



# PGCBA NEWS JOURNAL

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

## President's Message

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### “WANTED”

Members of the PRINCE GEORGE'S COUNTY BAR ASSOCIATION who do not want to be MEMBERS IN NAME ONLY but who want to PLAY AN ACTIVE PART in this professional organization in which they are a member.

### “TO APPLY”



Attend each of the four (4) general meetings that the Association has each year and become a candidate for the Board of Directors or, at the very least, join one of the many committees available.

At the present time, there are over 1,100 members of the Prince George's County Bar Association and yet at the general membership meetings, there are seldom more than a hundred and that is on a good day. This is not something that is new but has been the norm for many years and unfortunately seems to be the norm among many organizations similar to ours. It is difficult for me to understand, and I am a huge sports fan, how many of our members are willing to spend large sums of money and countless hours driving to and from and attending sporting events played by and administered over by total strangers and yet are not willing to commit at the most three (3) hours four (4) times a year to attend a function that is presented by their friends and professional colleagues and that is intended to benefit the Bar membership.

I am not asking the members to walk around with Prince George's County Bar Association jackets or sweatshirts nor am I suggesting that members put Prince George's County Bar Association emblems on their vehicles or fly Prince George's County Bar Association flags, but what I am asking is that each member be as proud to be a member of the Prince George's County Bar Association as they are to be fans of any professional sports team. Each year the revenue of professional sports teams in this area seems to rise substantially and the value of these teams to their owners seems to grow at an equal rate, while the revenue of the Prince George's County Bar Association continues to decrease due, in part, to the lack of participation at its functions by the members. As a result, the officers and Board are saddled with trying to provide the members with new and improved services such as bringing the Lawyer Referral Services in-house, while having less funds with which to accomplish this job.

As President of the Prince George's County Bar Association, it is one of my many functions to report the status and the needs of our Association to the members. The fact

*Continued on page 3*

# PGCBA NEWSJOURNAL

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## The Prince George's County Bar Association

Established 1902

Marlborough Professional Park

14330 Old Marlboro Pike

Upper Marlboro, MD 20772

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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

... to represent the legal profession and to serve its members and the community by promoting justice, professional excellence, collegiality and respect for the law.

#### Lawyers in Need

...an ad hoc program for members under some form of distress or disability which will assist in keeping files productive while help is obtained and assist with professional referrals. For help, call

James Flynn..... 301-932-0700  
 Jerome Stanbury..... 301-459-1414

#### Ethics Hotline

Any member wishing to obtain an informal ethics opinion may call the Ethics Hotline

John R. Foran ..... 301-441-2022  
 Steven Rosen..... 301-699-1400

#### Designated Conciliator Program

Martin G. Oliverio ..... 301-513-0613  
 Gerald C. Baker ..... 301-577-4600

# PRESIDENT'S MESSAGE

Continued from page 1

is, we need the financial, personal and professional support of each and every member so that we can continue to expand the services to both our members and to the community. Just as our country needs change to maintain a competitive position in the world, the Prince George's County Bar Association needs change not only to maintain the status quo but to greatly enhance the position of this organization and its members in the legal community. Unlike the problems facing our new President and Congress, our problems have a very viable solution and that is the active participation of the over one thousand lawyers who up to this time have not seen the necessity to attend and participate in our functions.

At a time when prior sponsors have had to decline participation in our organization due to the down-slide of the economy, it is only from within that we can maintain our financial and professional stability. It is for this reason that I am making a personal plea to each member of the Prince George's County Bar Association to commit a minimum of twelve (12) hours a year to Bar Association activities and to pay both their dues and their Lawyer Referral Service fees on time.

I greatly hope that as a result of a very strong supportive response to my plea from members of the Bar that no future President will ever have to write a message such as this or make such a plea.

Respectfully submitted,

William J. Parker, Jr.  
President

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# LAWYER REFERRAL SERVICE REPORT: JANUARY 2009

Number of Calls: 423

Number of Referrals: 302

## Top 5 Areas of Law:

1. Family
2. Financial
3. Criminal
4. Real Property
5. Contracts



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We are pleased to report that our Latino Legal Access outreach continues to be a success. In an effort to reach out to the immigrant community, we operate 2 of our 4 legal clinics in Langley Park: CLS Family Clinic and CLS Worker's Rights Clinic (the other 2 clinics are located in the Upper Marlboro Circuit Courthouse, room 2435M, and in Oxon Hill). Both clinics operate on a walk-in and first-come-first-serve basis. At our Family Clinic, the majority of the clients that we serve require assistance in custody matters, though often, they also seek assistance in consumer matters. Our staff attorney Karin Dalichow and staff legal assistant, Frinne Guevara, both of whom are fluent in Spanish, provide legal assistance on-site on Monday, Wednesday, and Friday. They may also refer some of the clients to our Lawyer Referral Program for legal representation.

The Worker's Rights Clinic operates on Tuesdays and Thursdays. Our bilingual staff attorney, Edith Coral Johnson, provides assistance to clients with unpaid wage cases. The majority of clients are day-laborers. The assistance includes telephone calls or letters on behalf of the clients, referral of our clients to attorneys in private practice who have agreed to provide pro bono legal services, or to the Maryland Department of Labor, Licensing and Regulations. In 2008, we assisted 1,230 clients at this clinic, and helped clients recuperate a total of \$74,797 in unpaid wages.

We face some usual challenges at these clinics. Our Worker's Rights clinic continues to operate to full capacity. In 2008, we turned away 234 clients; the majority of these clients were served on later days however once they learned that they have to arrive really early. We continue to pursue increased funding for this clinic to assist a greater number of people. Also, immigrants continue to express fear to us about seeking

assistance in general. Fear is not just from recently arrived immigrants. Long-time immigrant activists are also fearful of recent escalating threats from right-wing groups. One such activist had her house broken into and all her smoke detectors removed. According to the FBI, hate crimes against Latinos increased from 595 to 819 from 2003 to 2006.

The Spanish Self-Represented Litigant Orientation Committee initiated its first Spanish version of the Self-Represented Litigant Orientation. The Orientation is a collaboration with the Family Division of the Circuit Court for Prince George's County and other attorneys and representatives of the community to bring about the Spanish version of the Self-Represented Litigant Orientation. Currently, an English language orientation is held each month for self-represented litigants. The orientation explains to participants how they may obtain a divorce, custody, child support, or other family law relief. On

November 8, attorney Valerie Vance Adeyeye presented at our first Spanish Self-Represented Litigant Orientation. Attorney Joe Treviño conducted the second one. Thanks Valerie and Joe!!

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 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](http://www.catalogueforphilanthropy-dc.org/2007/community_legal_71641.htm)

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**IN HONOR OF BLACK HISTORY MONTH**



**JOINT MEMBERSHIP MEETING**

**PRINCE GEORGE'S COUNTY BAR ASSOCIATION**

**J. FRANKLYN BOURNE BAR ASSOCIATION**

Tuesday February 10, 2009 at 6 PM

U.S. District Court for the District of Maryland

6500 Cherrywood Lane, Greenbelt, MD 20770

**CELEBRATING 100 YEARS OF THE NAACP**

**GUEST PANELISTS:**

**Hon. Alexander Williams, US District Court for the District of Maryland**

**Earl Adams, VP of the Prince George's County Chapter of the NAACP**

**Julius Chambers, Former President of the NAACP Legal Defense and  
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# WELCOME TO OUR NEW MEMBERS

---

Francis S. Barikor .....Law Office of Francis S. Barikor, LLC

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Alan Boal .....McNamee, Hosea, Jernigan, Kim, Greenan & Walker, P.A.

Daniel J. Collins.....McNamee, Hosea, Jernigan, Kim, Greenan & Walker, P.A.

Douglas Desjardins ..... Clapp, Desjardins & Ely, pllc

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Megan Reuwer .....O'Malley, Miles, Nylen & Gilmore, P. A.

Jennifer A. Sherburne.....McNamee, Hosea, Jernigan, Kim, Greenan & Walker, P.A.

Benjamin Solnik.....Law Office of Benjamin Solnik, LLC

Knia Tanner .....Law Office of Knia Tanner

Ryan Thomas.....Community Legal Services

SaMonna Latat Watts.....Shulman, Rogers, Gandal, Pordy, & Ecker, P.A.

John K. Williams.....Williams & Williams, P. C.

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*Announcing*  
**The J. Franklyn Bourne Bar Association's  
2009 High School Oratorical Contest**

*Topic:*

**"February 12, 2009 will mark the 100<sup>th</sup> anniversary of the National Association for the Advancement of Colored People (NAACP). In the wake of the election of an African-American as President of the United States,**

- 1) have organizations like the NAACP become obsolete and/or**
- 2) what issues must these organizations address to remain relevant?"**

***STUDENTS: START PREPARING YOUR ORATIONS NOW!***

*Deadline for determining finalists is February 17, 2009.*

Parents, Teachers and School Administrators:  
Come hear some of the best students in Montgomery and Prince George's Counties along with a special Guest (to be announced) debate this issue!

**When: Saturday, February 28, 2009 at 10:00 am**  
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*The J. Franklyn Bourne Bar Association is committed to the principles of legal excellence, community service, and increased minority participation in the practice of law.*

The 24<sup>th</sup> Annual Alan J. Goldstein Memorial  
Criminal Practice Seminar

*Sponsored by the Prince George's County Bar Association's Criminal Law Committee*

Saturday, March 28, 2009

8:30 a.m. to 1:15 p.m.

Jury Assembly Lounge, Courthouse, Upper Marlboro

**TOPICS:**

Fourth Amendment: Cops and Stops

Fundamentals of an Effective Cross Examination

Review of Maryland's Newly Revised Discovery Rules

Gun Related Crimes: Maryland's New Statute and How It Will Be Utilized

Use of ADR in Circuit Court Criminal Cases

PANEL MEMBERS TO BE ANNOUNCED

Cost for Seminar and Materials

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Presented by:

Michael R. Pearson

David M. Simpson

Richard Allen Moore II

To register call the Bar Office at 301-952-1442 or email

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# APPLICATION FOR PANEL REGISTRATION

**Prince George's County Bar Association  
LAWYER REFERRAL SERVICE**

14330 Old Marlboro Pike, Upper Marlboro, MD 20772  
(301) 952-1440

## Application for Panel Registration

Name: \_\_\_\_\_ Firm: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Office Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### IN REGISTERING FOR THE LAWYER REFERRAL SERVICE, I HEREBY CERTIFY THAT:

1. I am a member of the Prince George's County Bar Association and I am a member in good standing of the Court of Appeals of Maryland.
2. I agree to the following terms and conditions for my participation in the Prince George's County Bar Association's Lawyer Referral Service ("LRS"):
  - A. I will pay a yearly fee of \$150.00 for three (3) fields of law, plus \$15.00 for each additional field (subcategories and special panels excluded).
  - B. I will promptly schedule (no later than 48 hours after date of initial referral via email) an initial conference with any referred client, the length of which need be no longer than one-half hour. If retained by the referred client, the engagement shall be memorialized in a written attorney fee agreement. Said attorney fee agreement shall in no way contradict the terms and conditions contained in this registration.
  - C. I will remit a fee of \$40.00 to the Prince George's County Bar Association upon retaining such client, and on cases taken on a contingency fee basis, will remit a contribution equal to 10% of the total legal fees earned on the case, along with a copy of the settlement statement signed by the client, to the Prince George's County Bar Association Lawyer Referral Service.
  - D. I will maintain a professional liability insurance policy in the amount of at least \$100,000/\$300,000 as long as I am a Panel member and agree to indemnify and hold harmless the Prince George's County Bar Association and its agents, servants and/or employees from any claim of negligence that may arise as a result of my actions or omissions with respect to any referred client.
  - E. I am competent and experienced in each of the categories for which I have applied; and I will not represent or advise any client contrary to the Maryland Code of Professional Responsibility.
  - F. I further certify that there are no felonies/misdemeanor charges (not including traffic violations) or any disciplinary proceedings pending against me in this State or elsewhere. (If so, please fully explain on a separate sheet.)
  - G. I will comply with all rules and procedures promulgated by the Prince George's County Bar Association in regard to its LRS.
3. Attached is a copy of the Declaration Page from my Malpractice Insurance Policy. An updated Page will be provided each year at the renewal.

I understand that the information herein contained may be furnished to applicants for legal services, and the Lawyer Referral Service in so doing will be relying on the representations that I have made.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# LAWYER REFERRAL SERVICE

Please complete the reverse. Application will not be accepted if incomplete.

Prince George's County Bar Association

## LAWYER REFERRAL SERVICE

Name: \_\_\_\_\_

Office Hours: \_\_\_\_\_

Foreign Languages (sign): \_\_\_\_\_

Handicap Accessible: \_\_\_\_\_ Yes \_\_\_\_\_ No

The minimum registration fee is \$150.00. Registration fee entitles you to unlimited sub-panel selections under a maximum of three (3) categories. There is a \$15.00 fee for each additional category selection. There is no charge for Special Panels, so designated by asterisk\*\*. Referrals to Special Panels are not counted as part of your regular referrals.

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## **APOLOGY:**

It was brought to our attention that a statement made in an article in the November newsjournal was not accurate. The statement "Other major jurisdictions don't seem to make an effort to formally remember their departed brethren" incorrectly leads one to believe that we are the only Association that holds a special memorial service. This is definitely not the case as the Bar Association of Baltimore City just held its 50th Annual Memorial Service and there are other area Associations that hold annual memorial services. We apologize for this statement. On a positive note, it is good to know that other associations are reading our newsjournal and took the time to set us straight. We welcome these kind of comments.

Georgia Perry,  
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## **NEW YEAR'S RESOLUTION IN BABY STEPS PART II**

Last month's column was about how to begin the most common New Year's resolution of weight loss and achieving better health. I talked about how this resolution could be made much less difficult if you worked towards this huge goal by taking "baby steps". We all know that the two main components of achieving goals of improved health and weight loss are proper nutrition and exercise. That's it plain and simple; but often what appears to be so straightforward and simple can be in fact burdensome and extremely difficult. And this is why I like to advocate breaking down your goal into smaller, easier to accomplish steps.

The first step which I suggested in the quest to actually accomplish this year's New Year's resolution of better health was to eliminate or substantially reduce sugar intake. As I stated last month, I chose this as the first step because of the many ways that sugar can negatively affect weight loss efforts, energy levels, and because it serves as a base to build upon when making further, more difficult modifications to your diet. If you've stuck with the program and eliminated (or substantially reduced) high fructose syrups, white cane sugar, store bought undiluted juices, and baked goods made with these ingredients, you should be noticing a difference in both your energy

levels and your clothes already. If you got off to a good start, but then fell off the wagon and slipped up with a piece of pie or a slice of cake here and there, all is not lost. Get up, look forward, and start anew. Any steps you take are better than none and you are never limited in the number of times you can give it another go. Just keep at it.

Once you've gotten your sugar cravings under control, and you know that these cravings can often be satisfied by snacking on a piece of fruit or sipping a beverage artificially sweetened with sucralose or stevia, you're ready for the next phase of accomplishing that New Year's resolution. The next phase isn't going to be something that's too difficult to maintain while compounded with the first phase of sugar reduction. You will need to continue keeping your sugar intake low, so we will alternate hard and easy steps to allow your body time to adjust to all the phases aimed at reaching your ultimate goal. The second baby step - striving to get in five to six meals each day.

I've talked before about why it's important to eat more than three meals each day and how doing so actually increases your metabolic rate, allowing you to burn more calories than by just eating your "three squares". In case you didn't read that month's article, I'll do a quick recap. The reason you burn more calories by increasing the number of meals you consume in a given day is because each time you eat, it causes a metabolic reaction by your body using energy to process the food you have

consumed. In some instances, you can actually burn more calories than you are consuming in a particular meal. It seems unbelievable but it is a fact! However, this is only the case when you eat food items such as cucumbers, lettuce, mixed salad greens, and the like. That's because there are fewer calories in those foods than your body uses to go through the process of consuming and processing those foods for use by your body. So knowing this, when eating your 5-6 meals each day, try to get in a couple of "negative calorie" meals. That is, try to incorporate a meal or two where you consume a large bag of mixed salad greens or a sandwich bag full of raw broccoli or a cucumber. Now, I'm certainly not advocating that all of your meals should look like this, but if you can eat six meals, and make two of them look like this, that gives you four additional meals of more calorie-substantial food choices that you get to eat each day.

So now that we're into the second phase of changing your nutrition habits to become healthier or more fit, you only have two simple steps to follow: keep your sugar intake low and try to eat five to six meals each day. Remember though that you can't fill your four remaining meals with anything your heart desires. We've already reconciled to eliminate simple and processed sugars from all meals so you can't make extremely bad meal choices. However, you may be tempted to make your remaining four meals all cheeseburgers and fries. After all, they have a relatively low sugar content. But that's not going to help you reach your health and fitness goals. I would say you should definitely try to make at



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least one of your four remaining meals primarily a fruit based meal. Fruit and low-fat yogurt as a meal is an excellent choice. Endeavor to make another one of the four remaining meals a lean protein meal - chicken breast from a fast food restaurant, tuna with light mayo on crackers, lean sandwich meat in an open faced sandwich (Subway, Quizno's, etc with one piece of the bread removed) etc. That leaves you two more meals each day to fill as you please....just make sure you monitor your portion sizes and stick to the plan regarding sugar elimination. That way, if you'd like to have a piece of fried chicken with "mean greens" for one meal or a slice of pizza, it's okay. When you're doing all of these other things such as consuming six meals and avoiding sugar, it counteracts one slice of pizza or a fried food meal.

Stay on track with last month's plans to avoid soft drinks, juices, and added sugar to beverages. Remember to drink lots of water, especially with your "calorie free" meals, and to aim for a half gallon of water daily. At this point, your body should be adjusting quite well to the reduction in sugar and adding meals (to get to 6 a day) should actually make you feel better.

Step two in this process is easy. Just take steps in advance to ensure that you'll have enough food to make up six meals a day. Pack your yogurts, fruits, bags of raw veggies, and tuna packs and keep them in your office. This will ensure that in addition to going out to eat your lunch, and having your dinner at night, you have enough food to fuel you throughout the day and get your six meals in. I even keep an apple and a trail mix bar in my car at all times. So I'm never in a position where I have nothing to eat. Eating at regular intervals is such a big component of optimum health. If you're a Judge who's sitting on the bench all day or an attorney who spends 4 hours at a stretch in the courthouse, pack some small nutritious snacks in your briefcase or in your office. Try not to ever go more than 3 hours without eating something - even if it's just a banana, a granola/protein bar, or a cup of low fat yogurt. Any one of

these will do the trick. And you'll have to always eat your next meal within a three hour period of your last meal in order to effectively get your six meals in, and get that body furnace burning six times a day.

This second baby step is easy to accomplish. It just requires a small amount of planning. But the results will be astounding. So let's get started right away. Stock up on healthy items that constitute "small meals" and be sure to put them in places where you'll have easy access - leave low fat yogurts and fruit in your car, place tuna packs and granola bars in your office desk, carry a banana and protein bars in your briefcase, and take some calorie free foods with you to work each day. If you continue to stay on track and stick to these baby steps, you won't have to take drastic steps to lose 20 pounds. It'll come off easily and you'll feel much better in the process. Keep telling yourself that this year you're going to get healthier, and you'll achieve this goal by taking baby steps.

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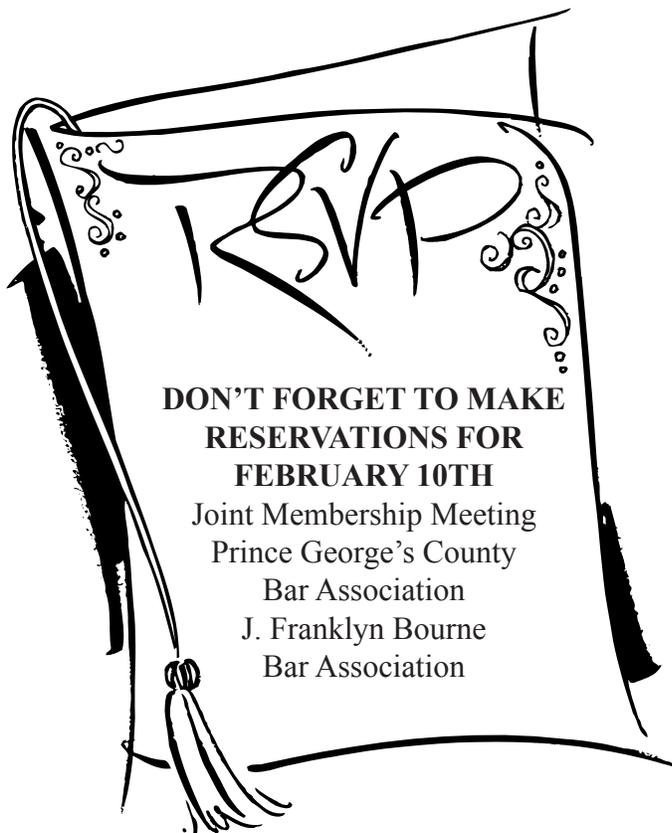
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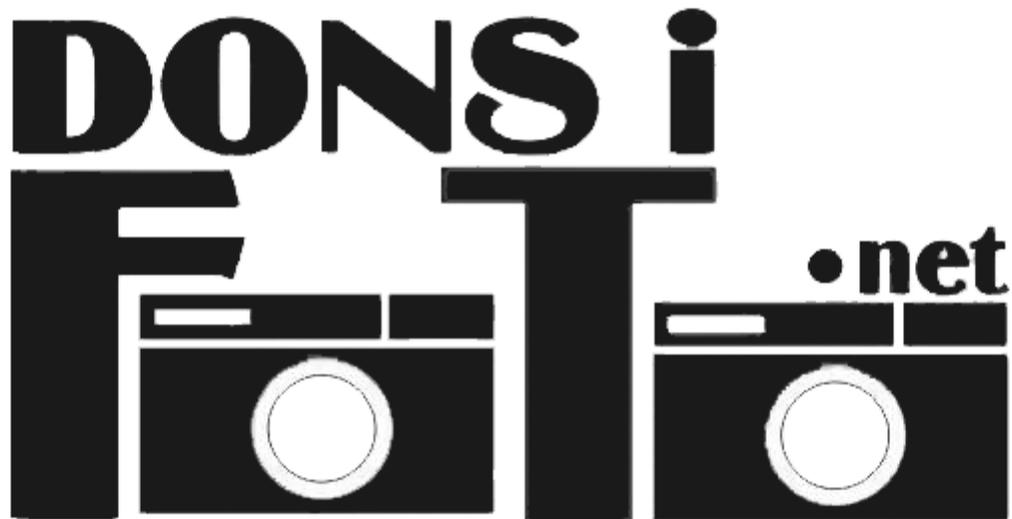
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