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Too Cool Not To Share

William Tucker, son of indentured servants from Great Britain, was the first recorded African child to be born in the colonies in 1624. When he was born there were 22 Africans in what would become the United States. He was born near the Jamestown Colony.

The first people of African descent arrived in 1619. They were all considered indentured servants, not slaves. This was only because Virginia's General Assembly had not yet established slavery. Because slavery was not yet on the books, these African indentured servants were treated the same as their white counterparts from Great Britain. They also worked under the same terms and many but not all were given land at the end of their period of indenture. In fact they and their descendants became the nucleus of the free black population which existed in Virginia prior to the Civil War.

The 2-acre Tucker Family Cemetery in Hampton was named after him. The cemetery, which was previously called the Old Colored Graveyard, contains the remains of people who believe they were related to William. There are many unmarked graves, but it is believed that his is interred there. The cemetery contains more than 200 hidden and marked graves on two acres of land. The cemetery is in the middle of a neighborhood.



Photo from https://williamtucker1624society.org/our-story

Off The Press

Baby Seemed "Normal" After Birth But Stopped Meeting Milestones

by: Marcus B. Boston, Esq.

Her baby seemed normal after an HIE injury then problems reaching milestones occurred. Recently I had an opportunity to speak with a parent offline regarding her baby not meeting milestones. Her baby suffered an HIE injury at birth and as long as her baby seemed, in her words, normal, she figured that everything would be OK. However, after nearly a year she began to notice that her baby was not meeting routine milestones. As a result, she reached out to us for a birth injury investigation as to the cause of her baby's HIE brain injury at birth and future options.

In this birth injury educational article and supporting video we will be discussing why parents cannot assume that every baby will look the same after suffering an HIE injury. In addition, we will cover some of the things parents can ask of medical professionals when trying to find answers as to the possible challenges their baby may face going into the future.

Baby Seemed "Normal" After An HIE Injury Then Problems Reaching Milestones

At the end of the day, an HIE injury is a brain injury. Depending on the severity of the injury this will impact how the injury might manifest itself in a baby. Generally, the more severe the injury the more challenges a child might face into the future. An HIE injury can be classified in some instances as mild, moderate, or severe.

Using looks to gauge what is "normal" is generally not going to be the best way to predict whether future challenges are ahead. Usually following birth a baby will not take many actions, as eating and sleeping, along with bowel movements, are the primary actions. As a baby ages, and more of the brain is used, then parents can see if certain milestones are tracking.

Do Not Be Afraid To Speak With Doctors About The Brain Injury

One thing that we advise parents to do when their baby has an HIE injury is to speak with doctors about the injury. Sometimes parents will share with us that they are either afraid or scared to ask doctors questions about their baby's injury.

One thing families can do is to ask doctors and medical professionals about the area or areas of the brain which have been impacted by the injury. Understanding what area or areas of the brain that are injured might allow parents to be able to predict the future challenges that their baby may face. The way this can work is for doctors to explain what area or areas the injured parts of the brain control. For example, will vision, hearing, speaking, etc...be impacted because those areas of the brain are injured?

If your baby has suffered an HIE entry at birth and you have questions as to what caused the injury I invite you to give us a call at our contact information below. Remember, it does not cost you anything to talk with us about your baby's story. We help families like yours with birth injury investigations all the time and we will be happy to talk with you about what happened to your baby.

https://www.youtube.com/watch?v=VvifzOvCe4A

Off The Press

BLG IN THE COMMUNITY

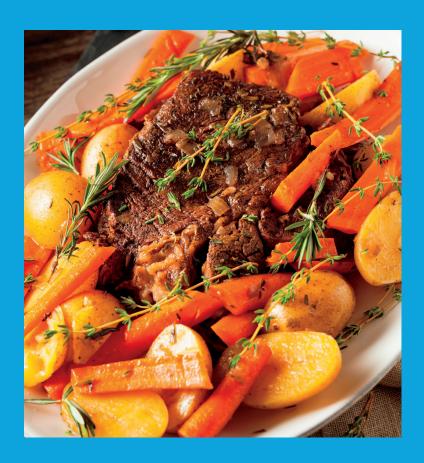


Cozy Fall Pot Roast

Ingredients

1 (3-pound) chuck roast, fat trimmed, cut into approximately 3-inch pieces 1 tablespoon kosher salt 2 teaspoons freshly cracked black pepper 1 teaspoon of dried rosemary 1 teaspoon of dried thyme 1 teaspoon of dried basil 2 tablespoons extra-virgin olive oil 4 ounces good-quality bacon, diced 1 small yellow onion, finely chopped 2 large carrots, peeled and chopped 2 to 3 celery ribs, finely chopped 3 large potatoes, peeled and chopped 6 garlic cloves, minced 2 tablespoons tomato paste 2 cups light red wine, or cooking wine 2 bay leaves 2 sprigs fresh thyme

· if you don't want to use wine, use beef stock



Directions

- 1. Chop your veggies!
- 2. Season the meat on all sides with salt and pepper and Italian Seasoning blend.
- 3. Brown the meat, remove and set aside.
- 4. Crisp the bacon in the same pan.
- 5. Put the pot roast back into the pan along with the wine, tomato paste and bay leaves, fresh thyme and garlic and bring it to a simmer.
- 6. Slow roast it in the oven for 2 hours
- 7. Once the meat is fork-tender, lift it out of the pan and make a gravy with the pan drippings.
- 8. Serve over rice or mashed potatoes.

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Disclaimer:

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