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Things To Do For February

- Now-8<sup>th</sup> Alvin Alley Dance, *Warner Theatre*
- 5<sup>th</sup> -8<sup>th</sup> Chesapeake Bay Boat Show, *Timonium*
- 17<sup>th</sup> Mardi Gras at the Wharf
- Starts 17<sup>th</sup> Lunar New Year in the District
- 21<sup>st</sup> Duel in the District: NCAA game between Duke and Michigan
- 24<sup>th</sup> -March 1<sup>st</sup> Back to the Future (The Musical) *Hippodrome*
- 28<sup>th</sup> Family Day at Josiah Henson Park

SPORTS

- Capitals, Wizards and Go-Go (NBA Developmental League)



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# Breaking Down APGAR Scores In Baby HIE Cases

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For families navigating a hypoxic-ischemic encephalopathy (HIE) diagnosis, APGAR scores are often the first numbers they learn. While these scores are critical, they are also among the most misunderstood aspects of their baby's story.

## What APGAR Scores Actually Measure

APGAR scores, taken at one, five, and ten minutes after birth, provide a rapid snapshot of a newborn's transition. They assess heart rate, breathing, muscle tone, reflexes, and skin color, each scored from zero to two. These numbers reflect the baby's condition after delivery and during early resuscitation efforts. It is vital to understand they do not pinpoint when oxygen deprivation began or how long it lasted. A low initial score does not mean the injury occurred after birth, nor does later improvement erase what may have happened before delivery.

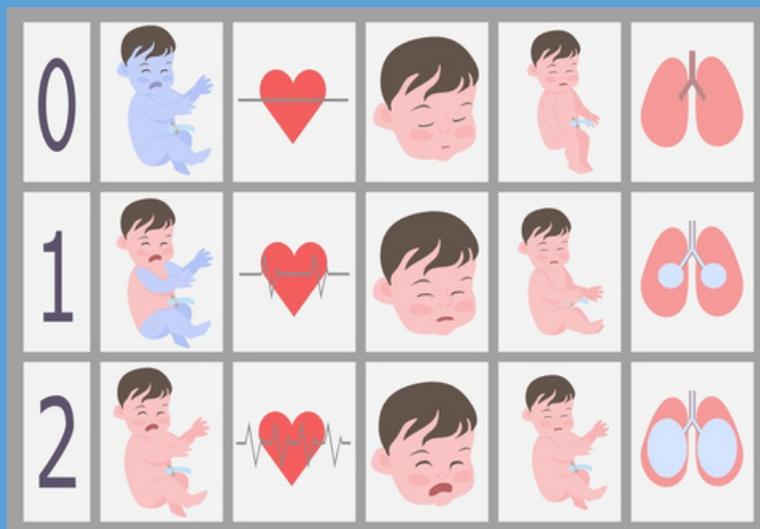
## Breaking Down APGAR Scores Of 0, 3, And 5 In Baby HIE Cases

Consider the sequence of 0, 3, and 5. A score of 0 at one minute indicates no detectable heart rate or breathing, triggering immediate and aggressive resuscitation. A score of 3 at five minutes shows profound ongoing struggle despite intervention, raising serious concerns about oxygen reaching the brain. A score of 5 at ten minutes, while improved, remains abnormally low. This pattern signals a baby born in very poor condition and is consistent with significant neurological risk, especially when paired with other signs like abnormal cord gases or seizures.

## Why APGARs Are Just One Piece of the Puzzle

Hospitals may highlight improving APGARs as reassuring. However, improvement alone does not answer core questions about events before birth or the duration of compromise. APGARs do not measure brain oxygen levels, blood flow, or fetal distress that may have occurred hours earlier. They are a signal, not a diagnosis. This is precisely why breaking down APGAR Scores of 0, 3, and 5 in baby HIE cases is so important. They are one crucial piece of a larger clinical picture that includes fetal monitoring, cord blood analysis, imaging, and neonatal exams.

Ultimately, understanding HIE requires looking at the entire timeline from pregnancy through delivery and the neonatal course. If your baby had scores like these, it is reasonable to seek clear, medical answers. While not every outcome is preventable, every family deserves a complete story. Remember, breaking down APGAR Scores of 0, 3, and 5 in baby HIE cases confirms they matter, but they do not tell the entire story on their own.



## POSTMARK CHANGE COULD IMPACT GETTING BALLOTS, BILLS IN ON TIME

“For decades, the postmark – an official mark that shows where and when mail was accepted by the Postal Service – has been used in law as proof that an individual met a deadline, such as submitting a ballot by Election Day.

A USPS postmark used to indicate the date when mail was dropped in a mailbox or submitted at the post office counter. Now, USPS is clarifying in a new rule that the postmark will reflect the date an envelope is first processed by an automated USPS sorting machine, potentially days after it was dropped off – not the actual drop-off date.”

With the new changes, be mindful of the due date for your taxes, bills and ballots. Allow the post office plenty of time to process your mail to avoid any late fees. You may wish to consider creating online accounts for your bills and paying them online monthly instead of through the US Mail.



<https://www.usatoday.com/story/news/nation/2025/12/30/us-postal-service-changes-postmark-rules-what-to-know/87960162007/>

## CHANGES IN INTERNATIONAL TRAVEL

“Beginning February 25, visitors from 85 countries, including the U.S., who don’t require a visa will need to register through the Electronic Travel Authorization (ETA) program.

Modeled after the U.S.’s Electronic System for Travel Authorization (ESTA) system, the ETA allows UK authorities to screen visitors before arrival to reduce security risks and streamline border entry. The ETA is not a visa and doesn’t replace existing visa requirements.

U.S. citizens planning to travel to the UK can apply for an ETA online or through the ETA app. A United Kingdom ETA costs £16, or approximately \$21. Once approved, the ETA is valid for six months.

Although no exact date has yet been announced, 30 European countries will start to enforce the European Union’s European Travel Information and Authorisation System (ETIAS) in late 2026.

This new authorization process will require people from over 60 visa-exempt countries, including U.S. citizens, to have travel authorization when entering 30 European countries. Similar to the UK’s ETA program, the ETIAS does not replace existing visa.

\*\*\* You will need to apply a few months prior to your trip.



<https://www.nationalgeographic.com/travel/article/domestic-international-travel-updates>

# Hushpuppies/Redhorse Bread

Sources differ about the origin of the hushpuppy. Some say those that were enslaved used small pieces of fried cornmeal to “hush” the dogs of the slave catchers.

There is another popular story that a fisherman (Romeo Govan) in South Carolina in the late 1800s served small bites of fried cornbread at his weekly fish fry. He called this bread, RedHorse Bread after the fish he served.



## Ingredients

1 cup (cornmeal)  
1/2 cup (all-purpose flour)  
2 Tablespoons granulated sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 large egg lightly beaten  
3/4 cup buttermilk  
1/2 small onion grated (about 1/4 to 1/3 cup)  
Peanut or vegetable oil for frying

## Directions

- Combine the cornmeal, flour, sugar, baking powder, and salt in a large mixing bowl.
- In a separate bowl, whisk together the egg, and buttermilk. Add to the dry ingredients along with the grated onion and its juices, stirring until combined.
- Heat 2 inches of oil over medium-high heat in a large cast iron skillet or dutch oven until it reaches 375°F on a digital thermometer. When hot, carefully use two spoons to drop tablespoonfuls of batter into the hot oil, using the back of one spoon to push the batter in one at a time. Work in batches so as not to overcrowd the pan. Fry for 2-3 minutes, turning partway through with a wire spatula, until the hush puppies are golden brown.
- Remove the hush puppies from the oil and transfer to a wire rack set over a baking sheet lined with paper towels. Keep an eye on the oil temperature while frying so that it stays consistent, adjusting the heat up or down as necessary.

## BOSTON LAW GROUP, LLC

### **Disclaimer:**

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