

#### **Ethics Hotline Volunteer**

George Mahaffey: 410-783-4000 Christopher D. Wright: 410-696-7861

## **Ethics Hotline**

The Ethics Hotline is a member volunteers who informally answer The advice given reflects the best. Go to this site for more information,

benefit of the Bar Association questions related to the Maryland judgment of those volunteers and no www.baltimorebar.org/for-attorneys/ of Baltimore City. It is staffed by Rules of Professional Conduct. attorney/client relationship is created. 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 National Wellness month, and we are encouraged to focus on 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 twentyeight 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 selfaffirmations 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!

# Let the Games Begin!



Rachel Samakow, Chair of the Young Lawyers' **Division** 

Happy August Everyone!

Ι do 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!



### Thank You to Our Law Firm Sponsors



Baker, Donelson, Bearman, Caldwell & Berkowitz, PC **Law Offices of Peter T. Nicholl** Silverman, Thompson, Slutkin & White LLC Venable, LLP

> Brown, Goldstein & Levy, LLP Goodell, Devries, Leech & Dann, LLP **Gordon Feinblatt LLC**

**Ballard Spahr, LLP** Baxter, Baker, Sidle, Conn & Jones, P.A. Bekman, Marder, Hopper, Malarkey & Perlin, LLC Ferguson, Schetelich & Ballew, P.A. Kramon & Graham, P.A. **Law Offices of Frank F. Daily** Miles & Stockbridge Niles, Barton & Wilmer, LLP Pessin Katz Law P.A. Rosenberg Martin Greenberg, LLP Saul Ewing Arnstein & Lehr LLP Shapiro Sher Guinot & Sandler, P.A. Shawe & Rosenthal, LLP

### THANK YOU TO OUR **CORPORATE SPONSORS**

#### **PLATINUM**

The Bar Associations Insurance Agency, Inc. **The Daily Record** The McCammon Group, Ltd.

#### GOLD

**CRC Salomon Court Reporting Excelsia / Multi-Specialty Healthcare Planet Depos** Vallit Advisors, LLC

#### SILVER

Adobe **Bar Prep Hero** Byte Right Support, Inc. **Ellin & Tucker** Mid-Atlantic Spinal Rehab & Chiropractic

#### **BLUE RIBBON**

Veritext



#### BABC SUSTAINING MEMBERS

The BABC Sustaining Members are sponsored by the Bar Association Insurance Agency

community and the public.

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

Robert D. Anbinder Monica Basche Hon. Robert M. Bell Jonathan M. Binstock Richard C. Bittner Hon. Charles M. Blomquist Hon. Pamila J. Brown Hon. Catherine Chen Hon. Teresa Epps Cummings **Evelyn Cusson** Gerardine M. Delambo Hon. Timothy J. Doory Sara El-Shall **Ashley Ensor** Robert L. Ferguson, Jr. Aaron D. Fray

**Glen Frost** Sally Gold Hon. Joan Bossman Gordon Frederic C. Heyman **Katherine Howard** Hon. Darren L. Kadish **Deanna Kelly** 

Hon. Robert B. Kershaw Irwin R. Kramer **Paul Kramer** Stephen Lebau **Richard Lebovitz Cynthia Leppert** Hon. Lynn Stewart Mays

Hon. Myshala E. Middleton J. Burke Miller Hon. John P. Miller James W. Motsay Jonas Todd Needleman Gary C. Norman Alice G. Pinderhughes Divya Potdar Samuel R. Pulver Hon. Michael Reed Isabel J. Restall Valda G. Ricks Hon. La Zette C. Ringgold-Kersey **Paul Rosenberg Rachel Samakow** Michael P. Scanlon **Cregg Seymour Linda Shields Kerri Smith** Hon. Kathleen M. Sweeney George G. Tankard Elva E. Tillman Gwen B. Tromley Jeffrey Trueman Derek Van De Walle Hon. Anthony F. Vittoria John Warshawsky Hon. Barbara Baer Waxman Sen. Christopher West Mark Anthony Jr. Yost

The generous support of Sustaining Members of the Bar Association of Baltimore City greatly assists this bar association in fulfilling its mission and achieving

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

Frika Lewis

Anthony J. May

Tracy L. Steedman

Lauren L. Stone

Stephen L. Thomas

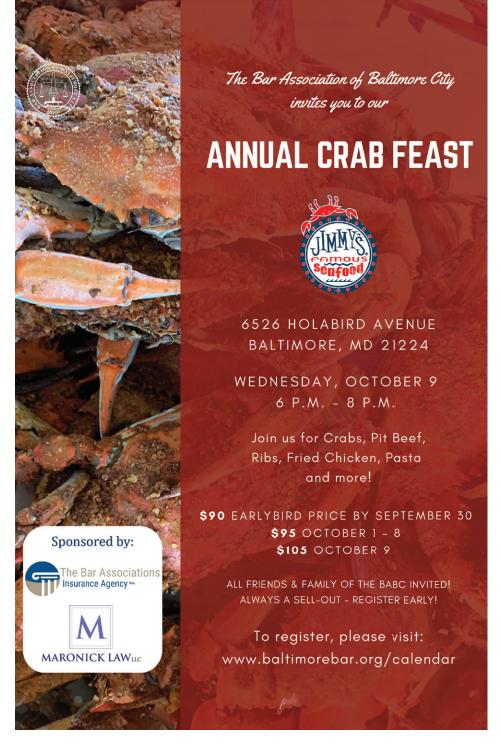
Kevin Zelaya

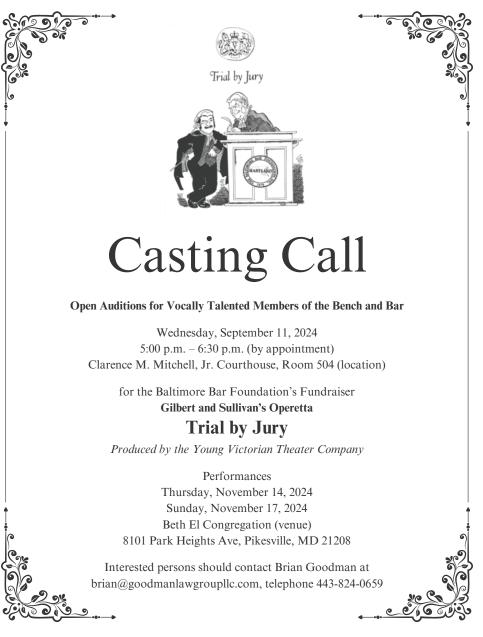






\*To qualify for admission to the Supreme Court, you must have been admitted to the practice of law for three years prior to the date of application.









Receive a case in an area you don't practice?

Send it to the **Bar Association of Baltimore City Lawyer Referral Team!** 

We have attorneys on our panel that handle almost all practice areas!

By supporting the Lawyer Referral and Information Service,

you're supporting the BABC.

The BABC LRIS is an ABA Approved Lawyer Referral Service

## FOR MORE INFORMATION

VISIT www.baltimorebar.org OR CALL US AT (410) 539-5936