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"A Simple Speech"

Sometime last year in the Fall as I came into the office, my assistant Jeanne told me that Alex Cummings, the Clerk of the Court of Appeals, had called and wished to talk with me. Hearing this, I immediately concluded that I must have misfiled

a brief or committed some egregious error that would result in the revocation of my license to practice law. Convinced of this notion and preparing my apologies, I returned Mr. Cumming's call only to learn that I was mistaken. Rather than a lecture about the Appellate Rules of Procedure, Mr. Cummings offered to me the honor of addressing a group of candidates at their admission ceremony before the Court of Appeals. This offer took me completely by surprise.

Although usually quick to find an excuse, I was instead dumbfounded. In my momentary paralysis, I believe Mr. Cummings answered for me and then told me the date and time of my assignment. In hindsight, I realize that Alex knew exactly what he was doing and that he had undoubtedly refined this hunting technique over the years. I later reminded Alex that his signature was on my certificate. Interestingly, the 1983 certificates (the year I was admitted) were the first that Alex signed on behalf of the Court. Yes, he and I were rookies in the same year, albeit that Alex was in his first year at the prestigious position of Clerk of the Court of Appeals and I was a mere first year associate at a small Baltimore City law firm. But now, late in the year 2007, I would be returning to the admission ceremony as a speaker and Alex would be signing some of his last certificates given his plan to retire in early 2008 after completing twenty five years of service as the clerk of our State's highest court.

Of course, Alex would not remember my admission ceremony in December, 1983, even if it was

one of his first. Alex has participated in hundreds of these ceremonies. I remember it not for the speech, but because my name was announced twice. To explain, back in the eighties and presumably before then, the attorney speaker was required to read aloud the name of each candidate. Upon hearing your name, you stood and faced the judges who collectively peered down at you from the bench in their resplendent red robes. Hearing my name a second time, I paused to make certain there was no other candidate with a similar name, then rose to be greeted again by the court and giggled at by the audience. Not an auspicious start to a career, and certainly not something I should have reminded myself about as I set out to write a speech.

In any event, having not recalled much about the speaker at my own ceremony, I assured myself that little, if anything, would be remembered of me by the candidates. Insulated by this reasoning, I set out to write a speech that would be as brief and painless as possible. Unfortunately, the assignment was anything but painless for me. The effort forced me to confront the fact that I have practiced law longer than many of the candidates have been alive. Despite my tenure, what could I tell the freshly minted attorneys of a new generation? Before going further, I realize that I may be hypersensitive, that twenty five years is not that long and that I am still a rookie in comparison to many. All that acknowledged, the assignment was forcing up fodder for a mid-life crisis and I was not enjoying any of it. Eventually, I decided to concentrate on basic aspects of the attorney experience. As we all come to learn, often it is the uncomplicated argument that wins the day.

When I arrived at the court on the appointed day and time, my temporary parking spot had been taken by someone else. When I was introduced to the Court, I was told that the day's first two speakers had both presented excellent speeches. In particular, I was told that our own Judge El-Amin had delivered "one of the best speeches heard here in years." If all that was meant as encouragement, it did not work.

Continued on page 3

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PRESIDENT'S MESSAGE

Continued from page 1

When it was my turn, I told the candidates that despite the increasing complexity of our profession and the required regime of hard work necessary to survive, it is a great privilege to be an attorney. I told them that they will not win every case, that they will often be criticized and rarely complimented. Attorneys should not expect to be happy every day, but that on many days they will be successful. It is the nature of success that is often elusive and misunderstood. I suggested the candidates be mindful of the thoughts of poet-philosopher Ralph Waldo Emerson who was contemplating success in life when he wrote:

To laugh often and love much
To win the respect of intelligent persons and the affection of children
To earn the approbation of honest critics and to endure the betrayal of false friends
To appreciate beauty
To find the best in others
To give of oneself
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition
To have played and laughed with enthusiasm and sung with exultation
To know that if even one life has breathed easier because you have lived,
This is to have succeeded.

Certainly, Emerson is not urging us to keep our expectations low. He is reminding us of how meaningful everyday life can be and how important it is to work for the betterment of those around us. The truly great potential that we have as attorneys is that on any day we can accomplish great things by ensuring that our clients are given the benefits and fairness of our judicial system. No one else in our society performs that function or has that potential. In this way, the everyday experience of the attorney is truly extraordinary.

Respectfully submitted,

John C. Fredrickson
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MEMBER NOTES

NEW MEMBERS

CONGRATULATIONS

The Law Firm of Andalman & Flynn is proud to announce that Kathryn McDonough and Peter Casciano have become associate attorneys with the firm. Both Kathryn "Kate" McDonough & Peter Casciano joined the firm as law clerks in Sept. 2006 and Aug. 2007 respectively. They will both be practicing in the areas of family law, criminal defense, probate, collections, and judgment enforcement.

Welcome to the following new members:

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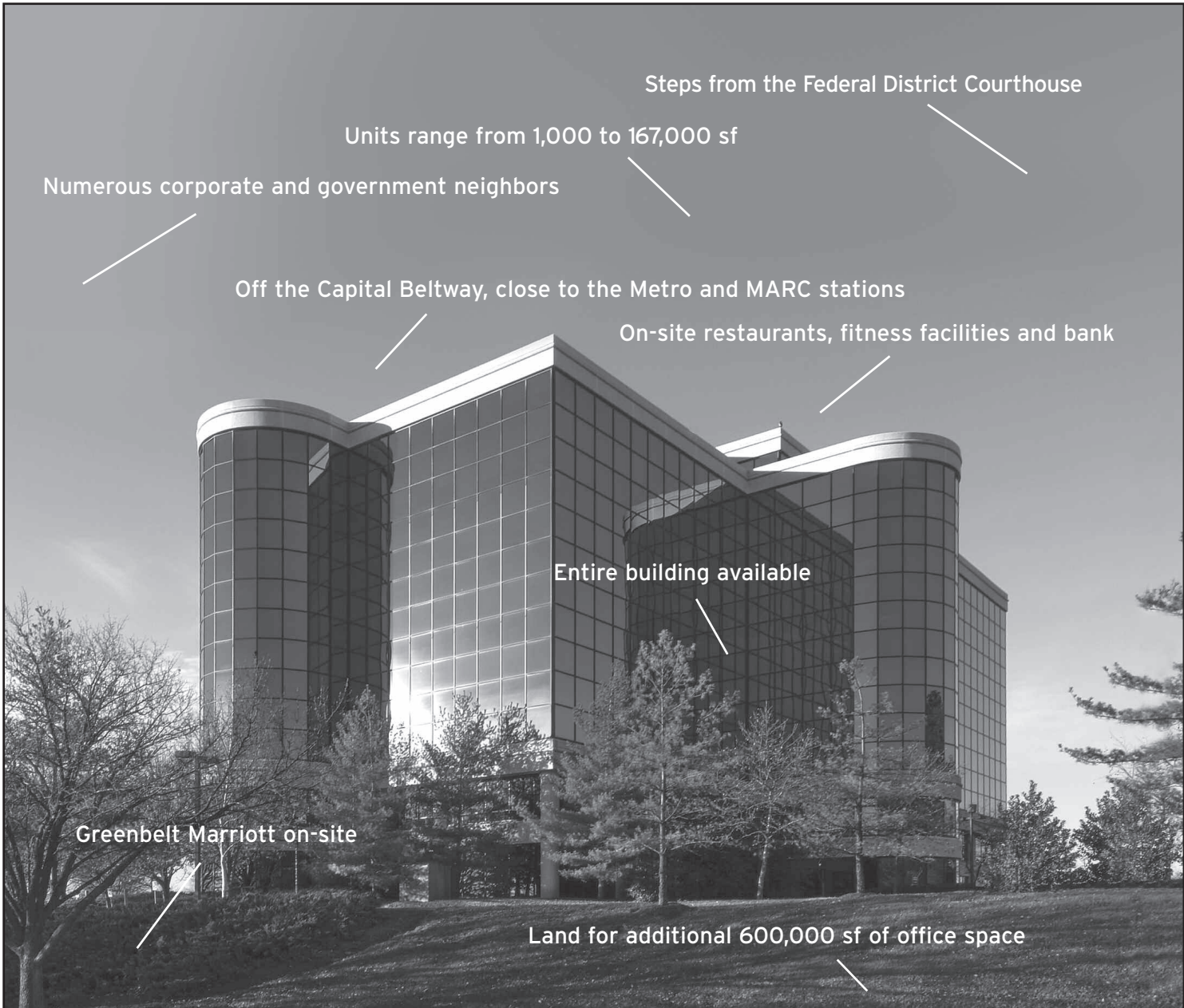
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Victim of Domestic Violence Finds Relief at CLS Clinic

This quarter, we assisted a client face her abuser in his criminal trial in Charles County. The client, who spoke Spanish only, came to

our Langley Park Family Law Clinic for assistance regarding assault charges she pressed against her husband. Complaining of a migraine headache, the client had dark sunglasses on during her consultation with Karin Dalichow, the CLS attorney who runs the clinic. She was very nervous and expressed she was scared of her husband. According to her, he physically and mentally abused her. The abuse culminated in an incident in which he physically beat her. She called the police, who responded and at arrival arrested the husband charging him with assault.

Several days later, our client petitioned for a protective order against her husband. According to her, before the hearing, the husband's attorney tried to intimidate her telling her she would not be successful in getting the protective order, and as a result, during the hearing, she became very nervous and was not able to present her case very well; she did not have an attorney, and the judge denied her petition. The husband remained at the home with the client. She stated she had no place to move to at the time.

Several months after the denied protective order hearing, our client attended the criminal assault hearing to testify as the victim. She states her husband's attorney again tried to intimidate her before the trial. During the trial, he asked that the case be dismissed. However, the District Court judge continued the case because the Court did not have a Spanish-speaking interpreter available on that day.

This is when the client sought our assistance at the Langley Park clinic. Ms. Dalichow advised her to safely leave the home. Although the husband no longer abused her, the threat of more violence was still present. Ms. Dalichow also advised the client of her right to attend the criminal trial with a court companion. After calling several agencies, including the Maryland Crime Victims Resource Center and the Victim Witness Coordinator of the particular county, Ms. Dalichow finally found a court companion from the Center for Abused Persons who was able to attend the criminal assault trial with our client.

Our client was overjoyed. She was so relieved that someone would be with her during the trial and not feel exposed to further intimidation from her husband's attorney. On October 30, 2007, the husband was found guilty on second degree assault against her.

The number of persons coming to CLS seeking relief from domestic violence continues to increase. We get an average of 15 phone calls per month and 10 walk-in

clients at our Langley Park clinic. While we only provide pro se services at the clinic, periodically we are able to find attorneys available to provide representation in protective order hearings. Currently, about two clients per month are placed with an attorney via our Langley Park Clinic.

We have a very small panel of attorneys who are willing to provide representation in these types of cases. We are sharing this client's story this month to encourage attorneys to volunteer and assist victims of domestic violence find relief available to them through the judicial process. To inquire further information about these volunteer opportunities, please contact Karin Dalichow, Esq., at 301-864-4907, ext. 14.

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 in 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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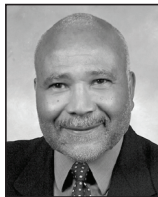
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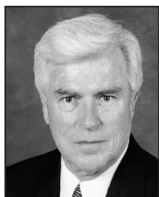
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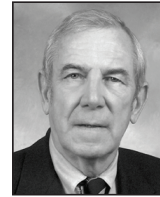
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PRINCE GEORGE'S COUNTY BOARD MINUTES

BAR ASSOCIATION BOARD OF DIRECTORS' MEETING

December 18, 2007

PRESENT: John Fredrickson (President), William Parker, Jr. (President-Elect), Garland Stillwell (Treasurer), Nicholas Rattal (Secretary), Karen Pasciuto, Alicia Lucero, Denise Bowman, Jennifer Muskus, the Honorable Mark T. O'Brien, John Burns, Erik Nyce, the Honorable Cathy Serrette, Isaac Marks, William Snoddy, Richard Moore and Georgia Perry.

The President's Report

John Fredrickson called the meeting to order. He stated that the holiday party was an excellent success. He said it was very similar to the old style parties that the Bar Association use to have.

Law Practice 101 is still on course with Judge Sean Wallace speaking in February.

He announced that the Executive Committee pursuant to the earlier designation from the Board of Directors has decided that there would be no March general membership meeting.

President Fredrickson also announced the creation of an Immigration Law Committee with Joseph Trevino and John Burns as co-chairs.

Secretary's Report

The Secretary's Report was done but not copied for the members and it was agreed upon that everybody would check their e-mail and make any corrections. Pending no corrections the Minutes Report would be adopted.

Treasurer's Report

Garland Stillwell provided the Treasurer's Report with the use of a new profit and loss

statement and advised there was nothing significant to report. He further stated that the Bar Association was down to dealing with the Bank of America and M&T Bank, as the preferred vendor for the Bar Association.

Executive Director's Report

Ms. Perry announced that the number of members who have failed to pay are down to 98. Bill Parker asked that each of the directors divide up the 98 members to call them to try to give them one last chance.

Ms. Perry further advised that 113 people paid for the holiday party and that the Bar Association suffered a loss due to the fact that 150 members were needed to break even.

There was a motion for honorary membership for retired Judges Frank Kratovil, E. Allen Shepherd, Graydon McKee, Bud Marshall and Leonard Goldstein. Judge McKee and Mr. Marshall have requested honorary membership. Judge Shepherd, Judge Kratovil and Mr. Goldstein will be offered it. Erik Nyce made a motion to approve their eligibility as honorary members if they choose to accept it. Richard Moore seconded this motion and it passed unanimously.

Further Ms. Perry advised that the computer system was delivered and becoming operational.

Old Business

The Adpot-A-School Program is on schedule and all members who provided donations last year would be contacted by letter. Judge Morrissey would talk to the District Court bench and Judge Serrette agreed to talk to the Circuit Court bench regarding funding.

New Business

Isaac Marks showed the board the architect plans for the new courthouse regarding the lawyer's lounge that the Bar Office will furnish. It was determined that internet connections and televisions would be available. The board requested that WiFi capability be added if possible. There is also a need for furniture. It was determined that delivery people would have to be approved to get into the courthouse unless the Bar Association used preferred vendors. A discussion on how to provide funding for the furniture was initiated. It was determined that a plaque would be placed in the office and any individuals or firms who gave donations would get recognition. The details of the recognition would be determined at a later time and that guidelines would be needed for members to use the conference room.

Bill Parker made a motion to adjourn the meeting and Isaac Marks seconded the motion. The meeting was adjourned.

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**AVOIDING THE RAVAGES OF
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Unfortunately, Types II Diabetes is a rapidly growing problem here in America and sedentary individuals, including most professionals, are particularly susceptible to falling prey to this disease. The American Diabetes Association expects the number of Americans with diabetes to increase to more than 30 million by the year 2030. While more adults have been affected by this disease historically, the incidence of diabetes among children is on the rise in alarming rapidity. The reason is our sedentary lifestyle and our poor food choices in a culture of "fast food" and excess. Diabetes can have devastating effects including the development of heart disease, kidney failure, nerve dysfunction, and even blindness. Most people don't give a second thought to the severe consequences of their actions or inaction when it comes to making lifestyle changes that can prevent, and even un-do the negative effects of diabetes.

Understanding what Type II Diabetes is and how one develops it is possibly the best thing one can do to guard against developing this disease which is threatening to impact such a large number of Americans. Type II Diabetes impacts the body by affecting the body's ability to properly use all macronutrients, or more simply put, all sugars, starches, fats, and protein. The disease, in effect, disrupts the body's ability to metabolize these micronutrients for the production of energy. Normally, our bodies would change sugars and starches into a usable energy form, called glucose, which would then be carried to various tissues including muscle cells. Once in the muscle cells, glucose can be broken down and either used for energy or stored for later. However, glucose can only enter muscle tissue when insulin is present. When Type II Diabetes is present, while some insulin is actually produced, the body is unable to effectively use it, and glucose is unable to enter the muscle cells. This is known as "insulin resistance". And as a result of this situation, glucose rises to abnormal levels within the blood, causing a plethora of diseases if left unchecked. The conditions which causes Type II Diabetes, are very strongly linked to lifestyle factors. It is undisputed that those at highest risk for developing this disease have other high risk factors such as high cholesterol, obesity, and a sedentary lifestyle. Ensuring that you avoid falling prey to this very serious health problem is an easily attainable goal. And, controlling and reversing the disease is achievable by employing the same

techniques used for prevention. What are these techniques? Very simple - a healthy diet and exercise. Diet and exercise aren't just tools to keep you looking good, they are techniques that can improve your health and potentially save your life. Exercise has been recommended by medical professionals as the biggest factor in preventing, controlling, and reversing diabetes because exercise decreases insulin resistance. Exercise creates an environment where cells are better able to respond to insulin and eliminate the excess insulin from the blood. Additionally, exercise will aid in decreasing the risk of cardiovascular disease by decreasing blood pressure, body fat and cholesterol levels - all the factors which contribute to Type II Diabetes. A measurable result of the effect of exercise on Type II Diabetes is that for every 10 pounds an individual loses, he or she will experience a 20% improvement in insulin sensitivity. So these are results you can actually measure.

Exercise is the first blow of the one-two punch in knocking out the incidence of this disease. The second part is diet. We know that a diet high in refined carbohydrates can also lead to insulin resistance - the beginning of Type II Diabetes. Refined carbohydrates, or "fast burning carbs" as they are often referred to, are digested quickly and cause a spike in blood sugar, followed by a steep drop. Slow burning carbohydrates, on the other hand, raise blood sugar levels gradually and provide a steady stream of energy, allowing the body to properly use insulin. To aid in controlling and avoiding Type II Diabetes, you should strive to consume more "good" slow burning carbs and avoid refined carbs. Good carbs tend to have low glycemic index scores and include foods such as lentils, beans, vegetables, and whole grain foods (to view a list rating the glycemic index of many carbs visit www.glycemicindex.com). An easy way to make a transition in your eating

habits that could prevent the development of this potentially devastating disease is to make substitutions with your carbohydrate choices. For example, exchange white rice for a healthier choice of brown rice. Choose oatmeal or a high fiber cereal like All-Bran or Fiber One instead of corn flakes and other sugary, high GI cereals. Whole wheat pasta can be used in place of regular spaghetti or noodles. Trust me, these changes are so insignificant in terms of flavor that you'll never miss the more "dangerous" fast burning carbohydrates that lead you in the direction of developing diabetes. Avoid French fries, white breads (and the products of white bread such as doughnuts, cake, pie, etc.), and foods containing sugar (yes, that does include soda). Incorporate more natural foods such as vegetables, fruits, nuts, beans, and lentils.

Taking these suggestions seriously is the best thing you can do to safeguard your health. Type II Diabetes can easily sneak up on you without any warning. And it's affecting our population at a younger and younger age. If we don't embrace lifestyle changes now, there's a very real danger of this disease becoming an epidemic. So make it a priority for yourself and everyone you love to exercise five days a week for at least 30 minutes, if you can. Be creative if you don't have time to get to a gym. Do jumping jacks, lunges, and sit-ups while watching your favorite television shows. Go for a brisk 20 minute walk after dinner. When you visit the cafeteria, be sure you always have a vegetable, fruit, and lean protein choice (like chicken) on your plate rather than dinner rolls, white bread sandwiches, and sweets. Your good health should be worth it to you. Exercise and proper nutrition isn't just about looking good, it's also about living longer and with fewer ailments. It's a New Year and time to commit to becoming a healthier you!

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As a young paralegal student, aspiring to be an accomplished attorney in the future, it is refreshing to work under a fellow young person, an attorney who is highly regarded in the community and has a talent for taking families under her wing and getting them the results that they wish for.

Lindsey K. Erdmann, an associate at the firm of Knight, Manzi, Nussbaum & LaPlaca, P.A., immediately struck me as a hard-working, conscientious attorney when I began working for her in December 2006. Ms. Erdmann practices law for the domestic relations court and has done so for the past three years, serving Prince George's County and other southern Maryland counties. What I first noticed was her attention to detail. She can literally tell you, off the top of her head, every aspect and issue of each client's case. It is her compassionate nature which facilitates her ability to remember each person's situation so intimately. It does not matter who walks through the firm's door. They can rest assured that if they are a client of Ms. Erdmann's, they will not be forgotten. She is well organized and prepared to handle each case with the diligence and attention it deserves, seeing that each client is treated equally. Further, she is meticulous in every phase of her work, anticipating each action of her opposing counsel while leaving no stone unturned. She displays a noticeable

fervency when assisting families in need, and she has a deep concern about the welfare of children as they trek through the legal system. Her enthusiasm in this regard is infectious, causing our staff at Knight, Manzi, Nussbaum & LaPlaca to become interested in her "latest trial" and what she is going to do to be victorious. Nothing makes Ms. Erdmann more satisfied than to win a case and to be able to say, at the end of the day, that she has done something to make a difference in the lives of a broken family.

Similarly, I admire the pro bono time that Ms. Erdmann graciously allocates to Prince George's County. She involves herself in local professional organizations such as the Prince George's County Bar Association and the Women's Bar section. Likewise, she devotes time to attending meetings and participating in activities as part of the Family Law Committee of the Prince George's County Bar Association. Her willingness to partake in such events shows a certain value she has in her position as an attorney. She is fully aware that a little bit of her time can make a big difference in the livelihood of our county's residents.

I am thankful to work with such a gifted young lawyer. Seeing Lindsey in action encourages me to keep on track with my studies so that I, too, can be of service to the community and can have a comparable reputation amongst my peers.

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FROM THE CIRCUIT COURT FOR PRINCE GEORGE'S COUNTY

MICHAEL P. WHALEN CRIMINAL COORDINATING JUDGE

Late Appearances for "Pending" Criminal Trial docket and Friday Criminal Motions docket (Courtroom M2408)

Beginning February 1, 2008, any lawyer who arrives late for the 9:00 AM "Pending" Criminal Trial docket or 7:30 AM Criminal Motions docket located in Courtroom M2408 (without the excuse of a legitimate emergency or child care issue) will be assessed a fine of \$1.00 for every minute they are late. The fine will take the form of a check written to each lawyer's favorite charity with a copy of the check to be submitted to the Criminal Coordinating Judge.

The "Pending" Criminal Trial Courtroom has experienced continual problems with late arriving lawyers which delays juror distribution to courtrooms for matters being sent out for trial, prevents timely jury selection, ties-up the time of their colleagues and others and stymies the effective use of judges and courtrooms on a daily basis. Late arrivals to the Friday Motions docket have caused much the same problems concerning the effective use of court resources and, despite constant warnings, the problem still exists.

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*Local Bar Association Sponsors Seventh Annual
Bi-County High School Oratorical Contest*

(Upper Marlboro, MD 12/28/07) – In observance of Black History Month, the J. Franklyn Bourne Bar Association will hold its seventh Annual Bi-County Oratorical Contest on Saturday, February 23, 2008. The topic for this year’s contest is “Who Should the Next U.S. President Be and Why?” Eleventh and Twelfth grade students in Prince George’s and Montgomery Counties will present their orations on this topic and compete for \$1,750 in college scholarships and other prizes donated by various sponsors. The contest will be held on Saturday, February 23, 2008 from 10:00 am to 1:00 pm in the Prince George’s County Administration Building, 14741 Governor Oden Bowie Drive, Upper Marlboro, Maryland 20772. In the event of inclement weather, the competition will be held at the same location on Saturday, March 1, 2008. The event is free to the public.

For further information, please contact Ibrahim Moiz at ibrahim.moiz@mdcourts.gov, or Lyndsey Kuykendall at lyndsey.kuykendall@mdcourts.gov. Also please visit our website at www.bournebar.org.

Continued on Page 12

Announcing
**The J. Franklyn Bourne Bar Association's
2008 High School Oratorical Contest**

Topic:
"Who Should the Next President Be and Why?"



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

When: Saturday, February 23, 2008 at 10:00 am
(“Snow Date” March 1, 2008)

Where: Prince George's County Administration Building
14741 Governor Oden Bowie Drive
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ADMISSION IS FREE AND PRIZES WILL BE AWARDED!
First Prize: \$1,000 College Scholarship!

STUDENTS: START PREPARING YOUR ORATIONS NOW!
Deadline for determining finalists is February 8, 2008.

For application package, contact your school's principal or guidance counselor or e-mail Lyndsey Kuykendall, J.D. (Lyndsey.Kuykendall@mdcourts.gov) or Ibrahim Moiz, J.D. (Ibrahim.Moiz@mdcourts.gov). Please also visit our website at www.bournebar.org

The J. Franklyn Bourne Bar Association is committed to the principles of legal excellence, community service, and increased minority participation in the practice of law.

Trial Courts Judicial Nominating Commission for Commission District 13

District Court for Prince George's County

The Honorable Crystal Dixon Mittelstaedt and the Honorable Beverly Jean Woodard were elevated to the Circuit Court for Prince George's County effective December 3, 2007, thereby creating two vacancies on the District Court for Prince George's County. These vacancies are to be filled by appointment of Governor O'Malley.

Any lawyer interested in appointment to these vacancies should request a personal data questionnaire from Deborah A. Unitus or Linda Etzold, Administrative Office of the Courts, Maryland Judicial Center, 580 Taylor Avenue, A-2, Annapolis, Maryland, 21401, tel: (410) 260-1291, Maryland Relay Service (TTY/Voice) 1-800-735-2258. The personal data questionnaire is also available as a downloadable document on the Judiciary's website at www.mdcourts.gov. Any applicant who reapplies to a commission with whom they have filed a personal data questionnaire within the past twenty-four months need not file a new questionnaire. The candidate may submit a letter stating that he or she is reapplying and submit any changes that have occurred since the submission of the earlier questionnaire.

The completed personal data questionnaire and two writing samples (at least 16 copies-see questionnaire as to additional copies) must be received by Deborah A. Unitus or Linda Etzold in the Administrative Office of the Courts by the **close of business at 4:30 p.m. on Wednesday, February 13, 2008. Late applications will not be accepted.**

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Date: Saturday, May 17, 2008;

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Room

Family Law Committee Meetings

February 20, 2008

Topics: Enforcement/Collection of Monetary Awards and
Attorney's Fees

Speaker: TBA

March 19, 2008

Topics: Nuts and Bolts – Direct Examination of Primary
Witnesses in a Custody Action

Speaker: Walter Herbert, Esq.

April 16, 2008

Topics: Nuts and Bolts – Cross Examination of Primary
Witnesses in a Custody Action

Speaker: Ronald Bergman, Esq.

June 18, 2008

Topics: Motions for Continuance & Enforcement of Discovery
Requests

Speaker: TBA

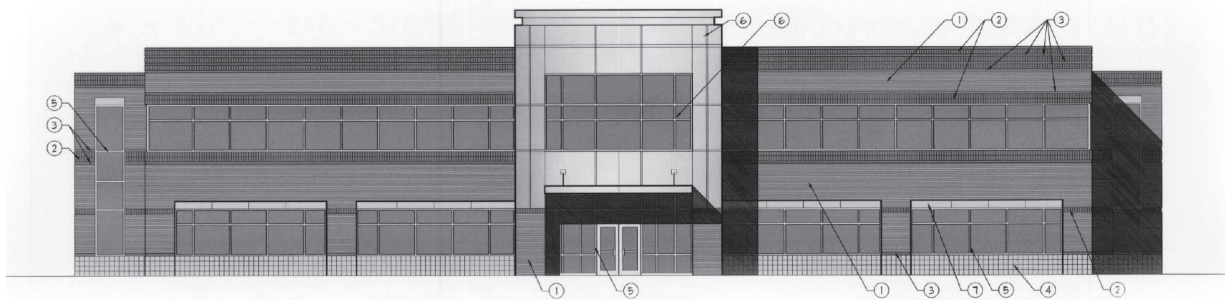
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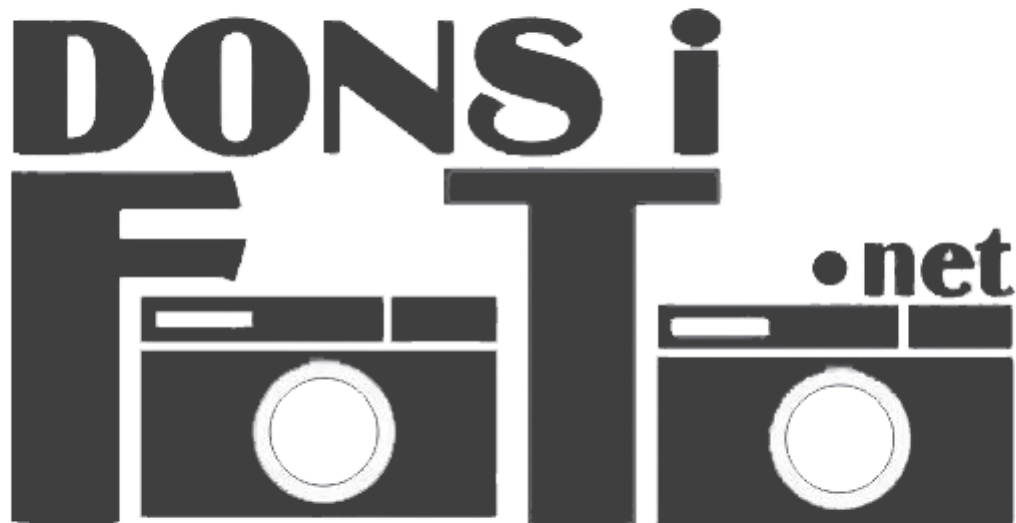
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TUESDAY, APRIL 8, 2008 GENERAL MEMBERSHIP MEETING LOCATION TO BE ANNOUNCED	MAY 1, 2008 LAW DAY SHOW PLACE ARENA, LUNCHEON	TUESDAY, JUNE 10, 2008 ANNUAL MEMBERSHIP MEETING NEWTON WHITE MANSION 6:00PM

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