



Vol _____ 12
Iss _____ 7

Nuts For Your Health

If you are looking for a simple snack that provides health benefits, look no further. Be sure to contact your doctor and/or nutritionists about what foods if any, work best for your dietary needs.

1. Almonds
2. Pistachios
3. Walnuts
4. Cashews
5. Pecans
6. Macadamia Nuts
7. Brazil Nuts
8. Hazelnuts
9. Peanuts



Summer Travel Tips

1. Taking a flight that departs early in the day helps to avoid the cascading effect of delays and cancellations. Bad weather is also more likely to affect later flights.
2. Leave cushion time for can't-miss events. Don't travel on the day of an important event such as a wedding or cruise. Plan to arrive at least one day early.
3. Ask for a hotel voucher if your flight is canceled. If you can't get on a flight the same day, it's worth asking for meal or hotel vouchers. In many cases, such as weather events, airlines aren't required to provide them, but it's worth asking.
4. Most importantly, stay considerate. Don't take your frustration out on customer service employees. They aren't making the operations decisions.
5. Keep extra cash handy or plenty of room on a credit card for emergencies.

Off The Press

Warrant Found For Suspect In Torture And Murder of Emmett Till

Emmett Till was a 14 year old boy who was brutally tortured and killed in Mississippi in 1955. Recently a warrant was uncovered naming three suspects. Two men were charged, tried and acquitted of the murder. However, they each later confessed. The third person was never charged.

"The warrant was discovered last week by a five-member search group led by members of Till's family, including Deborah Watts and her daughter Terri. An image of the warrant, provided to CNN by the foundation, charged J.W. Milam, Roy Bryant and Bryant's then-wife – identified in the document as Mrs. Roy Bryant – with kidnapping and orders their arrests. The warrant is dated August 29, 1955, and signed by the Leflore County Clerk."

The two men have since died. Carolyn Bryant, is still alive and has since remarried. A note on the warrant suggests that it was not served upon Carolyn Bryant because her whereabouts were unknown. However, she was a witness at the trial of her husband and J.W. Milam, where she testified that Emmett Till had "grabbed and verbally threatened her." The jury deliberated barely an hour and returned not guilty verdicts. The family and many civil rights activists want the state to act and serve the outstanding warrant. (In many states there is no statute of limitations for murder).

<https://www.cnn.com/2022/06/30/us/emmett-till-warrant-discovered/index.html>

Americans Working Next To Robots Develop Mental Health Issues

"Researchers analyzed data on workplace injuries in the U.S., finding that injuries were reduced by 1.2 cases per 100 workers in regions with one standard deviation increase in robot exposure. But in regions where there were significant numbers working with robots, there was an increase of 37.8 cases per 100,000 workers in drug or alcohol related deaths."

"On one hand, robots could take some of the most strenuous, physically intensive, and risky tasks reducing workers' risk," Osea Giuntella, an expert in labor economics and economic demography and an assistant professor at the University of Pittsburgh said. "On the other hand, the competition with robots may increase the pressure on workers who may lose their jobs or be forced to retrain. Of course, labor market institutions may play an important role, particularly in a transition phase."

"Researchers also evaluated data on how automation affected German workers. They found a similar decrease in physical injury, but they found no significant change in mental health outcomes. The study found that in Germany, the same one standard deviation change in robot exposure led to a 4 percent decline in physical job intensity and a 5 percent decline in disability. Giuntella said this difference might be due to laws designed to protect Germany's workforce. "Robot exposure did not cause disruptive job losses in Germany; Germany has a much higher employment protection legislation," Giuntella said."

"Our evidence finds that, in both contexts, robots have a positive impact on the physical health of workers by reducing injuries and work- related disabilities," Giuntella continued. "However, our findings suggests that, in contexts where workers were less protected, competition with robots was associated with a rise in mental health problems."

<https://thehill.com/changing-america/sustainability/infrastructure/3543094-workers-who-work-alongside-robots-more-likely-to-have-mental-health-effects-study/>

Off The Press

ATTEMPTED VBAC AND HIE BRAIN INJURY

BY: MARCUS B. BOSTON, ESQ

A VBAC, is the medical term for vaginal birth after a caesarean. Although an attempted VBAC is relatively safe, areas of concern can still arise from a medical legal prospective. Therefore, it is always advisable to speak with your medical professional as to the best course of action for your individual situation.

As for an attempted VBAC, one area of concern can be a uterine rupture. A uterine rupture can present with a lot of challenges and must be accounted for when certain factors are present.

What Is A Uterine Rupture?

A uterine rupture is exactly what it sounds like. The uterus can rip or rupture. Once this happens this creates an emergency and has to be taken extremely serious.

When a uterine rupture occurs one core concern is hemorrhaging. Hemorrhaging in certain instances can be a life or death problem for mother and it can also adversely impact the baby.

In some cases, the only way to deal with a uterine rupture will be an emergency C-section. This is why it is imperative to diagnose the condition when it occurs as soon as possible.



Attempted VBAC And HIE

HIE or hypoxic ischemic encephalopathy occurs when there is a reduction in blood and oxygen which leads to a brain injury. If mother is hemorrhaging from a uterine rupture then there can be a threat of an HIE injury.

An area of review when families contact us with a traumatic brain injury due to an attempted VBAC is whether there is evidence of a prolonged labor and delivery. This is because when a C-section is performed there can be a threat of injury and scarring to the uterus.

Not only can a prolonged labor and delivery be an area of concern, but also whether there is evidence of fetal distress. Fetal distress can be picked up by the readings on the electronic fetal heart monitor. As a result, during an attempted VBAC these issues have to be understood and closely monitored.



Cool Off This Summer With a Peach Daiquiri

Ingredients

3 large ripe peaches peeled pitted and quartered
2/3 cup fruit flavored white rum
2 tablespoons fresh lime juice
2 tablespoons grenadine
4 cups ice

Directions

Combine peaches, rum, lime juice and grenadine in a blender. Mix on high until blended. Add ice and mix on high until slushy. Add more ice if you want it thicker.

Use fresh, ripe peaches. Not too hard and definitely not mushy.

For thicker drinks, use more ice.

- Omit the rum and grenadine and enjoy a peach smoothie!

BOSTON LAW GROUP, LLC

Disclaimer:

This publication is not intended to provide any legal, nor medical 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 birth injury case, please call 301-850-4832. Communication Policy: The attorneys of Boston Law Group, LLC generally do not accept unscheduled phone calls. This allows us to focus our time and attention on individual cases, which creates greater quality legal service. To schedule an appointment, please email: info@bostonlawllc.com.



FOLLOW US AT

