

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive"

Howard Thurman.

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## THE DANGERS OF space heaters

As winter takes hold, the cold often creeps its way into our homes. And with heating costs running so high, more and more people turn to heating appliances to heat certain rooms in their homes in an effort to save some money and still stay warm. From space heaters to heat lamps, these appliances can seem like a life-saver when the temperatures get really chilly, but they may actually be more dangerous than people realize.

The technology used in small space heaters has advanced dramatically over the last decade or so, especially when it comes to safety, but if you have an older unit, it may not be safe to use in your home any longer. Here are some helpful tips on checking if your space heater is too dangerous to use:

- **Automatic shut-off.** If the space heater doesn't have an automatic shut-off function, you should replace it. This has become an essential safety function of new space heaters – if the appliance tips over, it automatically turns off. Countless fires have started from space heaters without this safety measure.
- **Enclosed heat.** Make sure that the heating element of the appliance is enclosed somehow and isn't exposed. This not only

...they may actually be more dangerous than people realize...



keeps curious youngsters from burning themselves but makes it much harder for flammable items like nearby drapes to catch fire.

- **Check the plug.** If you have an older model, check the plug for exposed wires or frayed areas.

When you set up your space heater, always leave approximately three feet of space between it and its surroundings. Also, it's important to remember – even with a new, safer appliance – you should never leave a space heater on if you're asleep or not at home.

## THE DISTURBING TREND OF **distracted doctoring**

With much of the future of medicine and science being funneled through new technology, more and more medical professionals are utilizing electronic gadgets at work. And while the benefits can be huge (for instance, having instant access to patients' medical histories through devices like the iPad could potentially enable doctors to cut down on medical errors), these devices also have the uncanny ability to distract medical professionals.

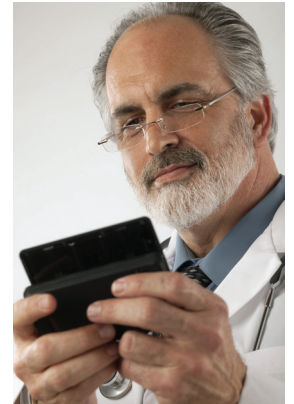
Whether it's a computer, a Smartphone or a tablet, most of these technologies have internet access and come with easy-to-manuever applications for social media sites like Facebook or Twitter. And that's on top of text messaging and personal cell phone calls.

According to a recent study on medical technicians who monitor bypass machines, approximately 55 percent admitted to talking on a cell phone during a heart surgery.

Though these distractions can become a problem for all age groups, those that seem the most susceptible to getting distracted are today's young health care professionals. Most medical profes-

sionals in this age group grew up being constantly connected through social media and cell phones, and therefore find it difficult to detach themselves from the outside world even for a few short hours.

Though the potential benefits of new technological devices in medical settings are very real, it's important to remember that they can come with unintended side effects and may ultimately be just as detrimental to patient care as they are beneficial.



Medical errors are a major problem in the United States, with some studies estimating that nearly 100,000 people are killed each year as a result of errors and hundreds of thousands more injured. If you or a loved one has been harmed by a medical error or mistake, you should consult with an experienced medical malpractice attorney to make sure your rights are protected. ■

In the old fable the tortoise won the race from the hare, not by a single burst of speed, but by plodding on steadily, tirelessly. In the Civil War it was found that Lee's army could not be overwhelmed in a single battle, but one Federal general perceived that it could be worn down by time and the pressure of numbers. 'I propose,' said Grant, 'to fight it out on this line if it takes all summer.' It took more than a summer; it took nearly a year--but he did it. In the moral realm likewise, 'All things excellent are as difficult as they are rare.' Character is not attained over-night. The only way to develop moral muscles is to exercise them patiently and long.

Heaven is not reached at a single bound;  
But we build the ladder by which we rise  
From the lowly earth to the vaulted skies,  
And we mount to its summit, round by round.  
I count this thing to be grandly true:  
That a noble deed is a step towards God,--  
Lifting the soul from the common clod  
To a purer air and a broader view.  
We rise by the things that are under feet;  
By what we have mastered of good and gain;  
By the pride deposed and the passion slain,  
And the vanquished ills that we hourly meet.  
We hope, we aspire, we resolve, we trust,  
When the morning calls us to life and light,  
But our hearts grow weary, and, ere the night,  
Our lives are trailing the sordid dust.  
We hope we resolve, we aspire, we pray,

And we think that we mount the air on wings  
Beyond the recall of sensual things,  
While our feet still cling to the heavy clay.  
Wings for the angels, but feet for men!  
We may borrow the wings to find the way--  
We may hope, and resolve and aspire, and pray;  
But our feet must rise, or we fall again.  
Only in dreams is a ladder thrown  
From the weary earth to the sapphire walls;  
But the dreams depart, and the vision falls,  
And the sleeper wakes on his pillow of stone.  
Heaven is not reached at a single bound;  
But we build the ladder by which we rise  
From the lowly earth to the vaulted skies,  
And we mount to its summit, round by round.

J.G. Holland, From 'Complete Poetical Writings,'

# asking for help

## WHEN TO CONSULT A PERSONAL INJURY ATTORNEY

When it comes to filing a personal injury claim, there may be cases when you can do so without the help of an experienced personal injury attorney. But even if you feel confident that you don't need the help of an attorney to win your claim, simply having a personal injury lawyer on your side during the process can motivate insurance companies into taking your claim seriously.

In most cases, however, the help of a personal injury attorney cannot be underestimated. Once the legal process has begun, the array of legal rules and stipulations applying to your claim can leave you muddled in confusion if you aren't thoroughly educated on the law. Another reason you should always consult an attorney when filing a personal injury claim concerns your potential compensation. Compensation for severe injuries can vary greatly depending upon the circumstances of your situation, and an experienced attorney can ensure you'll get the greatest amount of compensation that you are entitled to.

With the following types of personal injury claims, an attorney should almost always be consulted:

- **Long term injuries and permanent injuries.** It doesn't

matter whether an injury affects your appearance or your ability to function properly. If the injury lasts for more than a year, or is permanent, an attorney can help determine how much compensation to pursue.

- **Severe injuries.** An attorney weighs several variables to determine the compensation you should receive from a severe injury, including medical bills, the type of injury and recovery time.
- **Medical malpractice.** A personal injury claim against a medical facility or health care professional due to carelessness or neglect can become very complex.
- **Toxic exposure.** Claims involving this type of injury require scientific evidence to support your assertions. An attorney can help gather that evidence for you.

Even if your claim doesn't fall into one of those categories, your claim is still important. If you want the best chance to win your claim and get the compensation you deserve, it is recommended that you always consult an experienced personal injury attorney to guide you through the process. ■

## did you know?

Americans' penchant for chocolate is strongest around Valentine's Day, with Valentine's week ranking number 1 in chocolate candy sales during the year, according to the Neilson Company. In 2009, Americans spent nearly \$350 million on almost 60 million pounds of chocolate during Valentine's week. We wonder if there is a corresponding surge in cavities by the beginning of March!



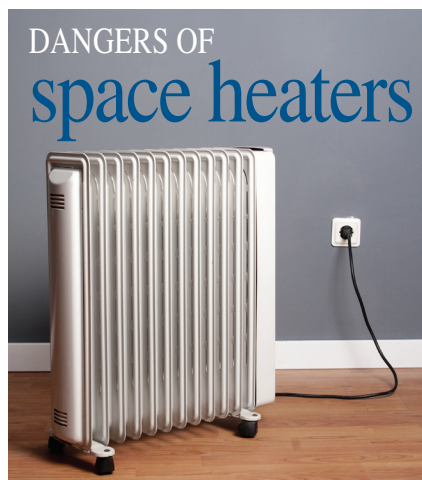
HAPPY VALENTINE'S DAY!





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**CALL US TODAY FOR A FREE CONSULTATION!**



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# e-cheating on the rise

While cheating has always existed in schools, new research indicates that it has evolved quite a bit in recent years. Seemingly gone are the days of writing notes on your hand or simply looking at someone else's test. Much to the dismay of teachers, many students are utilizing handheld devices and other forms of technology to cheat in school.

As a result, an unfortunate – but very real – aspect of teaching nowadays is trying to keep up with the latest methods of cheating, and that responsibility has become much more difficult as technology has advanced and younger people grow more and more adept at utilizing it.

Students can now save entire chapters of notes to their phones and view them during tests or even digitally insert answers into soft drink labels (it's true!). Who would have thought that the Snapple bottle that Johnny brought to school had all of the answers to the test on it?!

Some of the other ways students are using technology to cheat include:

- Texting other students for answers
- Texting other students photos of exams
- Using tiny, wireless ear bud headphones to get answers over the phone from a friend



According to a recent study, 35 percent of teens between the ages 13 and 17 utilize cell phones to cheat in school. However, that pales in comparison to cheating through the internet – approximately 52 percent of students in that age group admitted to using the internet to cheat.

Though some blame teachers for turning a blind eye to these new cheating techniques, others feel this trend tells us more about the pressures that come along with being a student in the 21st century than anything else. ■

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