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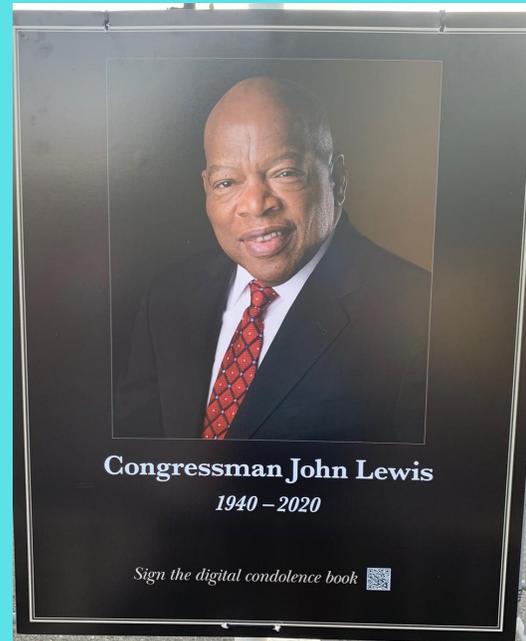
## End Of An Era, The Last Of The Big Six

The 'Big Six' was the name given to the leaders of the six organizations that came together to create the March On Washington For Jobs And Freedom in 1963. The other leaders: Martin Luther King, Jr., Roy Wilkins, A. Phillip Randolph, James Farmer and Whitney Young were all much older than John Lewis, the college student. All predeceased him, as well.

John Lewis was the president of SNCC (Student Nonviolent Coordinating Committee) and had been one of the original 13 Freedom Riders. Mr. Lewis lost his battle with pancreatic cancer at the age of 80 on July 17, 2020.

Most recently he served the citizens of the 5th District of Georgia in the U.S. House of Representatives.

On July 27th and 28th, people were able to pay their last respects as Mr. Lewis laid in state on the steps of the Capitol.



## Three Top Causes Of Cancer

### 1.) Your Smoking (even Hookah)

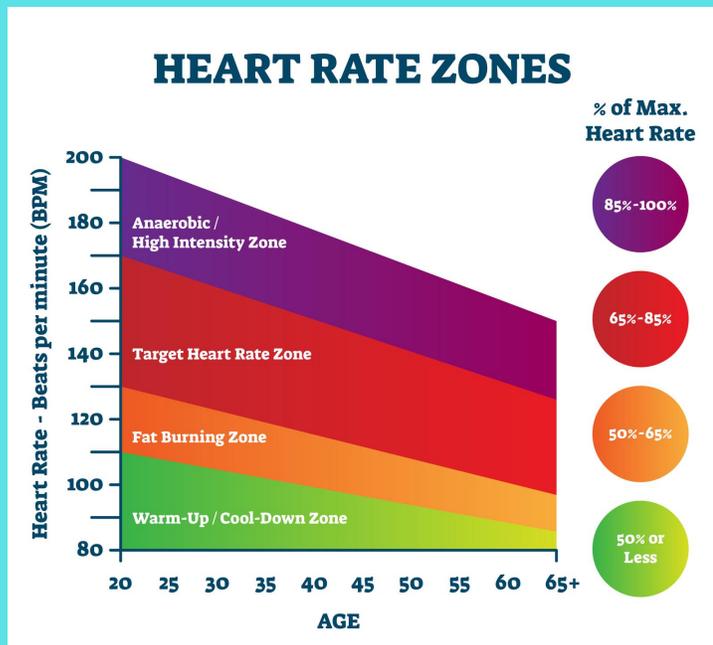
Yes, people still smoke. Smoking is the most significant preventable cause of Cancer. Cigarette boxes warn of the likelihood of cigarette use causing Cancer and people STILL choose to smoke. It's something about directly inhaling something that is harmful to you that has a direct link to cancer. You'll have better odds with a game of Russian roulette. Men who smoke are a third more likely to be hospitalized than non-smoking men. Smoking had been found to be a risk factor in most cancers, not just lung cancer as most people believe.

### 2.) Lack of Exercise

Maintaining a healthy weight is also key – this involves exercise and diet. As far as exercise, the amount required is truly minimal. I am referring to approximately 30 mins per day of any cardiovascular exercise – running, treadmill, cross-trainer, power walking, swimming etc. Any exercise that will get your heart rate up to its target heart rate will suffice.

### 3.) Your Diet

Diet is a little more complicated. To make it simple, fruits and vegetables should comprise the majority of your diet. Fish and red meat are okay for most people when taken in moderation. We should all try to reduce our intake of sodas, excess salt, fried foods, sweet desserts and foods with preservatives – just to name a few. While sun exposure, family history and other carcinogens play a role, cancer prevention is doable. It's in your hands so start taking responsibility!



More info may be found at [BlackDoctor.Org](http://BlackDoctor.Org)



The dog days of summer are approaching. Be sure to stay cool and hydrated. Also know the difference between heat exhaustion and heat stroke and take proper precaution. Enjoy these hot days and stay safe!

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"><li>Get to a cooler, air conditioned place</li><li>Drink water if fully conscious</li><li>Take a cool shower or use cold compresses</li></ul>		<b>CALL 9-1-1</b> <ul style="list-style-type: none"><li>Take immediate action to cool the person until help arrives</li></ul>

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## *Here Are 2 Warnings If You Are Waiting To File A Birth Trauma Case;*

by: Marcus B. Boston, Esq.

In this educational article I am going to discuss an issue for parents who are waiting to file a birth trauma case. This is an issue that needs more discussion because I recently spoke with someone who is dealing with this exact situation. It is my hope that at the conclusion of this article you will have more information to help in weighing your decisions. If you have any hint that something was done wrong by the doctors, nurses, or hospital, you need to pay close attention to these issues. Remember, the decision to move forward or not move forward regarding a birth trauma case is ultimately up to you.

### THE LAW CAN LIMIT THE TIME YOU HAVE... (WARNING #1)

Most states have what are called statutes of limitations. What this means is that you only have a certain amount of time in which you must bring a claim against a wrongdoer. The time frame can vary from state to state, as there are no "uniform" time frames on the statutes of limitations. Another issue in this context is who has what claim? In many birth trauma cases, the parents might have certain claims and the baby may also have certain claims. The clock for starting the statute of limitations might start at a different time for the parents than for the child. This is important because the child might have essentially more time before their clock starts than the parents.



### MEMORIES FADE OVER TIME (WARNING #2)

A key component in a birth trauma case is the facts. The facts, or what happened, are critical when trying to determine whether there was a departure from the standard of care, which caused the injury or the harm. Medical experts are used to make these determinations. The thing is, as time goes on, critical facts can be lost to time, thus clouding the memory. For example, maybe a nurse or doctor mentioned a crucial fact, but because so much time has passed, and at the time this fact did not seem important, it was forgotten. Add to it, as more time passes important fact witnesses might become unavailable for a number of reasons, including death.

### WAITING TO FILE A BIRTH TRAUMA CASE

Hopefully now you can see why if you are waiting to file a birth trauma case, you should take these two warnings that we talked about earlier into consideration. As I have already said it is ultimately your decision as to whether you decide to move on a birth trauma case today, tomorrow, or not at all.

*\*Both of these can also apply to many other claims. It is important that if you think you may have a claim or are just unsure, that you speak with an attorney as soon as possible.*



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**Constitution Catch Up**

**Amendment I (1791)**

**Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.**

In its most basic sense this means that Congress (aka the Government and governmental agencies (NOT private businesses) in general, cannot make any laws that: infringe upon or create churches or religion; suppress written or oral speech; prevent groups from organizing or prevent citizens from complaining about the government or seeking assistance from the government.



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**YOU TRUSTED THE DOCTORS NOW  
 YOUR BABY IS INJURED...**



**Your Maryland Traumatic Birth Injury Guide**

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