

“Next to God, we are indebted to women, first for life itself, and then for making it worth living.”

Mary McLeod
Bethune

Special points of interest:

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hybrid cars

PROVING DANGEROUS TO PEDESTRIANS

Hybrid vehicles have become more and more popular in recent years, especially since they reduce harmful pollutants and offer much higher gas mileage in an era when gas prices continue to run well above \$3.00 in most areas.

But while hybrid cars help reduce emissions and are a step in the right direction for a healthier planet, they come with a surprising downside. At low speeds, hybrids utilize electric power, which results in a dramatic reduction in engine noise. Seems like a good thing, right? Well, though a plus for drivers, the extremely quiet engine in hybrids has become a threat to pedestrians and bicyclists.

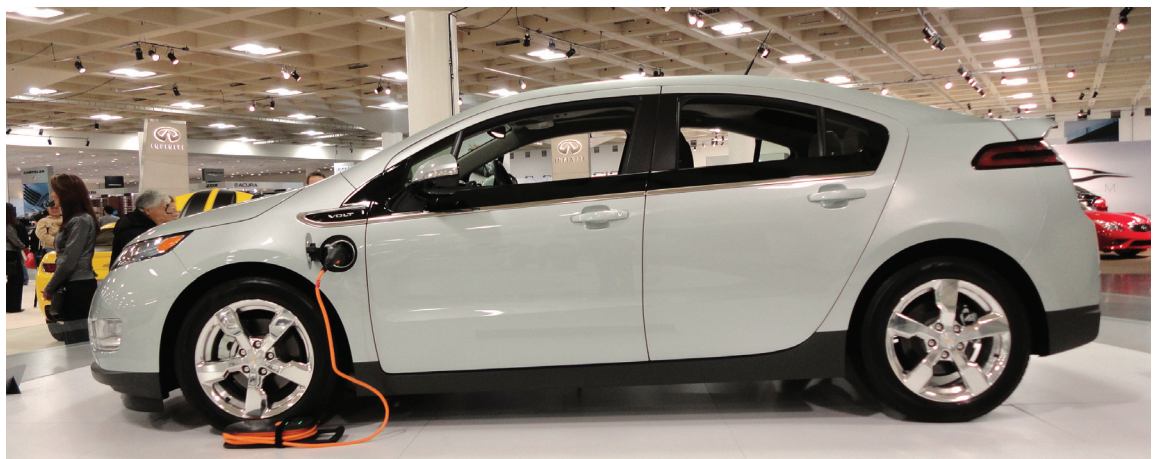
When a car is performing certain low-speed maneuvers, pedestrians and bicyclists are twice as likely to be struck by a hybrid vehicle as a car with an internal combustion engine, according to a report from the National Highway Transportation Safety Administration (NHTSA). Because hybrids run on electricity at low speeds,

this is the point at which the difference in engine sound is greatest in comparison to a car with a traditional engine.

Low-speed maneuvers by hybrids that are most hazardous to pedestrians and bicyclists include:

- Slowing or stopping
- Backing up
- Entering or leaving a parking spot
- Slow turns

With the production of hybrid cars expected to skyrocket in the next decade, lawmakers are confronting this dilemma quickly. The Pedestrian Safety Enhancement Act is expected to be in place by 2014, requiring pedestrian safety sound systems in all electric cars. Car manufacturers are trying to come up with ideas to counteract the silence of hybrid cars while running on electricity. Some proposed concepts for hybrids include emitting fake engine sounds or beeping when at low speeds. ■



Light the Night Walk

CAMPAIGN FOR CANCER 2011 By: Monica Bray



Each year families, friends, and national corporations come together to join in the fight of helping people across the country battle against the epidemic of cancer. The Leukemia & Lymphoma Society (or LLS), host a yearly event that allows people whose lives have been touched by cancer to raise money that contributes to cancer research, and provides resources to people who are battling this terminal illness. LLS created a campaign called the light the night walk to commemorate the lost of love ones to cancer and to inspire cancer patients that are currently in the fight, or in remission. During this momentous occasion, there are activities and entertainment that people can enjoy ranging from the path of remembrance, to the live music on the main stage. The evening is complete

with a walk through downtown that is illuminated with colorful balloons to as LLS calls it, "shed light on the dark world of cancer". This is my second year participating in this event with my family and friends where we walk in honor of my mother Betty Gotell who lost her battle to cancer in October of 2008. After my recovery from this devastating loss, I decided to take a stand against cancer and join an organization that could aid me in doing this. This year I set a goal to invite more people to attend the event, and raise more revenue than the year prior. Team Gotell successfully met our goal of having more members to fund raise a minimum of one hundred dollars each, as well as increase the number of walkers who came out to participate. This year's event was a tremendous success for the Georgia chapter as well with a record breaking seventeen thousand walkers in attendance and over two million dollars raised for cancer research and resources. ■



avoid those extra holiday pounds

The sugar cookies iced with creamy frosting. The pumpkins pies warm out of the oven. The giant feasts of turkey, ham and other delicacies. Holiday food is enough to make anyone have a big appetite!

For many people, the holiday season is associated with weight gain. Instead of trying to avoid the extra pounds, some have chosen just to embrace them and focus on losing weight after the New Year. However, if you ask many health and fitness experts, it is possible to enjoy the holiday treats without expanding the waistline. Below are some tips to help you avoid those extra holiday pounds this year:

- **Watch those portions.** It is all too tempting to load your plate, but be mindful about the portion sizes. Start small and allow your body time to feel "full."

- **Continue to exercise.** The holidays can become very hectic, but it is crucial to set aside time for physical exercise. Not only will it help you control your weight, it will also help your stress level.
- **Don't show up starving. If you have a holiday party to attend,** consider a small snack ahead of time. That way you will be less tempted to overindulge.
- **Eat those fruits and veggies.** Fruits and vegetables should always be a part of your diet, even during the holidays. Make sure you are not neglecting these important food groups.

Above all else, don't be discouraged! Resist the urge to be hard on yourself if you get carried away one meal. Instead, stay positive and focus on your successes. ■

avoiding hidden bank fees

Many of us have experienced the frustration of having to use an ATM machine and getting charged a fee to withdraw some of our own money. And most of us, if we took the time to closely inspect our bank statements, might discover other miscellaneous hidden fees and charges from our banks that seem unfair. Heck, just this past October, Bank of America even announced a \$5 monthly fee for customers who use their debit card.

So what can you do to help avoid having to pay hidden bank fees and charges?

Here are four simple steps that may help:

1. First, be sure to read your mail. Examine all correspondence from your bank to see if it's charging any miscellaneous fees – even mail that appears to be junk.
2. Then, try negotiating to get certain fees waived, especially if you're a longtime customer or you consistently make large deposits.
3. The next step is to stop using your debit card if there's a fee. Use cash, checks or even a credit card, provided you can readily pay the monthly payments.
4. Finally, if you ever reach a point where you're struggling to meet minimum balances, consolidate your accounts to one bank so your accounts combine to meet the minimum.

When all else fails, it never hurts to shop around for a new bank. In the wake of the Bank of America's \$5 fee for debit card use, some other banks immediately advertised the fact that they never charge a customer extra fees to access their money. ■

new technologies COULD HELP DROWSY DRIVERS

At certain times, driving a car can be a fun, exhilarating activity, like when you're cruising along a back road with little traffic and you've got some great tunes playing, the windows are down and the sun is shining. But then there are times when driving can be more of a chore than anything else – the long drive home after a 12-hour day at the office or a grueling overnight trek on a deserted highway when you are completely exhausted.

It's easy for the repetition of the highways to lull drivers to sleep, especially if they're already drowsy. According to recent statistics, drowsy drivers cause approximately 100,000 accidents every year, and some studies indicate that driving drowsy can be just as dangerous as driving under the influence of alcohol.

But new technologies are beginning to emerge that may make a big difference in helping to alert drivers who might be too

drowsy to drive safely.

Mercedes' version of this technology gathers data on your normal driving habits, and alerts you when you begin to deviate from those habits with a polite message on the dashboard alongside an image of a cup of coffee. Another technology, offered by Saab, utilizes cameras to monitor movements in the eyes, eyelids and head to catch drivers falling asleep at the wheel.

In addition to built-in technologies, it's expected that there soon will be an influx in several aftermarket products intended to keep drivers awake and alert. One such technology, called Anti-Sleep Pilot, not only measures 26 different sleep factors, but also requires the driver to tap a button every 15 minutes, and is being released in the U.S. soon. ■





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Holiday Wishes

At the close of another year, we gratefully
pause to wish you a warm holiday season
and a peaceful and prosperous New Year.

S. Burke Law

DID YOU KNOW?

According to the Weather
Channel, America's Top 10
Snowiest Cities are:

- #10) Ironwood, MI with 164.6
inches annually
- #9) Tahoe City, CA = 170.8"
- #8) Red Lodge, MT = 173.9"
- #7) Steamboat Springs, CO
= 175.5"
- #6) Lead, SD = 187"
- #5) Truckee, CA = 198.3"
- #4) Crested Butte, CO =
217.7"
- #3) Hancock, MI = 218"
- #2) Boonville, NY = 220.5"
- #1) Valdez, AK = 297.7"
(That's about 25 feet of
snow each year!)

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