

Volume 2, Issue 6
June 2011

“All the art of living lies in a fine mingling of letting go and holding on.”

Henry Ellis



deadly holiday

ALCOHOL, ACCIDENTS AND THE FOURTH OF JULY

The Fourth of July holiday is right around the corner, and it’s a special time of the year. School is out, fireworks fill the sky, parades abound and there seems to be a barbecue in every back yard.

But there’s a dark side to Independence Day.

According to 2008 data from the National Traffic Highway Safety Administration (NHTSA), the Fourth of July is our nation’s second deadliest holiday in terms of fatal car accidents. Over the three day period beginning July 4 of that year, approximately 491 deaths were caused by car accidents, which was more than any other three day period for the entire year aside from Thanksgiving.

The Fourth of July is, however, the deadliest holiday in terms of alcohol-related fatal accidents. Of those 491 fatalities, approximately 43 percent were caused by alcohol-related crashes. That

equates to approximately 211 deaths due to alcohol-related fatal crashes—30 more than occurred Thanksgiving weekend.

In addition to setting up an abundance of DUI checkpoints on the Fourth of July and increasing their patrols, some police departments are employing controversial new tactics such as “no refusal” DUI checkpoints. At these checkpoints, a judge is present to legally order mandatory blood tests for anyone who refuses a breathalyzer test.

If you and your loved ones plan on celebrating our nation’s independence with a drink or two this year, it is best to simply avoid the roads altogether. If you must be on the road, limit your alcohol consumption. Driving under the influence not only increases your risk of getting arrested but also of being involved in or causing a serious accident. ■

June is National Safety Month and we’ve packed this issue with plenty of tips to keep you and your family safe this summer. If you’d like to add something to the newsletter text SBURKE to 86677, like us on Facebook, follow us on Twitter @sburke_law, email us at info@sherylburke.com or visit us on the web at www.sburkelaw.com.

Special points of interest:

- The Dream Achiever
A’ric Jackson

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A'ric Jackson

THE DREAM ACHIEVER

“In a gentle way you
can shake the world.”

Mohandas Gandhi

A'ric Jackson is more than the first voice you hear when joining the family here at the Law Offices of Sheryl Burke. He's an author of three books, a leader and an influence to thousands of teens across America.

Almost a decade ago, A'ric discovered his gift for writing poetry and began to share it with audiences in the Chicago area where he was born and raised. He noticed his poetry did more than soothe ears of his audiences. It motivated them. After a few poetry snaps and standup shows he began to feel the tug of moving to the next level with his words. In 2000, he received the Toastmasters Best New Speaker award from the Chicago chapter. He knew then that more than just speaking poetry, his calling was to T.I.E teach, inspire and encourage all who hear him speak and to take the challenge of helping others pursue their goals and dreams.

A'ric took the challenge and began writing his first book for teens. In his book, he mixes his experiences with his high-energy and passion for helping others. Now on his fourth book, A'ric speaks to teens nationwide and has been slated to speak at the

2011 Illinois Leadership Seminar, as well as the Future Business Leaders of America and Phi Beta Lambda national conferences in June.

When asked about his greatest achievement, A'ric says, “You must first learn to love yourself, then, allow others to follow. Whenever someone takes time out of their life to hear what I have to say, and act upon what I say, that makes me eternally grateful.”

A'ric is well on his way to reaching his goal of unapologetically transforming lives of teenagers across the world and becoming recognized as a teen expert.

We applaud A'ric for living the life he's always dreamed and we're proud to have him as a member of the S.Burke Family. Call our office at 404.941.1927 by July 3 to receive a **FREE** copy of A'ric's most recent book *51 Secrets to Being An Extraordinary High School Leader*. ■



I WAS REAR-ENDED... should I sue?

You're driving home from work after a long day, and you've got the radio on. You stop at a red light and wish for the umpteenth time there was less traffic on your commute. Then, seemingly out of nowhere, there's a loud crash, the car lurches forward and your head snaps back. You've been rear-ended.

If you're lucky, you won't sustain any injuries, but this often isn't the case when you've been hit from behind. In fact, even if you feel fine after an accident, you should always seek immediate medical attention, as some rear-end accident-induced injuries may not manifest themselves until days later.

There are many different types of injuries that can occur from rear-end accidents, including broken bones, contusions, cuts, concussions, internal bleeding, and even strokes or heart attacks.

However, one of the most common injuries in a rear-end accident is whiplash. This type of neck injury occurs when your head suddenly moves backward then forward. The ligaments and muscles in your neck can be significantly damaged with this type of injury. Though many people recover from whiplash in a matter of days or weeks, it is possible for people with these painful injuries to develop chronic conditions – some of which can be disabling.

After you've gotten past the chaotic and confusing aftermath of an accident – the police report, notifying your insurance company, dealing with a wide range of emotions, figuring out how to pay for your medical bills, etc.—you may be wondering if you should file a lawsuit. If so, we encourage you to contact our office and arrange for a free consultation to discuss your legal options. ■

summer water safety



Whether in a pool, pond, lake, bay or the ocean, approximately 90 percent of families with young children end up going in the water over the course of the summer, according to the American Red Cross. Nearly half of those families plan on swimming somewhere without a lifeguard.

Without question, drowning is one of the worst dangers and biggest concerns connected to water. Unintentional drowning was the cause of nearly 3,450 deaths in the United States in 2007, and approximately one out of every five fatal drowning victims each year in the U.S. is a child under the age of 14.

So, what are some of the best ways to avoid water-related injuries and drowning?

- **Supervision** – It is always smart to designate a responsible adult to closely watch children any time they are in or near the water.
- **Use the buddy system** – Whenever possible, swim with a buddy.

- **Avoid alcohol** – Don't drink alcohol if you will be swimming, boating or water skiing, or if you will be supervising children in the water.
- **Teach kids to swim** – Formal swimming lessons can reduce the risk of a child drowning.
- **Learn cardiopulmonary resuscitation (CPR)** – Paramedics might not be close by if there is a water accident, and your CPR skills could save a person's life or improve their outcome.
- **Don't use air-filled or foam toys instead of a life jacket** – "Water wings", "noodles" and inner tubes are not designed to keep swimmers safe.

If you and your family will be on and in the water this summer, please follow these tips to keep everyone safe. ■

got ???

What is the main factor that causes wrong site surgery?

Not following the universal protocol for patient safety during surgery is the main factor that can lead to wrong site surgery. The universal protocol was established to create a series of safety checks that every surgical team should follow to prevent surgical errors.

Wrong site surgery can occur when the surgical team fails to meet before the procedure and verify the patient's identity, the procedure to be performed, and the exact location where the surgery is to take place on the patient's body.

If you or a family member has been a victim of a wrong site surgery, it is important that you speak with an experienced medical malpractice attorney to protect your rights. ■



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For comments, questions and to update your information or remove yourself from our mailing list email us at info@sherylburke.com. We love to hear from you!



“Your life is what your thoughts make it.” Marcus Aurelius

Words of Wisdom:

STRAIGHT FROM BROTHER B. WILCHER

Roman 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Life has a funny way of showing up even when we don't want it to. It knocks at our back door and continues to knock until we respond to it. The question is how will we respond? We must learn that in order to really enjoy life, to really live and receive what we want, we must do what our heart desires. Believing in yourself and knowing that you have power is the first step in changing your situation, a.k.a your life. We must know that we have the power to change our lives, daily routines and whatever else we dream about. Everything is possible. Living in the moment of impossible is what holds us back. So I challenge you today to live in the world of all things are possible! How do you think Oprah Winfrey, who grew up in rural Mississippi in the 1950s, mentored millions around the world for 25 years? By living in the possible according to his purpose! ■

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