

# NEVER SETTLE FOR LESS

## BLACKWELL COOK LAW

### INJURY & CRIMINAL DEFENSE LAWYERS

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September 2015 Newsletter

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### iScreen, uScreen

*A man closes his laptop at work, packs it away in his bag. Checks his phone to read and return text messages and one last email. Finally hops in his car for the commute home. Traffic is bad, so he reads the other emails he never got to today. Standstill again, peeks on Facebook to see what his kids are up to with their friends. Wife texts a grocery list for the stop on the way home. Long line at the store equals more phone entertainment. Makes it home. Grabs a plate and sits down with his family in the den. Game is on. Phone buzzes, checks email, it's that client again with another issue. Might need to check on that tonight. Nah. Scroll NASDAQ app. Another buzz, buddy needs to borrow a tool. Daughter is saying something about making some sort of team, son hates his algebra teacher and needs help with Eagle Scout project. Bedtime, scroll ESPN app. Lights out.*



And we wonder why Americans are taking so many prescriptions for anxiety, insomnia, and depression. We wonder what has happened to our relationships with our spouses and children? Our lives have become taken over by screens. America, we are addicted to our phones. The character in the above story could be easily replaced by a mother, teenager, or really any other person. Studies suggest that 79% of the population, ages 18-44, have their cell phones with them for 22 hours per day. Katie Couric stated in her commencement speech at the University of Wisconsin-Madison, "I used to tell graduates that no one on their deathbed ever said, 'Gee, I wish I had spent more time at the office.'" The 2015 version of that should be, "No one on their deathbed ever said, 'Gee, I wish I had spent more time on my iPhone.'" What's it going to take for our society to turn off our electronics and take a break?

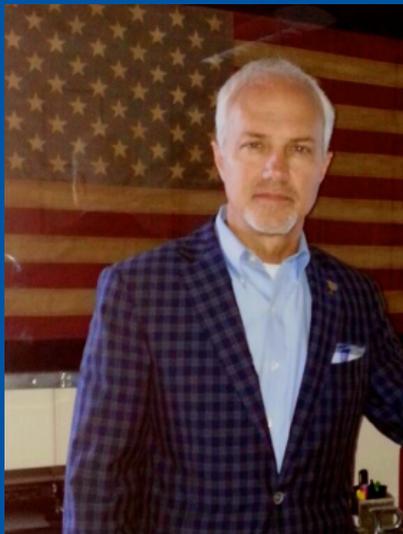
Our phone-addictions and needs for constant connectivity have affected our health, as well. Some pop psychologists claim that social media and selfies are affecting our mental health by making us narcissistic. A medical condition actually exists—a repetitive stress injury termed "texting thumb." A few years ago, a chiropractor started diagnosing clients with "text neck," caused by the hours they spent hunched over their cell phones. The number of injuries caused by walking while using a cell phone has skyrocketed. But we don't stop there! Americans love cell phones so much that we even enjoy taking risks with them--#drivingselfies! If that's not enough, we film videos of ourselves while driving. Nevermind the risk involved when you crash into oncoming traffic while perfecting your duck face with your brows on fleek.

It's getting hard to watch. People and their phones. Like some sick romantic movie. People gazing at their phones, stroking and caressing their glowing screens. They would never leave them behind. They would trade their health and their very lives for their phones. Thank goodness for these people, though! Because they will be the first to read the tweet if Donald Trump catches Planned Parenthood selling lion fetus parts to Bruce Jenner and deleting all of Hillary Clinton's emails about the Confederate flag.

But really. Let's take our lives back. Power off. Do something with your people that doesn't involve a screen. And don't even tweet about it! You might like it. #unscreen #youknowyouneedit

PS-Did you know there is even a device to help people overcome their cellphone addictions? It's called the "NoPhone." It's a piece of plastic that looks and feels like a phone, but performs no phone functions. Recovering addicts can carry the plastic around until they are able to work through their physical need to have a phone in hand.





## What's David Doing?

Why would you hate someone because the color of his or her skin is different from yours? Seriously, tell me. Call me up. Let me hear from you. I bet no one can honestly tell me that skin color is what you are fighting mad about. Who really cares about the color of our skin? And in regards to homosexuality--you are gay and I'm not. I have my opinions--which you are not going to change-and you have your unwavering stances. Where is the fight? At least, what's the point in fighting?

Here's where the problem lies: politicians focus on special interests groups to get elected which segregates us. The media has discovered that hate sells. Translation--in order to get better ratings, let's stir the pot and get everybody mad at each other. People get riled up about someone getting shot whether it is justified or not. Nobody gets excited about a .1% decrease in unemployment. Naturally, the media will hone in on the stories that create the most dissenting opinions, and ignore or downplay the positive news. Now, that's something worth getting fired up about. Coming soon, we will give everyone a forum to discuss the good, the bad, and the ugly -- and in a civil and nice manner.

## Fast Facts about Labor Day

**The United States has celebrated Labor Day as a national holiday since 1894.  
But why?**

- Labor unions created the first Labor Day during the labor movement in the late 19th century.
- According to History.com, during this time, "the average American worked 12-hour days, and seven-day weeks in order to eke out a basic living."
- Most historians credit Peter McGuire, cofounder of the American Federation of Labor, with the original idea of a day for labor unions to demonstrate their unanimity.
- The first Labor Day Parade occurred Sept 5, 1882 in New York City and over 25,000 union members and their families attended. According to the US Department of Labor, the event was quite chaotic as the parade and picnics were overshadowed by "an abundance of cigars and Lager beer kegs...mounted in every conceivable place."
- Unions chose the first Monday in September because it was the halfway point between Independence Day and Thanksgiving.
- President Grover Cleveland (not a union supporter) signed the law designating the national holiday. Historians believe he may have been trying to repair some political damage suffered earlier in the year.
- Today schools, government offices and businesses are closed on Labor Day, as we bid summer adieu and folks squeeze in one last beach trip or cookout. Whether or not we celebrate being working people (for those of us who are working people)---we probably all enjoy the day off.

Sources: Howstuffworks.com, History.com, Forbes.com

## A little note from *THE ENERGY BUS*

What do I do with the negativity I have? You let it go. You release it. You throw it out. You transform it. When the work is piled high on your desk, think about how thankful you are to even have a job while so many are unemployed. When work is driving you crazy, think about the fact that you are healthy enough to work. When you are sitting in traffic, be thankful you can drive a car while many have to walk miles just to get clean water. When the restaurant messes up your meal, think about how many unfed mouths there are in the world. And as I told my father a number of years ago when he lost the love of his life -- my mother, "You had the kind of love for so many years that many people spend a lifetime searching for and never find. Let's be thankful for that." Where there is a negative there is always a positive. Where there is a dark cloud, there is always a sun shining behind it. ~Jon Gordon

## People Matter

Michelle Crosby is currently the newly appointed principal at Clinton Elementary School where her journey began 20 years ago as a 5th grade teacher. Michelle earned her BS degree in Elementary Education from Winthrop University, a Masters Degree from Francis Marion University and Educational Specialist degree in Administration from Converse College. Michelle taught seventh grade for three years at Barr Street and was an assistant Principal at A.R. Rucker for four years. She was principal at McDonald Green Elementary for nine years. She actually attended McDonald Green from kindergarten through sixth grade.

Michelle loves her job because she is able to watch students grow academically, behaviorally and socially and teachers advance professionally. She loves direct contact with students. The toughest thing about her job is time management. She finds herself juggling between family and work. The most rewarding things about her job is working in a school that is striving to improve student learning and achievement. Michelle's favorite thing about fall is that she likes seeing the leaves change and how the weather feels during the fall.



Michelle is married to Frederick Crosby and they have one daughter, Makaylen. She loves spending time with her family. She is a member of Delta Sigma Theta, Inc. She is currently serving her second term on the Children's Council's Board of Directors, Lancaster, SC. When you see Mrs. Crosby, be sure to thank her for her service to Lancaster County School District and to our community. Know someone great in the community? Email [linzie@blackwellcooklaw.com](mailto:linzie@blackwellcooklaw.com)

## How Long Will You Wait?

Timex (the watch company) conducted a survey of over 1,000 Americans to determine how long we're willing to wait. Researches discovered the following: (The answers might surprise you!)

- Waiting in line for coffee -- 7 minutes
- Willing to wait for a table at a restaurant -- 15 minutes
- Waiting for significant other to get ready -- 21 minutes
- Waiting at the doctor's office -- 32 minutes (before being called back, not total wait)
- Before "shushing" someone in a movie theater --- 1 minute and 52 seconds
- Ask someone talking loudly on a cell phone to "keep it down" -- 2 minutes and 25 seconds (Just pretend like you're listening to their conversation--they'll pipe down or end their call, works every time).
- Amount of time before you will give a dirty look to a parent not addressing a loud baby --2 minutes and 41 seconds (Tread lightly here!)
- Take someone's seat after they've stood up or walked away -- 26 seconds
- Honk at the car in front of you once the light turns green -- 50 seconds (Who waits this long?)
- Waiting for the last person to show up for Thanksgiving before giving up and digging in - 20 minutes

Feeling a little impatient or impatient after reading this article? Or right on target? What else do you find yourself waiting for on a regular basis? source: [Timexgroup.com/news/press](http://Timexgroup.com/news/press)

## Slow Cooker Hawaiian Chicken

### Ingredients

4-6 Boneless Chicken Breasts (fresh or frozen)  
1 Bottle of Hawaiian Style Barbeque Sauce  
1 20 oz can of Pineapple Chunks, drained  
(Green Pepper Chunks if desired)

### Instructions

Spray the inside of your slow cooker with cooking spray for an easy cleanup! Place frozen chicken breasts in the crock pot and cover with sauce. Empty can of drained pineapple chunks on top of chicken. Cook on high for 2-3 hours, or low for 4-6 hours. Shred chicken with two forks while it's still in the slow cooker so the chicken will be well coated with sauce. Serve over rice. Send us your favorite recipe! [linzie@blackwellcooklaw.com](mailto:linzie@blackwellcooklaw.com)



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Take a photo tailgating with your Blackwellll Cook Law koozie!  
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Tell your friends to vote for your pic on Facebook by Thursday,  
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## LOOKING FOR A LAWYER?

Know someone who needs our help? We have three offices where appointments can be scheduled. We are more than happy to meet with you.

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