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COMMUNITY MEMBER SPOTLIGHT

Our community spotlight member of the month is Liz Lee Media. Liz Lee Media is web and graphic design firm based out of Atlanta.

BLG: How long has Liz Lee Media been in business?

LLM: Since 2010

BLG: Who makes up Liz Lee Media?

LLM: Liz Lee and Giuseppe Colato

BLG: How did you get started?

LLM: In 2007, I was recording my album, "The Road That Leads to You" (I am a singer/songwriter). I had a vision for what I wanted it to look like, and no graphic designer could really capture it the way I saw it in my head. So I tackled the project myself and realized that I really enjoyed graphic design. At the time I was teaching 8th grade English and was steadily experiencing burnout in that career. In 2008 I met Giuseppe and started designing show posters for his company, Dirty South TV. I also learned a great deal of web design working on DirtySouthTV.com. By 2010 I was ready to quit teaching and pursue design full time.

BLG: What do you do that a person cannot do on one of those "build your own" websites?

LLM: Aside from the obvious benefit of custom design, we provide website ownership. What many people don't realize about those types of websites is that you are basically "renting" your website, paying a monthly fee to have access to it. Even if it's "free," you are paying by allowing ads on your website. One of our clients tried a "build-your-own" service before coming to us, and one day she was dismayed to find that the layout of her website completely changed without her knowledge or consent. That does not happen with a Liz Lee Media website. Your layout and/or design won't change in the middle of the night (unless you want it to!). And once you pay for your website, you own it. You can host it wherever you choose. (99% of our clients choose to be hosted on our dedicated server.)

BLG: If there is one piece of advice that you can give to someone interested in graphic and web design, what would it be?

LLM: Even if you go to school to study these fields, you will only be as good as what your clients hire you to do. Don't shy away from challenges. If part of a project requires skill beyond your current level, there are a number of online tutorials that can walk you through it. Always embrace opportunities to learn new skills. If you are not a "computer geek" yourself, partner up with a programmer. You can have all the artistic ability in the world, but when that client asks for a custom plugin or app, you will need a trustworthy developer to marry your art with the code that will do what the client needs it to do.

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BLG: What sets Liz Lee Media apart from other web/graphic designers?

LLM: We treat our clients like family, we make ourselves available to assist them, and we keep our workload small enough so that quality does not suffer.

BLG: If someone wants to learn more information about Liz Lee Media or how to contact you where can they reach you?

LLM: liz@lizeleemedia.com, 678-481-6459 and our website is lizeleemedia.com

BLG: To see first hand some of the fantastic work created by Liz Lee Media, check out the new Boston Law Group LLC website: bostonlawllc.com.

A very special thanks to Liz and G!

A Little Positivity Goes A Long Way

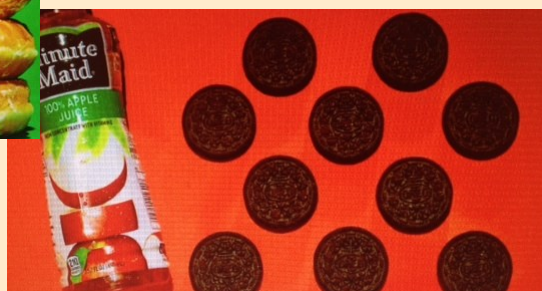
Imagine you're applying for a job and you go into the interview with a bad attitude about said job. Even worse, you go in with a bad attitude about yourself and have malignant expectations. If your potential employer picks up on this you will most likely not get the job you want.

However, if you were to walk into that job with a smile and great confidence in yourself and your abilities, you will more than likely get that job. Instead of seeing an unconfident potential employee, they see someone who can walk into work every day with a smile and get the job done. Though most people think it's the nice outfit and the handshake that seal the deal, it's really the attitude you have going into the interview to begin with.

Not only is positive thinking a helpful way to relieve stress, but positive thinking can yield positive results.

How Much Sugar Do You Drink Everyday?

With the number of obese children rising and the increasing number of adults with health problems due to being overweight, CNN did a test of items with the same amount of sugar for comparison purposes. We need to be careful with not only what we eat, but with what we drink and what we give our children to eat and drink.



This publication is not intended to provide any legal advice, nor does it create an attorney-client relationship. Each and every case is different.

To consult the attorneys of Boston Law Group, LLC regarding a medical malpractice case, please call 301-850-4832.

A BLG Fan's Take On Sweetie Pie's

A BLG fan recently traveled to St. Louis, Missouri for business and during their stay, they happened to find themselves in “Sweetie Pie’s.” For those of you without the OWN network or who aren’t familiar with the place, “Sweetie Pie’s” is a restaurant founded by former Ikette (of the Ike and Tina Revue) Robbie Montgomery.

Review:

Well I had the opportunity to visit the “Sweetie Pie's” in St. Louis at the Grove location. Let me start of by saying the line outside was out the door, and for good reason.

First off if you get there after 8pm central time there is a good chance you will not get served; therefore, you need to be there before closing. Let's just say I witnessed it. The inside of the location is everything that you see on TV, a good home friendly environment. I would suggest knowing what you want when you go in because when you get to the food line it can move rather quickly.

The staff was very friendly from the cashier to the individuals putting the food on your plates as you go through the food line. For my main meal I ordered:

Chicken Wings (9/10)

Mac and Cheese (9/10)

Yams (200/10) Yes I put a 200 here because the yams were so good I wanted to eat my fingers literally!!!!!!!!!!

Cornbread (7/10) I have had better

Banana Pudding (10/10)

Overall my experience was really good. I would suggest if you are in the St. Louis area to visit “Sweetie Pie's” if you have a chance. You will not regret it. Finally, DO NOT ASK FOR A TO GO CUP. I witness that as well. You will not get one!!!!!!!!!!

—Thurston Roberts



Gynecological Issue: Embarrassment Outweighed By Medical Emergency

Often many women suffer from “women’s issues.” This can range from anything from breast pain, tenderness, or discharge, to cervical or pelvic pain, discharge, or odor, etc. Many times women think of these issues as embarrassing and don’t want to talk about them. However, a situation that you could label embarrassing could be caused by an underlying medical issue. Medical issues can arise suddenly or become an increasingly bigger problem over time.

Medical emergencies arise when women are afraid or embarrassed to fully tell their doctors what is going on or even share the information with a close friend or relative. Talking to someone could not only ease your anxiety regarding the issue, but it could give you help in the event that the situation is more serious than you know. Remember, if you are not a doctor or nurse, you don’t know the severity of the issue and when in doubt ALWAYS seek the advice of a medical professional.

August Upcoming Events

8-16th: Montgomery County Agricultural Fair
-11th: Screen on the Green, National Mall
-11th: Redskins Training Camp
11-17th: DC Restaurant Week
30th: DC Blues Festival
Entire month: Cirque de Soliel at the National Harbor

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New Study Suggests Weekends Are A Bad Time For Children's ER Surgery

Is there an especially bad day of the week for children to have to visit the ER for surgery?.

According to a recent article in the *New York Times*' *Well Section* the answer to these questions is yes.

From the article, "A new study suggests that emergency surgery done on children during the weekend results in more complications and deaths than similar surgery done during the week."

For the complete article and links on this story visit BLG's website and read the blog section, Emergency Room Errors...

HE SAID/SHE SAID

This month's he said/she said is the movie "The Purge 2: Anarchy"

He Said

I had an opportunity to review this movie on one of our BLG News Updates and I will touch on it more here. First of all you really need to watch the first one to have a good idea of what this one is about as the movie's foundation is based off of the first movie.

I really liked it a lot, more so than the first one. To me the characters worked very well together in that each one played a specific role within "the group."

The story is based on a society where for one day out of the year crime is legal, for everyone. It was interesting to see who could "survive the night."

7 out of 10



She Said

If you like horror movies and thrillers, this movie is a must see. I won't put any spoilers in my review, but just know that this isn't one of those stories where you can predict the next scene. For the most part, the characters' behaviors aren't predictable.

There will be a few jumps, but a lot of cheers when the audience gets what they want.

I give it an 8 out of 10 mainly because it kept me awake and attentive after 11pm.