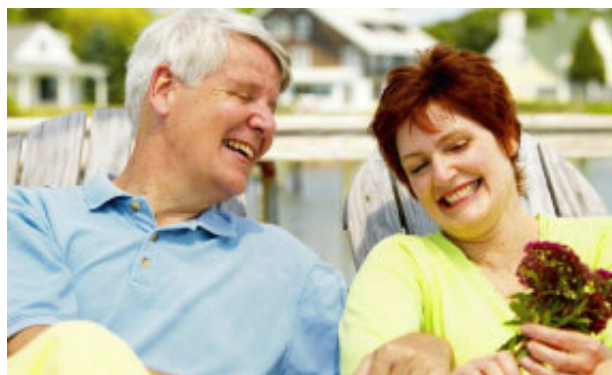


# Byrd & Byrd, LLC

April 2012



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**Dear Jacqueline D.,**

WELCOME to the latest edition of the Byrd & Byrd email newsletter! We hope that you enjoy this newsletter and find helpful information along with the latest news from Byrd & Byrd. Happy Reading!



Click the logo to visit our website

## Byrd & Byrd Blog

Ever wonder where you can view all of Jackie's Senior Moments columns?  
Ever want to know what your local attorney may be thinking?  
Wonder if there are new laws you should know about?  
Ever want to hear from an attorney about whether you have a case?

All these questions can be addressed by visiting our Byrd & Byrd blog. Located on our new website, the blog is up and running - ready for readers to dig in! So check it out by clicking [here](#).

## Maryland Senior Idol

If you were not able to be at the Maryland Senior Idol program on April 4th, let me have the privilege of telling you what a wonderful event it was!

Held at the Bowie Center for the Performing Arts, the 6th annual Maryland Senior Idol (an annual event modeled loosely after the "American Idol" TV show) was a "standing room only" event. Each Maryland county is invited to conduct their own competition, and is allowed to send two winners to the state competition.

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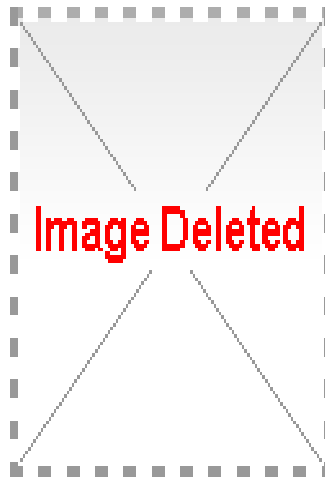
**We're on Facebook!**  
Click the Logo above to visit our page!

**Byrd & Byrd Voted Best Attorney in Bowie 2 Years in a Row!**



**YouTube Video of the Month**  
Here at Byrd & Byrd, we want to make the monthly newsletter enjoyable to read, attractive to view,

A real treat was listening to the talent from a local legend, Sylma Gottlieb (age 89). Her vocal solo of "Summertime" was breath-taking! (pictured to the right). Sylma is the grand dame of the music of Bowie, having taught voice to Bowie students for years, and having served on the BRAVA Board from its inception. She was accompanied on the harp by Mary Fitzgerald, a former White House harpist. Believe me, it was thrilling.



and interactive for our readers. What better way to accomplish that than to post our favorite YouTube video each month.

Check out the video by clicking the following link.

[YouTube Video of the Month](#)

**Testimonials**

Mr. Chuck Fisher of Baltimore County who sang the Conway Twitty hit, "Its Only Make Believe" was the first contestant of the day. Right away you could anticipate that the song selections would be perfect for the crowd, mostly seniors with many arriving on buses from area facilities. Mr. Fisher's performance was extraordinary and at its finish, we learned that the judge's comments would be positive; no Simon Cowell among them. They were unfailingly comedic, keeping the audience highly entertained.

"I just want to take a moment to acknowledge and give the highest praise to Jackie Byrd and her Senior Moments weekly column. We are very fortunate to have such a resource available to us and Byrd & Byrd deserves special recognition for their contribution in this area."

-J. Wise.  
Bowie, MD

Mary Ann Evangelista of Howard County bested fourteen contestants to win the event with her beautiful rendition of "You Raise Me Up." That song was just stunning, and delivered with attractive elegance. Barbara Washington, of Prince George's County, won second place with her feisty and dazzling delivery of the Etta James hit, "Tell Mama." Jack Koch, from Washington County, sang and danced the Sinatra Hit "Fly Me to the Moon." He brought the house down with his Chairman of the Board moves, a little scat here and there, and his Sinatra timing.

"I felt so alone until you called. It made such a difference to know you were interested in me, and I thank you for your kindness."

-B.M.B.  
Bowie, MD

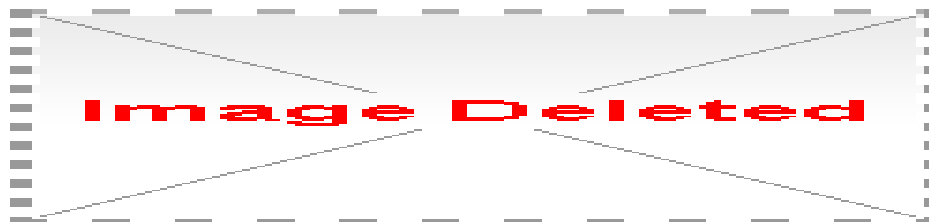
Sterling Dorn, a Prince George's County resident and the 2011 Maryland state Senior Idol Winner sang, "I Know the Lord Will Make a Way" while the votes were being counted. Dorn, obviously a favorite with the crowd, was a masterful performer, and said he has truly enjoyed his winner's year, which included singing for various events across the state.

If you were unable to be there this year, please do yourself a favor and keep the Maryland Senior Idol event on your list of things to do in 2013.

And if this article isn't enough evidence to show that music can make a difference in our well-being, please check out our [YouTube Video of the Month](#) to view an amazing clip on how music brings life to situations that seem "lifeless".

**Senior Moments Publications**

Jackie Byrd has published two books in recent years. *Senior Moments* and *Senior Moments 2*; both comprehensive and clearly written books for "Seniors and those who love them". They are based on weekly "Senior Moments" columns originally written for publication in the Bowie Blade-News of Bowie, Maryland and the



**Innovations in Aging**  
**You won't want to miss this BIG event**

The Maryland Department of Aging, Virginia Department for the Aging, and the District of Columbia Office on Aging in collaboration with the National Association of States United for Aging and Disabilities, the Alliance of Southern Prince George's County, Inc., and the Community Foundation of

Prince George's County along with a host of key aging, media, and business partners invite you to join us for Innovations in Aging 2012.

Crofton News-Crier of Crofton, Maryland.

Join thousands of consumers and professionals from Maryland, the District of Columbia, and Virginia for a professional training conference, consumer education workshops, expo, networking, job fair and the 4th Annual Ronald D. Paul Companies Prince George's County Kidney walk.

**Click Below to  
Purchase Your Copy  
Today**  
[Senior Moments 2](#)

Innovations in Aging promotes healthy aging and community living for a lifetime. This exciting regional event will attract both consumers and professional audiences.

For more information, please visit the Innovations website at <http://www.innovationsinaging2012.com> or call 410.767.1100.

## **Speed Camera Case**

**Tim Leahy's Hard Work Finally Paying Off**  
(courtesy of the Byrd & Byrd Blog)

On May 2, 2008 Tim Leahy filed suit as the representative Plaintiff in a class-action lawsuit against Montgomery County for allowing ACS (a private company) to get a contingency fee for every speed camera ticket that was paid - despite the statute saying that if Montgomery County hired a contractor to operate the system than the contractor could not be paid a contingency fee. The Maryland Legislature wanted a private company to have a financial incentive to give out tickets.

Over the last four years we've fought the program in the courts. Last week Maryland's Court of Appeals agreed to take the case after it was dismissed by the Circuit Court and that dismissal affirmed by the Court of Special Appeals.

The problems with the speed cameras are well-documented by now. I was involved in a case where the contractor's representative testified that it was impossible to measure speed using photographs as evidence - despite the fact that the people who get citations are supposed to be able to know they are speeding from looking at the photographs!

Hopefully the Court of Appeals is going to reverse the lower courts and give Maryland citizens back their due process rights.

## **Popcorn - The Healthy Snack**

**Healthier Than Fruits and Veggies?**

Popcorn's reputation as a snack food that's actually good for health popped up a few notches in March as scientists reported that popcorn contains more of the healthful antioxidant substances called "polyphenols" than fruits and vegetables.

Pioneers in analyzing healthful components in chocolate, nuts and other common foods, explained that the polyphenols are more concentrated in popcorn than the 90 percent water that makes up many fruits and vegetables.

In another surprising finding, the researchers discovered that the hulls of the popcorn - the part that everyone hates for its tendency to get caught in the teeth - actually has the highest concentration of polyphenols and fiber.

"Popcorn may be the perfect snack food. It's the only snack that is 100 percent unprocessed whole grain. All other grains are processed and diluted with other ingredients, and although cereals are called "whole grain," this simply means that over 51 percent of the weight of the product is whole grain. One serving of popcorn will provide more than 70 percent of the daily intake of whole grain. The average person only gets about half a serving of whole grains a day, and popcorn could fill that gap in a very pleasant way."

However, scientists pointed out that popcorn cannot replace fresh fruits and vegetables in a healthy diet. Fruits and vegetables contain vitamins and other nutrients that are critical for good health, but are missing from popcorn.

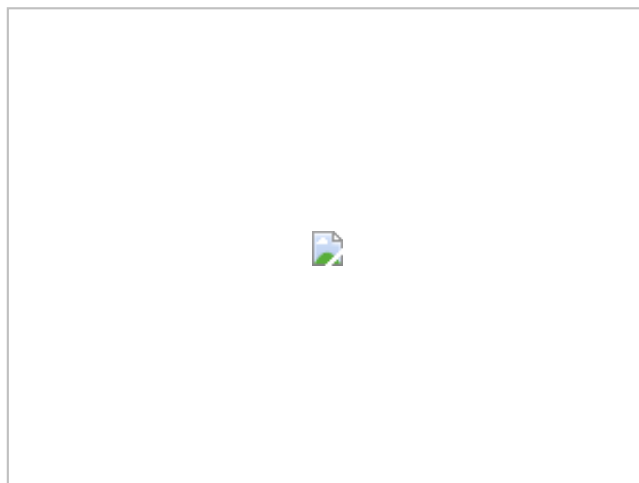
If you are interested in learning about the power of popcorn, read the full article [here](#).

## **YouTube Video of the Month**

Here at Byrd & Byrd, we want to make the monthly newsletter enjoyable to read, attractive to view, and interactive for our readers. What better way to accomplish that than to post our favorite YouTube video each month.

Have you ever wondered if music really makes a lasting impression in our lives? Look no further than Byrd & Byrd's YouTube Video of the Month to see how music can restore joy and happiness to even the most hopeless of situations. (Caution: You may want to have a box of tissues nearby as this video may lead to tears of joy.)

### **YouTube Video of the Month**





## UPCOMING EVENTS



### **Bowie Law Day May 1, 2012 Bowie Senior Center**

Schedule an appointment with the Bowie Senior Center to receive FREE legal advice on Health Care Directives and Estate Planning on Bowie Law Day. Please call 301-809-2300 to schedule an appointment. Please do not wait - space is limited and spots are filling quickly.

### **Innovations in Aging Expo & Conference May 3-5, 2012 Gaylord National Harbor and Conference Center National Harbor, Maryland**

Sponsored by the Department of Aging of Maryland, Virginia, and the District of Columbia, this is a must-see event. Intended for all baby-boomers, this expo and conference will have exhibits, speakers, and sponsors that have the latest information on all things related to senior services. For more information, please visit the Innovations website at <http://www.innovationsinaging2012.com> or call 410.767.1100.

**If you are interested in having an Attorney from Byrd & Byrd speak to your organization, or at a special event, please contact us at 301-464-7448.**

#### **About Our Firm**

The Law Firm of Byrd & Byrd, LLC provides services in Elder Law and Construction Law, a rare combination that reflects the passion and life experience of its partners. The firm is also a general practice firm that manages issues of family law, personal injury, wrongful death and medical malpractice.

Known for building strong long-term relationships with our clients, the firm's attorneys excel at making complicated legal issues easier to understand. Whether assisting a contractor, subcontractor, builder or property owner with contract or construction litigation, or helping an elderly client find appropriate housing, apply for Medicaid eligibility, or execute powers of attorney, the firm offers wise and experienced counsel and guidance.

#### **Our Mission Statement**

Byrd & Byrd, LLC is dedicated to protecting and serving senior citizens and those who love them. Our key objective is to give our clients the gift of information, so that with their knowledge, they can achieve all the benefits that the law guarantees. We will always perform our mission in strict accordance to the law and the highest possible moral and ethical standards

#### **Contact Information**

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