



CITY BAR REPORT

News from the Bar Association of Baltimore City

Ethics Hotline Volunteer

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Ethics Hotline

The Ethics Hotline is a member benefit of the Bar Association of Baltimore City. It is staffed by

volunteers who informally answer questions related to the Maryland Rules of Professional Conduct.

The advice given reflects the best judgment of those volunteers and no attorney/client relationship is created.

Go to this site for more information, www.baltimorebar.org/for-attorneys/resources/ethics-hotline/.

We are One. One City. One Profession. One Bar.



The Hon. Teresa Epps Cummings, President of the Bar Association of Baltimore City (Excerpts from Annual Meeting Speech)

Welcome to August! August is National Wellness month, and we are encouraged to focus on our mental, physical, social and emotional health. As I am writing this, the Olympics are underway in Paris. To date, the USA has won twenty gold, thirty silver and twenty-eight bronze medals. And, while I am enjoying watching gymnastics, track and field and other sporting events, one must wonder, what does it take to become an Olympian? More specifically for us, what does it take to become a Legal Olympian?

Whenever I watch the Olympics, one song always comes to mind. That song would be One Moment in Time written by Albert Hammond and John Bettis. Whitney Houston recorded the

song for the 1988 Summer Olympics and the video for the song contains scenes of some of the athletes who won medals in 1988. According to Wikipedia, "the track is an anthem for believing in yourself against all odds." Within the song, Ms. Houston melodically sings to us, "Give me one moment in time when I'm more than I thought I could be. When all of my dreams are a heartbeat away, and the answers are all up to me." If we take a moment to reflect upon the inspirational words contained in the song and the sense of pride we feel when the United States wins a medal, we must also take a moment to reflect on how these athletes are able to be mentally, socially and emotionally healthy. In the same sense, we must consider what is necessary for us to be Legal Olympians who are able to persevere and overcome any obstacles in our way as we endeavor to excel at the practice law, maintain healthy relationships with our family and friends, and find time to participate in bar events and community service

activities.

Being an attorney routinely requires mental gymnastics the likes of which none of us imagined while we were in law school. To remain at the top of our game, every day is like training camp. According to Adam D'Agostino, there are four mental tools which can pull you through your toughest training. The tools are

1. Short-term goal setting allows you to feel a sense of accomplishment as you are able to remove things from the short-term goal list.
2. Visualization allows you to see yourself as a winner.
3. Positive self-talk is a tool that we should use on a daily basis, but especially before a particularly taxing hearing, trial or meeting.
4. Stress management. Coach D'Agostino states, "Effective stress management in these situations requires all three of the previous tactics: short-term goal setting, visualization, and positive self-talk." Stress management also requires

us to take care of ourselves before we can take care of anything or anybody else.

For those of us in the legal profession, the training never ends and while our daily training does not culminate in four years with us competing to win a medal, I found Mr. D'Agostino's advice to be very helpful for honing mental toughness while at the same time being cognizant of your mental, physical, social and emotional health and well-being. And, while we are not Olympians and we are not training for any athletic competition, we are all striving to advance the goals of justice while also having a life outside of the practice of law—a life that routinely involves being active with the BABC. Trying to hit all the benchmarks of a Legal Olympian is not an easy task, but with proper goal setting, visualization, positive self-affirmations and stress management, we can all remain mentally healthy while also achieving moments in time where we are more than we thought we could be!

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Let the Games Begin!



Rachel Samakow, Chair of the Young Lawyers' Division

Happy August Everyone!

I do not know about you, but I have been feeling quite inspired by the Olympic games. There is something about watching these athletes giving their all, catching snippets of their intense training routines, witnessing the outcome of all the dedication and commitment they have made to a particular sport—it is pretty extraordinary!

While I find the athleticism motivating, it is seeing the camaraderie between the athletes, especially right after competition, that I find so inspirational. In the past couple of days, I have seen incredible displays of sportsmanship between opponents over a race well run.

It occurs to me that with such a small group of people who earn the distinction of being the best in the world in their craft, it is likely some of these athletes know each other well, compete with them in multiple arenas, and study each other's skills as part of their own preparation.

This makes me think about practicing workers' compensation.

For those that do not practice in this area, it is a smaller group of attorneys than say, family law or criminal law. Most of us do not look at each other only as opposing counsel, but through the lens of coworker as well. We tend to have multiple cases a week against each other—sometimes the facts will go in my favor, other times, in theirs. While we zealously advocate for our clients, we do not take the losses and punch trading to heart. You can usually find my colleagues enjoying drinks together after a tough trial or planning bigger work comp meetups where both sides of the aisle come together. In short, I love this group of attorneys.

Do not get me wrong, we do not take it easy on each other, and some of the more contentious claims get the galley's attention, becoming water cooler talk over the following week. There is definitely a competition to succeed. Having cases against these talented lawyers motivates you to work harder, prep longer, and to think creatively when making your argument. We certainly play hard, but we are able to leave the nitty gritty in the court room.

So, with the Olympics on in the background as I prepare for my upcoming hearings, let me say bring it on counsel, and go Team USA!

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**The Bar Association of Baltimore City
Welcomes New Members
who have joined from July 1, 2024, through
July 31, 2024.**

Nakea J. Barksdale
Jessica E. Burgard
Erika Lewis
Anthony J. May
Tracy L. Steedman
Lauren L. Stone
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The generous support of Sustaining Members of the Bar Association of Baltimore City greatly assists this bar association in fulfilling its mission and achieving further growth and success. The unwavering dedication of these members ensures the BABC will continue its long and distinguished tradition of service to our legal community and the public.

If you are interested in becoming a Sustaining Member, please contact Karen Fast at kfast@baltimorebar.org.



Price **\$350** / Person

Registration

Registration fee for guests is \$125.

Fees Include

- Supreme Court Admission Fee
- Breakfast at the Supreme Court
- Swearing-In
- Oral Arguments
- Group Photo
- Supreme Court Lecture
- Group Lunch

Wednesday, November 6, 2024

Registration is limited to 12 applicants. Completed applications are due no later than August 30, 2024.

To obtain an application package, contact the BABC office at info@baltimorebar.org, or call 410-539-5936.

Register on www.baltimorebar.org/calendar/

***To qualify for admission to the Supreme Court, you must have been admitted to the practice of law for three years prior to the date of application.**



The Bar Association of Baltimore City invites you to our

ANNUAL CRAB FEAST

6526 HOLABIRD AVENUE
BALTIMORE, MD 21224

WEDNESDAY, OCTOBER 9
6 P.M. - 8 P.M.

Join us for Crabs, Pit Beef, Ribs, Fried Chicken, Pasta and more!

\$90 EARLYBIRD PRICE BY SEPTEMBER 30
\$95 OCTOBER 1 - 8
\$105 OCTOBER 9

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ALWAYS A SELL-OUT - REGISTER EARLY!

To register, please visit:
www.baltimorebar.org/calendar

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Casting Call

Open Auditions for Vocally Talented Members of the Bench and Bar

Wednesday, September 11, 2024
5:00 p.m. - 6:30 p.m. (by appointment)
Clarence M. Mitchell, Jr. Courthouse, Room 504 (location)

for the Baltimore Bar Foundation's Fundraiser
Gilbert and Sullivan's Operetta
Trial by Jury
Produced by the Young Victorian Theater Company

Performances
Thursday, November 14, 2024
Sunday, November 17, 2024
Beth El Congregation (venue)
8101 Park Heights Ave, Pikesville, MD 21208

Interested persons should contact Brian Goodman at brian@goodmanlawgrouppllc.com, telephone 443-824-0659

THE BAR ASSOCIATION OF BALTIMORE CITY

Executive Photos

FOR THE BABC MEMBERS ONLY DIRECTORY

The photographs will be taken at the courthouse and there will be no cost for you unless you choose to purchase the headshots. The BABC will receive the photos and upload them onto your portal and directory.

JRussell will be reaching out to coordinate appointments.

Starting September 3, 2024

To schedule your appointment directly, please call JRussell at 512-266-8921 OR go to www.gojrussell.com (choose "schedule" from the menu on the left side of the website, then choose "guest account" to get to the calendar).

If you already have a professional headshot, please send it to Sarah Zhang at szhang@baltimorebar.org.

Post your events on our calendar: Visit TheDailyRecord.com/Calendar or click 'calendar' under 'resources.'

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