

KRUSCH AND SELLERS, P.A.

ATTORNEYS AT FAMILY LAW

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Updates on our attorneys and staff:

Claire Krusch, Director of Marketing and Human Resources, was recently invited to be one of the guest speakers at The Performance Learning Center. The program was part of Charlotte's "The Big Read" where the community as a whole read Harper Lee's "To Kill a Mockingbird."

Congratulations to Claire Krusch on her nomination for "Women Extraordinaire" from "The Charlotte Business Leader".

Claire Krusch has been elected to the executive board of The SouthPark Referral Partners for 2009.

Attorney Nicholas Cushing hosted a national teleconference in collaboration with the National Business Institute on November 21, 2008. The presentation was "Helping Your Client Manage Personal Affairs after the Divorce."

Mr. Cushing was one of the distinguished guests presenting a seminar on "Equitable Divorce Settlements" on December 9, 2008.

Paralegals Thomas Hall and Jenny Pattana attended the Practical Management Seminar for paralegals on December 18, 2008.

Paralegal Thomas Hall attended the "Ethics Rock" seminar on January 14, 2009.

"Getting To Know Alan R. Krusch"

**Founder and President Of
Krusch and Sellers, P. A.
Attorneys at Family Law**



During my college years, I majored in sociology. I was also involved in politics. In my junior year at Rutgers, I took a semester off to work for a congressman in Washington, DC. It was an interesting summer to say the least. The Watergate hearings were in the daily news and I would walk to Capitol Hill to sit in on the hearings. It was media frenzy everyday. Looking

back on those times, it was something that I will never forget and I'm glad I had the opportunity to intern in DC and watch history in the making.

After college graduation, I headed to the University Of Miami School Of Law to begin the steps to become a lawyer. I worked for Legal Services of Miami and for a law firm doing legal research. Before I knew it, the three years of law school was over and I headed to Chapel Hill, NC to begin studying for the Bar.

After passing the North Carolina Bar, I began my legal career in Gastonia, NC where I did general practice. It was a good starting point for me. I learned about becoming a lawyer which law school didn't teach me. I later moved to Charlotte and began practicing law in Charlotte in 1979.

Within a few years I began taking more family law cases. I became a family law specialist in 1990 and continue to learn all I can about issues facing families during probably one of the most challenging and difficult moments of their lives.

I invite you to go to our website and view questions that you may have regarding family law issues. www.kruschlaw.com



“Krusch and Sellers, this is Katie, how may I help you?” If you have called our office recently, our newest team member may have answered the phone.

Katie Hiott (pronounced Hyatt) joined Krusch and Sellers in February. Katie is a recent graduate of Kings College with a certificate in paralegal training.

Katie is the first person you see when you arrive to our office, and is the friendly and welcoming voice on the phone when you call our law firm.

STRESSED?

We all experience IT sometime in our life. Actually, we experience IT on a daily basis. What is IT? STRESS!

The body wants to be in harmony. When we experience stress, whether from emotional or physical causes, that stress disrupts the body's state of harmony and makes the body acidic. Acidic bodies set up a condition for degenerative diseases. The American Medical Association acknowledges that 80% of all diseases are stress related.

Adding alkalinity back to the body is through calcium. This is a way of reducing the acidity in the body. There are several forms of calcium available. Calcium in processed milk is not bi-available to the body so look for dark leafy greens, and/or a good quality supplement (preferably calcium carbonate) that has a balanced ratio with magnesium, vitamin D-3, and Boron. These three supplements are all required by the body to absorb the calcium.

Purchase a good dietary supplement from a vitamin health store. You want to make sure you are getting a quality product. A good tip is not to purchase a dietary supplement from a drug store.

You want the freshest and best product for yourself.



Courtesy of Energy Balancing: www.energybalancingnc.com

Disclaimer: The health tips provided by Energy Balancing are not intended to treat or cure disease. This article is for educational purposes only.

Let us Know

Have you moved recently or changed your phone number? Or, if you would like to let us know about your experience with the firm, please call us at (704) 556-0707 ext. 212 or email to Claire.Krusch@Kruschlaw.com. Your comments will be kept confidential.

Have comments regarding the newsletter? Topics you would like to see addressed by an attorney in the newsletter? Email us at Thom.Hall@Kruschlaw.com

If you would like to be removed from our mailing list, please respond to this email and type “please remove.” We will delete your email address from our database.