

SB @ ISSUE

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

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Inside this Issue:

- Run Lindsay Run..... 2
- School Safety Tips..... 2
- Recipe of the Month:
Chicken Wings..... 2
- The Coach 3
- Employee Spotlight:
Stephania Regas..... 3
- 2011 Atlanta Falcons &
University of West Georgia
Football Schedules..... 4
- Bernard Triplets Turn 8 4

Client's Patience Pays Off *By: John W. Sherrod*

Sun Tzu, an ancient Chinese military general and author of the Art of War, once said “the wheels of justice grind slow but grind fine.” Sherrod & Bernard worker’s compensation client, Sheila Duncan, appreciates this statement better than most.

Sheila’s “war” with her Employer, a large retail chain, began in 2006. She was seriously injured when merchandise fell on top of her while at work. Initially, her employer and its insurance company provided basic medical care. When her neck condition did not improve, the insurance adjuster denied further treatment. Sheila enlisted our firm to help get her the treatment that her physicians said was needed.

As we prepared the case for trial, the medical testing showed that our client had a severe neck condition involving ruptured discs. A spine surgeon’s expertise was required. The giant insurance company was unbending, electing to fight Sheila and delay the trial. During these continuances, the insurer attempted to hire expert opinions to dispute the treating physicians.

In July of 2009, well over a year after trying to get the medical care that she desperately needed, Sheila got her day in court. Because of the medical complexities, the judge issued his decision five months

later. Sheila prevailed as the judge was unmoved by her employer’s efforts to discredit Sheila’s doctors. Despite winning at trial, there were more delays as the employer unsuccessfully appealed. Finally, by the summer of 2010, Sheila was being seen by a spine surgeon.

After this lengthy court battle, which is unusual in most workers’ compensation cases, Sheila received surgery – the ruptured cervical discs were removed. Because Sheila was patient and diligent, the employer was forced to pay for this costly medical care.

We at Sherrod & Bernard hope to report that Sheila will be on the road to recovery soon.



SHERROD + BERNARD

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You will get confidential
answers from an attorney
with no obligation.



Pictured r-l, John Sherrod, Shelia Duncan, Lexi Duncan and Shelia’s “file”

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!” We at Sherrod & Bernard appreciate all our referring friends, even those inadvertently omitted. This list was generated solely from clients reporting how they found SB. Thank you for your confidence in our legal team.

- | | | | | |
|-------------------------|------------------|-----------------------|------------------|------------------|
| Dr. Christopher Baggett | Mike Butterworth | Kevin Head | Shandra Prowles | Elyse Vaughn |
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| Kirk Boggs | Cindy Forrest | Becky Perry | Jerry Valdero | Diane Jamison |
| Lisa Bowman | John Freer | Gerald Pilgrim | Karen Vansant | |

Run Lindsay Run *By: John W. Sherrod*

They're called life moments. Everyone has them. Those seconds amid the decades that rise above ordinary. In a life's journey, those pieces of time that are most cherished. For the sport's fan, there are many; but usually one stands alone. The athletic feat that takes on a life: "The Tackle" (google if you are not from St. Louis), "The Shot Heard Round The World", "The Immaculate Reception". As the events unfold on the field, joy in its purest form occurs; there are New Orleanians that wept during Tracy Porter's Super Bowl interception. The Wambach header or Secretariat's sub 2 minute performance are nirvana worthy to others. But for me, the moment came in 1980 in a most unlikely locale for sport's magic, North Florida.

Three months into college and oblivious to the rigors of Biology 101, I stood in a crowded corner of the Gator Bowl, an active participant in "The World's Largest Outdoor Cocktail Party." Like any man-child in chaos, I was there for excessiveness-celebrating fraternity style with an economical Kentucky export. My Dawgs arrived in town undefeated with a number 1 ranking within spitting distance. Our success was due to a fellow-freshman tailback. To this day, I never see the number "34" without thinking of Herschel, Wrightsville's favorite son.

On this warm autumn late afternoon, things turned bleak. My team trailed 21-20 with one last chance. The Gators, heavy underdogs, had given us the ball deep near our goal line. It was now third down. The scoreboard showed 1:30 left in the game. I stood because everyone surrounding me did. Unable to avoid the depressant side of adult beverages, my inner demonic voice screamed "We have no passing game. We are doomed. Why did I come? I will bomb Monday's exam. Why do I need to know chlorophyll's role in photosynthesis? I am certain to flunk out." As QB Buck Belue brought the team up to our 8 yard line, I contemplated a miserable return to retail employment at my hometown mall.

The ball was snapped. Buck scrambled and then he threw up a prayer. It was answered by a white "24" jersey. Yes, a first down I thought. But he kept coming streaking toward my end of the stadium. I barreled toward him hurdling stadium stairs stopping shy of a chain link barrier. Untouched by any Gator. Lindsay Scott scored the winning touchdown a few feet from where I trembled. I leaped toward the heavens. Seconds later, I roamed the hallowed field in ecstasy hugging strangers unknowing an undefeated season and national championship awaited. Life was perfect.

Other great moments on the playing field would pass before my eyes. Sid Bream's slide into home plate. I was there for the Justice homer when my Braves finally won it all. I sipped champagne alongside the Champs-Elysees as a Texan passed by on a bike. But in a lifetime spent watching sports, there will never be one moment that comes close to those precious few seconds that early November in 1980 when I too yelled "run Lindsay run".

"You can find more of our John Sherrod's random muses on his blog at www.sherrodjw.tumblr.com"

School Safety Tips

As children go back to school, Sherrod & Bernard urges everyone to be aware of basic school safety tips. A great source for safety information for children, parents and the community is www.safekids.org. Safekids.org is a non-profit organization focused on preventing injuries to kids and providing educational materials to the public. Below are some basic tips for back to school safety:

Drivers:

- Slow down and be especially alert in the residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys slowly and carefully
- Watch for children on and near the road in the morning/after school hours
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving

Kids:

- Should cross the street with an adult until they are at least 10 years old
- Cross the street at corners, using traffic signals and crosswalks
- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them

FOR MORE INFORMATION ON KID SAFETY VISIT WWW.SAFEKIDS.ORG

RECIPE OF THE MONTH

CHICKEN WINGS

Shared by Hannah Field

INGREDIENTS:

For the chicken and brine:

- 3/4 cup kosher salt
- 1 1/2 teaspoons black peppercorns
- 4 cloves garlic, smashed
- 5 pounds chicken wings, cut in half at the joint

For the rub:

- 2 teaspoons dried rosemary
- 2 teaspoons granulated garlic
- 2 teaspoons ground white pepper
- 1 teaspoon dried oregano
- 2 teaspoons paprika
- 2 teaspoons dried basil
- 2 teaspoons kosher salt

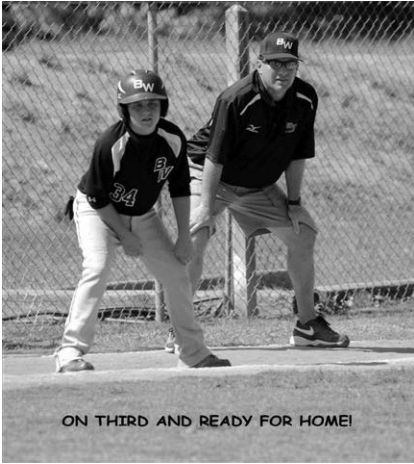
DIRECTIONS: Prepare the brine: In a large soup pot, bring 8 cups water to a boil. Add the kosher salt, peppercorns and garlic; remove from heat. Let cool 30 minutes, then transfer to a large pot or ice chest lined with a large garbage bag. Add another 8 cups water, then add the wings and twist the bag closed. Refrigerate for 4 hours.

Mix all the rub ingredients in a large resealable plastic bag. Drain the wings. Rinse under cool water, pat very dry and put in the bag with the rub. Mix to coat evenly. Seal the bag and refrigerate until ready to cook. (You can do this a day ahead.)

Preheat the broiler. Remove the wings from the bag and place in a single layer on a lightly oiled foil-lined pan. Broil for 8 minutes, then turn and cook for an additional 5 to 8 minutes, or until crisp and golden. Dip in your favorite blue cheese or ranch dressing.



The Coach *By: Ken Bernard*



He knew he had to call every parent after the draft, so they would know the drill, even if he didn't. The first practice, and the parents' meeting afterward, were all rehearsed because he knew he had better be prepared. He had already heard too many horror stories about others' first "Coach". He knew he had to pretend he knew more about ball than anyone else. The key was have the "look", after all, he needed the kids, the parents, and the extended support family to buy into his coaching abilities-whether he had any or not.

He walked out onto the field and realized he was "supposed" to be in charge; 'cause, he was the "Coach". He was not attempting to be the shepherd of jurors, not in charge of Marines, and not in

charge of the next fraternity party. He had grown up and now was in charge of the future hims. Just like his first coach had been nearly four decades earlier, he was now "Coach".

The moms and dads all came to the first practice. In fact, they came to everything. Coach did not have a large enough audience, so they came. They brought cupcakes, snacks, juices, and the like, as if they were throwing a birthday party. Health foods? Heck no, they were throwing a coming out party. The little one was about to be given his/her first real jersey number. It did not matter that it didn't fit. It was little one's first real number.

Kids know how to keep themselves busy. Coaches require specialized training to keep the kids busy, and yes, teach them the game. The training consisted of one coaches' meeting, where he was supposed to digest what the other dads already knew from their years, and multiple kids, in the program. So he relied on his youth experience. The Coach always looked impeccable, like a Drill Instructor ready to walk the parade deck. So he put on his "turf" shoes because all coaches wear those coach's shoes. He tucked in his shirt, as all his assistants would because that's the way it needed to be. Finally, he put his shades on top of the brim of his cap, obviously upside down, because that's the way it was meant to be.

He arrived an hour early to the first practice with JT. He unloaded the equipment. They had a short practice before the practice. Same routine they would do together for the next 10 years. Habits are hard to break. Some came ready, some came not ready, and some came (let's just leave it at that). Most, especially those without older siblings that passed through the program, had new equipment that was too big, but apparently too shiny to pass up at the sporting goods store. Some came with a clue, some had none.

Coach knew he would have to teach, direct, and lead from the margins – those with skills and those with none. Practice began, and he immediately knew who could catch butterflies versus those that could play the game. He, also, knew he'd have to pray a lot that those with none would still be alive at the end of the season. He suddenly remembered: "draft the parents, if you don't know the kids"! Heck, he knew neither.

Practices, games, and team parties, all came and went. Each moment was a flashback to his youth. Coach only hoped they, too, would be as inspired by him as he was by his Coach, four decades earlier.

This article is dedicated to the volunteers who devote their time, talent, and money to youth sports. The author recently retired after a decade of being a youth baseball coach with 3 Georgia State baseball titles. JT still plays the game, and his dad is a bappy spectator.

http://twitter.com/#!/Sherrod_Bernard

Employee Spotlight

Stephania Regas, Attorney



Stephanie Regas was born in Atlanta, Georgia and raised in Douglas County. After graduating from Lithia Springs High School, Stephanie attended Georgia State University. There, she received a degree in Political Science, with a concentration in Law, and a minor in Sociology.

Stephanie graduated from Thomas M. Cooley Law School in September 2010. As a testament to her legal writing and trial preparation skills, Stephanie earned the highest grade in her class in Pre-Trial Skills. While in law school, Stephanie participated in Moot Court.

Before joining the firm as an attorney, Stephanie gained an introduction into family law as a paralegal. Stephanie was also introduced to immigration law by the Department of Homeland Security, as an intern with the Office of the Chief Counsel.

Stephanie is an associate with Sherrod & Bernard. Stephanie is admitted to practice in all State and Superior Courts of Georgia. Currently, her practice areas primarily include divorce, child custody, adoption, probate, and civil litigation. Stephanie is a member of the State Bar of Georgia and the American Bar Association.

Outside of work, Stephanie is a half-marathon runner. She enjoys traveling, spending time with family, and reading.

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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Atlanta Falcons 2011 Football Schedule

9/11	Chicago Bears	1:00pm
9/18	Philadelphia Eagles	8:20pm
9/25	Tampa Bay Buccaneers	4:15pm
10/2	Seattle Seahawks	4:00pm
10/9	Green Bay Packers	8:20pm
10/16	Carolina Panthers	1:00pm
10/23	Detroit Lions	1:00pm
11/6	Indianapolis Colts	1:00pm
11/13	New Orleans Saints	1:00pm
11/20	Tennessee Titans	1:00pm
11/27	Minnesota Vikings	1:00pm
12/4	Houston Texans	1:00pm
12/11	Carolina Panthers	1:00pm
12/15	Jacksonville Jaguars	8:20pm
12/26	New Orleans Saints	8:30pm
1/1	Tampa Bay Buccaneers	1:00pm

University of West Georgia 2011 Football Schedule

9/3	Tusculum	1:00pm
9/15	Miles	7:00pm
9/24	Arkansas-Monticello	7:00pm
10/1	Henderson State (HC)	2:00pm
10/8	Harding	7:00pm
10/15	St. Augustine	2:00pm
10/20	West Alabama	7:00pm
10/29	Valdosta State	2:00pm
11/5	North Alabama	7:00pm
11/12	Delta State	2:00pm



Bernard Triplets Turn 8

Hayley, Hannah and Hope Bernard turned 8 years old recently. "We are thankful to our family, extended family and friends for their prayers, support and love over these years. I am extremely thankful for my Wife, Carolyne, whose bravery, strength, and determination coupled with God's love made their lives possible," says Dad.

