstances, when there is a conflict between hearing or trial dates, priority shall be given in accordance with the earliest date on which assignment for hearing or trial was made.

In order to implement the above Orders, and in an effort to promote the prompt and efficient scheduling and disposition of cases filed in the District Court of Maryland for Prince George's County, the following guidelines will also apply, effective October 1, 2008:

All requests for postponements must be in writing and signed by a party or, if represented, by his or her attorney, and contain a certificate of service on opposing parties and/or counsel. To be assured of prompt consideration of a motion for postponement, counsel should include a proposed order when submitting the motion.

A request for postponement shall be made as soon as the reason for the request is known, and sufficiently in advance of the trial date to minimize inconvenience to parties and witnesses.

Generally, priority among conflicting hearing or trial dates will be given to the date first set. Court hearings will take priority over administrative hearings.

When a request for postponement is based upon a conflict in counsel's trial schedule, a copy of the notice illustrating the conflict shall be attached to the postponement request.

When a request for postponement is based upon any other conflict, the party seeking a postponement shall, to the extent possible, attach supporting documentation evidencing the conflict (e.g. travel itinerary, doctor's note, etc.) Unless good cause exists, a case shall not be postponed if the party's scheduling conflict arose after the trial date was set by this Court.

The party requesting a postponement shall notify the opposing party or counsel, and to the extent practicable, seek their consent, and shall advise the court of the opposing party's position regarding the postponement.

A party requesting a postponement may not assume that it will be granted, even if the opposing party does not object, and all parties must appear on the scheduled trial date unless the court instructs otherwise.

A party who has been advised of the right to counsel, either by a judge or by a commissioner, is not entitled to a postponement unless there is a meritorious reason for a postponement.

Specially set cases and cases set by agreement of counsel will not be postponed unless extraordinary cause exists for a postponement.

All parties, witnesses and counsel shall bring their calendars to court, so that cases continued in open court may be rescheduled without conflict.

Trial dates will be assigned by the clerk of the court in accordance with Maryland Rule 3-102. All parties and counsel are expected to be cognizant of this rule when filing a case, pursuant to subsection (c) of Rule 3-102. A postponement of the case may not be granted if some, but not all of the defendants in the case have been served, if the request for postponement is made less than ten (10) days prior to the trial date.

Postponements will be considered on a case-by-case basis, and in light of the exigency which exists at the time of the request. Further, the time management standards implemented by the Administrative Office of the Courts will affect consideration of the request. The following types of cases are to be concluded within the time frame indicated: small claims civil - 90 days from the date of service; large claims civil - 250 days from the date of service; payable traffic and must-appear traffic case - 120 days from the date of service; DUI and criminal cases - 180 days from the date of service. Counsel are to be cognizant of the time standards when preparing the case for trial and are to be mindful of those standards when requesting a postponement.

THOMAS J. LOVE
Administrative Judge



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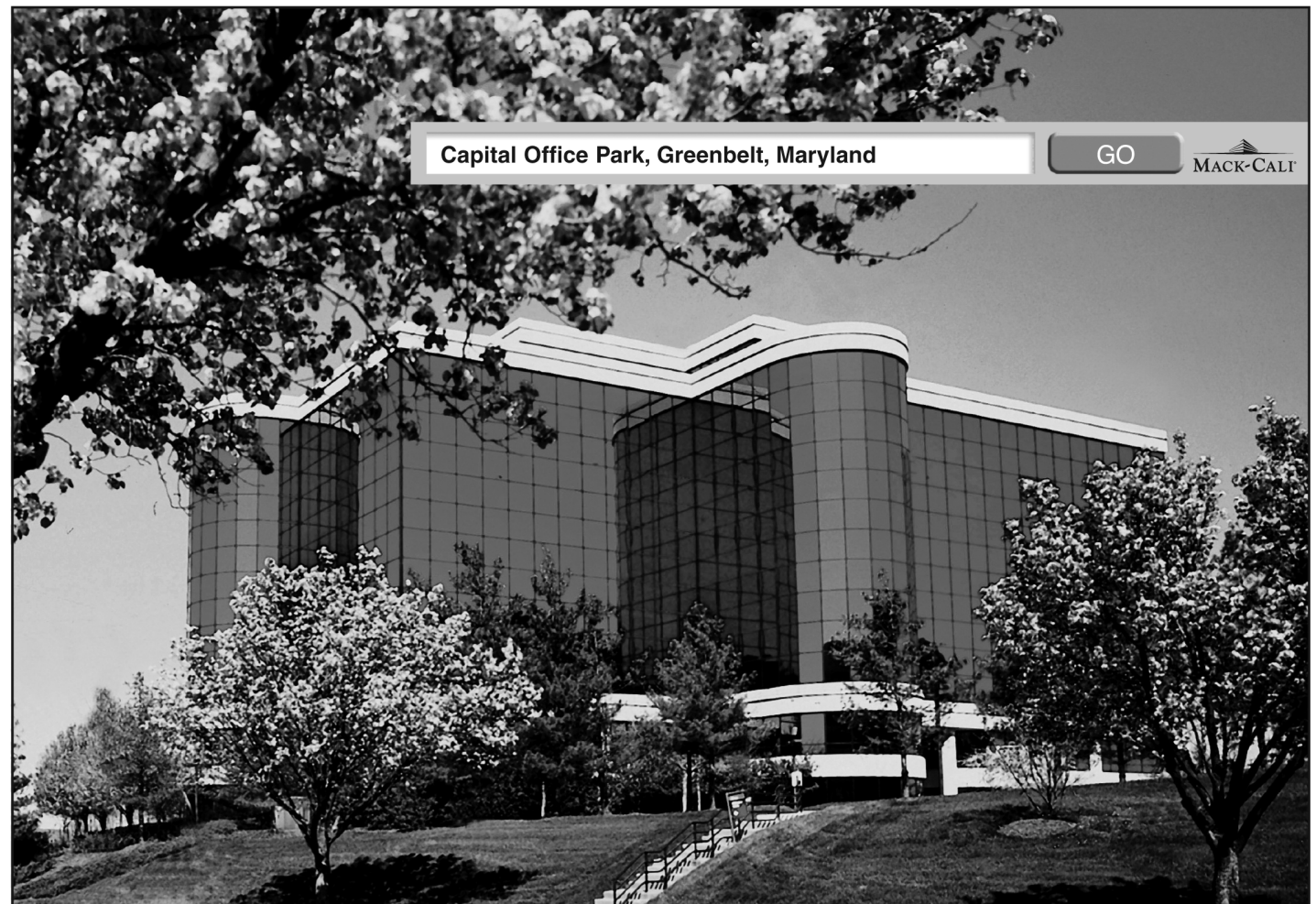
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CRIMINAL

The single most important document a criminal defense attorney needs to see at an initial interview is an Officer's Statement of Probable Cause or a Complainant's Application for Statement of Charges. Sheriff Michael Jackson has made some procedural changes that effect the criminal summons service. Formerly, a defendant could go to the Office of the Sheriff and pick up their court Summons during regular business hours. This is no longer possible with the exception of out-of-state defendants.

The new procedure for in-County resident defendants is personal service by a Deputy. The County is 'zoned' and each Deputy is assigned a territory for the service of a Summons. Defendants should call the Sheriff's Office to obtain the name and contact number for the Deputy who has their Summons for service. Arrangements can be made to have their Summons served at a convenient time and place within certain time-sensitive parameters.

In-State but out-of-County resident defendants are served locally. The District Court sends the Summons to the appropriate

department for service.

Out-of-state defendants are sent a letter by the Office of the Sheriff. If a Defendant hires us, we generally enter our appearance and file a Motion to Allow Counsel to Accept Service of Summons.

PLEASE NOTE: The main Office of the Sheriff has MOVED from McCormick Drive in Largo to the Chrysler Building off Rt. 301, southbound (behind the former County Chrysler/Plymouth dealership). Their new telephone number is: (301) 780-8600.

F.Y.I: Defendants who file for Immigration must provide a True Test copy of the original case's Disposition even if they have had the matter expunged! It is becoming a real problem as more and more people file for Immigration.

TRAFFIC

The District Court of MD Clerk's Office, as well as Defense Attorneys, are having difficulty with the timely entry of motor vehicle citations; a long-standing issue. The Clerk's office now maintains logs of Lines of Appearance and Jury Trial Demands that are filed before the citations have been

entered into the system by M.A.T.S. They are trying to work with the local police departments to get them to comply with the Administrative Order of the District Court to turn in their citations sooner rather than later. While in some cases the Defense Bar would like them to not be turned in, it causes a great deal of unnecessary paperwork and labor keeping track of filings in cases that are not entered.

Another interesting issue is coming our way soon. The District Court is moving to a new computerized citation entry system. An Officer enters the citations on the scene into a computer in the cruiser. The soon-to-be former numbering system was two (2) letters and five (5) numbers. For example, XX12345-351 equaling six consecutive citations. I recently had a client whose citation numbers under the new system (the Officer was from the Eastern Shore) were: 0S60A1F, 0S70A1F, 0S80A1F, 0S90A1F and 0B0A1F, a rather difficult entry for a Caption. The first three characters are the citation number and the last four identify the issuing officer. District Court Headquarters advises that the new system allows 20,000 different citations numbers per officer.

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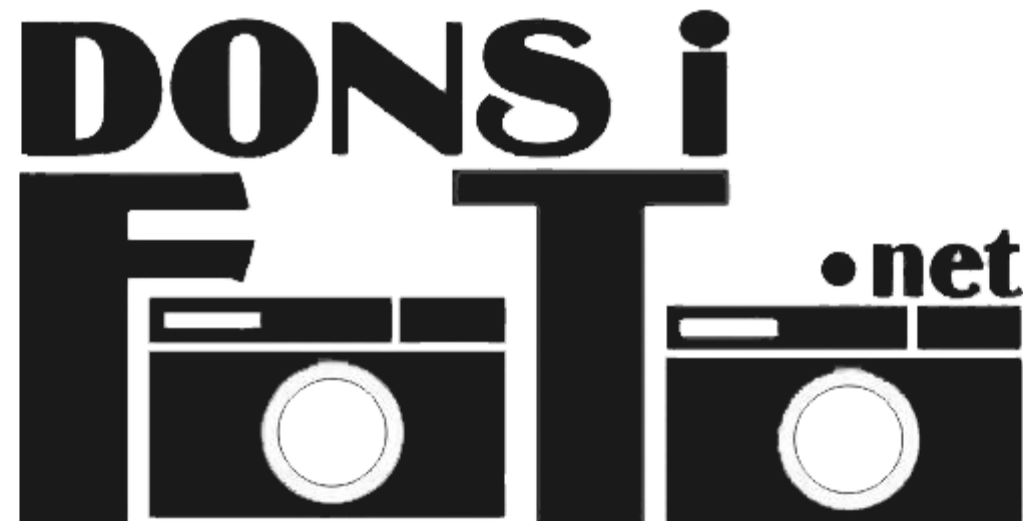
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President's Message

It will not be long before the holiday season will be upon us and thoughts will center on the family and home. In the Prince George's County Bar Association, we have a very large family that, while diverse in legal specialties, has always been available to assist other members of our family.

Although the general public seems to feel that all attorneys are reasonably wealthy and live the lifestyle that mirrors what we see attorneys live on television, we in the legal community realize that, especially for new lawyers, life has its ups and downs, both emotionally and monetarily.

In keeping with the holiday season, but hoping it will extend all year, I am going to ask those attorneys who are blessed with successful practices and hopefully with good health to be available to give advice and guidance to those members of our family who may need a helping hand to negotiate this maze called the practice of law.

As all attorneys realize, either while they are near the end of their law school years, but certainly when they pass the bar and start to practice, law school teaches you the law and legal procedures, but the only way to learn how to practice law is to step into the legal waters and get your feet wet. This is where the experience of the seasoned attorneys can help the more novice attorney avoid the whirlpools that they may very well run into if they travel the waters alone.

While I am asking the more experienced attorneys to be available to help, I want to emphasize that in order for them to do so, attorneys who need help or run into a situation they have never handled must put their personal and professional egos in their pockets and pick up the phone or personally approach one of the more experienced attorneys for help.

Twenty-eight years ago when I opened my law practice after having been a Baltimore City Police Detective Sergeant, Judge Loveless' Law Clerk, and an Assistant State's Attorney, I was sure I was earmarked for instant success. It did not take me long to recognize what I did not know about the practice of law and had it not been through the guidance and kindness, not to mention patience, of people like Judge Loveless, Judge McCullough, Judge Femia and Joe DePaul, and many others, I know my law practice probably would not have survived the 28 years that it has, and I certainly would never have attained the Presidency of the Prince George's County Bar Association which allows me to write this article.

To all those who I have named and the many who have been both mentor and friend, I sincerely thank you.

To all of you who need advice or help, please ask for it.

To all of those who can assist a fellow attorney in need, please do so.

Let's continue the Prince George's County Bar Association's tradition of helping our fellow attorneys, thus emphasizing our strong legal family spirit.

Respectfully submitted,
William J. Parker, Jr

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