



08.2021

# THE SHUTTLESWORTH SENTINEL

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

## Who Was Stephen Biko? AND WHY HIS FIGHT FOR HUMAN RIGHTS INSPIRED ME

When I lived in Amsterdam, I wasn't too far from the building where Anne Frank and her family hid from the Nazis during World War II. They were on a street called Prinsengracht, and I remember riding my bike along there several times. Today, it's full of charming little shops and cafes, belying the somber history of what happened there 77 years ago. In any case, though, Anne Frank actually wrote her last diary entry on Aug. 1, 1944 — the final words of a text that would posthumously turn her into a human rights icon. That little girl's words are still powerful today.

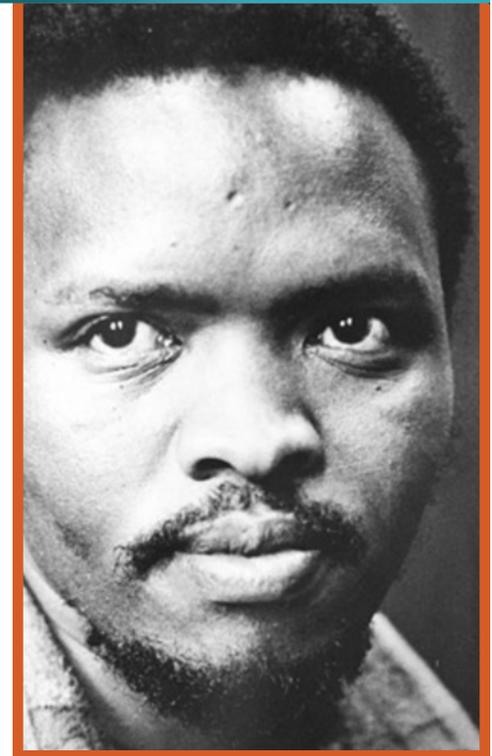
When I think about her, I think about so many of the other figures who have advocated for human rights throughout the world, one in particular: Stephen Biko. You'd be forgiven if you've never heard of him before. On the world stage, his fight against apartheid in South Africa was overshadowed by that of Nelson Mandela, but during his life, he was one of the most prominent voices for equality for Black South Africans.

**"I always found Stephen Biko's activism inspiring because it wasn't built on exclusion."**

During my formative years in college, the negotiations to end apartheid were well underway. Although he had already been dead for a few years at that point, Biko's influence could still be felt in the proceedings. I remember researching him and his life and finding him to be an incredibly interesting guy. He grew up in a poor village in South Africa and, being exceptionally bright, went on to study medicine during his college years. Those were also the years that turned him into an activist.

Up until Biko took an interest in fighting against apartheid, many of the voices speaking out against it were actually white. I don't know if that was because Black South Africans didn't have the opportunities to speak out, or if it was because they were scared of the repercussions from the government if they did, but in any case, Biko became one of the first prominent Black voices against apartheid. He helped found the Black People's Convention in 1972 to promote equality for Black people across South Africa.

His activities naturally worried and angered South Africa's then pro-apartheid government. In 1973, they banned him from traveling outside his town, speaking publicly, or being a member of any political organization. In 1977, he violated his travel ban, and when police found out, they arrested him and essentially beat him to death. After Biko's death, however, his legacy inspired people perhaps more than he ever had while he'd been alive. It catalyzed more and more



people to speak out against apartheid, to the point where it ceased to exist.

I always found Stephen Biko's activism inspiring because it wasn't built on exclusion. Many Black activists in South Africa at the time were anti-white, but Biko believed in uniting people of all races against South Africa's unjust government. During his life, he also had many friends who were white. Instead of promoting hatred, he promoted kindness and equality, which must have been a hard stance to take at times.

Because of how much I admire Biko and his fight for equality, I actually named one of my dogs after him. The fight for human rights and equality continues all over the world, and I hope to see more and more activists like Biko stand up for the oppressed in kindness.

*-Perry Shuttlesworth*

# The Rookie

## 3 OLDEST ROOKIES IN SPORTS HISTORY

Have you ever felt that fate meant for you to take a different path than the one you took? In some fields, making that change is possible, or even common — as any law student can tell you, where the “average” age of students is in their 30s. But other worlds, like the world of professional sports, are less welcoming to those over 25.

Which only makes for a better story when it *does* happen, of course.

That’s what Jim Morris discovered when he signed with a Major League Baseball team in 1999 after his 35th birthday. Morris’ life became the subject of the 2002 Dennis Quaid movie “The Rookie,” filmed just after Morris’ major league career had ended. You might think that two years is a short time in the majors, but hey, *you* try throwing 98-mph fastballs for hours a week, 104 weeks in a row!

Besides, the careers of pro athletes aren’t nearly as long as icons like Tom Brady or Peyton Manning would have you believe. The average MLB career may be a few years longer than Morris stuck it out, but in the NFL? Most players make it less than three years and quit, depending on the position. While you’re meditating on the ethics of chewing up football players for three years and spitting them out, all in the name of entertainment, consider the case of another similar story that was turned into a movie, that of Vince Papale — played by Mark Wahlberg in “Invincible.”

Of course, Papale — whose flag football prowess in his late 20s overrode his lack of college ball experience — signed with the Philadelphia Eagles in the 1970s. Modern football has come a long way, critics will argue. But there’s no denying the old-school toughness and tenacity Papale showed in making it to the NFL.

NBA player Pablo Prigioni’s career was twice as long as either Morris’ or Papale’s was, with four years in the big leagues starting in 2012 at age 35. But basketball is arguably less demanding on the body than football and even baseball if we look at the potential damage major league pitchers can do to their throwing arm.

Their careers may not have been the stuff of dreams, but these three men showed something we all like to see: tough players hanging on long past their “prime.” And they lived the dream — if only for a while. We all love that!

## What Is a ‘No-Contact’ Motorcycle Accident?

### And Can I Still Seek Compensation?



Careening down the road on a motorcycle might make you feel free and alive. Sharing the road with cars and trucks? Not so much. Sometimes, a car or truck behaves erratically in such a way that, without ever making contact, causes a motorcycle to swerve and crash. This is what’s known as a “no-contact crash,” and they’re all too common.

If you’re a motorcyclist and you get into a no-contact crash, you might think your options for seeking compensation are limited, if any exist at all. After all, the at-fault driver didn’t leave any evidence that they caused the crash. If the driver doesn’t notice they caused an accident and they keep driving, you think you’ll never be able to seek compensation from them and their insurance provider and, therefore, get no compensation at all.

Luckily, this isn’t true. After you find yourself in a no-contact crash, if you’re physically able to do so, the first thing you need to do is call the police. When they arrive, describe in detail exactly what happened and anything you remember about the vehicle that caused you to crash. Then, again, if you’re physically able, find anyone who saw the crash and ask if they would be willing to stick around and give a statement to the police. Independent witnesses who can corroborate your story will go a long way in building your case.

If from the details you remembered about the vehicle, plus any details witnesses were able to confirm, you’re able to identify who caused the accident, that’s great. It means you’ll be able to file a suit against them and their insurance company for damages. However, even if you’re not able to identify the driver, you can still file a claim for compensation from your own insurance provider through your uninsured or underinsured motorist coverage. This is a little trickier, but it is still possible — especially with the right help.

If you have any questions, or you know someone seeking compensation following a no-contact motorcycle accident, call Shuttlesworth Law Firm today at (205) 322-1411 to get the experts on your side.

# KIDNEY FAILURE AS A SIGN OF NURSING HOME ABUSE

## *Symptoms and How We Can Hold Nursing Homes Accountable*

If you want to make sure your elderly loved one isn't experiencing neglect at the hands of nursing home staff, you first need to know what the signs of neglect are. One unfortunately common sign is kidney failure, also known as renal failure.

Kidneys serve a number of important functions in the body. They remove waste and excess fluid from your body, cleanse the blood of toxins, and regulate your body's balance of water, salts, and minerals. That means when the kidneys stop working, it causes the body to break down in some very painful ways.

Several different conditions can lead to kidney failure, but among the most common are untreated infections, untreated diabetes, untreated kidney stones, dehydration, and medical errors. All of these conditions can be brought on by nursing home neglect, so if your loved one is experiencing any of them, it could lead to kidney failure.

Nursing home staff are entrusted with the care of some of the most vulnerable people in our society, yet there are so many cases of nursing home neglect throughout the country. Nursing home abuse and neglect may have made national news over the past year and a half as more and

more nursing home residents contracted and died from COVID-19, but the sad fact of the matter is that it was happening long before the pandemic, and it will probably continue after the pandemic is over.

Nursing home residents are vulnerable to a number of different illnesses and conditions, and not just because of their age. In order to make sure that nursing homes take the proper steps to care for their residents, we need to show them that our society will hold them accountable for their actions. If you're in need of a nursing home abuse lawyer with experience working with patients with kidney problems, call Shuttlesworth Law Firm today at (205) 322-1411.



## STRANGE FACTOID

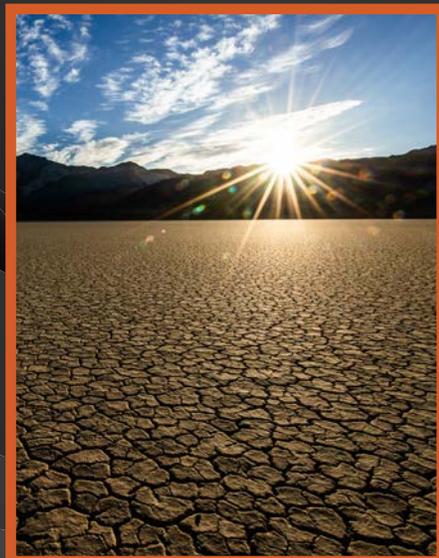
### The Heat That Can't Be Beat THE HOTTEST PLACES ON EARTH

The heat in Alabama can get pretty intense in the summer, but there are places on Earth that are far hotter than our home state!

The hottest temperature ever recorded on Earth was in Death Valley, California, during this month last year, at 130 degrees F! Hope the residents of Death Valley have A/C.

However, another hot spot that deserves a mention when it comes to high temperatures is Dallol, Ethiopia. This desolate region of the East African country has the highest average year-round temperature, remaining close to 96-97 degrees F, even in the winter!

But hey — at least in those places, it's probably a dry heat, right?



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## TAKE A BREAK

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## 5 TIPS FOR YOUR NEXT AFFORDABLE GETAWAY

Are you excited to explore the world again? Or maybe you've just gotten back from your latest vacation! In either case, the economic challenges of the pandemic might require travelers to plan their trips a little smarter. Here are five tricks to do just that.

### 1. CONSIDER YOUR BUDGET WHILE CHOOSING YOUR DESTINATION.

Any destination heavily impacted by tourists is going to be more expensive to visit. So, consider taking a tour through various French countryside towns instead of Paris! Not only could it be more culturally immersing, but it may even be more relaxing and less stressful than visiting a dense area.

### 2. SIGN UP FOR SCOTT'S CHEAP FLIGHTS.

One of the most important parts of booking an affordable vacation is booking it at the right time. Scott's Cheap Flights will track all the cheapest flights at an airport of your choice — you'll get over 50%–75% savings on highly rated airlines. This will get you stress-free travel for a much lower price!

### 3. TRAVEL IN A GROUP.

If you travel with friends, your expenses become a lot more manageable. Let's say you and a partner travel with two other couples — renting a swanky cabin at \$200 a night will only cost around \$33 per person. Plus, you will create some amazing memories together!

### 4. PLAN YOUR MEAL BUDGET AHEAD OF TIME.

Looking forward to eating certain dishes? Find local menus and prices to ensure you don't spend more than you planned. If you want an authentic and homestyle culinary experience, consider signing up for a peer-to-peer dining experience through Traveling Spoon or Bon Appetour, which is tax-free as well!



### 5. CONSIDER VOLUNTEERING FOR VACATION.

Want to go on a self-discovery trip? Why not cut your expenses in half by volunteering? For example, Habitat for Humanity offers a nine-day Mexico trip for \$1,200 with lodging, food, and activities included. You'll get to build structures and create something permanent for the local community.

Traveling on a dime is no sweat with the right tools. Best of luck, traveler!