

SB @ ISSUE

SHERROD + BERNARD A NEWSLETTER FROM THE LAW OFFICE OF SHERROD + BERNARD

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SHERROD + BERNARD

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 and enter your questions.
 You will get confidential
 answers from an attorney
 with no obligation.

Giving & Giving Back

With the holidays upon us, we at Sherrod and Bernard again reflect on the blessings that many of us take for granted. As we look at our families, neighbors and communities, not everyone is as lucky. We believe it is important to give back to our community, and those who are less fortunate.

Sherrod and Bernard is a proud sponsor of the USMC Reserve Toys for Tots program. Ken Bernard served on active duty as a US Marine for four years and is a firm believer in the mission and goals of the Toys for Tots program. The program is run by the USMC Reserve and Toys for Tots Foundation. They collect toys at numerous drop-off points across the country and accept donations online. Sherrod and Bernard gives an annual donation in support of the program.

Toys for Tots was founded in 1947 by Major Bill Hendricks of the USMCR to provide toys for disadvantaged children in the Los Angeles area so that they might understand the meaning of the holiday. That first year, 5,000 toys were collected and distributed. Since the program's inception, over 231 million toys have been provided to more than 116 million needy children. In 2009, even as the economy declined

and demand for toys was at an all time high, public and corporate support remained strong, enabling Toys for Tots to provide over 16.2 million toys to 7.6 million children.

Sherrod and Bernard encourages all its friends to support Toys for Tots locally to make the holiday brighter for needy children. To get involved, please contact a local Marine Corps Reserve Unit or Marine Recruiting Office near you.



Thank you for the referrals...

A referral from a former client or friend is the greatest compliment our firm can receive. We are grateful for every referral – below is a list of the people who recently referred a friend or family member to our firm. We would like to publicly thank each and every one of them by listing them in our newsletter. And again, we say, “Thank You!”

Chris Baggett	Larry Cleveland	Gina Lybrand	Kattia Salcedo	Barry Tysor
Bill Bailey	Fred Davidson	Elizabeth Mabry	Clemon Seymoure	Paula Waters
Chad Bailey	Samuel Decker	Brenda Magill	William Shelton	Donna Watters
Tara Baker	James Dooley	Jennifer Moore	Sonia Shoemaker	Phil & Angie Whiteside
Rhonda Baldwin	Laura Fallecker	Dudley Paine	Frederick Smith	Frank Winn
Ken Barber	Joe Fowler	Tommy Payne	Candace Summerville	Jack Witcher
Preston Barnes	Wayne Garner	Sandy Payton	Mike Tackett	Christopher Wynn
Ashley Bedosky	Jimmy Hall	Sam Pettit	Jeff & Shellie	Eric Ziegler
Tracy Benedict	James Harrell	Gerald Pilgrim	Thompson	
Kim Blair	Senator Johnny	P.O. Piper	Wayne Thompson	
Charles Bonner	Isakson	Victoria Rowan	Lisa Tolar	
Kim Brown	Scott Kimbrough	Kenneth Royal	Steve Turner	

Thank you!

Fondest Memories of Christmas *By: Ben Copeland*

Christmas has always been my favorite holiday. As children, my sisters and I would spend Christmas at either our parent's house or at our grandparents' houses in North Carolina. On Christmas Eve, someone (to this day, my sisters and I are still not sure who it was) would run around outside the house with a bell, and our parents would tell us that Santa was outside. I was so excited that I could barely go to sleep that night. The next day, we would wake up extremely early, run into the living room, and discover all the presents that Santa had left the night before. Meanwhile, my parents would be half-asleep from putting everything together.

The fondest memory that I have of Christmas, however, is from last year. Last year, I was engaged on December 23, 2010. Soon into our relationship, Hannah and I decided to start a tradition of our own. She is a Christmas Eve baby, so for much of her life, her birthday has been combined with Christmas, much to her dismay. I decided that every year we would do something special for her birthday, just between us. Last year, we went to dinner in Carrollton, Georgia, the town where we met, and after dinner, I proposed to her in front of the Christmas tree on the Square. She said yes, thankfully, and I was fortunate enough to get a photograph of the occasion! This is a memory that I will always cherish, and my fondest memory of Christmas.

Since last year, I have come to realize that the receiving part of Christmas does not carry as much joy as the giving part of Christmas. Because of this, my wife and I have sponsored a needy family in the Atlanta area to give their children Christmas presents. We are very fortunate to be able to do this, and I have found that the greatest joy of Christmas is giving to others.

I hope that your Christmas season is a joyous one, and I wish you and your family all the best!

Stress busters for the holidays

December can be a joyous month, but it's also a stressful time for many people caught up in the rush of holiday planning and family issues. Here are some helpful hints for reducing stress during what should be a fun and relaxing time:

- Recognize the signs of stress, such as irritability and anxiety. Avoid these by getting a handle on things instead of just letting them happen.
- Allow yourself to say "No." Be realistic about what you can and cannot do during this busy month.
- Watch your diet. It's easy to overindulge in holiday treats that can affect your mood. Sugar overload will make you sluggish, for example, and the stimulating effect of caffeine may make you overanxious.
- Exercise. Not only will it combat those extra calories you're consuming, it will also relieve tension and provide relaxation.

APPLE-CRANBERRY CRUNCH

Shared by Cindy Whaley



CASSEROLE:

- 3 cups chopped apples
- 1 can whole berry cranberry sauce
- 1/3 cup white sugar
- 1/3 cup brown sugar

TOPPING:

- 1 cup oatmeal
- 1 stick melted butter
- 1/3 cup brown sugar
- 1/2 cup chopped pecans or walnuts

DIRECTIONS:

Preheat oven to 350. Mix apples, cranberry sauce and sugars. Pour mixture into lightly greased casserole dish. Make topping by mixing oatmeal, melted butter, sugar and nuts. Spread topping on casserole ingredients. Bake for 45 minutes. Great with all of your holiday dishes.



December

National Drunk and Drugged Driving Prevention Month

Whichever holidays you celebrate this month, be aware of the dangers of driving under the influence of alcohol or drugs. Don't let your holiday turn into a preventable tragedy.

National Stress-Free Family Holiday Month

Don't let your family drive you crazy. Remember to make some quality time for family togetherness in the midst of all the holiday bustle.

Safe Toys and Gifts Month

Prevent Blindness America reminds gift-givers to choose age-appropriate toys to keep kids safe.

National Tie Month

The necktie dates back to the 17th century, but it has developed over the years into many different styles and variations, including the bow tie, the bolo, and the embarrassing one you have to wear because your children gave it to you last Christmas.

Safety Tips For Those Toys From Santa

By: John Sherrod

As the holidays approach, the Consumer Product Safety Commission timely issued important toy safety tips to follow during this hectic time. Parents must always be mindful of safety concerns as children's injuries from toys are on the rise. According to recent data released by the CPSC, there was an estimated 186,000 emergency room treated injuries related to toys occurring in 2009 to children under age 15.

Take a look at any seasonal toy catalogue; it is easy to get overwhelmed with all the choices. For most children, safety is a non-issue and parental involvement is a must. The CPSC is encouraging consumers to follow a three step safety approach:

- 1) **Which Toy For Which Child** – always choose age appropriate toys;
- 2) **Gear Up For Safety** – always include safety gear whenever shopping for sports-related gifts or ride-on toys, including bicycles, skates and scooters;
- 3) **Location, Location, Location** – be aware of your child's surroundings during play. Young children should avoid playing with ride-on toys near automobile traffic, pools, or ponds. They should also avoid playing in indoor areas associated with hazards such as kitchens, bathrooms, and in any room with corded window blinds.

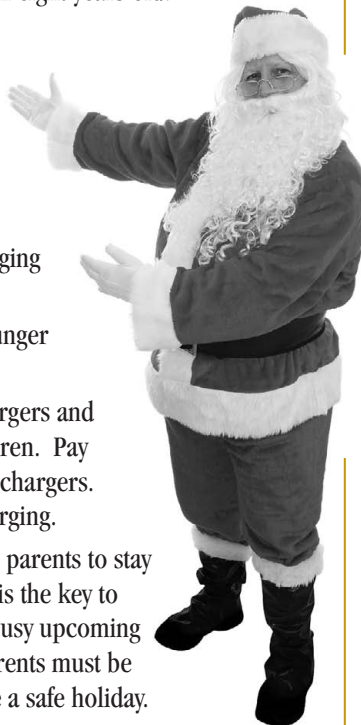
Here are some additional safety steps consumers can take while shopping this holiday season:

- Scooters and other Riding Toys – Riding toys, skate boards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and be sized to fit.
- Small Balls and Other Toys with Small Parts – For children younger than age three, avoid toys with small parts which can cause choking.
- Balloons – Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons at once.
- Magnets – For children under age six, avoid building or play sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.

Once the gifts are open:

- Immediately discard plastic wrappings or plastic packaging on toys before they become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on batteries and chargers. Some chargers lack any mechanism to prevent overcharging.

The CPSC is committed to educating the public and urging parents to stay involved in their children's play. Appropriate supervision is the key to avoiding a serious mishap or serious injury. During this busy upcoming season when it is easy for our attention to get diverted, parents must be actively involved in their children's play in order to ensure a safe holiday.



Christmas Spirit of Giving

By Ken Bernard

I tried to remember my favorite Christmas memory. With God's blessings I have had many. As a child regardless of my family's financial circumstances, Santa always found a way to our home. As a young man, I began to understand the spirit of Christmas. It was also nice to get a great meal, relax, and watch football games all day long. After Carolyn and I started our own family, I truly began to appreciate Christmas, especially in the eyes of my children. I have learned to be thankful for my many blessings, to pray for those less fortunate than myself, and to grasp that the spirit of Christmas is a gift every day. This Christmas I wish everyone a happy new memory.

Sherrod & Bernard Gives Back:

- Arch Foundation for the Law School Fund
www.externalaffairs.uga.edu/arch_foundation/
- Boys & Girls Clubs of Metro Atlanta – www.bgcma.org
- Carrollton Kiwanis Club
- Carrollton Empty Stocking Fund, Inc.
- Chapel Hill High School
- Crossfire Softball
- Douglas County Boys & Girls Club – www.bgcma.org/club/douglas
- Douglas County Chamber of Commerce
www.douglascountygeorgia.com
- Douglas County High School
- Downtown Development Authority
- Gold's Gym Charity Tournament
- Heritage School, Newnan, GA
www.heritagehawks.org
- Kiwanis Club of Douglas County and Optimist Club of Douglas County's "Kid's Blue Light Special"
- Knights of Columbus – <http://www.gakofc.org>
- Pregnancy Resource Center
www.pregnancycenters.org
- Rotary Club www.rotary.org
- Saint Julian's Episcopal Church 'Fishes and Loaves'
www.saintjulians.org
- Team Jesus Outdoors – www.teamjesusoutdoors.org
- Toys For Tots www.atlantatoysfortots.com
- World Vision – www.worldvision.org

Referrals

We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can.



Find us on:
facebook

Search for Sherrod & Bernard

or go to <http://www.facebook.com/pages/Douglasville-GA/Sherrod-and-Bernard/141192559420>

Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Sherrod & Bernard we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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*S&B wishes
you and your
family a safe and
happy holiday
season.*

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Take a new approach to gift-giving this season

The holiday season traditionally includes giving and receiving gifts. But you don't have to spend a lot of money to show how much you care. Here are some creative ideas for low-cost gifts you can make yourself:

- **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- **Personal gift cards.** Make your own "gift certificates" that the recipient can redeem for personal (or romantic!) purposes: a day free of chores, a back or foot massage, or something similar.
- **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- **Calendars.** Create a calendar using photos of family members—many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- **Music.** Burn a CD of the person's favorite songs. Or have a child sing his or her parents' favorite song and record it.