



## IT LOOKS LIKE THE PIT BULLS GET TO STAY!

Even though there have been some recent vicious attacks from pit bulls in the Douglasville area, the city council voted against the ban on pit bulls. Douglasville City Council members defeated a pit bull ban by a 4-3 vote before an overflow crowd in October.

The city council finally came to the conclusion that trying to ban a particular breed of dog would likely face many legal challenges. There will be more news on this to come.

For more information about what can happen if your dog bites someone—see my October 2010 issue. If you do not have one, call me and I will send it to you!

November Issue  
2010

### Practice Areas

- ◆ Car Accidents
- ◆ Motorcycle Accidents
- ◆ Semi Truck Accidents
- ◆ Pedestrian Accidents
- ◆ Bicycle Accidents
- ◆ Wrongful Death & Fatal Accidents
- ◆ Drunk Driving Accidents
- ◆ Dog Bites & Animal Attacks
- ◆ Injuries to Minors & Children
- ◆ Workers' Compensation

*Mr. Murphy is the greatest. He was a great help when I was involved in a hit and run accident with a driver in a stolen pick-up. He helped us deal with the insurance company and made sure we got the best settlement. Thank you again Jim!!!!*

~ B. Sharp

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## Lack of Sleep? Try to find the cause.

Over the years of talking to people in chronic pain from an injury, one of the worst side effects is not being able to sleep. According to medical experts, chronic pain can cause hormones such as cortisol and adrenaline to be released which helps to keep people up at night. I can sympathize with not sleeping because now that I just turned 47, all of a sudden I get very little sleep!

But I was not having chronic pain so I went to see my doctor. He explained that it is normal for a decline in sleep in our 40s, though it may not be until years later, when we reach our 50s or 60s, that we finally become aware of a problem. The brain produces less and less melatonin, a hormone that regulates sleep at night and alertness during the day. As adults enter their senior years, sleep patterns may naturally shift to earlier in the day.

He pointed out that older folks normally fall asleep earlier in the night—at 8:00 p.m. or so. Because of this, they may begin to wake up earlier, at 3:00 or 4:00 a.m. It may seem like a logical step to take over-the-counter melatonin to help correct such a shift, but experts have mixed opinions about how safe this approach is for older people.

Ronald Kramer, MD, a neurologist and the medical director at the Colorado Neurological Institute's Sleep Disorders Center in Denver, and a spokesperson for the American Academy of Sleep Medicine, sees these advanced sleep cycles in many of his elderly patients. "They come in and say, 'I'm sleepy all the time; I go out at night and I fall asleep at the movies.'" A big part of counseling these patients, says Dr. Kramer, is educating them about the changes their bodies are going through. "They may have to make some adjustments—get used to going to bed earlier and getting up earlier, or taking a nap in the afternoon.

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In a way, it's payback for what we all used to do as adolescents, delaying our natural sleep patterns by staying up late so often.

Nighttime sleep also becomes more fragmented after age 50, and most seniors have difficulty sleeping through the night without waking several times. Because of constant interruption in the natural sleep cycle, some older adults get less deep, restorative REM sleep. "Fragmented sleep is tricky as we get older," says Dr. Kramer. "Some of it is natural, but a lot also has to do with other medical issues such as chronic pain. Some of it we can't help, but a lot can be improved by understanding of the underlying medical condition that contributes to poor sleep."

The doctor put me on mediation which is helping me sleep, and I feel much better. But please see your doctor before you make any decisions about what to do to help you sleep.

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time of order.  
**Valid on Hospital Drive.**

## Employee Spotlight: Jean Kincaid



Jean has been working with Murphy & Associates since 2003. She has worked as a legal assistant since 1991. Jean handles personal injury and serious accident cases, where she takes an exceptional interest in helping her clients.

Jean resides with her husband and two children in Paulding County. Both of her children are active in both high school and travel baseball programs. In her free time, Jean and her family enjoy attending baseball games and boating.

**We are certainly happy to have her as apart of our firm!**

## Coaching Your Child's Sports Team

You may want to think about this

Should you volunteer to coach your kid's baseball, soccer or basketball team? I have really enjoyed coaching my son's soccer team this year, but here are some things to consider.

Here are some pros and cons of coaching:

### Positives:

- ⇒ Coaching your own kids gives you more time to spend with them – on and off the field. You'll have one more thing in common with your children and you'll have a common goal.
- ⇒ As their coach, you'll have some control over the types of things they're learning, how they're being taught, and what they're exposed to. If you've ever disagreed with the way an adult has dealt with your child, or worried about his or her background, you can mark that off.
- ⇒ Coaching in a town league is a great way to meet other people.
- ⇒ Coaching kids' sports is a great way to get in shape or stay in shape.
- ⇒ Teaching kids is a fulfilling experience. You'll soon realize why so many people want to coach.
- ⇒ Your child will love it. They may not say it or show it, but kids like to see their parents involved in what they do. If you decide to be a coach, you'll be doing it for yourself, your community and your child.

### A few negatives to consider:

- ⇒ If you're not a teacher, if you haven't held a leadership role with youth, or if you don't have any previous experience in the sport, you may find it difficult to know what to teach. Take advantage of all training offered by the league. Ask for advice from experienced coaches.
- ⇒ Parents don't always understand that you're a volunteer. Be prepared to come under fire for any number of transgressions from the types of drills you run at practice, to the color of the uniforms you chose. Kindly remind parents on your team that you're a parent, too, and a volunteer.
- ⇒ There is a time commitment. With all that you do, can you handle the required number of practices per week, paperwork, phone calls, training, league responsibilities, and games?
- ⇒ You may not agree with how your league is run. If you're going to coach in a league, find out first how it operates and if you can work within its guidelines. If you're battling league policy, you won't be an effective coach to your team.
- ⇒ Competition can be good, but it can bring out the worst in some people, particularly adults. Before you take on a coaching position, be sure you can handle problem parents on the sidelines. Talk with parents at the season's start and make clear your expectations. Have a plan for what you'll do if a parent gets out of line.



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