

In This Edition

- 5 Minutes A Day... 2
- Upcoming Movies 2
- Moving Soon? 3
- He Said/She said 4

COMMUNITY NEWS

Recently a study was done by the University of Pennsylvania Center for Race and Equity in Sports Education. The study dealt with Black Male Student-Athletes and Racial Inequities in NCAA Division I College Sports. The conclusion of the article provides details that 1) many African American males are not going to college; 2) the majority of those who enroll in college are for

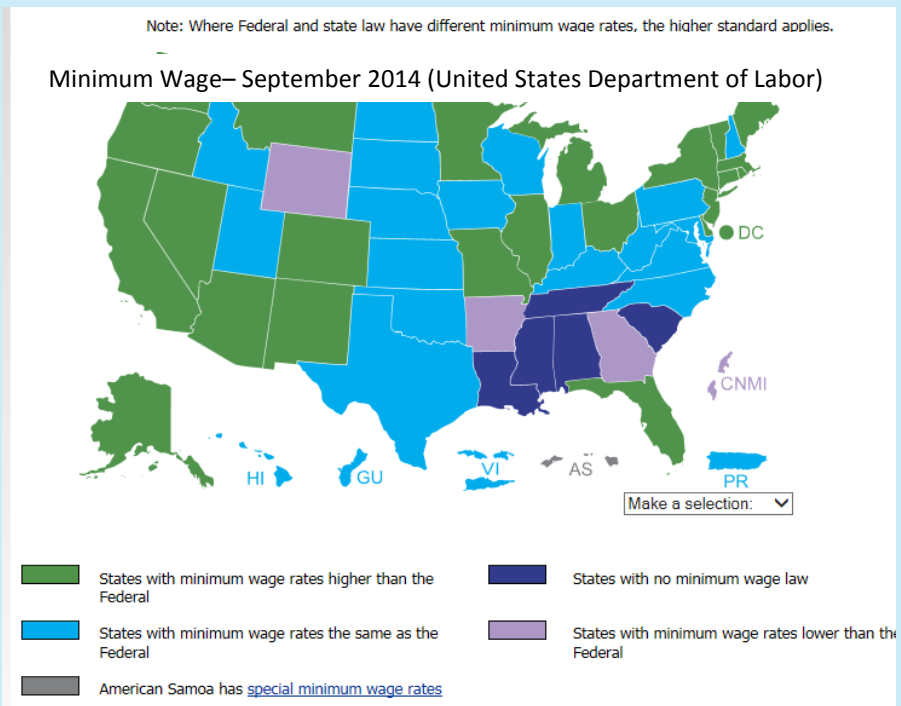
sports and are student-athletes; 3) the majority of those African American student athletes do not graduate; 4) African American males athletes make up 57.1% of college football teams and 64.3% of college basketball teams, while only representing 2.8% of fulltime, degree seeking undergrad students; 5) that the NFL & NBA will draft less than 2% of college athletes. Although these results are astounding, they represent a bigger problem that is occurring in the African American household.

This study sparked a dialogue between Marcus and Renee Boston with several BLG Fans. The dominate issue discussed is education, or lack thereof being discussed and/or encouraged in the black community. Many people will argue that “college isn’t for everyone.” Even though it may be true in that “everyone” may not be successful in college, an astounding number of African Americans have little desire to advance themselves beyond a high school diploma based upon college enrollment statistics. Thirty years ago person could get a job and work their way up and have a stable life for themselves without any education beyond high school. However, today few opportunities exist for those with a high school diploma beyond minimum wage. And as we all know, minimum wage is not enough for a single person without children to survive on their own. The current United States minimum wage is \$7.25 per hour.

“In 2011, the median of earnings for young adults with a bachelor's degree was \$45,000, while the median was \$22,900 for those without a high school diploma or its equivalent, \$30,000 for those with a high school diploma or its equivalent, and \$37,000 for those with an associate's degree.” (SOURCE: U.S. Department of Education, National Center for Education Statistics. (2014). The Condition of Education 2014 (NCES 2014-083), Annual Earnings of Young Adults.)

Statistically speaking post-secondary education does yield higher earnings, but because college isn’t necessarily the path for everyone, people should explore entrepreneurial opportunities that will allow self-sufficiency and for people to become productive members of society. There are too many young people who are unemployed and cannot support themselves and their families.

Article by J. Renee Boston, pictured right with Marcus



5 Minutes A Day Can Keep The Cardiologist Away?

A new study published in the Journal of the American College of Cardiology shows that a 5 minute run a day will help lower risks for heart disease. The article stated that it did not matter if runners ran at sprinter speed or sashayed along, so long as their feet hit the pavement continuously for at least 5 minutes daily.

“Activities like running can lower your blood pressure and decrease the production of glucose, which cuts your risk of developing diabetes, according to the American Heart Association. Running also seems to protect the innermost lining of the arteries, keeping the walls and cells intact, which cuts the risk of blockages or clots that can cause strokes or heart attacks.”

The greatest conclusion of the research was that consistency is the key to lower chances of heart disease, high blood pressure, obesity and diabetes.

Read More at: <http://thechart.blogs.cnn.com/2014/07/28/even-a-5-minute-run-can-help-prevent-heart-disease/>

September 2014 Movie Watch

9/12

‘No Good Deed’: Idris Elba and Taraji P. Henson star in this thriller about wife and mom (Henson) doing a “good deed” and helping a stranger (Elba).

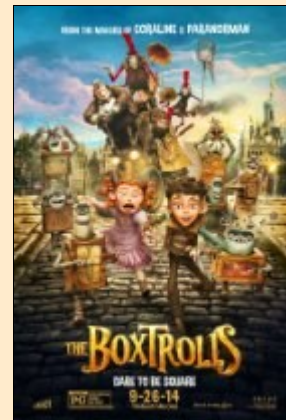
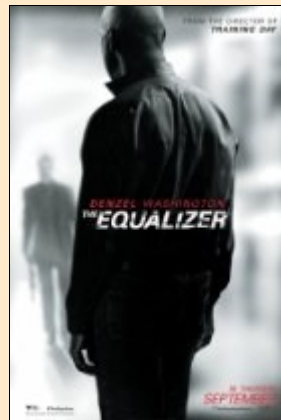
9/19

‘A Walk Among Tombstones’: Private investigator Matthew Scudder (played by Liam Neeson) is hired by a drug kingpin to find out who kidnapped and murdered his wife.

9/26

‘The Equalizer’: This is a film adaptation of the 1980s series. This time Denzel is the “Equalizer” (insert side eye). We will wait for the reviews before passing judgment.

‘The Boxtrolls’: A young orphaned boy raised by underground cave-dwelling trash collectors tries to save his friends from an evil exterminator. Based on the children's novel 'Here Be Monsters' by Alan Snow. (Something for the kiddos)



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

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Shoutout To My Grandmothers...

By Marcus B. Boston

One of the main encouraging factors in the continuation of “Off The Press” is my paternal grandmother. She does all that she can to help with story ideas for this newsletter, as well as help in other very important ways. Because of her, we have no shortage of story ideas and motivation to keep printing.

In addition to my paternal grandmother, my maternal grandmother, who just celebrated another happy birthday, wishes nothing but the best for BLG.

I just wanted to drop this little note to both of you to let you know that we really appreciate it!



Moving Soon?

Are you thinking about moving to a new location?

If so please remember to let us know so that we can update our mailing list.

The price of postage has not seen a decrease.

As a result, BLG does all that it can prevent “stamp waste!”

You can update your info with us at info@bostonlawllc.com or give us a call at 301-850-4832!

Thanks Management!

What You Need To Know About Outpatient Medical Procedures

Last week comedienne Joan Rivers passed away after suffering complications from an outpatient procedure. The internet was a-buzz by people confused about how an outpatient procedure could result in death. Ms. Rivers had been having throat trouble and went to a surgical clinic to have an endoscopy. An endoscopy is when a small tube is inserted into the body. It may contain a camera or other surgical instruments. This procedure provides a manner for doctors to look inside of the body without the need for an invasive procedure.

We cannot and will not speculate whether or not there was any wrongdoing associated with Ms. Rivers' procedure. However, we wanted to share this information with you so that we all understand that there are inherent risks associated with any procedure. It is important that you have a thorough discussion with your doctor or medical professional prior to the procedure and that you understand the risks BEFORE the procedure is done. These procedures are overwhelmingly “routine” but every patient isn't “routine.”

It is especially important that anytime you are receiving general anesthesia you alert your doctors of any medications that you have recently taken, both prescribed and over the counter and if you have recently been sick. All of these things can counter-react to the anesthesia which could prompt an emergency situation. Since these procedures are generally quick and painless there are typically done at the doctor's office or a clinic and not at a full hospital. Therefore a clinic is typically not as well equipped as an emergency room.



September Upcoming Events

13th: Taste of Georgetown

14th Home Opener for the Washington Redskins

15th-21st Walking and Biking (FREE) tours of DC

24th-28th DC Fashion Week

Be sure to support our local teams: Orioles, Ravens, Redskins and Nationals!

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Sending our thoughts and prayers to the Reese family of Baltimore. Get Well Soon!

HE SAID/SHE SAID

This month's he said/she said is Sequoia DC. We recently visited this Georgetown restaurant for Sunday brunch and this is what WE had to say.

He Said

If you have not had an opportunity to visit Georgetown on a Saturday or Sunday afternoon, you are missing out. Although there can be a lot of people around, the shops and waterfront view will keep your mind focused on the reason you went to visit.

As for Sequoia, it was very good. I really enjoyed the food spread. Because it was brunch, there was breakfast food and lunch food.

For me I took part in the grits, eggs, bacon, sausage, oysters, mixed fruit...oh, there are also endless mimosas with the brunch price.



She Said

I find brunch to be very confusing to my palette, but I do like the idea of being able to eat what I am in the mood for and sometimes I want to eat eggs and salad and that's the purpose of brunch.

I've never met a restaurant on the Georgetown waterfront that I didn't like and Sequoia is no exception. I would say that this best part of brunch is the bottomless mimosas and bellinis. So, if you enjoy a nice cool libation with your grits and eggs, this is a good place.

Georgetown is an especially nice place to bring out of town guests during the cooler (not cold) months.