



GIBSON SINGLETON^{PLC}
VIRGINIA INJURY ATTORNEYS

THE ROAD TO JUSTICE STARTS HERE

FEBRUARY/MARCH 2016



Winter: a good time to keep safe and warm

Welcome to our late winter issue of "The Road to Justice Starts Here." First, a final word on our Fall coat drive: you donated more than 500 coats to people who needed them in this area. We thank you, and we are grateful to live and work in such a generous community.

Winter is a good time to think about personal safety. In this issue, we explain why it's important to get checked out by a doctor after you've been in any type of wreck, and why you should treat large commercial trucks with great respect on the road.

We also share Margaret Singleton's recipe for shrimp and corn chowder and Beth Gibson's easy cherry cobbler -- both guaranteed to warm you up on a cold winter night. And finally, we visit with our good friend, Captain David Shield of the Gloucester Sheriff's Office; find out what he wishes more people knew.

All of us at GibsonSingleton wish you a healthy and happy winter!

John

John Singleton

Ken

Ken Gibson

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Just email us at info@gibsonsingleton.com, or call
(804) 413-6777 with your contact information.



PG 2

**Meet Captain
David Shield of
the Gloucester
County Sheriff's
Office**

**Big trucks + little
sleep = dangerous
combo**

PG 3

**Winter comfort
food**

**Did you know?
Fun facts about
Valentine's Day**

PG 4

**Play it safe by
getting checked
out even after a
minor wreck**

Meet Captain David Shield of the Gloucester County Sheriff's Office



David Shield Jr. is a hometown boy, having grown up in Gloucester and graduated from Gloucester High School in 1998. Shield said he became interested in law enforcement during high school when he interned at the Virginia Department of Game and Inland Fisheries with the law enforcement division. He went on to study criminal justice at Christopher Newport University and later earned a master's degree in public administration.

After graduating from college, Shield said he wanted to give back to the community where he had grown up, so he joined the Gloucester Sheriff's Office as a deputy in Uniform Patrol. Thirteen years later, he's still giving back, now serving on the Sheriff's leadership team as captain of Administrative Services.

Shield said he enjoys administration because leading accreditation, hiring and training efforts puts him on the front line of building the foundation and the future of the Sheriff's Office. He also serves as commander of the Traffic Safety Task Force aimed at reducing auto crashes and fatalities through enforcement and community participation.

Captain Shield is married to Chauntea, a teacher in Yorktown, and they have two children: Grayson, 8, and Chelsea, 6. Shield volunteers in youth sports through Gloucester Parks and Recreation. Over coffee, Captain Shield shared the following with us:

1. Which living person do you most admire?

My father (David Shield Sr.). He is a role model to me as a father, husband, provider and Christian man. My father maintains his strong values in all that he does, and he still works hard and diligently every day, despite being retired.

2. When and where were you happiest?

When I'm outdoors with my family – could be fishing, hunting or doing sports. There's nowhere else I'd rather be.

3. What do you wish more people in our community knew about safety?

1) Lock the doors to your vehicles and remove your valuables, even when you're parked in your driveway. Many crimes of opportunity are accidentally created by citizens every day when they forget this one.

2) Slow down. Speed is a factor in almost every fatal crash, and it typically makes injuries worse. We have a population of 40,000 in Gloucester County, plus 30,000 more in surrounding counties, feeding into just one main artery (Highway 17) and miles and miles of rural roads.

In that environment, speed has contributed to us having more than 10 fatal crashes a year in the past, which is high in comparison to similar populations in Virginia. We have that number down to 3 to 5 per year for now, but in order to keep it down, we need everyone to drive the speed limits that have been determined safe on our roads. 

Big trucks + little sleep = dangerous combo

By Ken Gibson

More than 30,000 Americans lose their lives on our highways each year. 4,000 die in collisions with large commercial trucks.

Many factors can cause a truck accident, but one that's become more common recently is **fatigued driving**. Studies have shown that fatigue is a critical factor in up to 30 percent of fatal truck crashes. Fatigue is dangerous no matter what size the vehicle is, but the weight of a large commercial truck can greatly magnify a wreck's destructive forces. After all, a truck with cargo can weigh up to 80,000 pounds.

When any driver is fatigued, reaction time suffers, and judgment is impaired. Sadly, most drivers are typically unaware of their diminished performance. However, a driver who has not slept for 24 hours is equivalent to one with a blood-alcohol level of .10, which is more than twice the legal limit in many states. Virginia's limit is 0.08.

Truck driver fatigue has many sources: lack of sleep, long hours, stressful work, tight schedules, nighttime driving (when the body wants to sleep), monotony, physical labor in addition to driving, poor health and fitness, medication, and sleep disorders, among others.

Federal laws regulate truck drivers' hours on the road, required break times, etc., but that doesn't mean all truck drivers will get quality sleep, or that some drivers or companies won't push the limits.

If you or someone you love has been in an accident with a commercial truck, contact GibsonSingleton today to learn more about your options in a free consultation. 



Winter comfort food: tasty shrimp chowder and cherry cobbler

By Margaret Singleton and Beth Gibson

Winter is a good time for a hot meal. Try one of our slow cooker favorites, add an easy cherry cobbler, and you've got a celebration for Presidents Day or any day!



Margaret's Slow Cooker Shrimp and Corn Chowder

3 slices bacon, chopped
1 cup chopped onion
2 cloves garlic, minced
2 cups diced red potatoes (unpeeled)
2 10 oz. packages frozen corn
½ tsp paprika
½ tsp salt (or more to your taste)
¼ tsp black pepper
2 cups seafood stock (or water)
1 12 oz. bag frozen peeled shrimp (small shrimp are better, 50 count or higher)
1 12 oz. can evaporated milk
Chopped fresh chives

1. Brown bacon. Add onions and garlic and cook until onions are transparent. Transfer to slow cooker.
2. Add remaining ingredients, except evaporated milk and chives, to slow cooker.
3. Cover and cook on low for 3-4 hours, adding milk and chives 30 minutes before end of cooking time. (Works best in a large – at least 3 ½ quart – slow cooker.)

Beth's Quick Cherry Cobbler

2 cans cherry pie filling
1/3 cup sugar
1/4 tsp. almond extract
1 box yellow cake mix
1 stick cold butter

1. Pour filling in a 9 x 12 metal or glass baking pan.
2. Sprinkle with sugar and almond extract.
3. Sift cake mix over it.
4. Grate 1 stick of butter on top.
5. Bake at 350 degrees for 50 minutes. Enjoy! 



Did you know? Fun facts about Valentine's Day

1. Nearly 150 million cards are exchanged every Valentine's Day, making it the second most popular holiday for cards behind Christmas.
2. The average American spent \$134 celebrating Valentine's Day in 2014.
3. Canada, Mexico, the United Kingdom, France, Australia, Denmark, and Italy also celebrate Valentine's Day, along with the United States.
4. Richard Cadbury created the first box of chocolates in 1868.
5. More than 250,000 Americans get engaged on Valentine's Day each year. 



Important Dates

FEBRUARY 2
Groundhog Day

FEBRUARY 7
Super Bowl Sunday

FEBRUARY 9
Mardi Gras

FEBRUARY 10
Ash Wednesday

FEBRUARY 14
Valentine's Day

FEBRUARY 15
Presidents Day

MARCH 6
Last episode of
“Downton Abbey”
airs on PBS!

MARCH 27
Easter



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P.O. Box 2346
Gloucester, VA 23061
(804) 413-6777
www.gibsonsingleton.com



INSIDE

Winter: a good time to keep safe and warm ➤ Meet Captain David Shield of the Gloucester County Sheriff's Office
➤ Big trucks + little sleep = dangerous combo
➤ Winter comfort food: tasty shrimp chowder and cherry cobbler ➤ Did you know? Fun facts about Valentine's Day ➤ Play it safe by getting checked out even after a minor wreck

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PAGE TWO



This publication is intended to educate the general public about personal injury and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

Play it safe by getting checked out even after a minor wreck

By John Singleton

It's not just major auto collisions that hurt drivers and passengers. Seemingly minor fender-benders can injure too. Here are three good reasons to get checked out by your doctor following any wreck:

1. You may not notice injuries from a crash initially — sometimes for hours, days, even weeks. Why? A car crash induces a rush of adrenaline and endorphins, which are chemicals that can raise your energy level and block your pain. Once the "high" wears off though, pain can kick in.
2. Car crashes often injure soft tissue, which can affect tendons, muscles, and ligaments. But soft-tissue injury **symptoms** may not present themselves immediately, and they may not be visible on X-rays. These symptoms include pain, swelling, and reduced mobility.
3. A concussion occurs when the brain strikes the inside of the skull with great force: some concussion symptoms are obvious from the outset, while others are subtle or delayed. And, you don't have to hit your head on anything in your car to get a concussion. The mere snapping forward and back of it may be sufficient to cause one. Get checked out.

So what should you do?

After even a "small" collision, see your doctor right away. Your doctor can assess your overall physical condition, help you monitor symptoms, and document your situation. All of this will be important if you ever do need to file a claim for your injuries. By contrast, procrastination diminishes your chances of filing a claim successfully.

And remember: Insurance adjusters know that accident injury symptoms can sometimes be delayed. Some may pressure you to agree to a quick settlement before your symptoms have fully manifested. If you sign a release, and more symptoms occur later, you cannot ask the insurance company to pay for treatment.

If you have been injured in an auto accident and have any questions, contact GibsonSingleton at (804) 413-6777. Consultations are free.

