



# PGCBA NEWS JOURNAL

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

## President's Message



As we approach the fall season, I am excited about the progress the Bar Association has made in the last several months. The dog days of summer are over and the courthouse is beginning to spring forth with the activity of fall. As the caseloads in the courthouse multiply, so do the activities of the Bar Association. The Association has our first general meeting of the year on October 20, 2009, in the courthouse atrium. We are honored to have the Honorable Glenn T. Harrell, Jr., as our featured speaker. In addition, the Honorable Beverly J. Woodard, the Honorable Leo E. Green, Jr., and the Honorable Michael R. Pearson of the Circuit Court, and the Honorable Tiffany Hanna Anderson, the Honorable G. Richard Collins, and the Honorable Lawrence V. Hill, Jr., of the District Court will be there to meet and mingle with our members. One of

the benefits of the Bar Association is for our members to meet and become familiar with our judges. These six distinguished jurists have filled the last six vacancies of the judges who have retired or have been elevated to a higher court.

As an added bonus, the Bar Association will reopen the Lawyers' Lounge. At the meeting, members will be invited to visit and check out our new accommodations. The Association has made its first purchase of the furniture in the lounge. We are excited about reopening the Lawyers' Lounge. Now bar members who are in the courthouse will have a place to sit, relax, watch television, or use their computers in relative quiet and peacefulness.

Our website continues to grow. Our attorney forms and orders will soon be member protected so that only members of the Association will have access to them. We now have civil DCM forms available and the Association has requested additional forms from the Coordinating Judges in criminal, civil and domestic, which will be added to the website. Our Lawyer Referral Service continues to grow and our members continue to benefit financially from the referrals. In August of 2009, the Association received 715 calls requesting the services of an attorney and we referred 426 callers to our members.

Our Find-A-Lawyers link on the website should be opened by the time this newsletter is received by our members. These links will allow, for a charge, lawyers to be listed under our Bar Association website, with their areas of expertise. We are hopeful, based on the experiences of the Montgomery County Bar Association, that this will provide another benefit to our members in allowing clients not only to find our members, but also retain them.

Our committees are becoming a more and more vital part of our Association. There will be upcoming seminars by both the Labor and Employment Committee as well as the Worker's Compensation Committee. The Association is also planning to bring back our "Brown Bag Lunches" where judges will be available to discuss areas of law with attorneys in an informal setting.

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# PGCBA NEWSJOURNAL

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## The Prince George's County Bar Association

Established 1902

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... 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

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

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# PRESIDENT'S MESSAGE

Continued from page 1

In my short term as President of the Bar, I have had the opportunity to speak with many members of the Bar who have shared their ideas with me, as well as their comments on areas in which they feel the Bar Association could improve. We are an Association of legal professionals, and our goal is to help provide services to our members. I will close by saying, 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. I am looking forward to seeing and meeting you at the October 20th General Membership meeting.

Respectfully submitted,

Nicholas E. Rattal  
President

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## LAWYER REFERRAL SERVICE REPORT: 8/15/09-9/15/09

Number of Calls: 768

Number of Referrals: 458

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1. Real Property
2. Family
3. Torts
4. Employment
5. Admin./Gov.



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# Prince George's County Bar Association General Membership Meeting Meet and Greet Newer Judges

**October 20, 2009**



**Upper Marlboro Courthouse Atrium  
6:00-8:00 p.m.**

**Glenn T. Harrell, Jr.  
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**\$25.00 per person  
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We have completed our final report for fiscal year 2009 and submitted it for review to Maryland Legal Services Corporation

(MLSC), our main funder. We are happy to report that in FY09, we increased the number of low income persons we assisted by 5% above our FY08 level. We assisted a total of 8,374 clients including our Judicare/Contested Custody projects. Our Oxon Hill Clinic and our new Foreclosure Prevention Project are partly responsible for this increase. Unfortunately, notice of funding restrictions forced CLS to close the Oxon Hill Clinic on March 31. Nevertheless, it is still our focus to bring assistance to low income persons living in the southern region of our County and to re-open a clinic in that area when funding becomes available.

The sudden influx of clients seeking foreclosure prevention assistance came to us without warning. When asked to join a state-wide program to combat foreclosure, our Foreclosure Prevention Project was born. We got involved and began to face the challenge of locating necessary resources to operate this project. The program started slowly. We received a small grant from the Maryland Department of Housing & Community Development to hire a

part-time person to manage this project, and recently we received another grant from United Way to hire an additional part-time legal assistant to help with this project. Below we share with you one of the success stories from this project:

District Heights homeowner and single father works as a carpenter but was laid off twice in 2008 and as a result, defaulted on his mortgage. He contacted a housing counselor to begin the process of modifying his loan. The counselor referred him to Community Legal Services. He contacted CLS in January of 2009 and was referred to a pro bono attorney in the beginning of February. His attorney worked closely with him to help him prepare his application to the mortgage servicer and then directly negotiated with the servicer to get his rate reduced. After 5 long months of negotiations, the attorney was able to secure for the homeowner a modified loan with monthly payments (including principal, interest, taxes and insurance) less than or equal to 38% of his income and at a fixed interest rate. The homeowner and his family were very happy to be able to remain in their home!

#### **Kudos to Attorneys**

We thank the following volunteer attorneys who accepted cases from CLS for legal representation (14 cases

combined) for our low income clients in mid-August to mid-September (if we mistakenly failed to mention your name, please report it to us so that we may give you proper credit in our next column): **Orlando Barnes, Sheron Barton, Anthony Davis, Fay Ely, Sonji Falkner, John Green, Caleb Salomon, Rosa Sobbraj, Bill Shelton, Ryan Thomas.** We also thank the following attorneys who volunteer to provide legal advice at our CLS Clinic in the Upper Marlboro Courthouse (room 2435 M; for more info contact Michael Udegiofor at 301-952.3010): **Dawn Barnett, Christopher Daniels, Anthony Davis, Sean Day, Edith Lawson Jackson, Anu Kemet, Maria Martinez, Darlene Wright Powell, Jacqueline Ogunye-Raphael, Steve Stair, Ryan Thomas, Diana Wyles.**

#### **Self-Represented Litigant Orientation**

Karin Dalichow was pleased to present the Self-Represented Litigant Orientation in Spanish to participants on August 8. Spanish-speaking litigants attended the event. The Spanish Self-Represented Litigant Orientation Committee coordinates the Spanish version of the English language Self-Represented Litigant Orientation. The Orientation is in collaboration with the Family Division of the Circuit Court for Prince George's County and other attorneys and representatives of the

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community. The orientation explains to participants how they may obtain a divorce, custody, child support, or other family law relief.

**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 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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# WELCOME TO OUR NEW MEMBERS

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*“The PGCBA is glad to have  
you as our new members!!”*



# MEMBER ANNOUNCEMENTS

**THE JUDGES OF THE UNITED STATES DISTRICT COURT  
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and  
THE MARYLAND CHAPTER OF THE  
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**The Sixth Biennial Bench-Bar Conference  
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Date: October 30, 2009  
Location: U.S. Courthouse – Greenbelt  
Registration: 1:30 P.M.  
Program: 2:00 P.M.-5:30 P.M.  
Reception: 5:30 P.M.-7:00 P.M.

### AGENDA

Introduction by The Honorable Deborah K. Chasanow

Plenary Session: The Honorable Rebecca Love Kourlis,  
Executive Director of the Institute for the  
Advancement of the American Legal System

Panel Discussion with Members of the Court, General Counsel,  
and Practitioners, moderated by The Honorable Paul W. Grimm

Breakout Sessions With Members of the Court and Practitioners

"State of the Court Address" by The Honorable Benson E. Legg

Pro Bono Award by The Honorable Alexander Williams, Jr.

Reception to Follow

*Please RSVP at <http://www.mdd.uscourts.gov/barconference>  
Because seating is limited, please send an additional email  
if your confirmed plans change and you find you are unable to  
attend. Reservations will be accepted in the order received.  
Seating will be in the order of arrival.*

Ashcraft & Gerel, LLP, actively engaged in False Claims Acts (Qui Tam/Whistle blowers) litigation practice, has the privilege to announce that it has added Melissa G. Roover to its staff of attorneys. Ms. Roover is located in the Landover, Maryland office of Ashcraft & Gerel. Although proficient in general trial work, she is dedicated to False Claims Act litigation.

Ms. Roover was previously with the U.S. Department of Justice. Before then, she was associated with a law firm in which she was involved in False Claims Act litigation, representing Whistle blowers; she helped secure a \$10 million recovery for a whistle blower.

In addition to degrees from Tufts University and Boston University, Ms. Roover obtained Juris Doctor degree from Boston University.

Ms. Roover is admitted to practice in Massachusetts, New York and the District of Columbia.

## STEPHEN J. DUNN

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Evaluating risk is the first step to negotiating a fair settlement for your client. It is key to start with a strong foundation. Commencing negotiations with your opponent before developing a disciplined approach to evaluating the case will ultimately result in a weak foundation. And then negotiating with a weak foundation results in a weak settlement. Risk evaluation is the product of diligence. Diligence requires a thorough knowledge of the facts, the forum where the dispute will be resolved, verdicts in similar cases in that forum and experience.

In this context, risk is defined as not achieving expectations of a favorable verdict at trial. Most all litigants who are not able to resolve or settle their cases have very strong convictions about their positions. I call it the “righteousness” of their cause; they sincerely and genuinely believe they are right. In part, that is why they are in court. A plaintiff feels wronged and terribly damaged. A defendant feels they have been dragged into court by an overreaching plaintiff. However, the reality is that one of them is probably not going to achieve their expectations. In many cases neither achieves their expectations.

If the case will ultimately end up in front of a jury, then you want to evaluate what a jury would award your client in the jurisdiction that you will file suit. If a Judge will ultimately hear the case, then you need to evaluate what a Judge would award your client in the jurisdiction that you will file suit.

A majority of personal injury cases end up in front of a jury. It is very important to consider the composition of the jury; six individuals who know nothing

about the parties, will never see them again, are trying to be fair to both sides, are going to decide your case.

Building a strong foundation will put you at a negotiating advantage with your opponent. It also serves four other strategic functions:

1. Protects you against a claim of malpractice.
2. Impresses your client with the depth of your preparation.
3. Gives your client confidence in your ability.
4. Allows you to have confidence in front of a judge or jury.

The principles outlined are based upon my 42 years of experience as a trial lawyer (15) and Judge (27). During this time, I’ve been very fortunate to have very experienced colleagues, teachers and evaluation experts in Judge Albert Blackwell, Judge Jacob Levin and Judge William McCullough.

For many years, I tracked all verdicts in the Circuit Court for Prince George’s County, and continue to do so, although the current verdicts are not now published. In the past I have published those verdicts to the bar – they can now be found at <http://virtualcourthouse.info/Prince-George’s-County-Jury-Verdicts.html>. I volunteered this initiative in an effort to provide the bar with a frame of reference as they evaluated their cases. Additionally, I regularly spoke with colleagues within my county and around the state and region in an effort to discern if the results in Prince George’s County were different - they were not markedly different. An analysis of the verdicts reveal that roughly five

liability scenarios and five injuries comprised well over 80% of the trials.

## **LIABILITY TRIALS**

1. Left hand turn
2. Change of lane
3. Slip and fall
4. Red light – Green light
5. Parking lot aisle

## **INJURY TRIALS**

1. Soft Tissue Sprain/Strain of the neck and back
2. Broken bones
3. Shoulder – Rotator Cuff
4. Knee – meniscus or ligament
5. Herniated disk

## **AS A RESULT OF THIS EXPERIENCE MANY PRINCIPLES EVOLVED.**

1. Small impact = small verdict
2. Liability issue + pre-existing injury/condition = double trouble
3. Pain and suffering is not determined by multiplying medical specials
4. Damaged employment or employability is generously compensated
5. Bad Injury by a Dangerous vehicle (tractor trailer) = large verdict

The verdict tracking and principles gave rise to an evaluation experiment I conducted with the bar. In collaboration with experienced litigation lawyers from both the

plaintiff and defense bar, I created model cases of the recurring liability scenarios and injuries and sent the model cases to five experienced plaintiffs' lawyers and five experienced defense lawyers. I solicited their opinion of a reasonable probable verdict in each model case. The result was remarkable. These experienced lawyers opinions were nearly always the same (within several percentage points of each other). Interestingly, often the plaintiff bar was a little lower and the defense bar a little higher.

The process of evaluating a case must be disciplined and organized. It requires you to accurately identify all RISK factors that will affect your recovery. There are positive and negative risk factors. Positive factors increase the value of your case; negative factors decrease the value of your case. Both are vital and should be evaluated closely. Additionally, there are factors which would, on the surface, appear to affect the value but do not — the red herring factor. A word of CAUTION. You cannot — I repeat cannot — properly evaluate the value of a case until you know all of the facts which are relevant to the issues of liability and/or damages.

6. Articulate your evaluation in writing for yourself.
7. Obtain several evaluations from more experienced practitioners to test your own evaluation.

\*Judge Ahalt is currently recalled as a Circuit Court Judge and serves private parties as a mediator and arbitrator in personal injury, commercial, real estate and construction disputes.

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# MINUTES

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## MINUTES FOR PRINCE GEORGE'S COUNTY BAR ASSOCIATION BOARD OF DIRECTORS' MEETING COURTHOUSE, ROOM M0421 5:30 PM

August 18, 2009

PRESENT: The Honorable Nicholas E. Rattal, Acting President, Debra Davis, Treasurer, Bryon S. Bereano, Secretary, Denise Bowman, Robin D. Bright, Linda Gantt, Nakia Gray, Janet Hart, Erin Hebert, Elizabeth Hewlett, Alicia R. Lucero, Isaac H. Marks, Jennifer L. Muskus, Erik H. Nyce, the Honorable Mark T. O'Brien, Timothy Smith, and Georgia Perry

ABSENT: William J. Parker, Jr., Clayton A. Aarons, William Brennan, Jeffrey Harding, Richard Allen Moore, II, the Honorable Michael R. Pearson, Ryan Richie, C. Todd Steuart, Joseph L. Wright and the Honorable Gerard F. Devlin.

### THE PRESIDENT'S REPORT

Acting President Rattal called the meeting to order and gave the President's Report. The "Find a Lawyer" application form was reviewed and discussed. Judge O'Brien made a motion to approve the application, which was seconded by Nakia Gray. The motion was approved unanimously.

A discussion was held to suggest new people to take over as chairperson of existing Bar Committees as well as appoint Board Members as liaisons to the Committees. Gian Ghiardi was discussed as chairperson for the Tort Committee. Additionally, the following Board Members volunteer to be liaisons to existing Committees:

Cooperative Guidance Program: ... Tim Smith  
Immigration: ..... Janet Hart  
Family Law: ..... Nakia Gray  
Solo Practitioner: ..... Jennifer Muskus  
(Chairperson as well)  
Bankruptcy: ..... Alicia Lucero  
Federal Practice: ..... Robin Bright  
Young Lawyers: ..... Erin Hebert  
Administrative Law: ..... Elizabeth Hewlett

A letter from former Board Member John Burns was discussed with regard to the creation of a Sponsorship Committee that would coordinate sponsors for not only the General Bar Meetings but also for the Committees. The proposal is still being discussed.

The PGCBA website was discussed with regard to whether to set up the site for access by individual password/Username or have one password/username for all dues paying members. The cost for the one time set up is \$1500.00 if you have one password/username for all paying members.

October Bar Meeting: Will take place at the Courthouse in the atrium on October 20, 2009 at 6:00 pm. The meeting will honor the new judges on both the Circuit Court and the District Court bench. An invitation to Maryland Court of Appeals Judge Harrell will be extended.

### THE SECRETARY'S REPORT

The minutes from the July 15, 2009 Board Summer Retreat were reviewed and accepted with a couple of minor spelling corrections. Motion was made by Judge Rattal to approve the minutes, and was seconded by Isaac Marks. The Motion was approved unanimously.

### THE TREASURER'S REPORT

The Treasurer's report noted that a donation had been made to Judge Michael Pearson's investiture. Additionally there is money budgeted for the softball tournament and a discussion was held about the money coming in from LRS.

Motion to approve the Treasurer's report was made by Elizabeth Hewlett and seconded by Erik Nyce. The Motion was approved unanimously.

### OLD BUSINESS

Isaac Marks discussed the details of the lawyers lounge located on the third floor of the courthouse. Mr. Marks has collected \$6,300.00 for the lounge and is still soliciting funds.

### EXECUTIVE DIRECTOR'S REPORT

At this point the Bar Association has 793 paid members and 190 members that are still due and owing. The electrical panel in the Bar office needs to be replaced at a cost of \$2000.00 for the panel and \$1500.00 for

painting. The cost to replace the panel was approved, only, after a motion was made by Isaac Marks and seconded by Elizabeth Hewlett. The Motion was approved unanimously.

A request for Honorary Bar Membership was made by: Heiskell R. Gray and Michael Jackley

A motion to extend Honorary Bar Membership was made by Erik Nyce, seconded by Elizabeth Hewlett and approved unanimously.

It was agreed that the Bar Association would make a \$150.00 donation to the Cora Rice fund for their Christmas fundraiser. The Motion was made by Nakia Gray, seconded by Elizabeth Hewlett and approved unanimously.

A Motion was proposed by Betty Hewlett to accept new members and was seconded by Nakia Gray. The Motion was approved unanimously. The new members are:

Matthew Michael Setley  
 Ayo M. Stevens  
 Courtney M. Mattson  
 Puja Gupta  
 Gregory S. Smith  
 Mark Kennedy Spencer  
 Elissa D. Levan  
 Allan M. Siegel

Meeting adjourned at 7:00 pm.

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## EXECUTIVE DIRECTOR & NEWSJOURNAL EDITOR

GEORGIA J. PERRY  
e-mail: gperry@pgcba.com

## COMMUNITY SERVICES SECTION

### Law Day

*Coordinates annual Law Day USA programs*

Sherrie L. Krauser ..... 301-952-5285  
Joseph Wright-Liaison ..... 301-952-2708

### Law Links

*Works through PGCBA to provide placement for summer jobs with area law firms for local high school students.*

Sheila Tillerson Adams ..... 301-952-3766  
Abigale Bruce-Watson ..... 301-731-0005

### Law Related Education/Mock Trial Program

*Coordinates with school systems in conducting mock trial programs in area high schools and providing team coaches and judges from Association membership*

Sherrie L. Krauser ..... 301-952-5285  
Alicia Lucero ..... 301-787-8531

### Lawyer Referral

*Coordinates Association's Lawyer Referral Service and provides information to public re: availability of legal services*

Gerald C. Baker ..... 301-577-4600  
John M. McKenna ..... 301-474-0044  
Perry Becker ..... 301-262-4400

### Christmas in April Program

*Encourages positive perception of the legal professional as well as Association involvement in activities reaching out to less fortunate members of the community.*

Maurene Epps Webb ..... 301-952-5181  
Erik H. Nyce ..... 301-352-4950

### Public Service Projects

*Administers and oversees grant applications and funding*

Susan L. Bayly ..... 301-405-4943

### Speakers Bureau

*Receives requests from community groups, organizations and schools for information on law-related topics and provides a speaker based on the interest, background and experience of the attorney.*

Gerard Devlin ..... 301-262-1696

### Traffic School

*Oversees the operations of PGCBA's Traffic School.*

C. Philip Nichols, Jr ..... 301-952-3907

## MEMBER SERVICES SECTION

### Cooperative Guidance Program

*Coordinates attorneys volunteering to provide special legal assistance to other attorneys in specific area of concentration.*

John F. Calabrese ..... 301-699-1400  
Timothy Smith-Liaison ..... 301-474-0044

### Fee and Dispute Conciliation Program

*Mediates and conducts hearings resolving disputes between Bar members and their clients upon request and agreement of the parties,*

*pursuant to ByLaws; Volunteers intercede upon request as conciliators with other members of the bar and encourage amicable resolution of a discovery and minor disputes.*

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

### Lawyers In Need

*Provide a confidential source of assistance for attorneys experiencing a personal or professional crisis*

James F. Flynn ..... 301-932-0700

### Memorial

*Coordinates tributes and service for departed members*

Mary Crawford ..... 301-952-5225

### Solo Practitioner

*Addresses areas of concern for attorneys in sole practice or small partnership.*

Jennifer Muskus ..... 301-449-7444

### Technology

*Provides an avenue for specialized assistance in areas of computerized court procedures, office management, legal research, and electronic communication*

Jay Creech ..... 410-867-3678

### Young Lawyers

*Coordinates professional and social activities of interest to new practitioners and newly admitted members.*

Ryan Richie ..... 301-952-1311  
Sonya Gomes ..... 301-952-3500  
Erin Hebert-Liaison ..... 301-352-4950  
Todd Steuart-Liaison ..... 01-322-2000

## ADMINISTRATIVE SECTION

### ByLaws/Parliamentarian

*As required, reviews ByLaws of Association and recommends and drafts changes to be submitted to membership; acts as Parliamentarian for all Association meetings.*

Gerard Devlin ..... 301-262-1696

### History

Carolyn Starks Saxon ..... 301-952-3239

### Community Legal Services Liaison

*Interacts with PGCBA and Law Foundation for mutual benefits of both*

Cathy Hollenberg Serrette ..... 301-952-3132

### Long Range/Strategic Planning

*Provides a forum for review of activities and goals of PGCBA; oversees implementation of Association's Strategic Plan.*

Elveta M. Martin ..... 301-952-5448

### MSBA Liaison

John Fredrickson ..... 301-572-7900

### Member Meeting Programs

*Arranges topics, programs and speakers for membership meetings.*

Maurene Epps Webb ..... 301-952-5181  
Erik Nyce-Liaison ..... 301-306-4300  
Mark O'Brien-Liaison ..... 301-699-2728

### Membership & Admissions

*Encourages membership and participation in PGCBA; reviews applications for membership for conformance with ByLaws.*

Isaac Marks ..... 301-752-3234

### Newsletter

*Advisory board for topics and contributors for monthly newsletter*

Albert W. Northrop ..... 301-952-3814

## Nominations & Elections

*Publishes vacancies for officers and directors; reviews qualifications of candidates; recommends nominees in compliance with ByLaws; oversees elections.*

William J. Parker, Jr. .... 301-952-1052

## **SOCIAL & SPECIAL COMMITTEES**

### Golf Tournament

Robin D. Bright ..... 301-952-5228  
Joseph Wright ..... 301-952-2708

### Hospitality Suite

Board Officers

### Sports Leagues

Jeffrey R. DeCaro ..... 301-352-4950

## **LITIGATION SECTION**

William C. Brennan, Jr 301-474-0044

*Committees within this section provide avenues for practitioners to improve their knowledge, quality and efficiency in matters relating to various aspects of the law; many of these committees present practice seminars and manuals and provide articles of general interests for publication in the monthly newsletter.*

### Administrative Law

Daniel F. Lynch ..... 301-952-0100  
Abigale Bruce-Watson ..... 301-731-0005  
Betty Hewlett-Liaison ..... 301-925-1800

### Alternative Dispute Resolution

OPEN

### Appellate Practice

Michael A. Wein ..... 301-441-1151  
William Brennan-Liaison ..... 301-474-0044

### Bankruptcy Law

John D. Burns ..... 301-441-8780  
Alicia Lucero-Liaison ..... 301-787-8531

### Criminal Law

David Simpson ..... 301-474-9634  
Richard A. Moore ..... 240-487-3253  
Michael Pearson ..... 301-952-4066

### Elder law

Jacqueline D. Byrd ..... 301-464-7448  
Linda Gantt-Liaison ..... 301-262-1212

### Estates, Trusts & Probate

Agnes C. Powell ..... 301-982-0275  
Benjamin J. Woolery ..... 301-262-3600  
Richard Moore-Liaison ..... 240-487-3532

### Family Law

Elveta M. Martin ..... 301-952-5448  
Lindsey M. Erdmann ..... 301-952-0100  
Nakia Gray-Liaison ..... 301-220-2200

### Federal Practice

Robert C. Bonsib ..... 301-441-3000  
Timothy J. Sullivan ..... 301-474-0044  
Robin Bright-Liaison ..... 301-952-5228

### Immigration Law

Joseph Trevino ..... 301-441-3131  
Janet Hart-Liaison ..... 301-952-2122

### Juvenile Law

Gregory Powell ..... 301-864-6969  
Jeffrey Harding-Liaison ..... 301-627-5500

### Labor & Employment

Sheldon L. Gnat ..... 301-952-0100  
Jay P. Holland ..... 301-220-2200  
Isaac Marks-Liaison ..... 301-572-3234

### Tort Law

Giancarlo Ghiardi ..... 301-982-8617  
Timothy Smith-Liaison ..... 301-982-8600

### Workers' Compensation

Debora Fajer-Smith ..... 301-390-4900  
Clayton Aarons-Liaison ..... 301-642-9007

## **PROFESSIONAL SERVICES SECTION**

### Alter Ego Program

*Designated member of Bar acts as a liaison for each Judge and Master to communicate matters of a sensitive or critical nature to a member of the bench in a confidential manner. List published periodically in newsletter.*

Thomas P. Smith ..... 301-952-3896

### Ethics and Professionalism

*Advises members upon the ethical propriety of contemplated professional conduct; recommends amendments to Rule 1230, Maryland Rules of Professional Conduct. Provides "Hotline" for instant ethics opinions, published monthly in newsletter. Provides Lawyers' Creed of Professionalism for maintenance of traditions of competence, courtesy and respect for the law as a profession and as a member of the Association.*

Steve Rosen ..... 301-699-1400

### Judicial Selections

*Coordinates and oversees Bar vote on candidates for judicial appointment.*

Alexander Williams, III ..... 301-982-8600

### Legislative

*Monitors legislation; refers bills of particular concern to Board of Directors for adoption of position to be communicated to Legislature.*

A. Robert Gardner ..... 301-454-1670  
Bryon Bereano-Liaison ..... 301-952-0100

### PGCBA LAWYER REFERRAL SERVICE

*Lawyer Referral Service panel membership information available upon request to the Bar Association Offices.*

Client Referrals to LRS ..... 301-952-1440

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### Maryland State Bar Association

Thomas C. Cardaro, *President* ..... 410-752-6166

### Fifth District Representatives

John Fredrickson ..... 301-572-7900  
Erik H. Nyce ..... 301-352-4950

### Maryland State Bar Association

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# **GOD BLESS LAWYERS** *By William J. Parker, Jr*

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It is incumbent upon each lawyer to publicize his or her good deeds in all aspects of the media, so that people in the community change their overall attitude toward lawyers and say positive things about lawyers, instead of using them as the brunt of jokes.

It should be noted, however, that in order to publicize good deeds by lawyers, the deeds must first be completed, so think about how you can positively contribute toward the betterment of the community and then perform these good deeds and make them known. Yes it’s OK to blow your own horn.

In the Prince George’s County Bar Association alone, we have over a thousand potential lobbyists for the good deeds of lawyers, so let’s get out there and make it happen and maybe one day someone will honestly say, “God Bless lawyers.”





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Civil Litigation	Juvenile	Social Security/Disability Law
Collections	Health Care	Tax
Consumer Protection	Immigration	Traffic
Contracts	Insurance Disputes	Wills & Estates
Criminal	Intellectual Property	Workers Compensation

I understand that listing on these pages is available to individual attorneys only (not law firms) who are current on all PGCBA obligations including dues. The fee for listing is \$120 and \$20 for each category annually.

**Failure to remain current in all obligations or to pay the listing fee when notified will result in removal from the site without further notice.**

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## **DEBUNKING DIET URBAN LEGENDS**

It seems like there's a pill or a cure or a trick to help you reach any type of fitness goal nowadays. There are myths and rules about what you should or should not do if you want to drop the pounds quickly. And people everywhere inevitably believe and follow some, if not most, of these rules. Sadly, there's no truth to these myths and they should be given the same status as "urban legends" - something people unquestionably believe, which was simply made up by some unknown person. So this month, some of the most common "diet urban legends" will be debunked.

### **1. Eating late at night causes weight gain.**

This myth is untrue though there is some basis for people believing in its efficacy. However, the simple fact of the matter is that the food you eat has the same number of calories no matter what time of day you eat it. Thus, eating late at night doesn't cause you to gain any more weight than eating that same food earlier in the evening. Weight gain occurs when you consume more calories than you expend in daily activity. So the connection that people make between late night eating and weight gain is probably due to the fact that people generally tend to snack on fat laden, unhealthy foods late at night. And those late night calories which have been consumed are less likely to be expended or burned off during exercise because most people don't work out late at night

or in the wee hours of the morning. Thus, in incorrect assumption that eating late at night causes weight gain emerged. But know this: if you consume 1200 calories each day and burn 400 calories each day, you can eat those calories any time of day or night...you will not gain weight.

### **2. A low carb/ high protein/ no fat diet is the best nutritional combination for losing weight.**

This myth is untrue but there is some basis for people believing this myth, as well. While different individuals respond differently to certain types of macronutrient combinations, a diet low in saturated fats has consistently proven to cause weight loss. Because fat has more calories per gram than both carbs and protein, its easier to reduce total calories by reducing fat intake. There are some people who have experienced short term dramatic weight loss by severely restricting both their carbs and fat, but this method of nutrition can lead to low energy, irritability, and cause side effects such as hair breakage/ loss, dry skin, and other symptoms reflective of a lack of much needed nutrients. The best macronutrient combination is to generally reduce unhealthy fats while increasing "good fats" such as Omega 3 and Omega 6. That means replacing fried foods and processed goods with fish. Also, you'll want to reduce starchy carbs and focusing more on natural vegetable carbs. Finally, you want to consume lean proteins with each meal. So generally, many experts believe it's best to keep your percentage of fats to less than 20 percent of your intake, while keeping carbs and proteins to somewhere between 35-40 percent, depending on which feels best for you.

### **3. Skipping meals is a good weight loss method.**

This is probably one of the most accepted myths of nutrition and its one that is flat out wrong. Anyone who watches television has probably seen the commercial about how women who eat a healthy breakfast including a certain cereal, were proven to lose more weight and fat than women who skipped breakfast. Well, I didn't participate in that study but I know enough about nutrition to know that this is absolutely true. Eating breakfast gets your metabolism started in the morning. It's like a wake up call to get your body going. Additionally, every meal you eat has a metabolic response associated with it which triggers your body to turn on the furnace that starts the burning calories. And if these two reasons aren't enough to convince you not to skip meals to loose weight, consider that most people who skip breakfast tend to indulge in a ravenous binge later in the evening, eating substantially more calories than they would have consumed had they eaten that healthy breakfast. Lesson: it's always best to eat a little something than to skip a meal altogether.

### **4. Grapefruit will speed up your metabolism and cause you to lose weight.**

Not true...unless you've replaced a meal of burgers and fries with grapefruit. No particular food item is going to cause you to lose weight, but consuming foods which are very low in calories in place of your typical fat-laden meals will certainly result in fewer calories to end up on your stomach, hips, or thighs. But there is no "magical" component

in grapefruit or any other food that makes you lose weight.

**5. You can't eat your favorite "bad foods" and still lose weight.**

This, again, is a false assumption that has some basis in fact. I love Apple walnut cobbler topped with Vanilla Bean Ice Cream, and I even eat it occasionally. However, if I ate this everyday for dessert, I'd gain a good forty pounds in about a year. But once every other week, and it's no big deal. I just have to add an additional ten minutes or so of cardio exercise to my daily routine that week and try to consume mostly vegetables and fruit for all of my other meals on the day I have that decadent treat. There are no foods that are off limits when you are engaged in a healthy exercise and nutritional program. You just have to indulge in treats moderately and sparingly. It's those who indulge daily or several times per week who seem to gain weight even when all their other meals are super healthy and low in calories. That's because even an otherwise super healthy diet can not undo overindulgence in calorie laden treats - which is probably at the root of the myth that you can't eat your favorite foods and still lose weight.

**6. You can lose ten or even twenty pounds of fat in a week and maintain it by using one of those rapid weight loss diets.**

Well, this is myth is mostly false and partly true. While you can lose ten or more pounds very quickly on a rapid weight loss program, it is not fat and the likelihood is that you will not be able to maintain it. Rapid weight loss diets can cause you to

drop 10 pounds in a week, but eighty percent of those ten pounds is water, about ten percent is lean muscle mass which you need, and only about ten percent of the weight lost is actually fat....a bad combination. And this is especially true since the minute you go off the rapid weight loss diet program, you'll gain back all of the water lost, some of the fat, but probably none of the muscle unless you specifically engage in some muscle building activity. So this is a recipe for disaster. If you have a special event coming up like a class reunion, vacation, or a wedding and you need to drop weight quickly, do it by eating several small meals each day consisting mostly of vegetables and fish. And drink at least 96 ounces (3 liters) of water daily. This combined with one hour total of exercise five days a week over a three week period will almost

certainly result in about a ten pound weight loss with the vast majority of the weight being fat. So take a couple extra weeks to do it the right way, which is the only way fat loss really can be maintained.

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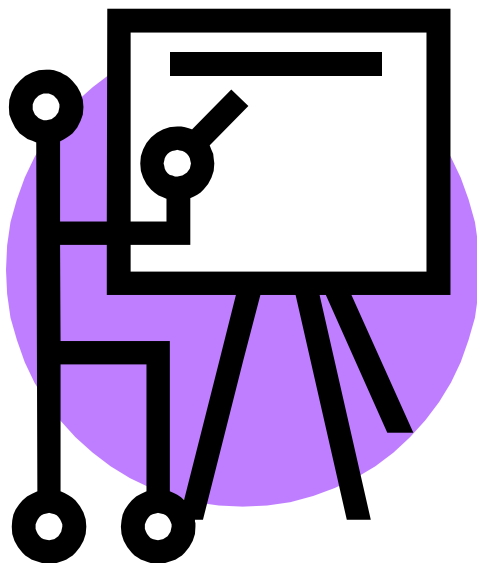
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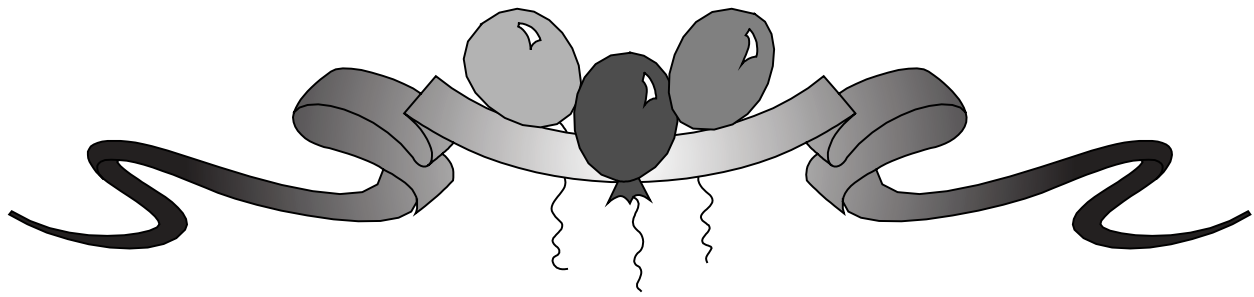
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