



December 2009

# PGCBA NEWSJOURNAL

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

## President's Message



On behalf of myself, and the Board of Directors of the Prince George's County Bar Association, I want to wish all of our members a happy holiday season. As the new year approaches, it is time to reflect back on 2009. During that time, the Bar Association has updated our computers, added a vibrant Lawyer Referral Service, and reopened the Lawyers' Lounge. I encourage all members that if they have not visited the Lawyers' Lounge, to please do so. If you do not have a combination code to gain entry to the cipher lock, contact the Bar Association and you will receive your combination code.

It is also time to look back and reflect upon the members of our Association who have passed this year. I want to extend the condolences of the Bar Association to the families of James R. Bucher, C. Calvert Lancaster, Richard H. Love, John Mitchell, Col. Richard A. Romine, and James J.M. Vaughn. Our Association will miss these distinguished members of the legal community. Additionally, a special thank you to thank Mary C. Crawford, Chair, Memorial Committee, for all of her work with the Memorial Service.

I would also like to send special congratulations to Russ Shipley who retired this year after 50 years, yes, 50 YEARS, in the practice of law. He will be missed.

I am encouraging all members to attend the holiday meeting on December 15, 2009, at the Newton White Mansion to share the camaraderie of the Association.

In the spirit of the holidays, I am keeping this message brief. Once again, I wish everyone a happy holiday season.

In conclusion, please feel free to tell either myself, members of the Executive Committee, Board of Directors Committee, or Section Chairs of any concerns, comments or ideas you may have regarding our Association. It is sharing ideas together that will help us accomplish our goals.

Respectfully submitted,

Nicholas E. Rattal  
President

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# PGCBA NEWSJOURNAL

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## The Prince George's County Bar Association

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**Neal Reaches  
Fifteen Years  
of Serving the  
Community  
through his Work  
with CLS!!!**

This month we are celebrating fifteen years since Neal Conway began to work with CLS. Personally for me I have been honored to work with Neal. I have shared with him, as well as members of our Board and staff, the aspect that I admire and respect most about Neal's character is his work ethic. Neal is the type of person that when no one is watching him, he is still doing the right thing. Here is what other CLS staff members think about Neal. Neal is a unique and flexible director who allows and permits each employee to work to his or her full potential, Karin Dalichow, Esq. Neal believes in people. He has strong work ethics and is a good leader for this organization. I am always learning new things from him, Darielys Pinto. CLS board members weigh in as well.

Neal has been a wonderful advocate for the Prince Georges County pro bono services. He has overseen the expansion of services in the Hispanic community, while continuing to serve the needs of all indigent parties in civil litigation. His leadership is outstanding, and he is a pretty darn good musician, Judge Julia B. Weatherly. Neal is a steadfast powerful advocate for legal representation for those in need; CLS has grown under his leadership, expanding its services geographically, substantively, and quantitatively, Judge Cathy Hollenberg Serrette.

For this column, I decided to interview Neal so that we can all get to know him a little bit better. Here are his answers:

**Neal, when did you start working at CLS?**

December 26, 1994.

**What is your education background?** I have a Bachelor of Music from Peabody Conservatory of Music and a Bachelor of Science in Paralegal Studies from the U.M.U.C. I was Ordained a Deacon for the Archdiocese of Washington in June 2006 after a five year study program. I am assigned to St. Jerome's in Hyattsville.

**How did you come to work at CLS The Law Foundation?** I retired from the U.S. Marine Band in September 1994 and was looking for a job on Capitol Hill. In November 1994, the Republicans took over the Hill and being a Democrat, I started looking for other work. I noticed a small ad in the paper for an entry level paralegal at The Law Foundation and it was only a few blocks from my home.

Then Executive Director Connie Belfiore interviewed me. At the end of the interview I asked her if she had any doubts about my ability to do the job

since my paralegal studies had focused on federal law. Connie handed me a copy of the Maryland Family Code and said I might want to read up on family law in Maryland since 80% of our clients have family law issues.

I planned to stay two years and look back to the Hill. I found the work here to be a great way to serve our community and they actually paid me to do it.

**How did you like working for CLS over the past fifteen years, and what were some of the highlights?**

I remember being invited to a board of directors meeting during my first summer of employment. Julie Weatherly was our President. I do not remember if she was already a Master at the time. Knowing that the meeting would be held in our offices and how hot it would be, I wore a golf shirt to the meeting. All the other men were in coat and tie. Judge Weatherly had me sit next to her and kept feeding me pizza and refilling my soda.

My best legal education came from our volunteer attorneys. My first duties included calling attorneys to accept our cases. After the first few weeks of grilling by attorneys, I quickly learned the questions I should have asked the client before calling the attorney.

I do remember the second week of employment when a Judge telephoned me and started the conversation off with: "you obviously do not know how I run my courtroom."

I had made the mistake of telling a client to request a continuance until I could find an attorney for her.

Connie Belfiore was a great Executive Director. She always included me in decisions and allowed me to gradually take over the operations of the office. In 2001, Connie moved to another organization and our board selected me to be Executive Director. I never envisioned running a company.

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When the first payroll came due, I called our then President Keith Parris to let him know we did not have enough revenue to cover payroll. He was in my office within minutes. He taught me to collect revenue up front, and that execs should always reserve Friday afternoon for a round of golf.

I am most proud of our expansion of services. I could not have accomplished this without great guidance from our board and the support of my staff.



Many persons have come and gone over the years, leaving their mark on our organization.

One person stands out above all others here and that is you Nora. You were recommended as a volunteer to us by Judge Albert Northrop. We hired you just as soon as we could find the funding. I have no doubt that you can step into my position on any day and CLS will continue to flourish.

I believe that the most important thing a leader can do is provide for the future of an organization by passing along the guidance and great principles received from our predecessors.

I remain with CLS because of our mission to serve the poor. I look forward to continuing my work at CLS. I thank all of our volunteer attorneys and funders who make all of this possible.

**Other CLS Updates**

**Special Funding to Pay for Attorneys Fees**

CLS continues to refer cases under our Judicare funding project made available by Maryland Legal Services Corporation. Attorneys receive \$80.00 per hour up to \$1,600.00 per case. Cases

referred involve family law matters including guardianship. We also refer domestic violence cases, except we will reimburse the attorney for a maximum of five (5) hours only. Attorneys accepting cases under this program are required to participate in our pro bono program as well. For more information please contact Darielys Pinto at 301-864-4907, ext. 11.

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 free legal clinics in the County. They are located in the in Circuit Court House and Langley. For more information about our services, please contact Nora C. Eidelman, at 301-864-4907, ext. 12.

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**SEVENTH JUDICIAL CIRCUIT OF MARYLAND****PRINCE GEORGE'S COUNTY****FROM THE CHAMBERS OF WILLIAM D. MISSOURI****CHIEF JUDGE**

TO: All Attorneys

FROM: William D. Missouri  
Chief Judge

DATE: October 28, 2009

SUBJ: CINA Pre-Adjudication Status Report

Please find attached a CINA Pre-Adjudication Status Form that will be utilized in all CINA merits hearings before Master Stewart Jones and Master Hileman-Adams. As you may know, the CINA/TPR Workgroup's Dependency Scheduling Committee has been considering recommending that the Court implement a procedure to include an order in aid of discovery and a CINA Pre-Adjudication Status Form. The objective of such a procedure would be to enhance and encourage the communication among parties pre-Adjudication. These measures have been discussed in an effort to improve the quality of representation you are able to give to your clients and to decrease the amount of "settlement discussion time" that occurs in the hallway on the day of the merits hearing.

I have approved the Dependency Scheduling Committee's recommendation that use of the attached form be implemented, effective November 1, 2009. The form is to be e-mailed to counsel for the other parties and the Court (Master Jones and Master Hileman-Adams) one week prior to the Adjudicatory Hearing. Utilization of the attached form is in lieu of issuance of formal discovery orders at this time. The masters will encourage parties to exchange documents and witness names and addresses as informal discovery before preparing the form.

It is important to all of us that we exercise our best good faith efforts to permit the court to determine whether use of the CINA Pre-Adjudication Status Form and informal discovery addresses the issues of lack of discovery and lack of pre-trial settlement communication before revisiting the issue of formal discovery orders. If, after a reasonable period of examination, the masters are satisfied that informal discovery, combined with the use of the form, has not positively impacted trial preparedness and has not resulted in meaningful exchange of information for settlement discussions, they will bring the matter to the attention of the Dependency Scheduling Committee for consideration of recommending the adoption of a procedure highlighted by a formal discovery order.



CINA PRE-ADJUDICATION STATUS REPORT

In Re: \_\_\_\_\_ CINA No. \_\_\_\_ - \_\_\_\_\_

Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_

Master: \_\_\_\_\_ Merits Date: \_\_\_\_\_

Submitted on behalf of: Mother/Father/DSS/Child/Other \_\_\_\_\_

1. Number of witnesses expected to be called by your client: \_\_\_\_\_

2. Names, addresses and telephone numbers of your witnesses not already provided to the other parties in discovery:

3. Number of expert witnesses expected to be called by your client: \_\_\_\_\_

4. Names, addresses, and telephone numbers of any expert witnesses and the field of expertise if not already provided to the other parties in discovery:

5. Documents you expect to introduce at trial: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Length of time anticipated for your case-in-chief: \_\_\_\_\_

7. Is discovery complete? Yes/No- if "No," what needs to be done? \_\_\_\_\_  
\_\_\_\_\_

8. Is your client likely to contest the allegations in the petition as written? No/Yes  
If "Yes," is there an amendment that could be made to the petition that would result in an uncontested adjudication? Yes/No Describe: \_\_\_\_\_  
\_\_\_\_\_

If "Yes," have you discussed an amendment with counsel for the other parties? Yes/No

If "Yes", have the other parties agreed to such an amendment? Yes/No

9. Is a CINA disposition likely to be contested by your client? Yes/No

10. Have you and the other parties reached any stipulations? Yes/No

If "Yes," describe: \_\_\_\_\_  
\_\_\_\_\_

11. Other information that is relevant that you want the Court and the other parties to know: \_\_\_\_\_  
\_\_\_\_\_

## STATE'S ATTORNEYS UNVEILING

On behalf of the Circuit Court for  
Prince George's County, Maryland,  
The Honorable William D. Missouri,  
Chief & Administrative Judge  
invites you to the unveiling of the photographs  
in Honor of the Past and Present  
Prince George's County State's Attorneys, on  
December 16, 2009, from 3:30 p.m. until 5:00 p.m.,  
Courthouse, Upper Marlboro, Md.

The unveiling of photographs will be held in the corridor of the State's Attorneys Offices on the third floor of the Marbury Wing. Following the ceremony, light refreshments will be served.

**Bregman, Berbert, Schwartz & Gilday, LLC**, is pleased to announce that on April 1, 2009, Kevin B. McParland, Daniel P. Rigterink and Heather L. Kafetz became Principals of the firm.

**Mr. McParland's** areas of practice include civil litigation, real estate transactions, foreclosures, residential/commercial landlord and tenant law, condominiums/cooperatives/homeowners' associations, creditor's rights, and business transactions.

**Mr. Rigterink's** areas of practice include the representation of parties in contract, lease, landlord-tenant and real estate disputes, and the representation of creditors in collection and bankruptcy proceedings. He is also experienced in personal injury (plaintiff and defendant) matters, administrative law, employment, appellate practice, and general litigation matters.

**Ms. Kafetz's** areas of practice include general civil litigation, business transactions and employment matters.

The firm continues to maintain its broad-based, business and real estate-oriented practice in Bethesda, Maryland.

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## HOWARD CHASANOW GETS TOP AWARD

Best Lawyers, one of the oldest and most respected peer-review publications in the legal profession, has named **Howard S. Chasanow** as the “Washington, DC Best Lawyer 2010” in the area of Alternative Dispute Resolution.

After more than a quarter of a century in publication, Best Lawyers is designating “Lawyers of the Year” in high-profile legal specialties in large legal communities. Only a single lawyer in each specialty in each community is being honored as the “Lawyer of the Year.”

Best Lawyers compiles its lists of outstanding attorneys by conducting exhaustive peer-review surveys in which thousands of leading lawyers confidentially evaluate their professional peers. The current, 16th edition of The Best Lawyers in America (2010), is based on more than 2.8 million detailed evaluations of lawyers by other lawyers.

Judge Chasanow served as Judge on the Maryland District Court, Circuit Court, and Court of Appeals before he retired in 1999. In his “retirement,” Judge Chasanow serves as a settlement facilitator in his Mediation-Alternative Dispute Resolution offices in Greenbelt, Maryland.

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## **COMMITTEE NEWS** *by John F. Calabrese, Chair, Cooperative Guidance Program*

One of the often overlooked services offered to members of the Prince George's County Bar Association are the services rendered by the Cooperative Guidance Program panel of volunteer attorneys with expertise in various areas of the law. These panel attorneys are available to bar members who may not be totally familiar with an area of practice and have a question or two that they need answered by someone with an expertise in that area of law.

The Cooperative Guidance Program has been in existence since 1978 and each year the Chairman tries to update the panel list and remove members who may have retired or moved from the area. We are therefore always looking for additional panel members for the areas of practice which include: Administrative/Governmental matters; Business and Commercial Law; Civil Rights; Consumer Problems; Criminal Law; Employer/Employee Relations; Family Law; Elder Law; Law Office Administration/Economics; Litigation; Procedure and Arbitration; Military/Veterans; Personal Injury/Property Damage; Real Estate and Landlord and Tenant; Social Security; Taxation and Estate/Financial Planning; Wills, Trusts and Estates; and Miscellaneous.

If you have experience in any of these areas, please call Kim Webster of my office on 301-699-1400 to volunteer for the panel and please advise the area(s) of expertise.

Joining the Cooperative Guidance Program is an easy way to help your Bar Association. The more participants we have as panel members the less we need to burden those attorneys who have done yeoman work over the years.

If you need to talk to an experienced attorney for help regarding one of the areas listed above, please call me to be connected to a panel member or if it is in my expertise I will be glad to assist you.

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**MANAGING  
STRESS AND  
MAINTAINING  
ENERGY  
DURING THE  
BUSY HOLIDAY  
SEASON**

With the holiday season approaching and the list of “to dos” ever increasing, coupled with worries about the economy, busy professionals are likely to succumb to the physical and emotional toll of various stresses. There’s no doubt that stress can be extremely annoying by sapping your energy, making you feel as though you can barely get through the day. However, too much stress can also make you sick. When your body is under stress, it starts to release an abundance of hormones

such as cortisol and adrenaline. And while you may know the benefits of an adrenaline rush in situations of emergency or during sporting competitions, these hormones are not good for us on a frequent basis. Cortisol, for example, has been associated with multiple health risks including increased belly fat, the cannibalizing of muscle protein, and shrinking of the hippocampus, a part of the brain needed for memory function. So especially during the holidays, its important to focus on ways to relieve stress, maintain energy levels, and get organized so as not to become overwhelmed with trying to do too much in too little time.

The first thing I will advocate as part of the total plan to reduce stress and maintain energy this

holiday season is something that you’ve heard me promote time and time again - exercise. Exercising at least three days per week for thirty minutes is enough to help boost energy levels and reduce stress, especially if your exercise regime includes cardiovascular activity such as brisk walking, jogging, an aerobics class, bike riding, or even an exercise video tape. However, mind-body exercises are one of the best things you can do to relieve the heightened stressors of the approaching holiday seasons. Mind-body exercises include yoga, pilates, and tai chi, and some other forms of exercise that include deep breathing techniques. These type of mind-body exercises, done even once a week, can leave you feeling de-stressed, mentally focused, and calm. Yoga classes are especially accessible and

<div data-bbox="162 1039 714 1207" style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>CREATIVE DISPUTE RESOLUTIONS, LLC</b></p> </div> <div data-bbox="170 1260 706 1585"> <p style="background-color: #008080; color: white; padding: 5px; text-align: center;">The Path to Common Ground</p> </div>	<p style="text-align: center;"><b><u>Panel of Mediators and Arbitrators</u></b></p> <table border="0"> <tr> <td>James B. Astrachan, Esq.</td> <td>Joyce A. Mitchell, Esq.</td> </tr> <tr> <td>Marc H. Baer, Esq.</td> <td>Stephen E. Moss, Esq.</td> </tr> <tr> <td>Hon. DeLawrence Beard (Ret.)</td> <td>Joseph J. Mulhern, Esq.</td> </tr> <tr> <td>Jerome H. Berman, Esq.</td> <td>John Noble, Esq.</td> </tr> <tr> <td>Leslie G. Billman, Esq.</td> <td>Robert C. Park, Jr., Esq.</td> </tr> <tr> <td>Henry C. Clarke, Jr., Esq.</td> <td>N. Alfred Pasternak, Esq.</td> </tr> <tr> <td>Daniel P. Dozier, Esq.</td> <td>Joann Robertson, Esq.</td> </tr> <tr> <td>Dena C. Feeney, Esq.</td> <td>Hon. William J. Rowan, III (Ret.)</td> </tr> <tr> <td>Mary Ellen Flynn, Esq.</td> <td>Don F. Ryder, Jr., Esq.</td> </tr> <tr> <td>Hon. John M. Glynn (Ret.)</td> <td>Joel M. Savits, Esq.</td> </tr> <tr> <td>James M. Greenan, Esq.</td> <td>Mark F. Scurti, Esq.</td> </tr> <tr> <td>Edward J. Gutman, Esq.</td> <td>Keith L. Seat, Esq.</td> </tr> <tr> <td>William E. Hewitt, Jr., Esq.</td> <td>Diane A. Seltzer, Esq.</td> </tr> <tr> <td>Andrew L. Isaacson, Esq.</td> <td>Elliot H. Shaller, Esq.</td> </tr> <tr> <td>Erik C. Johnson, Esq.</td> <td>Steven A. Shapiro, Esq.</td> </tr> <tr> <td>Ellen F. Kandell, Esq.</td> <td>Hon. Carol E. Smith (Ret.)</td> </tr> <tr> <td>Hon. Edward G. Ketchen (Ret.)</td> <td>Suzanne M. Snedegar, Esq.</td> </tr> <tr> <td>Richard L. Lyon, Esq.</td> <td>Theodore P. Stein, Esq.</td> </tr> <tr> <td>J. Bradford McCullough, Esq.</td> <td>Hon. Ann N. Sundt (Ret.)</td> </tr> <tr> <td>Hon. Dennis M. McHugh (Ret.)</td> <td>James S. Wilson, Esq.</td> </tr> </table>	James B. Astrachan, Esq.	Joyce A. Mitchell, Esq.	Marc H. Baer, Esq.	Stephen E. Moss, Esq.	Hon. DeLawrence Beard (Ret.)	Joseph J. Mulhern, Esq.	Jerome H. Berman, Esq.	John Noble, Esq.	Leslie G. Billman, Esq.	Robert C. Park, Jr., Esq.	Henry C. Clarke, Jr., Esq.	N. Alfred Pasternak, Esq.	Daniel P. Dozier, Esq.	Joann Robertson, Esq.	Dena C. Feeney, Esq.	Hon. William J. Rowan, III (Ret.)	Mary Ellen Flynn, Esq.	Don F. Ryder, Jr., Esq.	Hon. John M. Glynn (Ret.)	Joel M. Savits, Esq.	James M. Greenan, Esq.	Mark F. Scurti, Esq.	Edward J. Gutman, Esq.	Keith L. Seat, Esq.	William E. Hewitt, Jr., Esq.	Diane A. Seltzer, Esq.	Andrew L. Isaacson, Esq.	Elliot H. Shaller, Esq.	Erik C. Johnson, Esq.	Steven A. Shapiro, Esq.	Ellen F. Kandell, Esq.	Hon. Carol E. Smith (Ret.)	Hon. Edward G. Ketchen (Ret.)	Suzanne M. Snedegar, Esq.	Richard L. Lyon, Esq.	Theodore P. Stein, Esq.	J. Bradford McCullough, Esq.	Hon. Ann N. Sundt (Ret.)	Hon. Dennis M. McHugh (Ret.)	James S. Wilson, Esq.
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usually don't require memberships or long term commitments. You can just walk right into a yoga class and pay on a per class basis. And yoga is not only for women. It is becoming increasingly more popular among men who are filling up yoga classes due to the stress relieving benefits shown to combat tense back, neck, and shoulder muscles and feelings of anxiety that often come with jobs requiring a high degree of mental function.

The next thing I will advocate as part of the plan to keep you low-stress and energized this holiday season is to invest more time in you. Often, we get caught up with work, family needs, and running errands, and wind up forgetting about our own physical and mental health needs. Everyone knows an attorney who has suffered from a minor or major stroke, a heart attack, or other serious health ailment directly related to being overstressed and deficient in health maintenance. In addition to making time to get in some exercise weekly, getting a massage is another excellent way to relieve both physical and mental stresses. If you can't get away regularly for a massage, try to get one during the most stressful times of the year like during the holidays. Immediately before or right after your religious Winter Holiday is perfect timing for stress relief through a massage. Usually stress builds up more and more as the holiday approaches when you become more and more concerned with finalizing your holiday shopping, squeezing in holiday visits, and perhaps spending an entire day cooking and wrapping holiday gifts. It can seem overwhelming in the day or two preceding the holiday. This is when a massage would be most

beneficial. A massage may be the last thing you're thinking about with the holiday looming, but if you can set aside an hour or so a day or two before the actual big day, you will be able to enjoy the holidays more because you will have alleviated a great deal of stress and you'll be mentally better prepared to handle the "work" involved that last day or so before the holiday. And if you can make time for massages once every other month afterwards, you'll be doing yourself a huge favor, while only giving up an hour or so, roughly six times a year.

Another key to feeling energized and stress free for the holidays is to get your eating and rest patterns in check during the week leading up to and the week of the holiday. Especially on the day before, avoid eating large meals. Try to eat several small meals, preferably four or five, the day before the holiday.

This will give you sustained energy to finalize your shopping, get your gift wrapping completed, and cook your holiday meal. Eating smaller portions over the course of the day will help to stabilize your blood sugar levels which is critical for maintaining your energy level and for peak mental performance. As a companion to eating well, try to get in the habit of sleeping at least seven hours each night. I realize this may be extremely difficult, especially for members of the bar and bench, but studies have shown that less than six hours a night can be detrimental to your health, so aim for seven for optimal health and increased day time energy levels. As well, working in a brief nap both the day prior and the day of your holiday celebration can make you feel as though you've drunk a couple cups of coffee. If you've taken off from work the day prior, try to get up early in the morning to run errands,

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etc and then come home for a 30 minute nap mid-day before finishing up your holiday preparations. While thirty minutes doesn't seem like a long time, a short power nap can work wonders as a re-energizing tool. You'll awaken ready to finish up all of your holiday preparations. Just be sure not to snooze for more than 45 minutes and try to get it in before 4 p.m. so as to leave time to finish up other activities during the balance of the day. The key is keeping it short and scheduling your power nap at just the right time. If you don't have the luxury of playing hooky from work the day prior to the holiday, try to start your cooking immediately when you get in from work. Go out for a quick 40 minute walk while your turkey is roasting. This will re-energize you so that by the time you're done, and you've showered and changed, you're not feeling totally drained and facing the burden of finishing up your cooking and last minute preparations.

Finally, get organized. Planning your day(s) during the holiday season is one factor that will either make or break your attempts to have a stress free, and energy-laden holiday.

Plan several days over which to accomplish your holiday grocery and gift shopping. Try not to be one of the last minute shoppers out shopping on December 24th. Also, be sure to plan a day during which to wrap gifts. This is time that is often overlooked and usually results in parents being up extra late the day before the holiday, wrapping gifts. If you'll be the one preparing the holiday feast, try to get your grocery shopping completed by Wednesday. That way you can start cooking the more time consuming food items on Thursday, have time to get your nap in (if you're lucky enough to be off from work Thursday), and finalize other "day before" activities. Friday morning, the more quickly prepared items such as deserts can bake after you wake up, and while you are preparing the home for your guests (or getting in 30 minutes of cardio). That way, you'll have time to relax, get in a quick bout of exercise, and

then take it easy during the first half of the big day while waiting for your guests. If you're going out to visit with friends and relatives for your holiday meal and celebration, you'll be able to relax and get into the holiday spirit, stress free, before heading out. Remember to stay hydrated throughout the holidays as well, since it's easy to forget to drink water when you're so busy. Maintaining proper hydration will also aid in preventing you from feeling sluggish. Try to drink at least half your body weight in ounces (i.e. if you weigh 150 lb try to drink about 75 ounces or just over two liters) and more if you're exercising. Invest in a reusable tin water bottle to carry with you during the busy holiday season to ensure you don't forget to stay hydrated. Happy Holidays and stay stress free.



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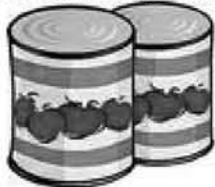
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