PGCBA NewsJournal

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

May 2013

PRESIDENT'S MESSAGE



IT'S NOT A SPRINT, IT'S A MARATHON

The beginning of April to a lot of people in the area means one thing: cherry blossoms. Everyone has their own way of enjoying and viewing the cherry blossoms. At a party the other night I heard a more creative way to view them than I'd heard before. A man allegedly (you know how lawyers love to use this word) was riding his bicycle in Southeast DC when he was struck by a motorist. The police were dispatched, along with an ambulance. The medical professionals on the scene decided it was best to transport the victim in the ambulance for medical care. As he was being loaded into the ambulance, he asked the paramedics, "On our way to the hospital, do you mind driving

by the cherry blossoms so I can see them?"

This year, I viewed the cherry blossoms in a much less dramatic way, although an ambulance was almost needed. I chose (meaning my wife, who signed me up, chose) to run the Cherry Blossom Ten Mile race, which really is beautiful as it runs along the tidal basin, around the monuments and through Haines Point. Now, I ran a half marathon in the beginning of December, but I can count on one hand the number of times I have run since then. I thought, "no big deal, I've done 13.1 miles; ten miles should be a piece of cake." Needless to say, after about a mile and a half, the cherry blossoms where not the only things bursting. So were my shins and my feet were barking up a storm. By the time I got to mile 5, right before you enter Haines Point, I had a decision to make. Do I head back towards the Washington Monument and the finish line, not completing the whole course and lament the fact that I hadn't trained for the race, or do I press on and gut it out, knowing that I was first going further away from the finish line. I'll tell you what I did, but not before a few words from our sponsors....

The month of April had even more exciting and great Bar Association programming. First, many thanks to Ben Rupert and Sabrina Richardson for putting on another exceptional Expungement Program at the Clinton Library. If you have yet to participate in one of these great events, there is one more chance on May 4, 2013 at the Library on Main Street in Upper Marlboro. (Note: this is the public library, not the one in the Courthouse). Also this past month, Erek Barron helped to host a great Christmas in April program on behalf of the Bar Association. Yet even more thanks go to Todd Steuart for putting on a great Goldstein Criminal Law seminar (technically in March.) We had over 90 attendees and Todd is already hard at work planning next year's seminar which will be bigger and better, I am sure.

The month of April also saw a great Brown Bag lunch by Judge Cathy Serrette on presenting a case for alimony. Many thanks also go to Judges Nyce, Rhodes, Ben Rupert and Greg Powell for our amazing Law Practice 101 program on the five most common types of criminal trials in the District Court. This really was a must attend program as representatives from the State's Attorney's office, Public Defender's office, private practice attorneys and the District Court bench all gave their perspectives on trying a criminal case. As always, we have great programs scheduled for the month of May. May 2, 2013, will bring another great installment of Law Practice 101 and on May 16, 2013 the last Brown Bag lunch of the year will be a joint one with the Women's Bar Association and will be entitled, "What I Wish I Knew when I was Practicing: A Judge's Perspective" and will feature, among others, Judges Davey and Alves, as well as some District Court



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PGCBA NewsJournal

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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.

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

John R. Foran 301-441-2022

Designated Conciliator Program

William Renahan......301-351-7531 Gerald C. Baker301-577-4600 Judges. It will be a great opportunity for practitioners young and old to pick the brains of some of the Judges of the Prince George's County bench.

Don't forget that on May 23, 2013 the PGCBA/J. Franklyn Bourne Annual Golf Tournament to be held once again at Lake Presidential. The event is always a wonderful time. Shotgun start at 8:30 am and there will be prizes for the longest drive, closest to the hole and trophies for the winners. All proceeds from the event are split between the J. Franklyn Bourne Scholarship Foundation and Operation Homefront. Foursomes are filling up fast and we have a great program and free dinner after the golf so make sure you sign up now!

I have been practicing law for over twelve years in a variety of different settings and I can honestly say that the profession is a marathon, not a sprint. This never became more evident than when I started my own practice two and a half years ago. The ups and downs, the ebb and flow...if you treat the practice of law like a sprint you will wear yourself out and end up quitting before success can be achieved. This is also important to remember if your legal career starts off fast. There can later be bumps in the road that seem unexpected

and discouraging, but it's important to remember that many times, slow and steady wins the race. I am reminded of one of my favorite May past times, the Preakness Stakes. Preakness is my favorite day of the year. It combines all of my favorite things into one day: gambling, dressing up in proper event attire, and spending time with some great friends. (And no, I do not sit in the infield. I am a grandstand person. I am much too fancy to be sitting with the common folk in my horse pants.) Often times in the Preakness stakes you have horses in the field that blaze out to the early lead, only to fade as the distance gets to them and those horses who have trained, practiced and paced themselves find themselves in the thick of the hunt coming down the stretch. You may start off your practice of law in the government sector as a prosecutor or as a public defender, but that does not mean that as you go through turn two of your legal career, that you might switch gears and go into private practice, or in-house counsel, or some other field of the law that you were not expecting. It is important to always take the long view of your career when making decisions. For example, maybe you are a state's attorney or a public defender and you think, "why should I be involved in the bar association? I interact all the time with judges and lawyers." But you may one day decide to enter private practice and the friends and interactions that you make at bar meetings and events will help you as you move on to the next stage of your legal career. Remember, that where you are now in your legal career may not be the place you end up, and practice and preparation and patience can help to make the trip around the track successful.

I did end up running the second five miles of the ten miler. My legs started to loosen up and the next five miles went by faster than the first five (I think I lost the bus that sweeps up the slow runners by about mile seven). The excitement that my friends showed when I finished the race made the pain worth it. Honestly, around mile three, I could not envision myself finishing the race, put patience and determination got me around that course, and this is the same strategy I am going to use for my legal career. For the next road race, though, I think I'll add a little preparation.

Now, where do I start with regard to Game of Thrones...

Thanks, Bryon S. Bereano President, Prince George's County Bar Association

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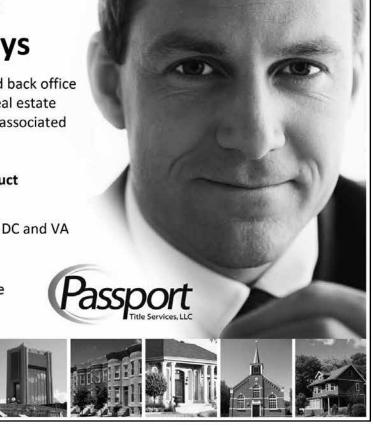
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CANDIDATE PROFILE FOR THE POSITION OF SECRETARY



Jeffrey Harding first served on the Board of Directors in 1986 and is a current member. He was an Assistant State's Attorney from 1984 to 1991, serving as Senior Trial Attorney in the Homicide Unit. He has been with Sasscer, Clagett & Bucher since 1991. Mr. Harding is married with three children, served in the United States Marine Corps and is a black belt martial arts instructor.

CANDIDATE PROFILES FOR THE POSITION OF DIRECTOR



Clayton Aarons is currently employed as a Solo Practitioner in the Law Offices of Clayton A. Aarons, LLC in Largo, Maryland. Clayton was formerly employed by the State's Attorney's Office for Prince George's County, Maryland as Chief of the Circuit Court Division. He had served as Assistant Chief of the District Court Division and as Chief of the Homicide Unit. Prior to his employment there, he was an Assistant Public Defender for Prince George's County, Maryland from August 1987 to August 2000 and served on active duty in the US Army Judge Advocate Generals Corps from 1985 to August 1987.

His bar activities have included service on the Board of Directors of the Community Legal Services of Prince George's County from 2002-2010, as a member and as Secretary for two years. He has served on the Maryland State Bar Association's, Board of Directors for the Pro Bono Resource Center in Baltimore, Maryland for three years. He has had the pleasure to serve for the past three years on the Board of Directors of the Prince George's County Bar Association. I have served as a volunteer attorney assisting homeowners in battling mortgage foreclosures. In addition to my bar activities, I have served on the Maryland State Department of Education's Parent Advisory Council Education Policy Subcommittee 2003-2004 and on

the Board of Trustees for Metropolitan African Methodist Episcopal Church, for the past eight years, as a member and as Chair of the 1444 Q Street Committee, which has successfully undertaken to renovate the old historic parsonage into a market rate rentable townhouse development. I intend to continue my service to the bar and the community. My service includes serving on the board and promoting fellow attorneys to participate in bar activities and in joining the bar as members of this organization.





Robin D. Bright has served on the Board of Directors for the Prince George's County Bar Association since 2002. She is a member of the J. Franklyn Bourne Bar Association and Maryland State Bar Association. Prior to graduating from the University of Maryland at Baltimore School of Law, Ms. Bright received a Master of Arts degree in Business Administration from Bowie State University and Accounting degree from Niagara University in 1992 and 1988, respectively, and had a career as an Accountant for 10 years.

Ms. Bright began her legal career with the Office of the State's Attorney for Prince George's County, Maryland and, in 2006 served as an Assistant State's Attorney in Calvert County, Maryland. After working as General Counsel for a nationally known food service corporation, Ms. Bright returned to public service as an Associate County Attorney in the Office of Law for Prince George's County. Currently, Ms. Bright sits as a judge of the District Court of Maryland for Prince George's County. Ms. Bright is a resident of Prince George's County.

CANDIDATE PROFILES FOR THE POSITION OF DIRECTOR



Jason A. DeLoach is an associate with Alexander & Cleaver, P.A. where he focuses on civil litigation, municipal law, wills, estates, and administrative law. Jason was raised in Prince George's County and graduated from the University of Maryland, College Park. Jason is a member of the Maryland State Bar Association, Prince George's County Bar Association, the J. Franklyn Bourne Bar Association, and currently serves as Treasurer of the Maryland Municipal Attorneys Association.

Jason has been a member of the Prince George's County Bar Association for 15 years. Jason regularly serves as an Alternative Dispute Resolution volunteer fort he District Court for Prince George's County and has participated as a judge in the Mock Trial Competition. Jason frequently provides pro bono legal services to members of the community and has spoken numerous times at a local school about pursuing a career in the law.



Erik H. Nyce has been a member of PGCBA since 1987 and has served on the Board of Directors for many years. He has served as co-chair of Christmas in April and currently is chair of the award-winning Law Practice 101 committee. Prior to being appointed to the District Court in 2012, he was in private practice concentrating in litigation in Maryland, Virginia and the District of Columbia.



Byron Richardson has served as an Associate County Attorney in the Prince George's County Office of Law since 2007. In addition to his membership in the Prince George's County Bar Association, he is the Co-Chair of the Civic Action Committee in the J Franklyn Bourne Bar Association. Byron has served as a volunteer attorney for Law Day since 2009 and has conducted legal seminars on wills and estate planning through the legal ministries at Ebenezer AME Church and First Baptist Church of Highland Park.

• • • • Profiles Continued on Next Page • • • •

CANDIDATE PROFILES FOR THE POSITION OF DIRECTOR



Charles Todd Merryman Steuart known as Todd has lived most of his life in Prince George's County. Todd grew up in Upper Marlboro, attending schools here in Prince George's County and now is raising his family in Brandywine.

Todd attended St. Mary's College for his BA degree graduating cum laude and attended University of Baltimore School of Law graduating cum laude.

He spent his summers in high school, college and law school working at the Prince George's County Courthouse serving as a bailiff and a law clerk. His experiences as a summer Clerk to the Honorable Graydon S. McKee, III, Law Clerk for Honorable William D. Missouri as well as with his father's law firm: Greenan, Walker, Steuart, Trainor and Billman, set his career path in motion to practice law.

Todd now is a partner with his father in the Law Offices of Steuart & Steuart as well as Vice President of Atlantic Coast Title, Inc. Having enjoyed his years as a prosecutor with the State's Attorney's Office for Prince George's County, Maryland for 7 ½ years, he turned his to the practice of criminal defense and family law.

Todd has been married for six years and has three children, ages 3, 1 and 1. He enjoys watching sports with his son as they attend University of Maryland football games together. He is a member of the Maryland Bar Association, Prince George's County, Calvert County Bar Associations and the Terrapin Club.



Donnell Turner is currently employed as a Deputy State's Attorney for the Prince George's County State's Attorney's Office. In this capacity, Donnell is responsible for approximately fifty Assistant State Attorneys who prosecute cases in Circuit Court, and he also plays an instrumental role in developing and implementing the office's policies and procedures. Prior to this position, Donnell spent approximately five years as an Assistant U.S. Attorney for the District of Columbia, where he prosecuted cases in both federal and D.C. Superior Court, and he wrote appellate briefs and argued cases before the D.C. Circuit Court of Appeals and D.C. Court of Appeals.

In addition, he spent five years as a Trial Attorney in the Criminal Division at the Department of Justice, where he investigated and prosecuted international drug trafficking, narco-terrorist, and money laundering offenses. Donnell began his legal career as a labor and employment attorney, in which he worked in both the public and private sectors. Donnell is a graduate of the University of Maryland at College Park, and the University of Virginia School of Law. He is a longtime resident of Prince George's County and currently lives in Bowie.

Ann Wagner-Stewart has been a prosecutor in the Office of the State's Attorney for Prince George's County since January 1994. She is currently one of the Deputy State's Attorneys with direct oversight of several criminal units within the SAO, including District Court, Juvenile, Post Trial Procedures, and Domestic Violence. Previous to this position, she was the Chief of the Domestic Violence Unit within the office from its inception in June 2003 to January 2011.

Ann is also the current Vice Chair of the Domestic Violence Fatality Review Team for Prince George's County and Co-chair of the Domestic Violence Subcommittee of the Maryland State's Attorney's Association's Legislative Committee. She has been an adjunct lecturer for Catholic University's Columbus School of Law and a Faculty Advisor for Trial Advocacy I training conducted by the National District Attorneys Association. She has served on numerous panels and committees addressing domestic violence issues. Ann is a member of the Prince George's County Bar Association in good standing.



In Partnership with Anne Arundel Bar Association

LEG 397 – Critical Developments in Liability Cases: Gain knowledge on two recent critical developments in liability cases: strict liability and waivers. Discuss the designation of "inherently dangerous" for Pit Bulls and the implications to property owners. Examine indemnification clauses for commercial property owners and businesses. Make sure you have all the facts so you can confidently advise clients. \$55.00 (add'l \$5.00 if out of county resident)

Speakers: Hon. Clayton Greene, Susan Zuhowski, Esq.

When: May 21, 2013 6 – 8:30 pm

Michael Russo, Esq.

Where: Room 100, Center for Applied Learning Technologies (CALT) Building

In Association with the Bar Association of Frederick County

LEG 398 – Handling a District Court Case in Frederick County - Civil Cases: Gain knowledge on how to prepare and conduct a civil case in Frederick County. Learn what not to do and what to do when trying a case in District Court. Explore practical tips for landlord/tenant, collection and post-judgment enforcement cases. Review preliminary matters including the court forms, discovery, and settlements. \$65.00 (INCLUDES \$5.00 out of county resident fee)

Speakers: Charles Frey, Esq., Dave Grove, Esq.

When: May 14, 2013 8:45 am - 12 pm

Scott Borison, Esq.

Where: Delaplaine Visual Art Center, 40 S. Carroll St., Frederick, Maryland

Mediation Seminars and Trainings

LEG 359 - Mediator Ethics: Self-Determination: \$50.00 (\$55.00 if an out-of-county resident)

Note: This course satisfies Title 17 continuing education requirements and MPME mandate for continuing education in

ethics training.

Speaker: Kate Quinn, Esq. **When**: May 8, 2013 6 – 8:15 pm

Where: Room 253, Careers (CRSC) Center

LEG 396 – 20 hour Child Access Mediation Training: \$300.00 (\$305.00 if an out-of-county resident)

Note: This training meets Maryland Rule, Title 17-104(b)(2) requirements for mediating child access disputes.

Speakers: Robert A. McFarland, Esq., Robert Baum, Esq. **When**: May 9 - 11, 2013 8:30 am - 5 pm

Susan Krohn, LCSW-C, Patricia Cummings, LCSW-C

Where: Room 101, Florestano (FLRS) Bldg.

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FAMILY LAW, MATTERS - THE LONG & SHORT OF "LONG FORM" FINANCIAL STATEMENTS

by Master Paul Bauer Eason

Maryland Rule 9-202(e) Financial statement----Spousal support

"If spousal support is claimed by a party and either party alleges that no agreement regarding support exists, each party shall file a current financial in substantially the form set forth in Rule 9-203(a). The statement shall be filed with the party's pleading making or responding to the claim. If the claim or denial of an agreement is made in an answer, the other party shall file a financial statement within 15 days after service of the answer."

So, if you are the Plaintiff, the Rule requires that you file your financial statement with your Complaint.

If you are filing an answer to a Complaint that requests alimony, you have an additional 15 days after you file your answer to submit your financial statement.

Practice Pointers

Simply put, you need to purchase the SASI software and familiarize yourself with the program. In addition, the vast majority of your clients are incapable of correctly filling out the Long Form, so do not expect them to do it themselves. That's what you're being paid for. If you have support staff or a paralegal, train them to load on the data and deal with the clients. That's something staff can do while you are running around in Court!! Invest in training your staff. Many attorneys bill the time spent preparing the Financial Statement at the,"Paralegal" rate. Make money off vour employees!!

Most Financial Statements contain bloated, exaggerated and non-existent expenses. Scrupulously, avoid this practice as the time spent examining them at trial invariably annoys the Judge/Master to the detriment of your

case. Also, consider whether listing extravagant expenses for hair, nails, pet care, vacations, gifts to others and, "meals -out" undermines your clients cause? Clearly, everyone needs to have their hair trimmed and presents for birthdays and Christmas are not out of the ordinary, but keep in mind that, "times are tough" and your goal is to make your client a sympathetic figure. I would not include expenses for, "wallpapering", "carpet cleaning", "repairs", "stamps" and "horseback riding." Finally, don't double dip. If your client has medical insurance premiums deducted from their pay, don't list it again under Section D of the Financial Statement.

Documentation:

What back up do you need? Obviously, the **BIG Stuff**-mortgage documents, banking records, car loans, utility bills, charitable donations, cell, internet and cable bills and credit card statements.

If you pay the majority of your bills with a debit/ credit card or by automatic deducts / (Electronic Funds Transfer) from your bank account, then written documentation should be fairly simple. Most if not all bank and credit card statements are available on-line.

The "Prospective" Financial Statement

What does one do when their client is residing with family members or friends, not incurring shelter or utility bills and can't afford to go anywhere unless and until they receive an alimony award? Well, a client who is fleeing an abusive spouse is in a better situation then one who is voluntarily relocating. But, how does the Court deal with "speculative" testimony? Stated otherwise, either one is paying rent and utilities or is not. In my opinion, you list something for rent and be prepared to back up the amount

with, "comparables" from a reliable source like the newspaper classifieds or the internet. Most other items on the Financial Statement will remain unchanged with the exception of shelter and utilities.

"Long Form" Financial Statements in "Above and / or Below-Guidelines" Child Support and Attorneys' Fees

Basic Rule---If either party is requesting that Child Support be set in an amount above or below the, "Guideline" amount i.e. what would be mandated by an application on the Maryland Child Support Guideline Formula---you need to file a "Long Form" Financial Statement. Pursuant to Family Law Article 12-202, it is the burden of the proponent to demonstrate that the application of the guidelines would be, "unjust or inappropriate in a particular case..."

Attorneys Fees

It's hard enough getting your own client to pay you, but if you are requesting an award of attorneys fees, the Court must consider, "the financial resources and financial needs of both parties." Ergo, both parties need to file long form Financial Statements.

Which brings us to the final question of, "How do you get the neglectful and/or recalcitrant opponent to file the Financial Statement?

Step One---Write the opponent or counsel, if represented, and request it. Make sure to cite the correct Md. Rule or statute. If the opponent is "Self Represented" (pro-se) enclose a copy of the form and if you are feeling generous, a stamped envelope in which to return it. Set a deadline of ten days in which to comply.

FAMILY LAW, MATTERS - CONTINUED

Step Two--- In the event that your polite and respectful letter does not have the desired result, file a Motion to Strike and/or for Appropriate Relief with an Order that contains self executing language in the event that the opponent fails to comply in a timely manner to the Courts Order.

Step Three--- Still nothing . File a Motion for sanctions.

Final Thoughts

A Financial Statement is an admission of a party opponent. To the extent that it is not credible, your client or your opponent will suffer the consequences. Don't file a sloppy statement and expect to orally amend it at trial. Bad

move. As I have said on innumerable occasions, the practice of law is a detail oriented and deadline driven enterprise. Do it right the first time!! Distinguish yourselves with your pleadings and financial statements. Create a reputation for excellence with your clients, your opponents and the Court.

Master Paul Bauer Eason has graciously agreed to be responsible for a monthly article in the PGCBA newsjournal that will focus on family law and family law issues. He will have guest contributors who will provide valuable information to our members regarding family law in general and in specific family practice pointers. This monthly article will be called "Family Law Matters." Look for the articles in the upcoming newsjournals.

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GET HEALTHY TODAY | by Edith Lawson-Jackson



IMPROVE YOUR HEALTH: EAT WHAT GROWS

Since the New Year began, we have talked about improving your

health by decreasing your intake of sugar from food and beverages. We have also talked about dividing your daily food intake into 4-6 meals per day. Now, we will go even further and discuss how to fuel your body with the healthiest and most nutrient dense foods possible, in an effort to not only trim your waistline, but also to keep in optimal health. In terms of both main meals and snacks, the best food choices to protect your health and decrease body fat levels are the foods that are given to us by nature. To get your hands on these superfoods, you need not look any further than the produce stand at your grocery store. Fruits and veggies can be consumed for nearly all of your daily meals, while still allowing you to get in all the micronutrients you need to stay healthy. Veggies have numerous health benefits which include diminishing the risk of numerous cancers, reducing the risk of diabetes, cleaning your arteries and colon, and even helping to build muscle. Fruits are very high in antioxidants, and studies show that they fight free radicals, reduce your chances of developing certain cancers, and boost your immune system so that you're more resistant to illnesses. And you can combine various fruits and vegetables to make a day's worth of complete meals that leave you feeling satisfied, and energized. Here are some of my favorite growing gems and their benefits.

Blueberries - one cup of these deliciously satisfying berries has only 84 calories,

only one gram of fat, and four grams of colon cleansing fiber. And to top that off, blueberries have more antioxidants than practically any other fruit. Additionally, blueberries have been shown to improve memory and rejuvenate brain cells. Thus, they are my pick for best fruit to be either eaten alone or combined with other fruits, or tossed into a vegetable salad.

Cherries - one cup of these sweet and tart treats contains only 87 calories, zero grams of fat and 3 grams of fiber. Cherries are full of antioxidants just like blueberries. However, cherries have a certain type of antioxidant, anthocyanins, that are known to reduce inflammation. That means that after an intense workout or a long run, consume a couple cups of cherries to ward off inflammation which in turn will diminish soreness.

Grapefruits - One large one yields 106 calories, zero fat, and 4 grams of fiber. We've all heard of the grapefruit diet, right? Well, there's a reason for the grapefruit being held in such high dietary regard. Grapefruit is shown to keep insulin levels in the bloodstream steady thereby slowing the rate at which carbohydrates enter the bloodstream. As a result, grapefruit directly influences fat loss. While it's not the magical fruit, studies have shown that subjects consuming half a grapefruit per day lost between 4 and 10 pounds without employing any other diet methods. That means you should hit the produce stands today and stock up.

Pomegranate- once considered to be an exotic fruit not frequently consumed, pomegranates have recently invaded virtually every grocery store and can be found in a variety of products. And for good reason: a half a pomegranate contains only

80 calories. It has only 1 gram of fat, and while it does not contain fiber, it has some of the most powerful antioxidant benefits of any fruit. Furthermore, this delicious dark fleshed fruit aids in delivering nutrients to your muscles- especially helpful after an intense exercise session.

Other favorites include strawberries and cantaloupe which contain next to nothing in the way of calories and fat, yet contain lots of antioxidants. These fruits go extremely well in a salad of either other fruits or mixed with vegetable salads. And adding these fruits to the traditional vegetable salad adds a substantial degree of sweetness and often eliminates the need to add salad dressing.

Now for the veggies, which come in a variety of colors and with a variety of benefits. America's number one favorite vegetable by far is the potato, yep the good old plain white potato. But that's not because we love its health benefits. In fact, the way we typically eat it, fried, diminishes a great deal of the benefits inherent in this favorite vegetable. The potato is rich in folate and potassium and it is most healthful when eaten in the form of a baked potato. For those who engage in strength or muscle building activities, a baked potato touts the benefits of aiding with muscle growth and recovery. The potato is so healthy that even its skin has a substantial amount of vitamins and should be eaten. It contains approximately 165 calories, no fat, and 5 grams of fiber.

Tomatoes - while the debate goes on about whether the tomato is a fruit or vegetable, one thing is certain - this superfood contains tons of lycopene which fights heart disease and cancer, and also promotes muscle growth. The good thing about the

nutrients in tomatoes is that unlike most fruits and veggies, these are actually better for you when cooked. Which is great news since we mostly consume tomatoes in the form of sauces (or on pizza). And these bright reddish orange treats contain only 22 calories for a medium sized tomato and 2 grams of fiber. They can be eaten alone either whole or sliced, on a salad, as a sauce or soup, or added to many other types of food.

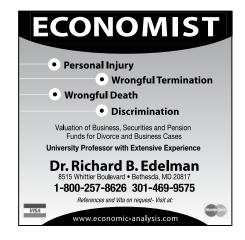
Broccoli - one of my very favorite veggies, is as versatile as it is healthy. One cup of broccoli contains only 31 calories, 3 grams of protein, zero fat, and 2 grams of fiber. These little "tree like" bunches are full of phytochemicals which keep water retention down, help diminish fat storage levels, and neutralize bad estrogens in the liver. I like to eat raw broccoli straight out of a sandwich bag, which makes broccoli a perfect handy snack. Broccoli can generally be transported very easily due to its ability to stand various ranges of temperatures while still being edible. So you can pack some and take it to work with you, keep it in your desk drawer or in your car while you're in court. And then it's a perfect addition to any salad or steamed with seasonings.

Spinach - A favorite of Popeye's for its muscle building benefits, really does have those cartoonish benefits. Spinach has three documented muscle-building compounds, including glutamine which bodybuilders actually buy in supplement form. Glutamine is an amino acid linked to intestinal health and muscle growth. And spinach contains an amazingly low number of calories - only 14 calories for two cups! Plus there's two grams of protein and a gram of fiber.

Onions- Like cherries, onions are known for their anti-inflammatory properties which are especially helpful to athletes and those engaged in regular exercise. On top of that, onions also contain chromium and other components which help stabilize blood sugar levels by influencing insulin secretion. While most of us wouldn't eat onions by themselves, they can easily be incorporated into almost any dish. So throw them into your raw salads, sauté them with your fish and chicken recipes, add them to sandwiches and soups. Especially if you are an athlete or you engage in exercises that leave your joints and tendons feeling sore or swollen, you should try to add onions to your meals on a daily basis. Onions can be added to just about anything. So why not toss them into the next meal that you prepare?

I think we can all agree that eating what grows is easier than you think and as necessary for good health as you've always been told. Find ways to get in at least 5 a day. It's easy! Carry fruit with you daily in your briefcase, keep mini bags of mixed veggies in the office refrigerator, purchase the green colored Naked (Green Machine) and Bolthouse Farms Green Goodness drinks (they taste 100 times better than they look) and have 3 servings daily in place of 2 of your regular meals and a snack. You've probably never thought about replacing some of your meals with all-natural fruit and vegetable meal choices. But now that you know how easy it can be, and the wonderful health benefits you'll also get, it's time to try exchanging a few meals. Maybe you want to start off with only one meal daily, or maybe you want to challenge yourself to do a week or two with nothing but fruits and veggies. You'll find it quite refreshing and you'll notice an improved mood. And, if you needed an added bonus - you're sure to drop a few pounds.







J. FRANKLYN BOURNE BAR ASSOCIATION AND THE PRINCE GEORGE'S COUNTY BAR ASSOCIATION





GOLF CLASSIC

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Lake Presidential Golf Course

3151 Presidential Golf Drive, Upper Marlboro, MD 20774

THURSDAY, MAY 23, 2013

8:30 a.m. Tournament Shotgun Start 1:00 p.m. Golf Clinic

\$150 single/\$550 foursome*

*Must pay and sign-up as a foursome

Fee includes: Range Balls, Prizes for 1st-2ndplace, Prizes for Longest Drive & Closest to Pin, Continental Breakfast, Dinner, and other Golf Gifts

CLINIC: \$50 per person (includes awards ceremony and dinner)

For questions, please contact Georgia Perry, 301-952-1442 or gperry@pgcba.com or Joe Wright, 240-472-4533 or crimlawyer@yahoo.com

Please reserve spots for May 23, 2013 Tournament	_ spots for the Golf Clinic.
Name:	Telephone:
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Firm/Address:	
Foursome	
Clinic Participants:	

Return this form with check made payable to "J. Franklyn Bourne Scholarship Fund, Inc." and mail to Prince George's County Bar Association, 14330 Old Marlboro Pike, Upper Marlboro, Maryland 20772.

A portion of your donation may be tax deductible. Consult your financial advisor for details.

J. Franklyn Bourne Bar Association And The Prince George's County Bar Association



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(1) Tee Box Sign	(1) Tee Box Sign		

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Contact: Georgia Perry, 301-952-1442, gperry@pgcba.com
Joseph Wright, 240-472-4533, crimlawyer@yahoo.com

"Proposed Bylaw Change"

Proposed Bylaw Amendment:

It is resolved that Article III: Officers shall be amended as follows:

BOLD CAPS is language added.

A. Officers

- (1) The officers of the PGCBA shall be the President, President-Elect, Treasurer and Secretary, all four (4) of whom shall be Active members of the PGCBA, who shall be elected **AND/OR ELEVATED** at the annual June meeting of the PGCBA for a term of one (1) year, or until their successors are elected and qualified. The Immediate Past President shall also be deemed an officer for purposes of serving on the Board of Directors and the Executive Committee.
- (2) Minimum Qualifications-Officers: Any member may seek nomination, be nominated, stand for election and be elected as SECRETARY of the PGCBA provided he/she shall first have been a member in good standing with the PGCBA for a period of two (2) consecutive years immediately prior to seeking nomination and meet one or more of the following minimum qualifications: (a) have served two years, consecutively or non-consecutively, as a member of the PGCBA Board of Directors, whether by nomination, election or appointment; (b) have served as a committee chair and/or co-chair of any standing or special committee of the PGCBA for a period of two years; or (c) have served as a chair or co-chair of any standing or special section of the PGCBA for a period of two years; or (d) any combination of (a), (b) or (c) above in which the total combinations of capacities served equals two years. THE PERSON WHO SHALLAUTOMATICALLY BE ELEVATED TO THE POSITION OF TREASURER SHALL HAVE SERVED AS SECRETARY DURING THE IMMEDIATELY PRECEDING ONE (1) YEAR TERM. THE PERSON WHO SHALLAUTOMATICALLY BE ELEVATED TO THE POSITION OF PRESIDENT-ELECT SHALL HAVE SERVED AS TREASURER DURING THE IMMEDIATELY PRECEDING ONE (1) YEAR TERM. THE PERSON WHO SHALLAUTOMATICALLY BE ELEVATED TO THE POSITION OF PRESIDENT SHALL HAVE SERVED AS PRESIDENT-ELECT DURING THE IMMEDIATELY PRECEDING ONE (1) YEAR TERM.

Any person who does not meet the minimum qualifications as established herein is disqualified from seeking nomination and/or election, **AND/OR ELEVATION**, to an officer's position of the PGCBA.

B. *President*: The President shall preside at all meetings of the PGCBA, and shall serve as Chairman of the Board of Directors, and shall be an *ex officio* member of all committees of the PGCBA.

The President shall, at the next meeting of the PGCBA following the annual elections OF **SECRETARY AND ELEVATION OF OTHER OFFICERS**, report in writing to the PGCBA on its status and future. At the annual meeting, the President shall report in writing on the PGCBA's accomplishments during the preceding year. These reports, the minutes of all proceedings of the PGCBA, a copy of these ByLaws and any subsequent amendments and a copy of any resolutions adopted by the PGCBA shall become permanent records of the PGCBA and be bound in book form periodically.

The President shall be ineligible to succeed himself in office after he/she has served one (1) full term as President UNLESS THE PRESIDENT-ELECT, AS A RESULT OF DEATH, RESIGNATION, DISABILITY OR OTHERWISE, IS UNABLE TO ACCEPT ELEVATION TO THE POSITION OF PRESIDENT, IN WHICH CASE THE PRESIDENT SHALL BE ELIGIBLE TO SERVE ONE (1) ADDITIONAL TERM

[THIS AMENDMENT CHANGE WILL BE VOTED ON AT THE ANNUAL MEETING ON JUNE 4, 2013]

"Proposed Bylaw Change"

AS PRESIDENT PROVIDED HE/SHE IS APPROVED BY VOTE OF THE BOARD OF DIRECTORS TO SERVE ONE (1) ADDITIONAL TERM AS PRESIDENT.

- C. *President-Elect*: The President-Elect shall assume the duties of the President in the absence of the President. The President-Elect shall automatically become President, without election, at the next annual meeting.
- D. *Treasurer*: The Treasurer shall be responsible for the collection and deposit of funds in the name of the PGCBA in such banks and other financial institutions as the Board of Directors shall direct and shall be responsible for the disbursement and/or withdrawal of said funds by order of the Board of Directors, and shall report at the regular PGCBA meetings and shall keep accounts of the income and disbursements which shall be open to inspection by any member of the PGCBA, and shall propose a budget for the PGCBA to the Board of Directors. **THE TREASURER SHALL AUTOMATICALLY BE ELEVATED TO THE POSITION OF PRESIDENT-ELECT, WITHOUT ELECTION, AT THE NEXT ANNUAL MEETING.**
- E. Secretary: The Secretary shall maintain accurate minutes of all the proceedings and meetings of the PGCBA, the Executive Committee, and the Board of Directors and disseminate them regularly to the membership of the PGCBA (with the exception of the minutes of the Executive Committee meetings, which shall be disseminated to the Board of Directors) and shall conduct the correspondence of the PGCBA.
- F. Vacancies: In the event a vacancy occurs in the office of President, as a result of death, resignation, disability or otherwise, the President-Elect shall perform the duties and functions of that office for the remainder of the term in which such vacancy occurs. The fact that such vacancy is filled by the President-Elect shall not affect the latter's succession to the Presidency at the expiration of the term for which he/she was **ELEVATED** to serve as President-Elect.

In the event of a vacancy in the office of Immediate Past President, the most recent Past President willing or able to serve shall fill that vacancy.

IN THE EVENT A VACANCY OCCURS IN ANY OTHER OFFICE, THE PERSON to fill SUCH vacancy shall be nominated by the Executive Committee and elected by the Board of Directors and such person shall serve in such office until the next annual ELEVATION of officers AT WHICH TIME SUCH PERSON SHALL BE ELEVATED IN THE ORDER OF SUCCESSION SET FORTH IN THIS ARTICLE III, UNLESS THAT VACANCY IS IN THE OFFICE OF SECRETARY. IN THE EVENT THAT THE VACANCY IS IN THE OFFICE OF SECRETARY, THE PERSON TO FILL SUCH VACANCY SHALL BE A MEMBER OF THE BOARD THAT IS THEN SERVING BY ELECTION AND HAS BEEN SERVING AFTER SAID ELECTION FOR AT LEAST TWO YEARS, AND SHALL ALSO FULFILL THE OTHER REQUIREMENTS OF THIS PARAGRAPH FOR ELEVATION AS AN OFFICER AT THE NEXT ANNUAL MEETING.



We are near the end of another productive fiscal year. We were able to assist thousands of people due to the dedicated work of our staff, volunteer attorneys and unwavering commitment of our

executive director, Neal T. Conway. Under Neal's leadership, CLS continues to grow and remains a productive organization. We the staff are appreciative of his strong work ethics, his fostering of team work, and feel we are in good hands! Today we received confirmation from the Office of the County Executive that we have been awarded funding under the Community Partnership Grant Program for fiscal year 2013. Thank you Neal!

For its dedicated work we thank our staff Karin Dalichow, Esq., Linda Gantt, Esq., Angelia Rowe Garner, Esq., Angela Richardson Green, Esq., Edith Coral Johnson, Esq., Alicia Lewis, Esq., Darlene Wright Powell, Esq., Johnny Da Silva, Oswaldo Perez, Michael Udejiofor, Sandy Vivar-Herrera, and Angela Wright.

We give special thanks to the following volunteer attorneys who helped us bring legal assistance to thousands of clients: Alexander Fernandez, Alicia Lewis, Anneliese Lederer, Anthony Ho, Anthony Hayes Davis, II, Anu Kemet, August Gardner, Bennie Brooks, Bill Shelton, Brian Williams, Bruce Desimone, Bud Tayman, Cathy Braxton, Charles Ashurst, Cherie King, Christopher Daniels, Craig Ewan, Cynthia Norris, Dallas Houston, Danielle Moore, Darlene Powell, Debra Oliver, Denise Bellamy, Diana Wyles, Donald Bell, Dontrice Hamilton, Edith Lawson-Jackson, Edward Watson, Esther Coleman, Frank Morris, Gideon Obi, Grant Murchison, Gregory Milton, Harold Boyd, Ifeatu Sofela, Jaimee McDowell, James Brown, James Thomas, Janell Bell, Jeanne Aelion, Jessica Charles, Jibril Brown, John Hopkins, John Green, John Gabel, Joshua Kahn, Julio Morales, Jumoke Oladapo, Kevin Morris, Kolawole Onifade, Kurt Wolfgang, Kwaku Ofori, Laurie Pulliam,

LM Biggs, Michele La Rocca, Moges Abebe, Monica James, Nataly Mendocilla, Natasha Khalfani, Olekanma Ekekwe-Kauffman, Rachel Kohler, Regina Scott, Renee Boston, Richard Gilman, Richard Williams, Rosa Sobhraj, Rosalyn Otieno, Sahmra Stevenson, Sandra Guzman, Sean Day, Stephen Stair, Tim Sessing, Valerie Adeyeye, Vernon Taylor, Walter Boyd, William Mertens, Zakia Chandler.

Free Foreclosure Prevention Training for Lawyers

The Pro Bono Resources Center (PBRC) provides training to attorneys who would like to help but lack knowledge and training. The training is in exchange for a pro bono commitment. PBRC also provides a listserv for attorneys to actively communicate with each other and discuss various foreclosure issues in real-time! You can visit their website for further details at www.probonomd.org

CLS provides advice and mentoring for volunteer attorneys on foreclosure law, defense and modification strategies. Please contact Angela Richardson Green at 240-391-6413; extension 16, or email her at richardson@clspgc.org If you need to refer a client facing foreclosure to CLS, please direct them to our Foreclosure Prevention line at 240-391-6413. Spanish speakers may ask for our bilingual legal assistant Oswaldo Perez at this same number.

We Have Funding Available to Pay for Attorneys Fees!

CLS continues to refer cases under our Family Law Judicare funding project made available by Maryland Legal Services Corporation. Attorneys receive \$80.00 per hour up to \$1,600.00 per case. Payment is made after the case is concluded. Due to increased funding from Maryland Legal Services Corporation, CLS is temporarily able to suspend our requirement of accepting one pro bono case for each Judicare case. This is temporary, so please contact Michael Udejiofor or Angela Wright at 240-391-6532 to get on the list!

Community Legal Services of Prince George's County, Inc. is a non-profit organization established to provide quality civil legal services to low-income persons in Prince George's County. It does this through the generous contribution of legal advice and legal representation by members of the private Bar. Additionally, CLS operates free legal clinics in the County. They are located in the in Circuit Court House, Langley Park and Suitland. For more information about our services, please contact Nora C. Eidelman, at 240-391-6532, ext. 12.

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Contact the PGCBA Office at 301-952-1442 to reserve your spot today!



PGCBA COMMUNITY AND PUBLIC SERVICE PROGRAM 2013 AWARDS SOLICITATION

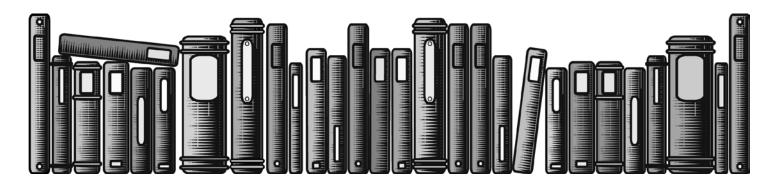
The PGCBA is soliciting applications for it Community and Public Service Project Awards. Awards are financed by the profits received from the PGCBA's Traffic School Program. Since the program's inception in 2000, the PGCBA has awarded over \$90,000 to numerous community, public service and other charitable projects benefiting the citizens of Prince George's County.

Bar members are invited to nominate programs which serve the Prince George's County community.* The organization must be a 501 (C) 3 to apply. Applications are available on our website www.pgcba.com. You may also contact Georgia Perry at gperry@pgcba.com if you would like an application mailed to an organization that you think would be interested. The Public Grants Committee, under the leadership of Manuel Geraldo will review all applications. Awards will be announced in July 2013.

SCHEDULE

- March 23, 2013 Begin advertising the availability of the community service funds.
- March 23, 2013 The application process will be opened and the committee will begin to receive applications.
- May 17, 2013- The application process will be closed and no applications will be accepted after 5:00 PM on Friday the 17th of May.
- July 15, 2013 The recipients of the community service funds will be announced.

Information from the Prince George's County Circuit Court Law Library



New Titles! New Editions! At the Prince George's County Circuit Court Law Library

The Prince George's County Circuit Court Law Library presents a list of new materials acquired March 2013.

Feel free to visit the Library and review any materials, new or old.

New titles at the Law Library March 2013

BOOKS

Digest of Criminal Law, 2012 (MD Police and Correctional Training Commissions) KFM 1761 .D5 2012 RESERVE

District of Columbia Court Rules Annotated, 2013 ed.

KFD 1729 .A193 2013 RESERVE

Federal Criminal Code and Rules, 2013 ed. KF 9606.99 .D567 2013 RESERVE

Motion Practice, 5th ed. KF 8875 .H4722 2009

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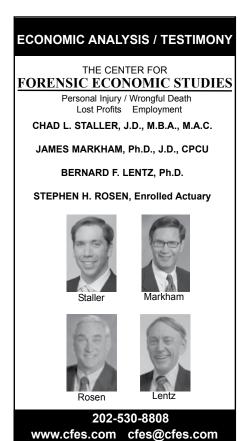
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Internal Box Responses \$5 add'l.

Post-publication billing; automatic renewal each month until notification of cancellation.

Deadline for Submission: 15th of month preceding publication.

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NUMBER OF CALLS: 809

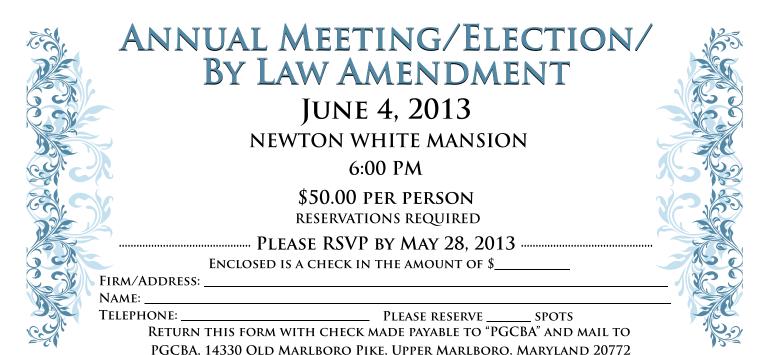
NUMBER OF REFERRALS: 557 TOP 5 AREAS OF LAW:

- 1. FAMILY
- 2. REAL ESTATE
- 3. EMPLOYMENT
- 4. CONSUMER
- 5. TORTS



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