April 2009



PGCBA NewsJournal

Newsletter of the Prince George's County Bar Association, Inc.

President's Message

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Main Street in Upper Marlboro looks once again normal with the re-opening of the totally renovated Courthouse after years of being a skeletal structure.

This magnificent building with its imposing columns, combines the history and warmth of the past with the technology of the present, to give both those with business there and those passing by a very positive and secure feeling about the state of the legal system in Prince George's County.

As I stated in my remarks at the re-opening ceremony on March

12th, I have been greatly appreciative of the opportunity that the Prince George's County Bar Association has had to fully participate in the reconstruction process and thank Chief Judge William D. Missouri and Judge Sheila Tillerson Adams for all of their hard work and professional cooperation with all of the parties involved to make this reconstruction of a historic centerpiece in Prince George's County a monument to our legal system that will be utilized and appreciated for generations to come.

For those of you who have not had the pleasure, I strongly recommend that you take a leisurely walk through this new magnificent structure and feel the professional friendliness that it exudes.

The Prince George's Bar Association's point person on the Building Committee was Isaac Marks, and it was his hard work and his constant up-dating of the Board of Directors of progress on the Courthouse and with the close cooperation and courtesy of Chief Judge Missouri and Judge Tillerson Adams that helped assure that the Prince George's County Bar Association would once more have a lawyers' lounge, where members can conduct their business in a relaxed and collegial setting.

Again on behalf of the Bar Association, I give a hardy Thumbs Up and Thank You to all of those involved, for a remarkable job well done.

Sincerely,

William J. Parker, Jr. President

PGCBA NewsJournal

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The Prince George's County

Bar Association

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Non-Member subscriptions \$50 per year.

PUBLICATION DEADLINE 15th of preceding month. Approved advertising accepted; rates submitted upon request.

Statements or opinions expressed herein are those of the authors and do not necessarily reflect those of the Prince George's County Bar Association, its Officers, Board of Directors or the Editor. Publishing an advertisement does not imply endorsement of any product or service offered.

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PGCBA Mission Statement

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Christmas In April

It's that time of year again! Christmas in April will be held on April 25, 2009. This year we will be renovating the home of a senior in Capital Heights, Md, who takes care of her 101-years-young mother and disabled son. We will need cleaners, painters, drywall installers, and any of you that are ambulatory. If you think you can give us a few hours of your time, I promise you will be richly rewarded when you see the pleasure on our homeowner's face. If you're interested, please send me an email at mewebb@ co.pg.md.us ; or a call at 301-952-3644. Thank you, in advance, for any assistance you can provide.

MARYLAND PANEL

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LAWYER REFERRAL SERVICE REPORT: 2/15/09-3/15/09

Number of Calls: 768

Number of Referrals: 512

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- 1. Family
- 2. Torts
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- 4. Employment
- 5. Criminal



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COMMUNITY LEGAL SERVICES NEWS By Nora C. Eidelman, Deputy Director



<u>CLS</u> Foreclosure Prevention Project

The number of homeowners calling our office seeking

assistance to save their home has grown substantially. Our Foreclosure Prevention Project seeks to assist homeowners at risk of losing their homes due to foreclosure with an opportunity to maintain their home. Our volunteer lawyers will help homeowners with Loss Mitigation, including negotiations of Repayment, Forbearance, and/or Loan Modification Plans.

We are pleased to announce we have hired a new part-time staff person, Laura Bowman Pimentel to coordinate this project. This project is part of state-wide effort. CLS is partnering with state government agencies, Pro Bono Resource Center of Maryland, Civil Justice, and other legal service providers throughout Maryland to combat the growing foreclosure crisis. This state-wide project has established MD HOPE (Home Owners Preserving Equity) State Hotline 1-877-462-7555 to screen and determine whether the case is in need of assistance from an attorney or a counseling agency. CLS has been designated to receive all phone calls pertaining to foreclosure cases in Prince George's County. Clients who have received any of the following are good candidates for this program:

- Letter (s) from lender or lender's attorney about foreclosure
- Notice of Intent to Foreclose
- Notice that a foreclosure action has been or will soon be filed

For more information about this project call Laura Bowman Pimentel at 301-864-8186, ext. 16. We conduct intakes on Mondays and Tuesdays from 9:00 am to 12:00 noon. Please refer client who need assistance to the Hotline for pre-screening first!

Upcoming Seminar

"HOW TO HANDLE A FAMILY LAW CASE: START TO FINISH"

> Wednesday, April 22, 2009 6:30 - 8:30 PM

To register contact Earlette Toomer at 301-863-4907; toomer@clspgc.org

This seminar is sponsored by CLS Pro Bono Family Law Clinic.

<u>Success stories from our clinics:</u> Previous Domestic Violence Survivor Reports Success

Although some domestic violence victims return to their abusers, we are pleased to report that some of our domestic violence survivors not only leave their abusers, but successfully build a life on their own. For our Second Quarterly Report of last fiscal year (2008), we reported about Ms. Marta Guevara (name changed for confidentiality). Ms. Guevara was a victim of domestic violence at the hands of her US citizen husband who had brought her to Maryland from Colombia. With the assistance of our staff attorney, Karin Dalichow, at our Langley Park Clinic, Ms. Guevara had successfully testified against her abusive husband in a criminal trial. The abuser was found guilty of assault.

This quarter, Ms. Guevara called to let us know that she was ready to petition for absolute divorce against her husband. Ms. Guevara was pleased that we could assist her again, this time with her divorce. She was also glad that we had referred her to an immigration assistance agency where she could apply for a work permit under the Violence Against Women Act and later for her permanent residency. We hope to provide a pro bono attorney for Ms. Guevara soon.

Clients in Desperate Need to Maintain their Housing

This quarter we assisted several clients who were in desperate need for basic necessities such as housing.

One such client, Gemilda Perez (name changed for confidentiality), was fearful that her landlord would evict her because she had not paid her rent on time. Ms. Perez was also eight months pregnant. She told her landlord that she would pay the rent soon and that she was willing to pay the late fee. The landlord (through a Spanishspeaking receptionist) threatened that if Ms. Perez did not pay the full rent due "this minute," she would be evicted and that he would throw her things onto the street. Distraught, Ms. Perez came to the Clinic. Ms. Dalichow explained that the landlord himself could not evict her. The landlord had to go to the court to obtain an eviction order. Even if the court issued the eviction order. only the sheriff could serve the order. Furthermore, the entire eviction process could take more than one month. Ms. Dalichow advised Ms. Perez to tell the landlord that she was doing the best she could, but that her rent would be late this month. Ms. Perez left the clinic, grateful that in spite of the landlord's threats, her things would not end up in the street.

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 It does this through the County. 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 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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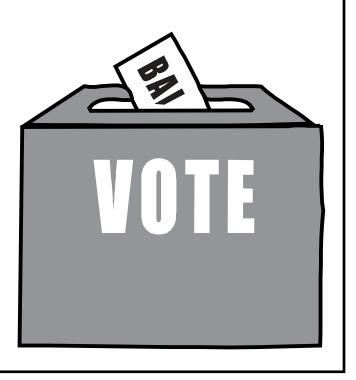
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WELCOME TO OUR NEW MEMBERS

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"The PGCBA is glad to have you as our new members!!"

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FAMILY LAW By David S. Coaxum, Esquire

BREACH OF CONTRACT TRUMPS ALIMONY

Scenario: As a family law attorney, you have a client that is the spouse of an immigrant. There were no children born of the relationship. The parties separate and seek a divorce. The parties enter into an agreement or the Court finds, after an evidentiary hearing, that the immigrant spouse has waived or is otherwise denied any claim to alimony without the right to modification. The time for appeal of any court order has also expired.

As counsel to your client, it is proper to surmise and advise that the immigrant spouse is forever barred from obtaining financial assistance from your client, correct?

Wrong.

In Younis v. Farooqi, the U.S. District Court of Maryland followed other federal courts in ruling that Form I-864, an Affidavit of Support created by the U.S. Citizenship and Immigration Services, creates a legally binding and enforceable contract between a sponsor and a sponsored immigrant. An immigrant spouse may file an action to enforce the affidavit agreement in federal or state court. The determination of whether a Form I-864 affidavit may be enforced is completely unaffected by divorce if the sponsor and the sponsored immigrant were married. In the Younis case, where the parties had already been divorced in state court, the immigrant spouse was still awarded over \$20,000 in damages for breach of the Form I-864 contract.

Subject to very few exceptions, the Form I-864 affidavit must be signed and submitted by a sponsor to support an immigrant spouse's application for legal residence in the United States. The document creates a contract between the sponsor and the U.S. Government, and it also creates an enforceable contract

between the sponsor and the immigrant spouse. The purpose of the affidavit is to ensure that the immigrant spouse has adequate means of financial support and is not likely to become a public charge at the expense of the U.S. government and taxpayers. The sponsor's obligation toward the federal government is payment or reimbursement for social security, food stamps, Medicaid, or any other federal subsidy provided to the immigrant spouse during the time the affidavit is enforceable. The sponsor's obligation to the immigrant spouse is to provide financial support at 125% of the federal poverty level as determined by the U.S. Office of Management and Budget. The duties and obligations pursuant to the affidavit continue until such time as: a) the sponsored immigrant becomes a U.S. citizen, b) the immigrant can be credited with 40 qualifying quarters of work (equal to approximately ten (10) years of work), c) either the immigrant or the spouse dies, or d) the immigrant ceases to be a lawful resident and leaves the U.S. on a permanent basis.

According to Jonathan Greene, owner of the Greene Law Firm, LLC, based in Columbia, Maryland, According to Jonathan Greene, owner of the Greene Law Firm, LLC, based in Columbia, Maryland, the required affidavit was created in or about 1997 as a modification to the previously used affidavit Form I-134. The new affidavit was fashioned to provide legally enforceable obligations to support family members who become legal permanent residents. Prior to the promulgation of Form I-864, Form I-134 only imposed a moral obligation on the sponsor to support family members. Form I-864 now requires sponsors to reimburse federal, state or local governments for providing certain subsidized benefits to the immigrant family members. The affidavit also allows a family member to sue the

sponsor for basic poverty-level support. "Nearly all family immigrant cases today require the Form I-864 in order to obtain permanent residence," explained Mr. Greene. "In marriage-based cases, this means that a divorcing spouse can sue the other spouse in state or federal court for support as required by Form I-864."

Although the federal government has not appeared to aggressively compel reimbursement from the sponsor over the years, the Younis case demonstrates a potentially new wave of litigation between separated or divorced parties where one party is a sponsored immigrant.

THE YOUNIS CASE AND THE POTENTIAL IMPACT ON MARYLAND FAMILY LAW

In the Younis case, Ms. Younis first filed an action for limited divorce in the circuit court for Baltimore County in 2006. An order was soon entered granting her sole legal and primary physical custody of their minor child as well as child support. The husband, Mr. Farooqi, also consented to pay temporary alimony.

Thereafter, on May 25, 2007, Ms. Younis filed a federal claim to enforce the contract created by Mr. Farooqi's execution of the affidavit on Form I-864. On summary judgment, the federal court awarded Ms. Younis damages of \$20,816.90 accounting from 2006 through November, 2008, the date of the court's Summary Judgment ruling.

In the court's assessment of damages, the court considered Mr. Farooqi's request to offset damages by the alimony and child support granted in the circuit court case. Mr. Farooqi further argued that Ms. Younis had a duty to mitigate damages by seeking employment. The parties stipulated through counsel that the alimony payments should be an offset to the damages awarded Ms. Younis. The court agreed.

As a matter of first impression, the federal court considered whether child support payments should further offset any damages awarded in a Form I-864 enforcement case. Ms. Younis' counsel, John J. Condliffe, a partner in the Towson firm of Shub-Condliffe, Condliffe & Silverstein, cogently argued that child support is not income to the recipient parent under federal or State law, and therefore should not be used to offset the damages award to his client. Applying Maryland state law, the Honorable Catherine C. Blake agreed. Citing to the Maryland Court of Appeals case of Voishan v. Palma, the district court ruled that the "purpose [of child support] is to ensure that children 'receive the same proportion of parental income" as would have been received had the parents lived together. Judge Blake added that the purpose of child support is "not to benefit the other parent." In addition, "the federal government does not consider child support, as it does alimony, to be part of an individual's gross income for tax purposes. . . . [C]hild support is . . . designed to meet the needs of the child." The court therefore refused to allow the child support payments to offset the damages award.

Stephen J. Cullen , counsel for Mr. Farooqi and a principal at Miles & Stockbridge, P.C., says the Younis case may widely impact state-court alimony and child support cases: "In cases where a court awards damages against a sponsor for breach of the Form I-864 affidavit of support, the sponsor might argue that the damages awarded should be counted as income in determining or modifying alimony or child support awards in state court."

Although Judge Blake was not faced with the issue of whether a monetary award would have affected the damages award, there is federal court precedent that a monetary award granted in a divorce settlement or trial does not serve to offset damages in litigation involving the affidavit of support. In one federal case decided in 2008, a party unsuccessfully argued that a monetary award payment of \$49,000 should serve to satisfy the Form I-864 support obligations.

The court in Younis also addressed whether a sponsored immigrant is required to mitigate damages by seeking employment. The court, using Maryland state law, held that Ms. Younis' duty was only to make "reasonable efforts" to seek employment. The court further noted, however, that "if the [sponsored immigrant] is unable or even unwilling to attain full-time employment, that does not necessarily relieve the [sponsor-spouse] of the liability under the [Form I-864] affidavit, as these are not terminating conditions [under] Title 8 of the United States Code Section 1183a." It further stands to reason that a sponsored immigrant would only be entitled to damages prior to the expiration of the executed I-864 affidavit, and only for the periods of time and extent to which the immigrant's income did not exceed 125% of the federal poverty level.

One interesting issue surrounding claims seeking to enforce affidavits of support under Form I-864 is that the cases are actions at-law between married or divorced parties, whereas initial determinations of support between spouses in state court actions are adjudicated in equity. "The Maryland state family law code compels state courts to equitably consider a host of factors before granting alimony in a divorce case. However, all of those factors are irrelevant in actions to compel compliance with the affidavit of support under Form I-864," adds Mr. Greene.

At a minimum, the Younis case has made family law practitioners and lay persons more aware of the significance and potential consequences of divorces between immigrants and their sponsors. In light of the issues highlighted in the Younis case, one major question begs to be answered:

How will damages awarded in cases enforcing the affidavits under Form I-864 impact state court rulings in family law cases where alimony and child support are at issue?



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BAR ASSOCIATION LEADERSHIP OPPORTUNITIES

PGCBA's Nominating Committee, chaired by Immediate Past President John Fredrickson, 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 17, 2009. Elections will be held at the Bar Association's Annual Meeting on Tuesday, June 9, 2009.

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 17, 2009 deadline. Questions may be directed to Immediate Past President John Fredrickson at 301-572-1935, or to Georgia Perry at 301-952-1442.

APPLICATION FOR BAR LEADERSHIP

TO:	John Fredrickson, Chair, Nominating CommitteeDEADLINE FOR SUBMISSION:C/O Prince George's County Bar Association, Inc.April 17, 200914330 Old Marlboro Pike, Upper Marlboro, MD 20772-2840
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THE LITIGATION SECTION OF THE MARYLAND STATE BAR ASSOCIATION AND ITS APPELLATE PRACTICE SUB-COMMITTEE

REGIONAL MEETING & PROGRAM

(Open to Section & Non-Section Members)

Tuesday, April 21, 2009 5:30-8:00 p.m.

Judicial Education & Conference Center, Upper Level, Training Rooms 5, 6, 7 & 8 2011 Commerce Park Drive Annapolis, Maryland 21401

5:30-6:30 p.m. Social Hour Cash Bar (Beer & Wine) & Complimentary Hors d-oeuvres

> 6:30 p.m. -7:30 p.m. Panel Discussion 7:30 p.m.-8:00 p.m. Audience Questions

TOPICS:

An appellate judge discusses his expectations of attorneys in appeals The Clerk of the Court of Appeals gives tips not found in the Rules An experienced State appellate litigator provides tips An experienced federal appellate practitioner helps with the Federal system

PANELISTS:

Hon. Robert A. Zarnoch, Court of Special Appeals of Maryland Ms. Bessie M. Decker, Clerk of the Court of Appeals of Maryland Andrew H. Baida, Esq., Rosenberg Martin Greenberg LLP (Baltimore) Anne Murphy, Esq., Civil Appellate Division, U.S. Department of Justice <u>Moderator</u>: Hon. Glenn T. Harrell, Jr., Court of Appeals of Maryland

SPACE IS LIMITED. PLEASE REGISTER IN ADVANCE BY CONTACTING:

Theresa Michael 1-800-492-1964, ext. 3017 1-410-685-7878, ext. 3017 TMichael@msba.org

JUDICIARY ANNOUNCES SUPPLEMENTAL BUDGET PLAN - April 1, 2009

The tight budget is no secret and all three branches of the state government have been significantly affected. As a result the judiciary has today announced a plan to help supplement its budget. The revenue raising program will begin in courtrooms throughout the state on April 1, 2009 and its degree of success will determine how long it continues.

Taking a cue from NASCAR and the internet, the judiciary will begin allowing approved advertising in courtrooms. Up to four ads per each side wall and the back wall of each courtroom will be permitted. In addition, discount coupons will be placed on counsel tables. Each time these speciallymarked coupons are used, the judiciary will receive a one and one half percent rebate.

In announcing the plan, the budget office of the judiciary announced that the hope is to tailor the coupons to the type of trial. Ads have already been ordered for civil courtrooms by "Joe's Auto Body", "Experts for Hire", and "Homer's Chiropractic". Criminal courtroom ads have been purchased by "Bob's Bail Bonds" and "Eagle Eye Home Monitoring Services." Bob's Bail Bonds is also offering a 5% discount to first time detainees. A judicial ethics opinion has already posted prohibiting funeral homes from advertising in Orphans' Court, however coupons will be available from "Big Bill's Low Ball Appraisers."

"Ted's Subtle Notice Vehicle Repo Auction House" has taken out an ad to be found in District Court civil courtrooms. "Reliance Telephone Pole Avoidance Radar Systems" will not only have ads in District and Circuit Court but will also offer free demonstrations at the Upper Marlboro Equestrian Center each Saturday in April.

Unlike one NASCAR technique, a proposal for logo hat swapping during jury selection was rejected.

An unconfirmed report suggests that Judge Tom Smith may take out an ad for his own courtroom effectively lobbying for an extension of the mandatory judicial retirement age.

"H & R Late File" will be advertising in Maryland's tax court and has also applied to place ads in the halls of Congress and in federal executive offices.

Finally, it has been confirmed that reports that Brooks Brothers has taken out a full wall ad in the Court of Appeals hearing room are untrue.



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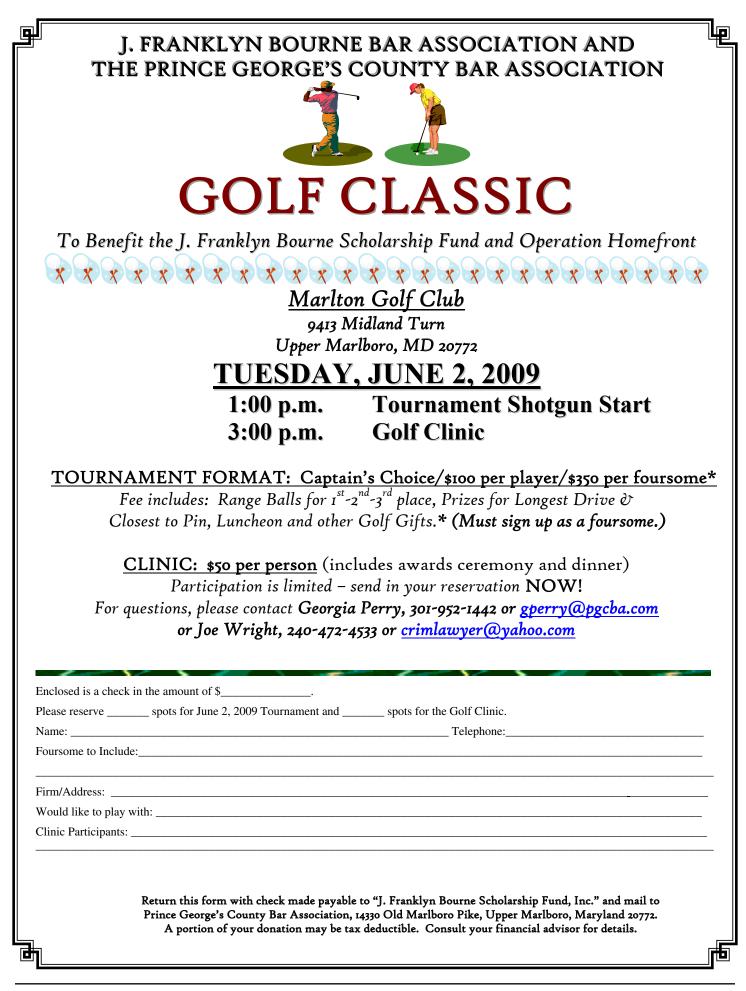
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GET HEALTHY TODAY by: Edith Lawson-Jackson



<u>BETCHA</u> DIDN'T KNOW...

Typically, my articles focus on a specific topic such as how to dine out and still eat healthy, how to accomplish your New Year's

Resolution, or how start a new workout regimen. This month's topic will be different in that there is no specific topic. Instead I've gathered bunches of information on a variety of issues affecting your health that you should probably know, but don't. Most of these tidbits of information are little known facts that could have a great impact on how you lead your life or engage in certain everyday activities. I've gathered these pieces of information from medical journals, fitness articles, health magazines, and like sources. So hopefully, there will be something stated herein that you can use and apply in your quest to become healthy and fit.

Did you know that.....

Grapefruit appears to have unexplained weight loss benefits. During clinical tests, subjects who ate half a grapefruit with their meals or who drank 8 ounces of unsweetened grapefruit juice three times daily lost 4 pounds (with some individuals losing more than 10 pounds) in 12 weeks without dieting or changing their physical activity schedule. It pays to eat more frequently. Eating 5-6 small meals (i.e. the same number of calories that you'd normally consume in a day) as opposed to eating "three squares" causes your metabolism to work constantly. However, eating 3 larger meals slows your metabolism down and forces excess calories consumed in a sitting to be stored as fat. So...cut those meals in half and spread them out over six feedings if you want to burn some fat.

Soda can sabotage the healthiest diet! If you drink just one soda per day, you're adding 1,750 calories per week to your diet. In two weeks, you've added a pound of fat from soda alone. So if you'd rather "eat" your bi-weekly gain of a pound of fat or just not add it on at all, drink water and other low calorie flavored drinks like iced tea or Crystal Light. Just imagine the difference this makes over a year.

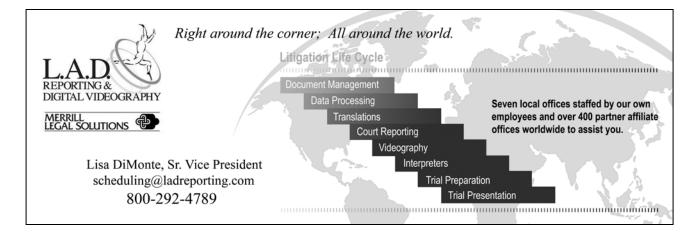
Beer really does lead to a "beer belly". Calories from alcoholic beverages add up faster than you think – 200 calories on average for drinks that are NOT cocktail mixers and up to 500 calories per drink for some frozen drinks. So if you "knock back a couple" daily, that's where that annual 15 pound gain could be coming from....not to mention your "spare tire".

Fiber is necessary for good digestive health and it aids in weight loss. Fiber helps move food along in your system for proper elimination so you're not carrying around that "10 pounds of undigested meat" in your intestines. Adults should consume 35-40 grams of fiber per day. To reach this goal fairly easily, include broccoli, beans, whole grain cereals, and my favorite "Blue Machine Naked Drinks" which boast 15 grams of fiber in one bottle! Many protein bars including Atkins Bars also contain as much as 10 grams of fiber per serving.

Caffeine does assist with fat burning. Drinking coffee before doing your cardiovascular exercise (consuming 300 mg or the amount in two cups of coffee) within 2 hours of exercising will allow you to work out at a higher intensity AND use a much greater percentage of bodyfat (rather than glycogen) as fuel for the workout.

A "muscle strain" is actually a partial tear of a muscle. Muscle tears which fall into category one tears are considered strains and can be classified as grade one, two, or three strains. However, normal workouts produce some degree of soreness which is okay as long as the soreness is on both sides of the body and it doesn't persist for more than a few days. If you feel a sudden twinge or sharp pain in a muscle but it doesn't look deformed, it's probably a grade one. If there's bruising, swelling, or loss of mobility it's probably a grade two. If the muscle looks deformed or severe pain is localized on one side more at the joint than in the middle of the muscle, that's probably an indication of a serious problem that needs to be checked out by your doctor.

You can minimize post-workout



soreness. If you hate that sore feeling you get the morning after your workout (especially legs), there are a few things you can do to minimize the pain. One, 10-20 minutes of cardio AFTER your workout will help reduce muscle pain the next day. Two, stretching the muscles after your workout will also ease pain, help with blood circulation and removal of lactic acid build-up. Three, 1-2 grams of vitamin C and 400-00 IU of vitamin E post-workout assist with decreased muscle pain (not to mention strengthening your immune system to make catching cold less likely). And lastly, icing your tired/sore muscles for about 10 minutes before going to bed help with pain and swelling.

Reluctant to fly? You should be more afraid of eating airline food! A typical airline boxed lunch contains a whopping 950 calories. Even worse, you can expect it to serve up 52 grams of unhealthy fat and hardly any vitamins or minerals. Advice for in flight munchies: pack a couple pieces of fruit, a protein bar, and some unprocessed nuts. Don't want to be bothered with the hassle of packing your own meal? The good news is that SkyMeals (SkyMeals.com or 866-759-6325) specializes in healthy, tasty meals delivered to your home or office for about \$20.00 per meal. Currently they operate only in Los Angeles, but the D.C. area is on tap to be added to the service area.

Fructose sweetened drinks are bad for your bottom line....not to mention your bottom. According to a University of Cincinnati Study, drinking large amount sof beverages sweetened with fructose adds bodyfat - even when you consume fewer calories overall. In the study mice drinking fructose sweetened beverages gained almost twice as much weight and had about 90% more bodyfat than mice who just drank water, despite the fact that the fructose drinking mice ate less. Point to remember: read the labels on your beverages so as to avoid beverages sweetened with fructose.

Transfats should be avoided at all costs. Typically, you find these "bad" fats in crackers, cookies, some chips, and pre-packaged snacks. Not only do transfats (just 5 grams per day) increase your risk of heart disease by 25%, they also make you fatter than any other type of dietary fat. A Wake Forest University study found that diets high in transfats (as compared to other fats like those found in nuts and fish) cause a greater accumulation of fat around the mid-section and greater overall bodyweight. This includes specifically partially hydrogenated oils. So, read labels in all pre-packaged food items so as to decrease your intake of transfats. Another huge supplier of transfats: McDonalds (A large fry and chicken nugget combo has 10.2 grams of transfats).

Do you ever want a natural cure for everyday ailments that really works?

Well, parsley cures bad breath. Just chew a sprig after eating onions or garlic or after drinking coffee. Parsley is rich in the plant pigment chlorophyll, which is a powerful breath freshener.

A handful of raw almonds helps minimize a headache. As soon as you feel the headache coming on, eat about 8-10 raw almonds.

Do you avoid planes and boats because of motion sickness? Try ingesting ginger. Yep, 500 milligrams of powdered raw ginger consumed 30 minutes before departure and then again every 3-4 hours reduces motion sickness. This works through a mechanism where ginger stimulates receptors in the digestive track that help release the soothing hormone serotonin.

Want to avoid developing high blood pressure? There are a couple of things you can do to avoid this all too common ailment and substantially reduce your high blood pressure if you're already the victim of this disease. First, one of the most important things you can do to combat high blood pressure is 30 minutes of cardiovascular exercise 4 -5 days a week. Second, substantially decrease your sodium intake and be sure to consume enough potassium. Yes, potassium. It's not sodium intake alone that affects blood pressure but rather the balancing of sodium with potassium levels. And lastly, get in some laughs as often as possible. You read correctly....laughing. Researchers at College Park, Maryland conducted a study which showed that when subjects watched comedies (as opposed to serious dramas), their blood vessels relaxed and the vessels were able to dilate and contract more readily (blood vessels that have trouble dilating and contracting easily are associated with cardiovascular disease). So when you get a chance, stop into Judge Dawson's courtroom a few times a week for 15 minutes or so and you just might realize the therapeutic benefits that laughter will have on your health!

Hopefully, some of these tips have been personally useful to you and you'll put them into practice to help you lead a healthier and happier lifestyle.

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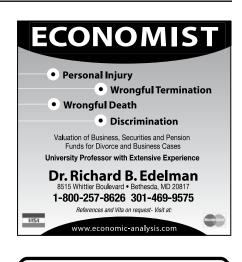
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