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THE SHUTTLESWORTH SENTINEL

Personal Injury
Product Liability
Wrongful Death
Nursing Home Abuse/Neglect
Assisted Living Abuse/Neglect

The Newest Phase of Parenthood

WHAT I'VE LOVED MOST ABOUT BEING A DAD

Before my daughters were born, I was really excited to be a parent. My own family was really splintered and broken when I was growing up, so when I learned I was going to be a dad, I was more than ready to be the parent of a stable, nuclear family that I had always wanted.

When my first daughter was born, I was immediately in love. From the very start, parenthood made me reassess my priorities. Up until that point, I had no qualms with riding class 4 or 5 rapids in a kayak or rock climbing up a sheer 300-foot cliff face. However, when I realized I needed to be a father, I knew those days were over. Anyone who knows me knows I love all things outdoors, but since becoming a parent, I haven't done anything that I thought would seriously endanger my life.

"THROUGH IT ALL, I STILL GET TO BE THEIR DAD. I STILL GET TO BE THE ONE WHO SUPPORTS THEM, CELEBRATES THEM, AND HELPS THEM WHEN THEY WANT MY HELP."

Some of my favorite memories with my first daughter are when I was sharing my love of the outdoors with her. I used to go on walks with her in her baby backpack, and I would show her the birds, plants, trees, dogs, and just the world in general. When you're introducing your child to the wonders of the outdoors, it's like experiencing it for yourself for the first time. When they crack a smile at something, it's just the coolest thing. I loved my first daughter so much that I wanted a second daughter — and I got my wish. My second daughter was born just a few years later.

I've always been a very hands-on dad. I have very clear memories of drafting Supreme Court briefs on my dictaphone while I was pushing one daughter in a stroller, with the other bouncing up and down in her BabyBjorn. I wanted to be as involved as possible in their lives and in giving them the best opportunity to be successful. And then, in the blink of an eye, they grew up.

I always saw my daughters moving out as a kind of horizon. Beyond that horizon, they wouldn't need me anymore. When I woke up in the morning after my second daughter had left for college, I didn't know what to do with myself. I had this fear that when they left, they would no longer need my help with anything, and therefore, I wouldn't be a part of their lives. I'm glad I was wrong.

I've realized over the past few years as my daughters have been away at college, one on the East Coast and the other on the West Coast, that I haven't crossed the horizon — I've just entered a new era, where taking care of my daughters looks different. When they were still growing up, I remember being crushed when they got too big for me to carry both of them up to their rooms at once. It felt like the end of an era — but really, it was just the beginning of a new, better era.

Every phase of their lives has been better than the last, and that includes the phase they are in right now: one where they have more autonomy than ever before, full of life lessons just waiting to be learned. And through it all, I still get to be their dad. I still get to be the one who supports them, celebrates them, and helps them when they want my help. So, even though I breathe a sigh of relief every time they are home, and every time they leave to go back to school is bittersweet, I'm comforted by the fact that they still need me.

Perry Shuttlesworth

DO SOMETHING BETTER IN THE GARDEN

3 Ways to Improve Your Harvest

There's something beautiful about cultivating your own harvest, but you can grow more than simple backyard vegetables. Help your garden "grow up" by trying something unique this spring.

GROW FUN FOODS

We plant gardens for a purpose, so why not make it fun! Plant fresh basil, tomatoes, onions, peppers, oregano, and more to create a garden worthy of your next homemade pizza. All you will need to buy is the crust! Pumpkin plants can offer fresh gourds for any Halloween fanatic, while new species of fruits and vegetables can create an exciting home-cooking experience. Try the silver cucumber for a sweet taste or pineberries for a mix between strawberries and pineapples. You just might find a new flavor you love.

GO WITH THE FLOW

Creating a year-round garden that practically takes care of itself means using principles of permaculture, a philosophy of working with, rather than against, nature. Start by analyzing your space and yard. Determine your soil type and layer mulch or cover crops to protect it. Then, begin planting the same way that's found in nature — trees grow at the top, shrubs and bushes are below, and other small plants and vines intermingle within. Choose crops that help each other grow (like corn, beans, and squash), and offer aid to your garden without digging up too much soil or disturbing its natural process. Permaculture gardening requires thoughtful planning, but once your crops are in place, nature will take its course.

PLANT FOR YOUR HEALTH

Mass production of your favorite fruits and vegetables reduces their key nutrients. Instead, choose fresh, home-grown varieties to yield greater health benefits. This is good news for those living with heart disease, joint disorders, or other chronic conditions. You can grow a garden chock full of nutrient-rich foods! Colorful fruits, root veggies, onions, and beans are great for joint health, while leafy greens can boost heart health. Grow pumpkins so you can harvest the seeds for better brain function, while berries can support your liver.

Before you dig into these new gardening methods, consult with an expert at a nursery or greenhouse to get the best possible results.



Alabama's Unique Negligence Laws

AND WHAT THEY MEAN FOR YOUR PI CASE

When it comes to receiving financial compensation for your injuries in a car accident, Alabama residents have to navigate some unique laws concerning fault. In most, if not all, other states, victims of a car accident can sue the other party for damages, even if both drivers were partially at fault. In some cases, even if a driver is just shy of 50% responsible for the accident, they can collect damages from the other driver. That's possible because of a policy that many states have called "comparative negligence."

In Alabama, however, we have something called "contributory negligence." This means that if one party in a car accident is suing another party from the accident for damages, they have to prove the other party was 100% responsible for the accident in order to recover any damages.

As an example, say you're driving toward an intersection with a two-way stop. You have to stop, while the traffic running perpendicular to you has the right of way. You roll through the intersection without stopping, believing it to be safe, only to get T-boned by another vehicle going 30 miles over the speed limit. Now, you could argue that the accident never would have happened if the other driver hadn't been speeding. However, the defense attorney could use the fact that you didn't stop when you were supposed to as a way to prevent their client from paying any damages.

Does this mean that if you think part of the accident was your fault, you shouldn't try to seek damages? Absolutely not. Alabama law gives you the right to file a suit to recover damages. However, it does mean you have to have an expert on personal injury law in your corner every step of the way. If you want to see if filing a suit would help you recover damages for your injuries, call Shuttlesworth Law Firm today at (205) 322-1411.

PROTECTION FROM MORE THAN JUST COVID-19

Why Nursing Home Neglect Cases Increased During the Pandemic

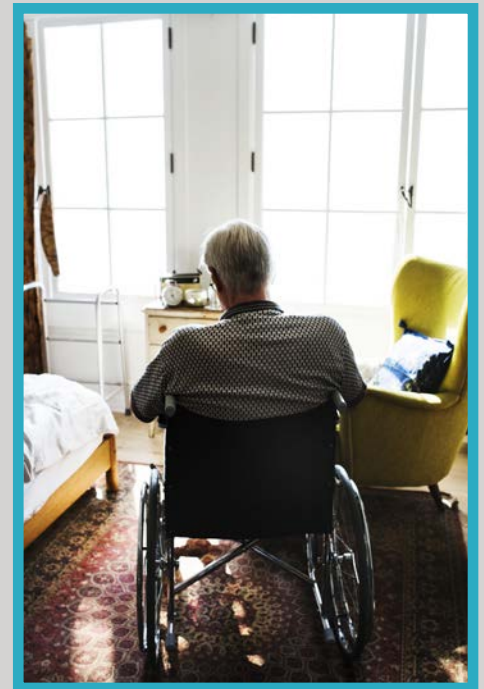
Before the pandemic, nursing home abuse and neglect were not uncommon. Now, after nearly a year since the pandemic began, many people with loved ones in nursing homes are, unfortunately for the first time, beginning to understand just how widespread abuse and neglect are.

Back in November, Claims Journal reported that an Alabama nursing home resident, Donald Wallace, who was happy and healthy before COVID-19 first swept through the country, died during the pandemic after losing 98 pounds, suffering from septic shock due to poor hygiene and aspiration pneumonia. Wallace never contracted the virus. Instead, according to his son, Kevin Amerson, the nursing home staff simply stopped taking care of him.

About 90,000 residents of long-term care facilities died from COVID-19 between March and November of last year. Since then, no doubt many thousands more have also passed on. However, while the coronavirus has claimed so many lives in nursing homes, many more have been claimed by neglect and prolonged isolation.

According to The Associated Press, for every two long-term care residents who die from the COVID-19, another resident dies prematurely of other causes. The reason for this? Many nursing homes were already short-staffed before the pandemic. On top of that, many nursing home staff contracted the virus themselves, which left many residents not infected by the virus without the care they needed.

While it's understandable that a short-staffed long-term care facility would lead some residents to be neglected, that doesn't excuse the fact that they are still responsible for all residents' care. If you suspect your loved one has been the victim of nursing home abuse, take steps to ensure it doesn't continue to happen. You may want to hire an attorney who has years of experience dealing with nursing home abuse and neglect cases. Call Shuttlesworth Law Firm today at (205) 322-1411.



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TAKE A
BREAK

SOLUTION

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STRANGE FACTOID

The Coke Zero Countries

Did you know that the only two countries where Coca-Cola isn't sold are North Korea and Cuba?

While you'd be hard pressed to find someone in the world who doesn't know about Coke, there isn't a drop of the stuff in the whole of these two countries, which both have incredibly isolationist foreign policies.

What might be more amazing, though, is this fact implies that Coca-Cola is in every other country you can think of, as well as in all the countries you don't know about. Is Coca-Cola in Mali? Yep. Bhutan? Sure is. What about Palau? Guess so. Are all of those real countries? Look them up and find out!





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When Life Gives You Lemons ... SCRUB THE MICROWAVE

Lemons don't just add a tart flavor to your favorite desserts or cool you down in a refreshing drink on a hot summer day. In addition to bold flavors, lemons also have powerful cleaning properties. Their acidity and oils cut through grease and can sanitize many of your household items.

The best place to clean with a lemon is in the kitchen. For the microwave, simply juice a whole lemon into a bowl of water, then plop the used peels into the bowl. Microwave the mixture for a few minutes, let the bowl cool before removing it, then wipe away the grease in the microwave. You can also use this method for your oven.

For odor-blocking properties, you can use a lemon as an air freshener. Leave half of a lemon in your refrigerator to trap and block potential smells and toss old lemon rinds down the

garbage disposal. Run the disposal to clean the blades and freshen up the sink.

As for your kitchen tools, don't toss them out without trying this lemon trick first. Start by sprinkling salt on a wooden cutting board, then slice a lemon in half. Using half the lemon (flesh-side down) like a sponge, scrub the board really well. Wipe and remove the leftover lemon juice and rinse the board before using it again. Not only will the board *appear* cleaner, but it also won't smell as bad, and the bacteria will be gone. You can also use this method to polish dining ware, spruce up copper, and even remove stuck-on food from plates.

Now, here's the real secret: Once you master kitchen cleaning a la lemon, you can use these same principles to clean other parts of your house.



For example, salt and lemon can be used to scrub grimy sinks and faucets, while a few squeezes of lemon juice in a cup of water makes an excellent cleaning solution for mirrors and windows. You can even make your own reusable cleaning spray by fermenting lemon peels — and the peels of other citrus fruits — in white vinegar for two weeks. Remove the peels after two weeks and spritz the mixture over surfaces you need to clean!