



THE SHUTTLESWORTH SENTINEL

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

SPENDING TIME AS A FAMILY REFLECTING ON A RAPIDLY APPROACHING FUTURE

If you have kids who are transitioning from high school to college, or from college to the workforce, you know that reflections on their futures don't stop after the graduation caps fly. As I've had the chance to spend this summer with my daughters, the youngest of whom just graduated from high school, I really appreciate the time I get to spend with them and the opportunity to step back and reflect on where we are as a family.

We're definitely in a season of transition. My youngest daughter is moving on to college, my oldest daughter is starting her second year of college, and my wife and I are becoming empty nesters. Our daughters both have their entire lives and the entire world before them. But the world they're entering expects them to make major life decisions by the time they're 18, all while telling them they're failing if they're not "smart enough" or "beautiful enough" or whatever enough. And when they are in school, they are so busy focusing on day-to-day life — classes, schoolwork, and time with friends — that they don't have time to really think about what the future may hold.

**"I HOPE THAT EACH OF MY DAUGHTERS
DISCOVERS HOW TO USE THEIR UNIQUE
SKILLS AND PASSIONS TO CONTRIBUTE
VALUE TO THEIR COMMUNITY."**

When I chose to go to law school, it was because I wanted to make money. I hadn't grown up with a lot of it, and I didn't want to be poor for the rest of my life. However, when I landed a position at a big corporate law firm, I looked around and realized pretty quickly I didn't want to be there. For so long, I had chased what I thought I wanted, but I hadn't ever really stopped and thought about it. I was lucky enough to

eventually find a job I enjoy. I know countless other adults, lawyers and non-lawyers alike, who, if they're really honest, aren't sure they enjoy their work. They just knew they needed a job and jumped to the first thing that checked their boxes. They never stopped to look around.

Ultimately, I hope my daughters take the time to experience different things and talk to people they admire this summer and while they're in school. I want them to observe how to strike a balance between doing what they love and paying the bills. My wife and I can't be the ones to show our daughters where to go in life — that decision is up to them. We can ask questions and teach them some basic skills, like budgeting and finance. Beyond that, it's their ball game.

I hope that each of my daughters discovers how to use their unique skills and passions to contribute value to their community. That's what is important in the end — not that they live up to society's standards for them, but that what they do leaves people better off than they were before. Even though we've already sent one kid to college, it didn't make sending the next one off any easier. I don't think it would become any easier if we had to do it 10 times! But I'm comforted to know that we can take time this summer to rest and reflect on the future inching ever closer.

Perry Shuttlesworth



ON THE TRAIL OF THE MADDEN CURSE TRUTH, LIES, AND SUPERSTITION



There is no urban legend in the world of modern video games as well-documented as the so-called "Madden Curse." The curse revolves around the highly sought-after cover spot of the popular NFL video game "Madden NFL," formerly known as "John Madden Football." While the games date back to 1988, the curse is said to originate with the 1999 version. Garrison Hearst, a popular running back at the time, broke his ankle shortly after being featured on the cover of the 1999 edition. This was the first in a long line of injuries and personal issues that resulted in the rumor gaining traction. Soon, the idea that the game's seemingly innocent cover could have devastating effects on a player's career was widespread. Once a substantial honor in the world of football, the Madden cover spot has become one of the sport's most feared superstitions for fans.

The players, however, seem to find the correlation more amusing than scary. Most of the athletes in contention for the spot still consider it to be a great honor, choosing to brush off the rumors as coincidence. Despite the ambivalence of many players, there does seem to be a correlation between the cover and player issues. Of the 22 players who have been featured on the cover, 16 of them have suffered from significant issues in the season that followed. While the causes varied, with severe injuries, contract disputes, and personal issues all afflicting different players, something about the spotlight appears to have disturbed the powers that be. In fact, sometimes these issues occur shortly after the game is released in stores.

Whatever the true cause, the curse seems to have taken a dip in recent years. Only one of the last five players has been affected, a stat that bodes well for this year's star: Kansas City Chiefs quarterback Patrick Mahomes. The real answer probably lies somewhere between fact and fiction. The increased pressure of national attention is bound to make players tense up every once in a while, and in a game as physical as football, any distraction can end in disaster.

SOME COMMON QUESTIONS ABOUT PRODUCT LIABILITY

Everyone agrees that if your prescription meds don't list all the harmful side effects, an auto manufacturer installs defective brakes in your car, or a dangerous defect in a toy causes a child to be injured, the manufacturers should be held responsible. Unfortunately, the laws by which they're held responsible vary widely and change constantly. Luckily, Shuttlesworth Law Firm has experienced lawyers who can answer all your questions. Here are answers to some of the most common ones.

WHO INVESTIGATES PRODUCT LIABILITY COMPLAINTS IN ALABAMA?

The primary investigator of product liability claims is the Alabama Office of the Attorney General. However, they are not the only ones. Depending on the nature of your claim, other agencies might also initiate an investigation. Keeping track of whom exactly is looking into your claim can be overwhelming, which is why it pays to have someone with the right experience to help you navigate your case.

WHAT SHOULD I DO IF THE COMPANY OR PERSON RESPONSIBLE DENIES ANY WRONGDOING?

Well, what you don't want to do is get into a war of words with them. You'll understandably be upset at them for ignoring your complaints, but trying to fight back against an army of corporate lawyers alone will be a fruitless effort. All you need to do is inform them you'll be filing a product liability case against them, and we'll help you take it from there.

SHOULD I ACCEPT A FINANCIAL OFFER FOR MY PRODUCT LIABILITY COMPLAINT?

If the party you filed your claim against wants to settle, review the conditions of their settlement carefully. Some settlements might come with strings attached. A settlement could take away your right to pursue further legal action. To understand if the settlement is the best way forward, get in touch with our attorneys.

Product liability cases can be a minefield, but luckily you don't have to go through them alone. Shuttlesworth Law Firm is here to help, and we'll make your best interests our best interests.



KNOW WHAT TO LOOK FOR

4 SIGNS OF NEGLECT AND/OR ABUSE IN NURSING HOMES

While it's not the only service we offer, many of our clients know us as one of the premier nursing home abuse and neglect law firms in Birmingham. It can be devastating to learn that a loved one you have entrusted to an Alabama nursing home has faced neglect or abuse at the hands of their staff. Abuse and neglect can be difficult to detect, but there are a few things you can look for as evidence of wrongdoing.

BEDSORES

Often forming on the feet, ankles, hips, or tailbone, bedsores are a clear indicator that nursing home staff are not moving residents as frequently as they should. If the resident does not have much mobility, staff should check residents on a regular basis for bedsores.

URINARY TRACT INFECTIONS

A UTI is a very common type of infection, and while nursing homes may argue that they are a normal risk for their elderly residents, UTIs are often the result of neglect or abuse. They can be caused by a failure of the

staff to maintain proper hygiene, a failure to encourage residents to move around, or the improper insertion of a catheter.

SEPSIS OR HARMFUL INFECTIONS

Sepsis occurs when nursing home staff fail to properly treat residents' bedsores or other wounds or provide them with clean bedding. Extreme cases can lead residents to develop septic shock which can result in a potentially fatal drop in blood pressure. If you find out your loved one has developed sepsis, it could be because of a sustained pattern of negligence or abuse.

MEDICATION ERRORS

This category of neglect or abuse encompasses staff administering the wrong drug or the wrong dosage, as well as giving residents too many drugs that have harmful side effects when



combined. These instances usually result from a failure to check the resident's medical history for allergies and health issues with certain drugs.

Though potentially unpleasant to ponder, knowing what to look for when suspicion of neglect or abuse arises is key to building your case against an abusive nursing home. Before you file your suit, give Shuttlesworth Law Firm a call. Our experienced attorneys will help you fight for an outcome that you and your loved one deserve.



TAKE A BREAK

		8	3		6	
	5	6				1
	8					
					2	
5	2		7			
7		4	8	9		
	1			2		
6			2		9	8
9					1	7

SOLUTION

1	8	5	4	6	2	9
2	2	6	4	0	8	7
3	9	8	7	1	3	5
4	6	5	7	1	9	5
5	2	0	1	5	7	2
6	7	2	0	7	1	0
7	0	2	0	7	1	0
8	9	8	7	1	3	5
9	6	5	4	6	2	9

INTERESTING FACTOID

If you had to guess which state grows record-setting fruits and vegetables, would you guess Alaska? Probably not. And yet, some of the state's examples of massive produce include a 35-pound broccoli, a 65-pound cantaloupe, and a 138-pound cabbage. Ironically, it's all because of the state's northerly

location — the sun can stay out for as long as 20 hours a day during the summer. The longer the sun is out, the more time plants have to grow. Many of Alaska's veggies have wound up in the Guinness Book of World Records.



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ZUCCHINI, AVOCADO, AND SWISS CHARD — OH MY!

A GUIDE TO EATING SEASONALLY THIS JULY

When you eat something during its harvesting season, you get the most out of your meal. In-season fruits and vegetables are more nutrient-dense than their out-of-season counterparts, and there's no matching the flavor profile of fresh, in-season produce. Even better, because in-season foods are so bountiful during their peak, you can save a lot of money by shopping with the season. This July, enjoy some tasty foods during their prime with this handy guide.



FRUITFUL HARVEST

Avocado toast lovers rejoice! Your season is here. Avocados are in season during July, joining many other fruity favorites. Gorge yourself on scrumptious blackberries, sweet strawberries, and bountiful tomatoes. Don't forget about the cherries and blueberries, too! Because these fruits are so plentiful this time of the year, it's easy to find ingredients for your favorite recipes. Host a Latin-inspired foods night with fresh guacamole and salsa, or make a delectable shortcake with a blackberry and strawberry mixture on top.

GRILL GAME SO STRONG

There's no better time to fire up the grill than July, and not just because of the weather. Zucchini and corn reach their peak during July, and these grilling favorites pair well with steaks, burgers, hot dogs, or fish. Go low-carb by stuffing your zucchini with vegetables and a protein for a charred skillet bowl. Even better, add some corn to your fresh salsa to add an extra zing to your tacos. Regardless of how you utilize them, zucchini and corn are sweetest, juiciest, and freshest during July.

GO GREEN

Filling your plate with plenty of greens is never easier than in July. Pick up a bundle of spinach, arugula, lettuce, Swiss chard, or any other leafy green, which are all juiciest and freshest during July. Cucumbers and green beans are bountiful this time of the year, as well. This July, add some fresh flavor to your water with cucumbers or create hearty salads with any of the leafy greens mentioned above. After all, there's no better way to celebrate the middle of summer than by consuming its most delicious foods.