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SURVIVAL ADVICE

October is breast cancer awareness month. Instead of featuring an individual positively affecting the community, we decided to raise awareness to an illness that is affecting our community. Journalist Joan Lunden was recently diagnosed with the disease and shared with "Today" some of the things that she wished that she knew

before being diagnosed.

1. You have to be your own patient advocate

I never understood that after you hear those words, you're met with differing opinions about how you should go forward. I went in for a second and third opinion and everybody had a different take. At one point, it's tossed back into your hands and ultimately, you have to make the decision about treatment.

2. Going into 'warrior mode' will help you cope

You need to stay in a healthy, positive mind set. I'm in warrior mode right now, which means taking care of yourself and believing you're going to be OK in the end. And that's important.

3. Diet plays such a huge role in preventing and fighting cancer

Many things that we eat and drink are causing us to get cancer. All the garbage food that I ate along with every other American – processed, refined foods – I now look at it with eyes wide open. I see now how I unwittingly contributed to my own breast cancer.

4. A support system is key

Always take someone with you to every appointment because it's really hard to take it all in. You're almost kind of in La-La land – it's hard to explain it. You need someone there with you. I have found my strength in my family and my friends and they have just been completely amazing. One of them has been to every single appointment I have gone to.

I highly recommend starting a notebook and writing down everything – not you, the person who goes with you – to keep track of all that your doctor says. I've got all the notes. I'll go back and think, what did they say to me at that point?

5. A mammogram is sometimes not enough

Be vigilant: Early detection gives you the best prognosis. You have to get checked. When you go in to get your mammogram, ask them: Are my breasts fatty tissue? Or are they dense fibrous tissue? You need to know that. If they say they're dense and fibrous, you need to fight to get that ultrasound.

Many of these don't just apply to those with a breast cancer diagnosis. We have many clients who deal with medical conditions and can benefit from these helpful hints. A strong support system who is willing to take notes and keep track of things that you cannot is a big help. Also, a strong support system can go a long way in helping you to overcome.

But He Has Not Had His Day In Court????!!!!

By Marcus B. Boston

Over the past couple of weeks, due to the recent publicity of certain sports athletes, many people are posing questions like, “how can the NFL, or any private business get rid of essentially employees before said employee has had their day in court?”

In general, private businesses have their own prerogatives as to how they should run. Unless there is a contract (the terms of the contract are key) or some other legally binding authority in place, a private business owner is generally going to be able to make decisions regarding his or her business as they see fit.

If the actions of an employee reflect negatively on a business, the business owner will be able to act in ways to prevent further public image damage.

With that said, as a member of the public, you can always vote on the actions of the business with your wallet. For those who are really angry at some of these sports teams other and private businesses, there are plenty of other places in which they can spend their cold hard cash.

UN-BEAR-ABLE TRAFFIC?



A Washington State driver was pulled over recently for speeding. She happened to be traveling in the HOV lane. The officer that stopped her assumed that it would be a routine traffic stop, but instead found this giant teddy bear riding shotgun. When asked why “ted” was in the front seat, the woman said that he was too large to fit in the back. By the way, the HOV lane in which she was driving required at least 2 passengers. Before you give this story the side eye, the woman had dark tinted windows on her car, which would make it difficult to see into the vehicle. The woman received tickets totaling over \$800. When asked for a comment, the teddy bear smiled but said nothing.

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.

We extend our sincere prayers, thoughts and condolences to the Stout family. May God be with you all during this time.



CALIFORNIA BECOMES FIRST STATE TO BAN PLASTIC BAGS

Those of you who frequent shopping in the District and Montgomery County know that plastic bags are a big deal. Voters in Prince George's County declined to extend the "bag tax" last election cycle. For those of you outside of the bag tax/bag ban realm, let me explain. In the District and Montgomery County, Maryland, there is a 5cent charge to purchase a plastic "grocery" bag. This extends to grocery stores, discount stores, and even take out restaurants and package stores. Locals routinely carry reusable cloth or fabric bags to conserve and to avoid the fee.

Well the State of California is taking it one step further and banning these bags STATEWIDE! Those who still wish to use them must purchase bags at 10cent a piece. Ten cents doesn't sound like a lot of money, but if you add up how many you use on a typical grocery or Walmart/Target run times the number of visits per month and year, that money can really add up.



cars.com 2014 Worry-Free Index
15 Cars With Best Mix of Reliability Ratings, Expected Maintenance Costs and Warranty

KEY RELIABILITY MAINTENANCE WARRANTY

1.	2014 Lexus RX 450h	385.7 points
2.	2014 Lexus ES 350	382.0 points
3.	2014 Lexus RX 350	375.4 points
4.	2014 Acura TL	367.3 points
5.	2014.5 Toyota Camry Hybrid	350.3 points
6.	2014 Toyota Avalon	344.7 points
7.	2014 Toyota Tundra	330.4 points
8.	2014 GMC Yukon	324.1 points
9.	2014 Toyota Sienna	320.5 points
10.	2014 Honda Ridgeline	320.4 points
11.	2014 Chevrolet Tahoe	316.8 points
12.	2014.5 Toyota Camry	316.6 points
13.	2014 Lexus LS 460	313.0 points
14.	2014 Toyota Sequoia	302.0 points
15.	2014 Honda Civic	294.2 points

Source: Source: Cars.com, J.D. Power and Associates, Consumer Reports, Vincentric and automakers; Cars.com graphic by Paul Dolan

Interested In A New Car?

Cars.com created an index to give consumers a list of the most "worry-free" cars on the market. Data was analyzed from J.D. Power and Associates and Consumer Reports. This research concluded the best buy given manufacturer warranties and estimated 5 year maintenance costs. The maximum amount of points available were 425. How does your vehicle measure up?



October Upcoming Events

Now-Nov. 1st Corn Maze: Frederick, MD

Now-19th Renaissance Festival: Crownsville, MD

5th-11th National Fire Prevention Week

9th-13th Sailboat Show: Annapolis, MD

11th Taste of Bethesda: Downtown Bethesda, MD

17th Grand Opening Springfield Town Center Springfield, VA

Ticket distribution for National Christmas Tree Lighting, TBA

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5 Common Myths About Breast Cancer

1. Deodorants and antiperspirants cause breast cancer
2. Use of underwire bras cause breast cancer
3. If I have cancer in one breast, a double mastectomy will save my life
4. Exposing cancer to air will cause it to spread.
5. There is nothing I can do to reduce my risk of breast cancer.

<http://www.today.com/health/5-things-we-get-wrong-about-breast-cancer-2D80183659>



HE SAID/SHE SAID

This month's he said/she said is the movie "No Good Deed." The movie opened September 12th and was the number one film for the weekend. Those of you who want to see it probably already have, but we won't put any spoilers in this review for those on the fence.

He Said

This was a movie that you know Renee was going to make sure that I was sitting in front of the screen when the opening credits began to roll! :)

As for the movie itself, I will start out by saying the acting was good. Idris Elba & Taraji P. Henson score well in the acting part of the movie.

Where I have to give it lower ratings is the way the story moves along.

At times it seems that the story is dragging and the actions of the actors just do not make any sense. To me this hurts the movie because some people may see it as the writers trying to "fill space."

All in all I say if you have not seen it yet, just wait for Redbox or Netflix.

6/10

She Said

I know that it was already scheduled for release, but with the Ray Rice story breaking days before opening night, it made some of the themes in the movie a bit too much.

One thing I appreciated was that this wasn't a typical "black movie." Some in society tend to think of black films as mostly comedies or anything written, produced and starring Tyler Perry. This was a true thriller.

The biggest issue for me is that it contains a twist that is impossible to figure out. In better films the story drop hints about any plot twist but this doesn't do that. The acting overall was good and it was the acting that kept the story moving.

If you haven't seen it, save your \$, it will be on Redbox soon for \$2.

5/10

