

BAR BULLETIN

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MARYLAND STATE BAR ASSOCIATION NEWSLETTER

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Midyear Meeting and State of Profession



By Patrick Tandy

Technology, legislative updates, and expanded CLE programming and publications were among the topics front and center at MSBA's 2018 Mid-Year Meeting: Strategic Session and State of the Association, held February 13 at the Sheraton Columbia Town Center

Hotel in Columbia, Maryland.

The purpose of the meeting, according to MSBA President Sara H. Arthur, was to bolster membership involvement. While previous Mid-Year Meetings have been heavily focused on educational programming, explains Arthur, "because there are so many changes going on with the MSBA this year,

we thought we would take this opportunity to introduce those changes to our membership."

In addition to the review of the state of the MSBA, the event also included a strategic planning exercise for attendees, followed by an evening reception.



State and Local Government Law Section Takes on Social Media

By Patrick Tandy

The MSBA State & Local Government Law Section hosted a free, informative networking event entitled "Social Media and the Public Sector - Must We All Be Friends?" on February 22 in Annapolis, Maryland.

Guest speakers Cynthia Pelt-

zman, Senior Assistant County Solicitor for the Howard County Office of Law, and Montgomery County Council Senior Legislative Attorney Robert Drummer led a spirited exploration of the impact of the First Amendment on expanded uses of social media in the government sector.

Section Chair Lynn Robeson told the approximately 30 people in attendance that the program aligned with the Section's goals of "isolating cutting-edge issues, and at least alerting members of those issues before they walk through your door, and/or a politician/client brings them to you."



Five Brain Boosting Foods to Increase Health and Wealth

By Haley Shaw

Although there is no single 'brain food' that can protect our bodies from age-related medical conditions, paying attention to what you eat gives you the best chance of getting all the nutrients you need for optimal cognitive health.

Increased energy levels, intense focus, and efficient communication all flow together when we put health as our number one priority. These three traits working in unison, is one step to increasing wealth. Thankfully, eating a healthy, balanced diet that includes these 5 brain-boosting foods will help increase our health and wealth.

1. Oily Fish

Helps promote healthy brain function

Essential fatty acids (EFAs) are not produced by our bodies; therefore, we must introduce these fatty acids through consumption. The most effective omega-3 fats, eicosapentaenoic acid and docosahexaenoic acid (EPA and DHA), occur naturally in oily fish, such as salmon, halibut and tuna. Good plant sources include: flaxseed, pumpkin seeds, and walnuts. These fats are important for healthy brain function, heart health, joints and our general wellbeing. Low DHA levels are linked to an increased risk of dementia, Alzheimer's disease and memory loss. To prevent low levels of DHA and EFA, add oily nuts or fish into your daily diet. Consider taking a fish oil supplement (bit.ly/OilyFish) to consistently receive the right dose of omega-3 fats daily to optimize your health.

2. Collagen Peptides

Boost cognitive function.

Collagen is the most abundant protein in our bodies. It's found in muscles, bones, skin, blood vessels, our digestive system and tendons. Our collagen production naturally declines as we age. To prevent age-related collagen decline, our diets need to include collagen-packed foods or supplements. Glycine is one amino acid found in collagen. Glycine's most important role is

helping to form muscle tissue by converting glucose into energy that feeds muscle cells. This helps circulate our energy levels to the right place to help our brain function, provide healthy sleep patterns, and increase bone health.

3. Nuts

Protect healthy brain function.

Packed with protein, fiber and essential fats, nuts are an easy go-to for a grab-n-go snack or to spice up your favorite dish. A golf ball sized portion (about 30g) of unsalted nuts per day will provide your body a mix of valuable vitamins and minerals. Pumpkin seeds, almonds, hazelnuts, cashews, and walnuts are a few options to prevent cognitive decline, supply healthy hormonal balance, and enhance memory and thinking skills.

4. Berries

Eating berries may help prevent age-related memory loss

Marshall Miller, of the USDA-ARS Human Nutrition Research Center on Aging, and his colleagues presented findings in the *Journal of Agricultural and Food Chemistry* that showed how in cellular, animal, and human studies, berries like blueberries, blackberries, cranberries, and strawberries benefit the aging brain in several ways. First, the high antioxidant content of berries helps protect brain cells from damage by harmful free radicals, which are

set loose within the body by the process of "oxidation." Second, berries change the way neurons in the brain communicate with each other. These changes can prevent inflammation that can lead to brain cell damage and in this way, berries can contribute to improving movement control and function.

5. Complex Carbohydrates

May help improve concentration and focus

Your body also uses carbohydrates for optimal brain function. Foods such as vegetables, oats, quinoa, beans, legumes, nuts, seeds, and fruit all contain an array of carbs that aid in mental focus and a healthy mood. Without carbs, you may become foggy-headed, feel light-headed, have a hard time concentrating, feel sad or depressed, or just not feel like yourself. You may also have a harder time retaining information. Don't deprive your brain of carbs- it needs them!

These are simple, quick ways to help improve cognitive function, get the fog out of your brain, and help your focus and concentration.

Don't forget, exercise helps to keep your brain sharp, and provides healthy hormones like endorphins throughout the entire body. Regular exercise improves cognitive function, slows down the mental aging process, and helps us process information more effectively.



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