



March 2009

PGCBA NEWSJOURNAL

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

President's Message



My sincere thank you to all those who have responded to my last president's message in which I stressed the need for more participation by the members, both by attending the functions and by paying dues and LRS fees on time.

I was not surprised by the positive reception this message got, because the Prince George's County Bar Association is comprised of some of the brightest and most qualified attorneys in the State of Maryland, but every once in a while, we all need a reminder to take a look at needed participation in bar activities.

The influx of new members to our association has been especially positive with new members coming from the private sector, the State's Attorney's office and the Public Defender's Office.

Our in-house Lawyer Referral Service should also motivate more member participation since it is streamlined to accommodate the Bar members while getting needed legal services to the community. I invite all members who are not on the Lawyer Referral list to contact Ryan at our Bar office at 301-952-1440 regarding participation in this highly beneficial program.

Again my sincere appreciation to all those who are now stepping up to the plate to support our Bar Association and my hope is that in the coming months many others will join this closeness to our Bar and share the comraderie that our Bar provides.

Sincerely,

William J. Parker, Jr.
President

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PGCBA NEWSJOURNAL

Published monthly (except Jul./Aug.) by

The Prince George's County Bar Association

Established 1902

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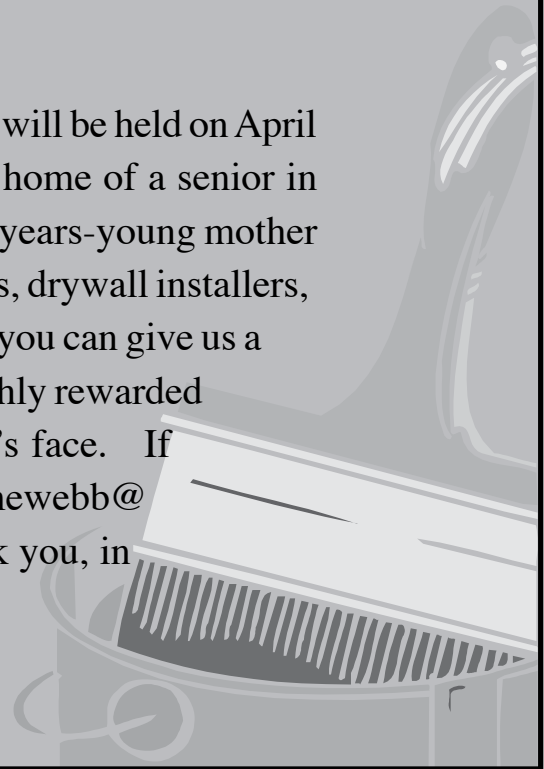
John R. Foran 301-441-2022
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Christmas In April

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.



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CLS operates a Family Law Clinic for the Self Represented in the Upper Marlboro

Courthouse five days a week. Our staff lawyers provide brief advice to litigants who are not represented by a lawyer. Additionally, CLS schedules volunteer lawyers to provide legal advice. There are certain benefits that come with this. You can set up your own schedule. You can volunteer a whole day, half day, or perhaps few hours on a particular day that you are in the courthouse. Our Clinic legal assistant, Michael Udejiofor, screens clients for income eligibility. Those clients with higher income who do not meet our pro bono guidelines are sent to the volunteer lawyer. The client may retain the lawyer for further assistance. Over the years, several of our volunteer lawyers have built their private practice in this manner. For more information, contact **Michael Udejiofor** at 301-952-3010.

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The MICPEL Pro Bono Partnership Program, a joint venture of the Maryland Institute for Continuing Professional Education of Lawyers (MICPEL) and Pro Bono Resource Center, enables volunteer attorneys to participate in select MICPEL seminars for free or at a reduced rate. To qualify, an attorney must agree to accept one or two pro bono cases from an affiliated pro bono program. In Prince George's County you should contact Earlette Toomer at

Community Legal Services 301-864-4907 ext 21 or if you speak Spanish, Darielys Pinto ext 11. Registrations for classes are on a first-come first-served basis and are handled by the Pro Bono Resource Center. Check their website at www.micpel.edu to view the scheduled courses. Here are the current courses:

MICPEL Pro Bono Partnership Program Housing Options for the Elderly

Implementing the Estate Plan
March 10, 2009

CLS Telephone Numbers

Please take note of our telephone numbers and utilize them accordingly:

Lawyer and Business Line: 301-864-4907. Please reserve our private line for your use.

Client Line: 301-864-8353. We conduct intakes on Tuesdays, Thursdays and Fridays from 9:00 am to 12:00 noon.

Spanish Language College Fair

On Saturday, February 7, Karin Dalichow and Frinne Guevara were pleased to attend the Estudios Universitarios a su Alcance: Un Taller Gratis en Español, a Spanish language college fair at the University of Maryland, College Park. The fair is entirely in Spanish and targets Latino students in Prince George's County public schools. Hundreds of parents and students attended the event and



Frinne Guevara at the University of Maryland Student Fair

learned about the college application process and received information about community resources, like CLS.

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

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BAR ASSOCIATION NOTICE

TO ALL PRACTITIONERS IN THE DISTRICT COURT FOR PRINCE GEORGE'S COUNTY

All Attorneys who practice (both civil and criminal) before the District Court for Prince George's County are invited to meet with the judges of the District Court, the Clerk of the District Court, the supervisors of civil and criminal and other court personnel to make suggestions on how our operation may be made more efficient, what deficiencies may exist, and for new ideas to improve the way in which cases are being handled in Prince George's County. The meeting will be held at 3:00 p.m. on Wednesday, April 1, 2008 (it's not a joke) in Courtroom 357B, Courthouse, Upper Marlboro, Maryland.

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John P. Morrissey
Associate Judge

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The Pro Bono Family Law Clinic, sponsored by Community Legal Services of Prince George's County (CLSPGC), has completed the revision of its training manual. "This is the first revision in more than 10 years and the first ever to be offered in electronic form," noted Clinic mentor, Barbara Jorgenson of Joseph, Greenwald & Laake.

Sections of the manual start with the initial client interview and follow through the entire litigation process: drafting the complaint, filing, service of process, pendente lite relief, discovery, settling by consent order or by settlement agreement, and sample questions for an uncontested divorce and a contested trial. There are also sections devoted to child support, custody, marital property, and alimony. "This manual is not intended to be all-inclusive or to be a cookbook," wrote Jorgenson in the Introduction. "It is a place to start and an invitation to join the Clinic."

The manual, titled "How to Handle a Family Law Case: Start to Finish," was written by the volunteer members of the Clinic with individual chapters authored by various members. "This manual is the product of a joint effort—everyone pitched in. We brainstormed what to include and then individuals volunteered for writing assignments," explained Jorgenson. In all, seven Clinic volunteers authored chapters: Cherie King, Tiffany Alston, Orlando Barnes, Nakia Gray, Steven Hutchinson, Karin Dalichow, and Denese Dominguez. "This was an opportunity for the Clinic participants to show what they have learned through their participation in the Clinic," Jorgenson said.

Manual Available on CD-Rom

The manual is being distributed by CLSPGC in electronic form only. "We are providing the manual on CD-Rom in Word format so our volunteer attorneys can copy and edit the various

pleadings rather than start from scratch," said CLSPGC executive director, Neal Conway. "We have found that volunteers often ask if we can email them a copy of a pleading, especially discovery requests. Not only it is the CD-Rom easier for volunteers to use, it saves paper and copying and mailing time and costs," he continued.

How to Obtain a Copy

In order to obtain a CD-ROM copy of the manual, an attorney must accept at least one pro bono family law case. Cases may be obtained from CLSPGC paralegal, Earlette Toomer. Attorneys may contact Ms. Toomer by phone at (301) 864-4907 x13 or by email at toomer@clspgc.org. CD-Roms will be mailed with your case files.

Joining the Clinic

Those who accept at least one pro bono family law case are also

SAVE THE DATE!

Wednesday, April 22, 2009, 6:30 p.m. to 8:30 p.m.

CLSPGC Pro Bono

Family Law Clinic Wants You!

Take a pro bono case and join us for a seminar series

based on our new manual

How to Handle a Family Law Case: Start to Finish

First Seminar: Discovery in a Family Law Case

***Who * What * When * Where * How ***

Practice Tips for Beginners or Old Timers

Look for more details in the April NewsJournal

Community Legal Services of Prince George's County In Action

eligible to participate in the Pro Bono Family Law Clinic. The Clinic meets once a month, either on a weeknight from 6:00 p.m. to 8:00 p.m. or on a Saturday morning, at Joseph, Greenwald & Laake's Greenbelt office. "During the monthly meetings, each volunteer attorney talks about his or her current pro bono case. Everyone is free to offer advice. I moderate the discussion and try to answer questions which stump the volunteers," said Jorgenson, who has been the managing mentor of the Clinic since 2000. "Between Clinic meetings, we communicate with each other primarily by email," explained Jorgenson. "I encourage our volunteers to ask me questions by email at any time," she said. Her email address is bjorgenson@jgllaw.com. "The Clinic also offers a terrific opportunity to network with other attorneys, as well as to help people

who cannot otherwise afford legal representation," Jorgenson said.

Seminar Series Begins April 22

As a companion to the new manual, the Clinic will host a series of seminars on family law topics. The series will begin on April 22, 2009, from 6:30 p.m. to 8:30 p.m. with a program on discovery. "It was the consensus of the Clinic that discovery can be daunting, especially for a new attorney or one not familiar with the particular practice area," said Jorgenson. The program will be conducted by Clinic members and by guest speakers. Reservations will be encouraged. Acceptance of at least one pro bono family law case is required for admission. More details will be available in the April NewsJournal.

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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:

- 1. he or she will serve as a member and Board liaison of at least one committee or section;**
- 2. miss no more than two Board meetings without good cause and;**
- 3. 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 Committee **DEADLINE FOR SUBMISSION:**
C/O Prince George's County Bar Association, Inc. **April 17, 2009**
14330 Old Marlboro Pike, Upper Marlboro, MD 20772-2840

Applicant: _____

Firm: _____

Address: _____

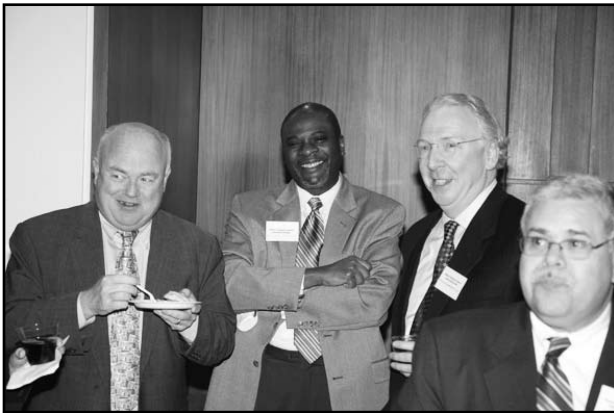
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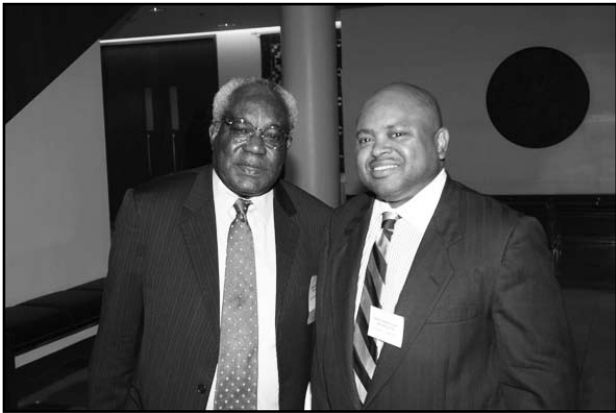
Please include a brief summary of professional and bar activities.

SUBMIT TO NOMINATING COMMITTEE NO LATER THAN FRIDAY, APRIL 17, 2009

(PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE)

JOINT MEETING - FEDERAL COURTHOUSE





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**THE LITIGATION SECTION
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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
Moderator: Hon. Glenn T. Harrell, Jr., Court of Appeals of Maryland**

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The 24th Annual Alan J. Goldstein Memorial Criminal Practice Seminar

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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
Speaker: The Honorable Mary Ellen Barbera
Judge, Court of Appeals

Fundamentals of an Effective Cross Examination
Speaker: Robert Bonsib, Esq.
Partner, Marcus Bonsib, LLC

Review of Maryland's Newly Revised Discovery Rules
Speaker: To Be Announced

The Rising Tide of Gang Related Crimes in Prince George's County: What every
criminal practitioner needs to know.
Speaker: Henry G. Norris, III
Gang Enforcement Unit, PGCPD

Use of ADR in Circuit Court Criminal Cases
Speaker: The Honorable Graydon S. McKee
Judge (Retired) Prince George's County Circuit Court

Cost for Seminar and Materials
\$35.00

Presented by:
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David M. Simpson
Richard Allen Moore II

To register call the Bar Office at 301-952-1442 or email gerry@pgcba.com

APPLICATION FOR PANEL REGISTRATION

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LAWYER REFERRAL SERVICE**

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

Application for Panel Registration

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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"):
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 - 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.

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LAWYER REFERRAL SERVICE

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Prince George's County Bar Association

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**NEW YEAR'S
RESOLUTION
IN BABY STEPS
PART III**

Since the New Year, we've been discussing how to begin the most common New Year's resolution of weight loss and achieving better health. In particular, I've been providing some guidance aimed at making this resolution much less difficult by breaking down this huge goal into what I like to call "baby steps". It's no mystery, as I have stated time and time again, that the two main components of achieving goals of improved health and weight loss are proper nutrition and exercise. So this month's column is the final installment of achieving the big picture by taking baby 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. If you followed this first step and eliminated or substantially reduced your sugar consumption by avoiding sweets, soda, and baked goods, then you probably immediately noticed improved mood, higher energy levels, and bodyfat reduction.

Last month's baby step was aimed at maintaining the nutrition plan of reduced sugar intake, but went a step further and incorporated a meal plan which consisted of consuming five or

six small nutritious meals daily. The purpose of making this step number two, as opposed to incorporating another "restriction", was to keep you focused on step number one - sugar reduction, while making it easier to control your cravings by eating frequently. An added benefit of step number two was an increased metabolic rate due to the firing of your metabolism with each meal consumed. After about two months of sugar reduction, your body no longer craves sugar regularly. So I wanted to give everyone time to fully adjust, and to make the adjustment easier by adding in more frequent meals as the focus of step number two. If you've followed both these steps, your metabolism should really be in overdrive at this point. You should be experiencing better energy, you should be seeing a loss of inches in areas such as your waist, thighs, and hip area, and you should be feeling that your mood is more balanced.

So now it's time to introduce baby step number three - the final step to actually reaching that New Year's Resolution before you give up on it. Baby step number three is actually a combination step which involves two actions that go hand in hand. Don't worry- it's not as bad as it seems. To date, I've only talked about nutrition as a way to help you reach that New Year's Resolution of better health and fitness. However, as I have said before and I'll continue to repeat, it takes both proper nutrition and exercise to

achieve optimum health. No matter how good your nutritional habits are, it takes exercise to get that heart in tip top shape and to condition your body to sustain all the attacks of age, injury, and normal wear and tear. For that reason, baby step three is the implementation of a basic exercise program. This program will stress cardiovascular conditioning. Cardiovascular conditioning aids in controlling ailments like sugar diabetes and high blood pressure. And although you may not have known it, our earlier baby steps also aided in controlling and preventing health ailments such as sugar diabetes. With the incorporation of cardio, we will directly target health ailments such as high blood pressure. But remember that this last phase of the three baby steps is a two-part process. So together with the addition of cardio, we will also implement a nutritional modification which involves the substantial reduction of salt or sodium.

The reduction or elimination of sodium from your diet can have one of the most profound effects on your health, as well as your body weight. Many people go through their entire lives retaining substantial amounts of unnecessary water due to excess sodium consumption and excess storage of water in their fat cells. Without regular exercise, this problem becomes even worse. Taking steps to cure this imbalance is the last phase of getting into a routine that will bring continued improvements to your health. And because you've had plenty of time

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to adjust to your new diet, the gradual reduction of sodium should not be such a chore.

Here's how to go about making this final step as painless as possible. First, think of all the food you can have that will promote your goal of sodium reduction, instead of thinking about what you'll have to eliminate. If you focus on what you can have, and make efforts to stock your home and office with these items, it will be so much easier to avoid the unhealthy food items that will sabotage your New Year's Resolution. So, stock up on trail mix, and lots of fruits and veggies. If you enjoy having soup during winter months, switch to new healthier low sodium and sea salt versions of your favorite soups. Everyone is looking to make lifestyle changes that improve their health and grocery stores are well aware of this. So you can find reduced sodium soups, nuts, even popcorn at your local grocery store. Instead of purchasing canned vegetables, eat either fresh or frozen. Most canned food products, especially vegetables and meats, are loaded with sodium. It's best to avoid all canned foods with the exception of fruits. And then there are certain types of foods that should be limited to a once weekly basis, and this includes all foods that have red sauces as a component. That means pizza, lasagna, spaghetti, and anything bar-b-que. The same goes for chips, limit them to one serving per week unless you find healthy alternatives like Quaker puffed rice cakes which can be cheese flavored or bar-b-que flavor. These healthier options are crunchy, satisfying, and contain far less sodium than regular chips. Finally, don't buy table salt at all. You don't need it. Really. If you add instead, seasonings such basil, rosemary, garlic, onion, and other spices, you'll never even miss the added table salt. Give it a try. And if you find that you must add table salt, then start off by reducing the proportion of salt to your meals by one half while

increasing the proportion of other herbs and spices. Within a few weeks you should be able use little or no salt when preparing your favorite meals.

Add your thirty to forty minutes of cardiovascular exercise four to five times per week, and you'll find that in no time at all, you've morphed into a completely new you! Getting in four to five sessions of cardio each week isn't as difficult as you might think. I've stated this in previous articles, but it's worth repeating that there are a variety of opportunities to work in some cardio. You can walk your dog 15 minutes away from your home so you'll have to walk 15 more minutes to get back home. You can do jumping jacks or march in place for the entire duration of every commercial while watching your favorite hour long television show. You can stop at the gym on your way home from work and hop on the elliptical machine. You can even break out your favorite hip hop dance video or aerobics video to kick off your weekend of Friday -Sunday aerobics. And remember some is better

than none, so even if you can only find three days a week to exercise for thirty minutes, this alone will have a noticeable impact on your health over time. But if your following along with all of these small steps....and you're reducing your sugar intake and you've increased the number of healthy meals you consume each day, and now you're adding the one-two punch of sodium reduction and regular cardiovascular exercise - well you truly will morph into a healthier, more fit, disease fighting and age slowing machine. Yes, these are all the benefits of keeping that New Year's Resolution of adopting a healthier lifestyle. You can do it, even if you slip up and find yourself going back to repeat steps one or two. Each step is meant to be built upon and intended to prepare you for the next step in the sequence. So just stay at it. This is the easiest way to a truly healthier you. Keep telling yourself that you're going to get healthier this year, and you will achieve your goal by taking baby steps.

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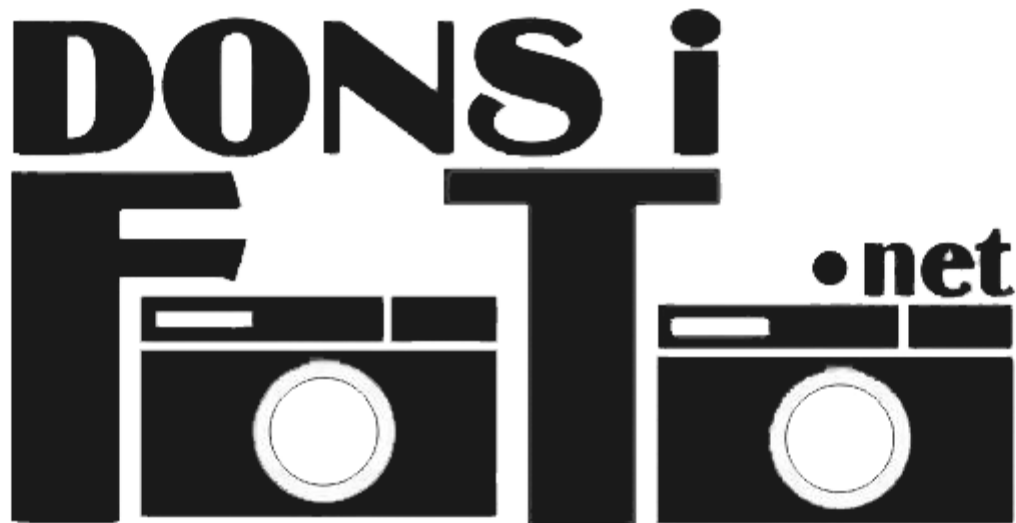
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| <p>APRIL 22, 2009</p> <p>Pro Bono Family Law Clinic</p> | <p>APRIL 25, 2009</p> <p>Christmas in April</p> | <p>JUNE 9, 2009</p> <p>Newton White ANNUAL MEETING & ELECTIONS</p> |

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