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"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

Anonymous

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truck driver error: THE MAIN CAUSE OF MOST TRUCKING ACCIDENTS

While trucking accidents can occur for a variety of reasons, including bad weather, road conditions or vehicle performance, truck driver error is the leading cause of accidents involving big trucks, according to a recent study by the Federal Motor Carrier Safety Administration (FMCSA).

One of the most common ways that truck drivers contribute to accidents occurs when they become very fatigued. "Highway hypnosis" can come out of nowhere on long drives – as the repetitive patterns of the road begin to lull the driver to sleep.

But, as common as driver fatigue is, another type of driver error accounts for the majority of truck accidents – drug use. Both illegal and prescription drug use, along with alcohol, can impair a truck driver's ability to safely maneuver the roads. Truck drivers can't take any controlled substances unless they have been prescribed by a doctor who is familiar with the driver's medical history and job assignments.

Poor driving decisions by truck drivers can also lead to accidents, including:

- Driving too fast for road conditions
- Improperly distributing the truck's load
- Failing to watch blind spots carefully
- Distractions



- Depowering the front brakes to reduce wear-and-tear on the truck
- Improperly securing any attachments to the truck

Each of these errors can lead to a truck rolling over, which greatly increases the likelihood of severe injuries or fatalities. Even the slightest reduction in reaction time on behalf of a truck driver can lead to devastating accidents.

If you or a family member has been injured in an accident caused by truck driver error, you may want to consult with an experienced truck accident attorney to discuss your situation. Trucking accidents tend to be much more complicated than auto accidents because there can be multiple trucking companies and insurance companies involved, plus it is extremely important to track down evidence regarding the accident scene, the truck and the truck driver. ■

from the teen expert!

A'RIC JACKSON

Now that your teens are back in school, there are a lot of things they can get involved in. It can be sports, band, chess, even the Video Game Club (Yep those exist). Either way, one of the greatest gifts that you can give to your child that will keep on giving is the gift of leadership in their own lives. Below are 5 Quick Secrets that can not only make a difference for them, but also you.

1. Know that it is OK to be different: "**Do You**" unapologetically. Trust me, you will be respected in the long run.
2. Have Fun!: Stop walking around serious all the time. Laugh, Smile, get out and do something fun.
3. Be real with everyone: Stop trying to impress everyone. If they like you they do if they don't THE MISSED OUT ON YOU!

4. Show off your Swagger: Only you can bring swag to your leadership. So what are you waiting on? DO IT!
5. Honor your Humanity: Allow yourself to be human. You won't get it right all the time. And that's ok. It just means you are real.



There you go, 5 QUICK Secrets on how to be an Extraordinary Leader In High School.

If you would like the book "51 Secrets To Being An Extraordinary High School Leader" contact the Law Offices of Sheryl Burke for your free copy. ■

how to avoid diabetes WITHOUT THE AID OF MEDICATION

Diabetes packs a devastating one-two punch. Not only does the disease cause serious problems on its own, but a person with diabetes is often more likely to develop other, more severe medical problems over time, such as cardiovascular disease and even cancer.

Fortunately, avoiding diabetes is a relatively easy process, especially in those without a family history of the condition. In some cases, drugs that are meant to treat diabetic patients are being prescribed and used as preventative measures against getting the disease. Though this method may work, the long-term benefits and consequences of this approach aren't yet known.

The good news, according to researchers at the National Heart, Lung and Blood Institute (NHLBI), is that there are other ways to ward off diabetes – without ever having to take medication. Early analysis of research has shown that adding these five simple steps to your daily life can dramatically reduce your risk of getting diabetes:

- Exercise more often
- Consume as little alcohol as possible
- Stop smoking
- Avoid obesity
- Eat a diet high in fiber and low in fat

Though it may seem like those are common, everyday recommendations, research shows that the cumulative effects of all five steps reduce one's risk of diabetes significantly. In fact, the NHLBI study showed that male subjects who adhered to all five steps at the same time had an approximately 72 percent lower risk of getting diabetes. In women who followed all the steps, an 84 percent drop in diabetes risk was found when compared to those who followed none of the steps.

In addition to avoiding diabetes, following these five key lifestyle changes can help keep a number of other serious diseases at bay as well. ■

on the market: SEVEN TIPS FOR FIRST-TIME HOME SELLERS

Owning your first home is a monumental milestone. Though not quite as exciting, selling your first home is also a pretty big deal. In today's market, though, the process can be challenging, confusing, and altogether frustrating.

Here are seven tips from Bankrate.com that you can use to give yourself the best chance at selling your first home.



1 For starters, price realistically. Many buyers are searching electronically with specific price ranges – if your home shows up in their searches and meets the criteria they have in mind, you are apt to get showings.



2 Understand that you may lose money. Today, your home is worth no more than what buyers are willing to pay for it – leaving most sales short of what the seller aimed for.



3 Utilize smart, targeted promotions. Make sure you reach out to your target market – if you think your home is a great “first” home, you should target buyers in their 20s by mak-

ing it easy for them to find your home via their smartphones.



4 Sweeten the deal. Consider throwing in pricy items that may be difficult to move, anyway – like washer/dryer sets or wall-mounted TVs.



5 Get rid of the clutter. By simply cleaning up unnecessary clutter, you can keep rooms from feeling cramped.



6 Make it as move-in ready as possible. Buyers don't want extra work after they move in, so fix anything you'd want fixed if you were purchasing the home – before you put it up for sale.



7 Be smart when upgrading. Painting and replacing carpets can do the most for your home at a relatively cheap price.

Selling a home nowadays is already difficult enough, but it can be especially tough for first-timers who don't know what to expect. A little planning and preparation can go a long way. ■

Did You Know?

claimed that the last Thursday in November would be a nationwide Thanksgiving Day.

It wasn't until November of 1941 -- when Franklin Delano Roosevelt signed a bill into law -- that Thanksgiving was established as the fourth Thursday in November every year. Despite the new law, it would be another 15 years until every state was on board with observing Thanksgiving on the fourth Thursday in November, but it has been that way ever since. ■



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

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We have 2012 calendars in the office.
If you would like a calendar, please call our office @ 404-941-1920

Thanksgiving by the numbers

As we move further into autumn, the telltale signs of the season have mostly come and gone. The leaves have changed into their new colors and fallen from the trees, the pumpkins have long since been carved, and another Halloween is in the books. And now, amazingly, Thanksgiving is already upon us.

Everyone at our firm would like to wish you and your family a very happy and safe holiday, great memories with your loved ones, and of course, lots of delicious food.

Speaking of Thanksgiving food, there may be no other holiday that has more distinct dining traditions. The lineup in many households will include the usual suspects: cranberry, sweet potatoes, stuffing, pumpkin pie – and the main event – turkey.

According to estimates from the National Turkey Federation, approximately 46 million turkeys were laid out on dinner

tables across the country on Thanksgiving in 2010. That's the equivalent of 736 million pounds of turkey meat. Though turkeys are raised in many parts of the U.S., there are six states that produce the majority of turkeys in the United States: Minnesota, North Carolina, Virginia, Arkansas, Missouri, and Indiana. Similar to the turkey, the cranberry is also native to the Americas – and U.S. farmers produced approximately 735 million pounds of them in 2010.

One more Turkey Day factoid – if you overeat this Thanksgiving and feel fatigued afterward, scientists say you have only yourself to blame, not the tryptophan that is found in turkey. In reality, that sort of post-feast weariness typically is due to a combination of a large caloric intake, alcohol consumption, and the general relaxation that the holiday brings. ■

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