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In addition to many, many self portraits, Starry Night and Sunflowers are two popular pieces.

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## Interesting Info To Share

Vincent Van Gogh was an artist during the 1800s.

In just over a decade he created approximately 2100 artworks, including around 860 oil paintings, most of them in the last two years of his life.

Van Gogh was the artist known for cutting off his own ear. In 1888, after hearing voices, it was argued that he cut off his ear to stop the voices. He wrapped the ear in paper and delivered it to a woman in a brothel. He was found the morning afterwards passed out from severe blood loss.

His mental health issues continued to plague him. The issues lead to manic episodes and delusions. He died at the age of 37. He shot himself in the chest, but did not die from the bullet, but from blood loss.

During his life, he worked diligently to become a household name.

However, his fame didn't come until after his death due to the efforts of his brother, then his brother's widow.





## Off The Press

# It Is Okay To Ask Questions Of Your Doctors

by: Marcus B. Boston, Esq.

Is it ok for families to ask doctors questions following a baby sustaining a brain injury? One of the reasons why I am discussing this is because in my interviews with families who have had a baby suffer an HIE birth injury, there can be some confusion as to is it ok to ask questions and voice concerns.

Much of the above confusion comes in play because doctors are trusted to do what is best for the patient. With that said, just because it is thought that doctors will do what is best for a patient, this does not mean that parents cannot look to have their question and concerns addressed.

Asking Doctors Questions Following A Baby's HIE Birth Injury...

Before getting to the three areas of concern most parents have when thinking about questions, it is important to remember that when asking question to the doctors and medical professionals it is a good idea to get an understanding as to why a treatment is or is not needed. When questions are asked, the medical professionals can give their reasons as to why something may or may not be needed.

The first area of concern, and these are not in order by level of importance, when it is suspected that a baby has an HIE birth injury, is whether a head ultrasound will be done. Ultrasound technology can be helpful to families because it can not only reveal possible hemorrhaging, but whether the possible issues presented occurred earlier in the process (during pregnancy). The 24 hour ultrasound following a suspected brain injury is something that can be extremely helpful for parents in understanding what may have happened to their baby.

The second area of concern is whether an early MRI is needed. MRI technology, like an ultrasound, can be critical in understanding the suspected brain injury. MRI technology is however, better equipped to get into more detail than the ultrasound. MRI scans can detect the injury pattern present and document lesions, among other things. Another benefit to an early MRI is if subsequent MRI scans are performed, a comparison of the subsequent MRIs can be made against the early imaging. Again, all of this type of information can be essential for parents to understand their baby's injury.

Finally, parents may also want to know if there is a suspected brain injury, or if one has been diagnosed, whether hypothermia cooling is an option. If the current hospital cannot perform the cooling, parents may want to know will there be a transfer to another facility that can perform the cooling? Hypothermia cooling is being deployed in a lot of HIE and suspected HIE brain injury cases nowadays. The cooling is not a cure as to the injury, but the treatment can work to help slow the injury.

Parents have to remember that at the end of the day, they have to be sure that they are doing everything they can to understand their baby's HIE injury. As I stated above, it is fine to voice your concerns and questions as to this process. Not only should parents just focus on the injury, but also an understanding as to how this injury may manifest in the future for their baby. Asking doctors questions following a baby's HIE birth injury is something that should be normalized.

### Off The Press



WARMER OCEAN
TEMPERATURES
MAKE SNOW CRABS
DISAPPEAR

"Warmer ocean temperatures have likely caused the sudden and shocking disappearance of billions of snow crabs in Alaska, which had previously baffled scientists and environmentalists, a new <u>study</u> has shown.

The eastern Bering Sea snow crabs, once thought to be <u>overfished</u>, actually starved to death en masse because the change in water temperature "increased their caloric needs considerably", scientists at the National Oceanic and Atmospheric Administration (NOAA) said in the study.

The years 2018 and 2019 saw record-breaking ocean temperatures, which at first led to a boom in the snow crab population before it quickly plummeted. Then 2022 saw a sharp decline of 10 billion crabs.

A marine heatwave, which happens when ocean temperatures are persistently and anomalously warm, causes stress to corals and other marine ecosystems, leaving sea life vulnerable and causing chaos across food chains. The phenomenon is a <u>product</u> of the climate crisis since "the ocean absorbs 90% of the excess heat associated with global warming", the NOAA said."

Soon, DVDs will be harder to get your hands on. Best Buy recently confirmed that it will soon stop selling DVDs and Blu-Ray discs at its 900 stores across the country. Best Buy will continue to sell the items through the holiday season. Netflix, the original mail order movie provider, also announced recently that it will end use of DVDs and focus on streaming services.

With more and more streaming services available, less physical copies of movies are being purchased and watched. If there is a movie that you want to add to your collection, you should begin ordering these items and securing a DVD/Blu-ray player. Soon discs will follow the fate of the VHS.

# DVDS ARE ABOUT TO BE EXTINCT



# Soup's On! perfect for cooler weather

### **Ingredients**

1lb-ground meat 40.5 oz can of rinsed Kidney beans (light or dark) or 1lb dry beans soaked according to directions 2-reg. cans of the opposite color rinsed kidney beans 1-med-large sweet onion 1-bell pepper 5 cloves of garlic (peeled and minced) 1-16oz can of diced tomatoes 1-can original Rotel 1-28oz can of crushed tomatoes 2.5 tbsp chili powder 1 tbsp garlic powder 1 tbsp onion powder 1.5 tsp salt 1 tsp pepper 2 tbsp cumin 2 tsp butter cheese/sour cream/jalapenos (optional)

corn bread (optional)

# Renee's Famous Chili



#### Directions

- 1. Sauté onion and bell pepper in butter until they soften in a large pot, then add minced garlic and continue to sauté until veggies are fragrant. Remove from pot and set aside.
- 2. Brown ground meat, breaking it down to avoid large chunks. It does not have to be cooked completely.
- 3. Add beans, tomatoes and return veggies to the pot with 1/2 can of beef broth.
- 4. Add seasonings and stir thoroughly, if too thick add the rest of broth or add broth as needed.
- 5. If on the stove, simmer on low-med for at least an hour, stir occasionally. If in a crockpot, low for 8 hours or high for 4 hours, stir every couple of hours.
- 6. Turn off when the beans are at your desired tenderness level (stovetop), or 4 or 8 hours in the crockpot.
- 7. Allow to cool for about 20 mins. Serve with cheese, sour cream and/or thin sliced jalapenos. or cornbread.

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