



Boston Law Group, LLC

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Are You Getting Enough Steps?

A new study suggests an increase need in daily steps to combat obesity. Participants in the study averaged about 8200 steps per day. The rate for those more at-risk for obesity increased. However, those with higher baseline BMIs needed to move even more. People with baseline BMIs of 22, 24, 26 and 28 in the 75th risk percentile needed to walk an extra 3,460, 4,430, 5,380 and 6,350 steps per day, respectively, to have the same risk level of developing obesity as those in the 25th percentile. That's more than 14,500 daily steps for those with the highest BMI at the highest risk.

The study, which was published in JAMA Network Open on March 27, analyzed physical activity and clinical and genetic data from 3,124 people who participated in the National Institutes of Health's All of Us Research Program. The researchers specifically looked at the link between having a genetic risk of developing obesity and how much physical activity someone would need to do to lower their risk.

Remember, you do not have to get all of your steps in one fell swoop. Other studies, suggests spreading out your activity throughout the entire day. Invest in a pocket pedometer!



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How Does An HIE Baby Spend Their Money?

by Marcus Boston

How does an HIE baby spend their money if they get a medical malpractice recovery? To broaden the question some, I will discuss how families deal with payouts when there is a birth injury recovery.

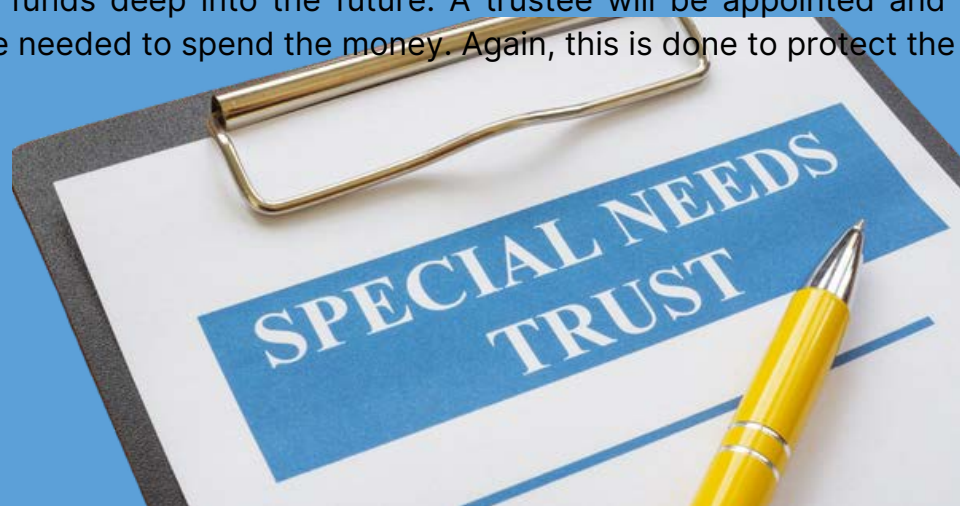
With the above stated, please remember that today's discussion is general in nature. Each state may have varying rules for these specific issues.

How Does An HIE Baby Spend Their Money?

Let us first step back and look at this issue from a negligence standpoint. When a person is injured, and negligence is the cause of the injury, then that person might have a claim under negligence, which is covered by Tort law.

Parents can make all claims stemming from injuries from the birth which are allowed under state law. If the parents recover money from their claims the money can go to them.

The baby on the other hand can have different rules. In many states when the HIE baby recovers money due to medical malpractice, a special needs trust must be set up. The purpose of the trust is to protect the child's funds deep into the future. A trustee will be appointed and in many states court approval may be needed to spend the money. Again, this is done to protect the child's funds.



He Said/She Said

He said/she said is back and for our return we visited J. Hollinger's Waterman's Chophouse in Silver Spring.

He Said:

When we walked in, there was a good feel to the restaurant. The dress code seemed to be mixed. There were some people who were dressed in suits and ties, while others had a more casual feel. The music which played in the background consisted of mostly 80s & 90s Pop and R&B.

I started with an appetizer, the lump crab cake. The crab cake was good. It did not have a lot of filler, and you could taste the meat.

For my main course, I decided to go with the New York strip steak that was cooked medium well, and was accompanied with green beans and fried sweet potatoes. The steak was cooked to the perfect temperature and was tender. The green beans were also delicious. As for the fried sweet potatoes, they were average.

Renee and I decided to split a Sunday for dessert. The sundae was not a traditional sundae in the sense, but it seems to be a type of homemade ice cream with toppings. My vote on it was a little above average.

She Said:

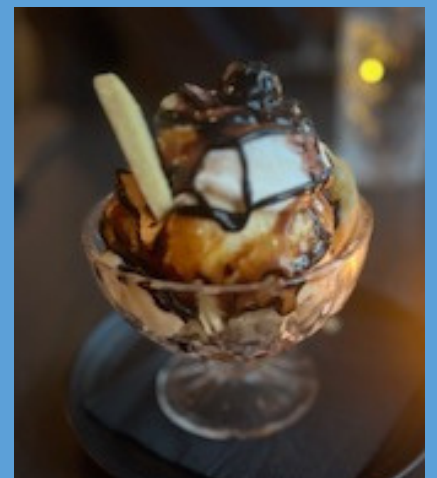
I ordered the steak satay to start. The steak was very flavorful and tender (these are also on the daily happy hour menu, fyi).

My entrée was the Chesapeake Rockfish. The fish was delicious and cooked perfectly. It had a cream sauce with mussels and clams in the shell that was less creamy than expected but excellent on the shellfish.

I did not like the sundae. I am sort of an ice cream snob. The ice cream wasn't really creamy, but I could tell it was homemade. In my opinion, you can skip dessert at J. Hollinger's and focus on your starters and main.

They Said:

All in all, I would give J. Hollinger's an 8/10. This is a place that Renee and I would visit again. The atmosphere and good service staff, along with the good food, is something to look forward to. Also, it is a little pricy, but unlike some people who review restaurants in the DMV, I am not allowing that to dominate my review of this place.



Former Cheerleader And Advocate Dies Following Childbirth

Former Kansas City Chiefs Cheerleader, Krystal Anderson recently died from sepsis from a pregnancy that biologically failed.

During her 21st week of pregnancy, Mrs. Anderson was admitted to the hospital and gave birth to a stillborn daughter. "Her fight with sepsis, led to organ failure, and she was placed on life support. Krissy underwent three surgeries, but the source of infection remained elusive," stated her husband.

In addition to cheering for the Chiefs from 2006 to 2011 and 2013 to 2016, Anderson was also a yoga instructor and a software engineer who was passionate about women's health and Black women in STEM fields, her husband Clayton Anderson, stated to news media. Sepsis is the body's extreme response to an infection, according to the CDC.

In the United States, at least 1.7 million adults develop sepsis in one year alone, the CDC reported. The [Sepsis Alliance](#) states that during [childbirth](#), sepsis can occur because of an infection related to the pregnancy.

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Francis Scott Key Bridge Collapse

By now most people have heard about the tragedy occurring Baltimore in the wee hours of March 26, 2024. The Francis Scott Key Bridge, connected the Baltimore Beltway from Hawkins Point to Dundalk over the Patapsco River and southern part of the Inner Harbor.

Around 1:30 am a cargo ship lost power while leaving the port and struck a pier which led to the bridge collapse into the river. Unfortunately, a crew of construction workers were on their meal break and did not hear the emergency notification to clear the bridge and 6 of the 8 men lost their lives.

The port handled more than 444,000 passengers, 52.3 million tons of foreign cargo valued at \$80 billion in 2023, and was the leading U.S. port for automobiles and light trucks for the preceding 13 consecutive years (with more than 847,000 vehicles in 2023). It also employed 15,000 people and indirectly supported 140,000 others.

The bridge was the second longest continuous truss bridge in the U.S. and third in the world.

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