



# THE SHUTTLESWORTH SENTINEL

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

## A LITERAL ESCAPE FROM LIFE'S PROBLEMS WHAT BEING IN THE WILDERNESS DOES FOR DISADVANTAGED KIDS



What is a dream or goal that you would make a reality if money were no object? I think it's a question a lot of us have asked ourselves. It's easy to consider what we would do or get for ourselves at first. Most of you know I'm a huge fan of outdoor adventures. So camping, backpacking, mountaineering, kayaking, and sailing are where my mind goes first when I think about what I would do if money were no object. The truth is, though, I don't really need bigger this or a better that.

Spending time outdoors makes me happy, and I would want to share that joy with others. I think if money were no object, I would set up some sort of program that gives disadvantaged youths from poor or broken homes the opportunity to go on outdoor adventures.

This isn't a new concept by any means, but it's something I know can make a world of difference in a kid's life, especially if they're coming from a broken home. It's a way to get out of a dysfunctional environment and see some of the beauty in the world.

**"IF THAT'S ALL THEY'VE EVER KNOWN, IMAGINE HOW THEY WOULD FEEL WHEN THEY SAW THE ROCKY MOUNTAINS FOR THE FIRST TIME OR FELT THE SPRAY OFF THE BOW OF A BOAT IN THE CARIBBEAN."**

I grew up in a broken home as a kid where it was kind of "every man for himself." I ended up moving out when I was 16 just because I didn't have a better option. But growing up, I had a friend named Joel who lived across the street. Joel's family always welcomed me into their house when I didn't want to be at home, and it honestly feels like I was over there more than I was at my own house.

Joel's father was a major outdoors enthusiast who cared deeply about preserving the natural beauty of the environment. One time while he was

hiking in the Smoky Mountains National Park, he saw a guy cutting down a tree — a big no-no in national parks. This riled up Joel's father so much that he followed the guy for three days until they came to his car, and he got his license plate information so he could identify him to the park rangers.

Anyway, fast forward six months, and Joel's father had agreed to testify against this guy in court in North Carolina. Since he was already going to be there, he decided to make a backpacking trip out of it, and he took me and Joel along. I was 12 years old, and it was my first outdoors experience.

In short, I loved it. We hiked for 3-4 days until we were the only people for miles, surrounded by pristine, untouched wilderness. It was well worth traversing miles of trails, gaining 3,000 feet in elevation and carrying 50 pounds on my back. Seeing that place, breathing that air, and feeling that freedom all gave me hope there was something beyond my life at home.

That's the kind of hope I would love to give kids who, for whatever reason, aren't given the opportunity to experience the beauty and grandeur of the natural world. If that's all they've ever known, imagine how they would feel when they saw the Rocky Mountains for the first time or felt the spray off the bow of a boat in the Caribbean. Being out in nature can literally transport you away from life's difficulties and show you there's still some beauty in the world. Spending time outdoors made a huge impact in my life, and I think it can make a difference in other kids' lives, too.

*-Perry Shuttlesworth*

# 3 TIPS FOR WINTER CAMPING THAT WILL CHANGE THE GAME

## STEER CLEAR OF HAZARDS AND COSTLY MEDICAL BILLS

### HOW TO AVOID SLIP-AND-FALL ACCIDENTS

If you want to try winter camping this year, you can probably guess that staying warm and dry is vital, but that's obvious if you want to survive. What if you actually want to *enjoy* the experience of being out in the elements in the dead of winter? It may sound extreme, but many people swear by camping in the cold — it's an entirely different ball game. Keep these tips in mind for a cozy winter camping experience.

#### MAKE COWBOY COFFEE

To make getting out of your sleeping bag in below-freezing temperatures a little easier, brew some cowboy coffee to sip around the fire as the sun rises over the mountains. First, place a pot of water over the fire until it boils. Take it off the heat and dump in 2 tbsp of grounds per 8 oz of water. Stir and let it steep for 4–5 minutes. Periodically tap the side of the pot a few times with a knife to help the grounds settle, or swirl the pot in a windmill motion to achieve the same effect with centrifugal force. Add a small amount of cold water to help the grounds settle to the bottom, then pour and enjoy!

#### BRING YOUR OWN ENTERTAINMENT

There more than likely won't be any service where you're going, and you'll want to save your phone's battery anyway. Since you won't be able to be outside for long periods of time in the evenings, bring a book or some board games to keep you occupied. The winter nights are far longer than the summer ones, so you'll need something to do in the hours before you fall asleep. Packing a good flashlight is also a great idea!

#### PACK A TENT HEATER

High-quality cold-weather sleeping bags and pads are essential for winter camping, but a tent heater is a great way to go above and beyond to make sure you're *really* comfortable. These portable heating units go the extra mile in keeping you warm and cozy in some of the most frigid conditions. Some heaters run on propane while others are electric, so prices and heat output vary widely, but if you find one that works for your trip and your budget, you won't regret making that purchase.

Whatever draws you out into the wilderness this winter, whether it's ice fishing, hunting, or just a love of frosty trees and snow-capped mountains, give yourself every opportunity to enjoy that time as comfortably as possible. Who says camping can only be fun during the summer?

Slip-and-fall accidents are among the most common causes of injury in the United States. Over 1 million Americans visit the emergency room every year because of slip-and-fall accidents, and, while we at Shuttlesworth Law Firm can help you receive compensation for your injuries, we would rather you not be in that situation in the first place. When it comes to causing slip-and-fall accidents, these are some of the primary culprits.

#### WET OR UNEVEN FLOORS

According to the National Floor Safety Institute, unsafe floors are the cause of 55% of all slip-and-fall accidents. Loose floorboards, potholes in parking lots and even recently mopped linoleum are all some of the most common culprits. Some of these hazardous conditions are easy to spot, but you might come upon others more suddenly. Wherever you're going, it pays to watch your step.

#### THE WEATHER

On days when rain, snow and hail create potential hazards on sidewalks, cities and businesses have a responsibility to keep the sidewalks clear and dry. If city officials and business owners fail to keep walkways reasonably clear of ice, snow, and other hazards resulting from adverse weather conditions, they might be held liable for any injuries someone incurs from a slip-and-fall accident.

#### IMPROPER FOOTWEAR

Shoes with high heels or low traction cause 24% of slip-and-fall accidents. Whether you're out walking around town, in the office, or working outside, your shoes should always fit well and grip the ground with every step. You should replace well-worn pairs of shoes every 8–12 months, or every 500–700 kilometers, to help eliminate the risk of slip-and-fall accidents.

Slip-and-fall accidents can result in thousands of dollars worth of medical bills and weeks away from work. If your injuries aren't your fault, it's easy to be frustrated by the injustice of it all.

Just know that Shuttlesworth Law Firm is here to help. Give us a call today at (205) 322-1411.



# DON'T SHRUG OFF FATIGUE

## 3 TIPS FOR STAYING SAFE AND AWAKE FOR LONG DRIVES

Depending on the road conditions and the reason for the drive, road trips can be either exciting or mind numbing. Either way, they're almost always exhausting — and driving while fatigued can be incredibly dangerous. Fatigue is an incredibly common factor that leads to auto accidents, so to avoid endangering other drivers on the road with you, follow some of these tips.

### REST WELL BEFOREHAND

Don't start a road trip on less than ideal rest, if you can help it. Make sure to get eight hours of sleep the night before and to start your drive while you feel fresh and ready. Don't wait to start your drive until later in the day.

### MIND YOUR POSTURE

Slouching expedites fatigue. If you find yourself slouching after a few hours of driving, sit up straight and hold your head up. Periodically adjusting your posture won't

automatically keep you awake and focused, but it's a good habit to get into.

### DRINK CAFFEINE

Coffee and energy drinks are no substitute for actual rest — but they can't hurt to have handy either. When it comes to battling fatigue, you'll want to fight it on as many fronts in as many ways as you possibly can.

### TAKE FREQUENT BREAKS

When you're on the road, you should stop every two hours. Pull over to the side of the road, in a well-populated area, if possible, and take 10–15 minutes to walk around and stretch. This will break up the tedium of the drive, and moving around will keep you from getting too tired.



### NEVER DRIVE ALONE

On long road trips, always drive with other people. They can keep you awake with conversation, and, if you get too tired to keep driving, they can take over for you. If you drive alone, you drastically increase your chances of giving in to fatigue.

If you ever find yourself in an accident where the other driver was fatigued, you may be entitled to compensation. Call Shuttlesworth Law Firm at (205) 322-1411 to find out what we can do for you.



## TAKE A BREAK

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

SOLUTION

8	2	7	1	3	4	8	9	5
3	4	8	5	7	2	1	6	
9	5	8	2	9	4	7	3	
6	7	1	3	4	8	9	5	
3	4	8	5	7	2	1	6	
9	5	8	2	9	4	7	3	
6	7	1	3	4	8	9	5	
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## STRANGE FACTOID

### NEW YEAR, ANCIENT CELEBRATION

Did you know that the first New Year's Day happened over 2,000 years ago?

New Year's Day as we know it was actually established by the Romans. When Julius Caesar came to power, Rome still operated off of a calendar based on the lunar cycles, and it constantly needed correcting. So, in 45 B.C., Julius Caesar enlisted the help of renowned astronomer, Sosigenes, to create a new, more accurate calendar.

Sosigenes calculated a year to be about 365.25 days, and Caesar based the new Roman calendar off his calculations. He also decided to make Jan. 1 the first day of the new year, since January was named after Janus, the Roman god of beginnings and transitions. Various celebrations in Ancient Rome took place on that day.



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# HELP YOUR KIDS ACHIEVE MORE THIS YEAR WITH SIMPLE, ACTIONABLE GOALS



With every new year comes an opportunity to reinvent ourselves or start down a new path toward self-improvement. Making resolutions is a big part of many families' New Year's traditions, and parents often have a desire for their kids to take part in that tradition when they're old enough. Following through on resolutions is tough, especially for young children, but with your help, they can achieve their goals.

### **PRACTICE WHAT YOU PREACH.**

You are your children's role model for almost everything, including following through on New Year's resolutions. So, ask yourself if you follow through on your own resolutions. When you proclaim that you will read more books or finally get a gym membership, do you actually try to do it? Your kids will assign as much importance to New Year's resolutions as you do, so by sticking to your own commitments, you can help them stay on track too.

### **KEEP THINGS SIMPLE AND ACHIEVABLE.**

When your kids are forming their resolutions, their first attempts will probably be very broad. Statements like "I want to be more kind" or "I will try to help more around the house" incorporate good values but don't include any actionable steps. Help your kids think of tangible ways to act on those goals. For example, if they want to be tidier, a good resolution might be for them to clean their room once a week or take responsibility for one household chore every day.

### **DON'T DO ALL THE WORK FOR THEM.**

While it's important for you to help your kids formulate their goals, be sure that you aren't taking over. If they're ultimately responsible for their resolutions, they'll feel more compelled to keep them. Instead, suggest different goal areas they could improve, such as home, school, or sports, and let them elaborate.

When it comes to creating habits, nobody is perfect, so even if your kids falter on their goals in the middle of February, don't worry. The important thing is that you continue to encourage them every step of the way.