

# can't text and walk

## AT THE SAME TIME?

You've probably heard about the dangers of texting while driving, but there's another activity that doesn't appear to jibe with texting: walking.

When people are texting, they're not looking where they're walking; their eyes are transfixed on their cell phones. (Add in listening to music at the same time, and they may be completely oblivious to their surroundings.) Unfortunately, a number of pedestrians have been struck and injured by cars while texting. Others have fallen off curbs, walked into moving buses, or inadvertently taken a dip in a fountain.

There are no laws prohibiting texting while walking...yet. However, lawmakers in Arkansas and New York have proposed legislation to ban using cell phones, iPods, and other gadgets while crossing the street.

Multitasking doesn't mean doing two things at once. In actuality, the brain is switching from one task to another very rapidly. The brain has a limited capacity to take in information; every switch means it's sacrificing something for each given task, including information to keep you, and others, safe.

A legal application called "contributory negligence" may also enter the picture—a pedestrian may be partially responsible for a percentage of their own injuries in a pedestrian-vehicle accident if they did anything that jeopardized their own safety (e.g., texting). In a few states, if *any* percentage was attributed to the pedestrian, they have zero chance of winning a lawsuit. In other states, if a person is deemed to be contributorily negligent to the tune of 20 percent, they can recover 80 percent of the total amount awarded.

Technology is amazing, but when it overrides common sense and respect for others, the toll can be devastating. ■

"When you are feeling the discomfort from seeing other people in a lackful or needy situation, and you decide to help them from your place of discomfort, no lasting value ever occurs, for two important reasons: first, you are not in alignment with the Energy of your Source, and so you have no real value to give; and second, your attention to their need only amplifies their need. Of course, it is a wonderful thing to help others, but you must do it from your position of strength and alignment, which means you must be in alignment with their success as you offer assistance, and not in alignment with their problem. When your awareness of their situation makes you uncomfortable and you offer help to make them feel better and to make yourself feel better, you are not in the Vortex and you are not helping. When you feel an inspired eagerness to offer something because you want to participate in their happy, successful process, your attention to their success harmonizes with the point of view of your Source; and the infinite resources of the Universe are at your disposal. And that does help." – Abraham

"It's God's will for you to live in prosperity instead of poverty. It's God's will for you to pay your bills and not be in debt."

– Joel Osteen

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## LEARN HOW TO CARVE THE best pumpkin this year

Pumpkin carving has long been a tradition for many households nationwide. As October rolls in, we start looking for the perfect pumpkin that we can transform into a spooky jack-o-latern. This year, why not take it an extra step and carve the best pumpkin to date?

Creating a jack-o-latern can be a fun family event. Below are some tips to help you turn your pumpkin into a masterpiece:

1. **Pick out a large pumpkin.** Think of your pumpkin as a canvas. You want to make sure there is ample room for your artwork. Also, the bigger the pumpkin, the easier it will be to carve.
2. **Soak the pumpkin.** To make your pumpkin last a little longer, soak it in bleach water for a couple of hours after clean-

ing it out. Mix 1 teaspoon of bleach with 1 gallon of water. Dry the pumpkin completely and then rub the cut edges with vegetable oil.

3. **Use a pattern.** Unless you are a naturally gifted artist, you might want to consider using a pattern. There are plenty of patterns to choose from on the Internet. Print out your favorite one, cut out the areas you will be using and tape the pattern to the pumpkin. Use a pen or marker to outline where you will be cutting.
4. **Keep it cool.** When you are done with the jack-o-latern and it's not being used, consider storing it in the refrigerator. Put it in a plastic bag and refrigerate to extend the life of the pumpkin.

Have fun this year, as you carve the best pumpkin! ■

## remember safety is the key

### TO A GREAT HALLOWEEN

A lot of time and energy goes into picking the perfect costume, choosing the tastiest treats and putting up the spookiest decorations. Yet, not as much thought is put into safety. If you have children who will be celebrating Halloween, take extra measures to ensure that they have a safe and fun holiday.

Pedestrian accidents are high during Halloween. A study conducted by the Centers for Disease Control and Prevention (CDC) showed that during a twenty year time period, the number of young pedestrian fatalities was four times higher on the evening of Halloween than all other evenings of the year.

The CDC offers great safety advice for you and your family, which includes the following:

- Use a flashlight. Not only will it help you see where you are going, it will also help others (including cars) see you.

- Grab some reflective tape. It should be added to costumes and trick-or-treat bags, so that you are visible to drivers.
- Look both ways. Never was this tip so important. Before stepping into the street, look both ways for oncoming vehicles. Teach your children to do the same. You should also stick to crosswalks when you can.
- Stay with the group. Safety comes in numbers. It is wise to walk in groups when trick-or-treating.

There are also many more tips the CDC provides regarding Halloween safety, such as examining treats before your child eats them and testing make up in a small area first.

Have a happy and safe Halloween! ■

# don't skimp on sleep

There are those who are up all hours of the night, working hard on whatever they're working on, only to get up early and do it all over again on just a couple hours of sleep. On the other hand, there are those who consistently pile up 12+ hours of shuteye (i.e. some teens and college-age students on summer break).



and release hormones that regulate mood, energy, and mental sharpness. Sleep deficiency cuts these processes short and makes us more susceptible to getting sick, feeling depressed, adding extra pounds, and having our focus and concentration impaired.

Lack of sleep can also do a number on social interactions, reflexes, and memory. We sometimes think of long-distance truck drivers, airline pilots, and operators of heavy machinery as those most affected by lack of sleep. The consequences may be steeper in these jobs, but everyone needs their sleep, no matter what they're doing. Ask Rick Perry, former Republican candidate for president. His advisers claim that he came up woefully short on proper rest and paid for it dearly with campaign-crushing gaffes.

There *is* a middle ground, though, when it comes to sleep. Ideally, and on average, our brains need 7–8 hours of sleep per night to be firing on all cylinders during our waking hours. If we consistently get less than that, trouble looms.

Normally, a full night's sleep consists of five stages which are repeated in various sequences throughout the night. Each stage has a specific and crucial function. During sleep, our brains catalog the previous day's experiences, fine-tune our memories,

Sleep is a necessity, not a luxury. Whatever your goals in life, 7–8 hours of sleep per night will help you achieve them more quickly and efficiently. ■

## did you know?

According to a recent government survey, 12 states now have very high obesity rates.

In the states Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas and West Virginia, at least 30 percent of the adults are considered obese.

So, overall, which states had the lowest and highest rates of obesity? Colorado, at just fewer than 21 percent, was the lowest, while Mississippi, at nearly 36 percent, was the highest.

The Centers for Disease Control and Prevention (CDC) released the results in August of this year, and the figures are based on a 2011 telephone survey.

For more information about obesity and strategies to combat this troubling trend, please go to [www.cdc.gov/obesity](http://www.cdc.gov/obesity). ■





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## autumn... BEAUTIFUL BUT TRICKY ON THE ROADS

Autumn may be picturesque, scenic, crisp, and a host of other positive adjectives, but there are dangers unique to this season.

The sight and sound of leaves rustling across the landscape are emblematic of autumn, but when leaves are wet, they can turn roadways into slippery menaces. Slow down and take it easy around turns. Allowing extra following distance between your car and the vehicle in front of you is wise. Leaves can also obscure potholes waiting to give your car a jolt.

Never drive through piles of leaves along the side of the road. Children love burrowing into these piles, playing and hiding. Steer clear to avert tragedy.

Don't park your car over a mound of leaves. A hot exhaust system combined with leaves may result in a combustible situation.

Keep in mind that falling temperatures can lead to a layer of slick

frost forming on roads and streets, especially on bridges and overpasses.

Dwindling daylight equates to more nighttime driving... with more people out and about since it's still early. Drive defensively.

One last thing – deer are on the move in autumn, which is an active breeding time for them, not to mention that hunters stir them up a bit. If you see a deer crossing the road, others may soon follow, as they often travel in groups. Most deer-car collisions occur between dusk and midnight from October through December. If a deer bounds across the road in front of you, do not swerve to avoid it, as this can cause you to hit a fixed object or an oncoming vehicle, which can cause more harm than striking the deer. ■



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