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“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

Special points of interest:

- Bullying can cause major damage...Sometimes lethal **page 3**
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Sheryl’s favorite quotes



Happiness is when what you think, what you say, and what you do are in harmony.
~ Mahatma Ghandi

And we should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh.
~ Friedrich Nietzsche

Failures do what is tension relieving, while winners do what is goal achieving.
~ Dennis Waitley

If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.
~ Jim Rohn

The key is to keep company only with people who uplift you, whose presence calls forth your best.
~Epictetus

If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success.
~John D. Rockefeller

Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. Allow absolutely nothing to hamper you or hold you up in any way.
~Eileen Caddy

Your behavior influences others through a ripple effect. A ripple effect works because everyone influences everyone else... If your life works, you influence your family. If your family works, your family influences the community. If your community works, your community influences the nation. If your nation works, your nation influences the world. If your world works, the ripple effect spreads throughout the cosmos. Remember that your influence begins with you and ripples outward. So be sure that your influence is both potent and wholesome... All growth spreads outward from a fertile and potent nucleus. You are a nucleus.
~John Heider, The Tao of Leadership.



By failing to prepare, you are preparing to fail.
~Ben Franklin

black friday

A NATIONAL HOLIDAY
FOR THE SHOPAHOLIC

By: **Monica Bray**



Each year thousands of people creep out of bed the day after Thanksgiving at 4am or earlier to partake in radical shopping savings on what is known as **BLACK FRIDAY**. Black Friday is not actually a holiday, but some non-retail employers give their employees the day off, increasing the number of potential shoppers. It has routinely been the busiest shopping day of the year since 2005, although news reports, have described it as the busiest shopping day of the year for a much longer period of time. I can recall as little girl waking up at the crack of dawn with my mom to go shopping before this day was deemed as “Black Friday.” But for those of you that are not the common bargain shopper, you may ponder “where did the term originate from?” Well sources have tracked its origin back to Philadelphia where they used this term to describe the heavy pedestrian and vehicle traffic, which would occur on the day after Thanksgiving. Later retailers provided an alternative explanation for “Black Friday” indicating that this was the point at which retailers begin to turn a profit, or are “in the black” causing them to drop their prices to dramatically. Now that you know the history, what’s next?

To prepare for Black Friday, you should start by making a list of all of the items you wish to purchase and set a threshold of how much you want to spend for those items. I take a look at all of the sales that will be going on that day; the **Atlanta Journal Constitution** newspaper on Thursday is a good source, and usually will have sales brochures for all of the specials each store will be running but, be mindful that these newspapers are usually sold out by noon. You can also review Black Friday specials on a website by the name of www.theblackfriday.com, which provides a large list of retailers that will be participating in Black Friday with deals online and in store. Next, be sure to map out an area that encompasses all of the stores that you plan shop at; this is extremely important because it will save you a lot of commute and gas. Lastly, make sure you go to bed super earlier; this is very important because you want to be refreshed and energized for the sales, which normally began as early as midnight. If you’ve never experienced Black Friday, I encourage that you at least once experience not only the phenomenal savings, but the thrill of it all as well! ■

reminder — GET YOUR FLU SHOT

While the flu season typically peaks in the U.S. around January or February, it can sometimes begin as early as October and even hang around until May. Ugghh!

It’s important that you get a flu shot every year since the flu viruses are constantly changing. Because of this, each year’s flu vaccine is formulated to keep up with the new strains. Not only that, studies have shown that the body’s ability to fight off influenza viruses declines over time.

So, if you haven’t already, we encourage you to get your flu shot as soon as possible. Once you receive your vaccination, it takes about two weeks for antibodies to develop in the body and provide you with protection against the flu.

Flu vaccines can be obtained in many locations, including pharmacies, doctor’s offices, health clinics, some employers, and even some schools. ■



BULLYING CAN CAUSE MAJOR DAMAGE...

sometimes lethal

Bullying has been featured more prominently in the public eye over the past few years—and for good reason. Nearly a third of students ages 12–18 report having been bullied, sometimes on a daily basis.

Generally speaking, bullying comes in two varieties: physical and emotional. Physical bullying may encompass shoving, hitting, punching, tripping, or spitting. Physical threats may also be utilized to coerce someone into doing something they normally wouldn't.

Emotional bullying is more pervasive and covers a wide swath of territory. It includes insults, teasing, spreading false rumors, and cyber bullying (bullying through the use of social media).

Bullying is not a “kids will be kids” type of situation. The harm it causes can be long-lasting and may result in low self-esteem, difficulty in trusting others, lack of standing up for oneself, aggression and anger issues, and isolation.

In addition, a strong link has been established between bullying and suicide. Bullying victims are 2–9 times more likely to consider suicide than non-victims, according to a Yale University study. A study conducted in Great Britain found that bullying was responsible for over half of youth suicides (or for the conditions that led to suicide—e.g., depression). Another alarming statistic is that for every suicide, there are at least 100 suicide attempts.

Parents, keep an open line of communication with your children. Many kids are embarrassed to admit that they're being bullied. Don't be afraid to go to school authorities when a bullying situation is apparent. Early intervention can save a world of heartache.

(For more information about bullying, including indicators that it might be happening to your child, visit www.webmd.com or www.aap.org). ■

button batteries... BIG PROBLEMS FOR SMALL CHILDREN

Between 1997 and 2010, 14 children died as a result of swallowing button batteries, and over 40,000 more were injured. Seven of the deaths occurred in the last two years of this range.

Whether from key chains, hearing aids, singing greeting cards, or handheld video games—and tons of other sources—there's no escaping them, and they can cause danger at a moment's notice. Roughly 72 percent of button-battery ER visits involved children ages 4 and under.

If you believe your child may have swallowed one of these batteries, take immediate action. Any delay may result in serious injury to your child. These batteries can cause chemical burns to the esophagus or stomach in as little as 2–4 hours and trigger a host of other complications. Even if you're not sure and merely suspect a battery was swallowed, err on the side of caution and take your

child to the emergency room.

Button batteries are visually appealing to children—small, round, and often appearing to be candy-like. They're easy to swallow, and they just happen to fit snugly in a nose or ear as well. Never leave these batteries out in the open, or near pills, candy, or other food. In dim lighting, adults could also mistakenly ingest one.

Make sure any household items containing these batteries have secure battery compartments, and don't allow spare or used batteries anywhere within reach of young kids. When changing batteries, do it away from inquisitive eyes.

In 2011, Senator Jay Rockefeller IV (D-West Virginia) introduced legislation that would require all products containing button batteries to be childproof. That legislation is still pending. ■





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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!

BURKE'S BUSINESS HIGHLIGHTS PRESENTS

Pro Way Hair School

By: Monica Bray



Each month the Law Office of Sheryl Burke will feature a different business in our newsletter. This month we are highlighting **Pro Way Hair School**. We chose Pro Way Hair school because this institution is currently training three of our former clients in there cosmetology program whom are: Raymond Parris, Amos Dotson, and Janaria McIntosh. Pro Way Hair School was established in 1956 and has been providing its expertise in cosmetology for over fifty years. Pro Way Hair School not only offers an outstanding core curriculum in cosmetology, but they also offer discounted services to the public. Currently the school offers a large list of salon services from, perms and roller sets, to manicures and pedicures, to even

barber services **starting as low as \$2.00!** I'm requesting that our fellow readers visit Pro Way Hair School's website at www.proway-hairschool.com. You can also stop by and take a tour of their facility at the Memorial Location [5684 Memorial Drive, Stone Mountain, GA. 30083]. Who knows you may be so impressed with Pro Way's state of the art facility and the professional services that you may become a returning client, or possible open the door to the start of a new career. **If you would like your business to be featured in next month's newsletter, please contact the Law Office of Sheryl Burke at (404)-941-1290. ■**

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