



# BARBERI LAW

## INSIDER

OCTOBER 2018  
NEWSLETTER

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Don't forget to  
vote on Nov. 6!



### Joe's Corner

For each issue, I try to wait to write my corner column until just before publishing in order to be as timely as possible with my comments. Well, this week I learned of the death of a dear friend who is an example to all of us of "a man who walked the talk." When it comes to leading an honorable life, Richard D. Verleger stands out. Rick passed away on Tuesday, Oct. 23, 2018, after a long and courageous fight with leukemia. Rick fought the good fight. He and my brother, Carl, had adjoining rooms at Mt. Pleasant's then Central Michigan Community Hospital when they were both diagnosed with different forms of cancer in 2011. Rick found the courage to persevere and stay alive for those he loved for over seven years. During that time, there was more than one occasion where Rick had doubts, as his journey had many difficult days of recovery efforts. Yet, he persevered ... and that was his character. During his illness, Rick, for all of the right reasons, married the love of his life, Kim, and she was a devoted caregiver to him for many years. Rick loved Kim, his children and grandchildren, and taught all he encountered the value of a good day's work and to live a life based on honesty and treating others as you would wish to be treated yourself. To Rick's family and especially Kim ... remember the good lessons of life that Rick taught us all and know that you are in the prayers of many as you process your loss. I am sure Rick and Carl are now both discussing the politics of our day and the different journeys they each took to reach Heaven as they wait for those they love to join them. God bless!

-Joe

## Meet our final Bikes for Kids winners

Emily Heffner, 14, of Gaylord, was chosen as our ninth Bikes for Kids winner. Her grandma, Mary Evans, wrote in her nomination, "She has helped with judging at the county fair, and has also worked in the fair kitchen, which raises money for the fair and the Disciples of St. Mary. She made doll blankets to be given out to girls receiving a doll from Toys for Tots. She also made 30 pairs of mittens from wool sweaters that were given out to kids receiving Coats for Kids. An all-around great teenager!"

Kolby George, 13, of Cadillac, was chosen as our 10th Bikes for Kids winner. His mom, Lora Duncan, wrote in her nomination, "All his teachers in school said he was the first to help another student or the teacher. He also started to volunteer at the nursing home, Samaritas, where I work when he turned 10. He will help me and my co-workers dust, vacuum, clear dishes away or wash tables. He also reads and plays games with the residents. Kolby helps with parties, pushes residents in



wheelchairs to activities and cleans up after parties. Kolby is the first to try to brighten a day with a kind word or smile."



Barberi Law wrapped up our Bikes for Kids program with a party to celebrate our winners and their families. We want to thank all of our sponsors, Meijer, 9&10 News, WCFX and the Morning Sun for all of their support. We have so much fun meeting all the amazing children in our surrounding communities!





# Joe's health tip: A major dementia breakthrough!

By Joseph Barberi

**F**inally, in what is being described as a major breakthrough, medical studies have now documented an effective treatment for people trying to prevent or treat memory loss, dementia or Alzheimer's. Up to now, a diagnosis of any of these medical issues was thought to be irreversible. Days ago, our former Supreme Court Justice, Sandra Day O'Connor, announced her onset of Alzheimer's disease. Dr. Richard S. Isaacson, MD, director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York Presbyterian in New York, reported a major breakthrough to Medscape. A study published in the American Journal of Geriatric Psychiatry tested a group of patients aged 50-90 with memory complaints and early Alzheimer's. They used a randomized placebo study and gave these patients either a placebo or a special supplement of curcumin. Over the 18-month trial, **all patients receiving the nano-particle curcumin had improved memory!!** Patients with Alzheimer's actually had decreased amyloid plaque in specific areas of their brains that typically correlated with Alzheimer's disease! **Folks, this is a game-changer!!**

Just keeping the progression of Alzheimer's at bay would be great news, but actually improving memory in individuals suffering from Alzheimer's is both groundbreaking and astounding. Oh, by the way, no pharmaceutical company sponsored the study, which is in and of itself, a breath of fresh air.

The benefits of curcumin, which comes from the turmeric root, have long been known. This herb has been proven effective for people with pain and inflammation, digestive and heart problems. That said, due to its molecular size, curcumin has not been able to cross the blood/brain barrier to get into the brain tissue. Now, a new activated form of curcumin has been developed, called Turmeric Forte. It is available from a company with a long history of producing raw, active phytonutrients and phytochemicals for over 80 years. That company, Standard Process, took the fiber from the seeds of another plant, and infused this plant material (the Fenugreek plant) with curcumin to create Curcuminoid Galactomannosides. The bioavailability of this new product allows the curcumin to easily



cross membranes and tissues of our bodies. The half-life (time for remaining in the tissues to heal) of the curcumin was also increased by over three times!!

This combination of nanotechnology produced a level of free curcumin in the brain 245 times more than simply ingesting unenhanced curcumin! This explains the improved memory results and decreased Alzheimer's amyloid plaque in the brain. Additionally, curcumin's anti-inflammatory effect also helps individuals suffering from chronic pain without having to resort to painkillers or opioids. Better yet, Turmeric Forte is inexpensive, with no real side effects.

For me, I've already ordered my supply of this additive from Standard Process, and I plan to begin taking two tablets daily. All my life (except for remembering names), I've been blessed with having a great memory. And, I believe, that's still the case. That said, I'm personally moving forward to take this additive daily and plan to take it for the rest of my life as a preventative measure.

So, even if you don't currently have memory issues, I recommend taking this additive. But, for those individuals already experiencing memory issues, dementia or early onset of Alzheimer's, if it were me, I would contact my doctor, chiropractor or naturopathic practitioner and discuss obtaining Turmeric Forte from Standard Process. In such cases, a greater dosage of three to four tablets per day may be recommended. As the medical studies, so far, have documented, you should experience an improvement with your memory and,

hopefully, a reversal of the progress of any dementia issues or of the Alzheimer's disease.

Products from the company Standard Process are **NOT** available over the counter and may only be purchased through a medical provider. Again, ask your doctor, chiropractor or naturopathic provider whether they sell this product from Standard Process. If you're not able to find a medical provider that gives you access to this product, I suggest you write to Dr. Bruce West at Health Alert, 30 Ryan Court, #100, Monterey, CA 93940, or call Dr. West's company, Health Alert, at 1-800-231-8063.

Please know, that other than being a long-term user of products from Standard Process, I have absolutely no financial relationship or incentive with people who order their products. I pay the same price for their supplements as everyone else. I just believe this medical breakthrough is so important that I want to make sure that my readers have access to this product, if they desire the same. I have copies of two recent articles describing this medical breakthrough, and I would be happy to mail or email copies to any individual who wishes to review them. If you'd like a copy, just contact my office and my receptionist, Vicky, will make sure you receive them.

\*Remember, I'm a J.D., who enjoys studying medical issues and passing on health tips to my readers. That said, I'm not an M.D., and if you have any questions regarding this article, don't hesitate to contact your own medical doctor for advice.





# Crazy laws you didn't know you're breaking

By Renae Gould

It's pretty simple to know whether you have broken a law or not. Or, is it?

There are a variety of laws still on the books in Michigan that people probably break, but since they are so absurd, many don't even realize it. Have you broken any of these crazy Michigan laws?

- A woman isn't allowed to cut her own hair without her husband's permission.
- Cars may not be sold on Sunday.
- Being drunk while riding on a train is prohibited.
- Adultery is illegal, but only the husband or wife that is affected can file the complaint.
- All bathing suits must be inspected by the head of police.
- It is illegal to serenade your girlfriend.
- Smoking while in bed is illegal.
- No man may seduce and sleep with an unmarried girl, or else he risks five years in prison.
- A robber may file a lawsuit against you, if he/she got hurt in your house during the robbery.
- Putt-putt golf courses must close by 1 a.m.
- It is illegal for a man to scowl at his wife on Sunday.
- Married couples can't have sex in a car, unless it is parked in their own driveway.
- You can't throw an old hoop skirt into the street or sidewalk, unless you want to pay a \$5 fine.
- It is illegal to paint sparrows and sell them as parakeets.
- Any person over the age of 12 may have a license for a handgun as long as he/she has not been convicted of a felony.



## Staff spotlight: Bookkeeper Tami Sisco

Tami Sisco joined the Barberi Law team in 2016, after working as a business owner for 20 years.

"Although I enjoyed everything I did, it was a 24/7 responsibility," Tami said. "I needed a break."

When she saw the ad for the bookkeeping position at Barberi Law, she thought it was something she would enjoy.

"After my interview with Joe, I knew it was the place for me," Tami said.

She grew up in Mt. Pleasant, and moved to the country, west of Mt. Pleasant, when she got married.

"I never went to college," Tami said. "Everything I've done has been learned by reading and trial and error ... lots of error! It's a great teacher."

On a daily basis, she makes sure client accounts are updated, keeps track of finances and helps wherever she can in the office.

Tami and her husband, Al, have two children, Rachel, 36, and Ryan, 34. Both are



married and have a total of eight children.

"These 12 people, along with my husband, are the center of my world," Tami said.

She also has two dogs, Mic and Kit, that she loves to take for walks with Al. Mic is a springer spaniel and Kit is a bishon/shitzu mix.

"I'm very much a country girl," Tami said. "I love the changing of the seasons in Michigan.



The way things smell at different times of the year, the colors that change with the seasons and the different birds that come and go. I love that I can walk down our road, and not meet any cars or people."

Spending time with her family is one of her favorite things. She also loves quiet time in the morning to read and workout. She enjoys kayaking, and she loves to eat ice cream!



# BARBERI LAW

EVERY CASE WE TAKE,  
WE TAKE PERSONALLY.<sup>SM</sup>

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## Spaghetti Casserole\*

The grandkids all love this and it's a good make-ahead meal that can be reheated.

- 1 16 oz. box spaghetti (thin)
- 1½ lbs. ground round
- 1 small onion, chopped
- 1½ jars (24 oz. size) meatless spaghetti sauce
- 2 large eggs
- 1 (24 oz.) carton small curd cottage cheese
- 5 oz. grated Parmesan cheese
- 5 T. butter, melted
- 4 c. shredded mozzarella cheese



Joe and Barb with Dave's son, Grant.

Cook spaghetti according to package directions. In large skillet, brown ground round and chopped onion. Cook thoroughly. Drain grease and juice from skillet. Stir in spaghetti sauce, then set aside.

In large bowl, whisk together eggs, Parmesan cheese and butter. Add the spaghetti noodles to the egg mixture and toss to coat.

Put half of spaghetti mixture in 9x13 (deep) casserole dish. Layer with ½ carton cottage cheese, ½ meat mixture, then ½ mozzarella cheese. Repeat the layers. Cover and bake at 350°F for 45 minutes. Uncover and bake for an additional 20-25 minutes, or until cheese is melted.

\* Barb is Joe's wife, and she's famous for her good cooking!

## Estate Planning & Asset Protection



- Are monthly nursing home payments depleting your assets?
- Do you have a friend or loved one who may need nursing home care, or is currently residing in a nursing home?
- Are you private paying for nursing home costs?

Protecting your assets does not have to be complicated, and we're making it easy! Learn how to protect your assets for yourself and your loved ones by joining Attorney Mark Pasquali for a FREE workshop.

**FREE WORKSHOP** to be held at Barberi Law,  
2305 Hawthorn Drive, Suite C, Mt. Pleasant  
November 28, 2018, at 5 p.m.  
**CALL (989) 773-3423 to reserve your seat today!**