



THE
INJURY &
DISABILITY
LAW CENTER

Personal Injury, Social Security Disability, and Workers' Compensation

The Sentinel

575-208-1608

www.idlawcenter.com

November 2019

My Daily Thanksgiving

How Writing Down What I'm Thankful for Has Changed My Life

November is probably my favorite month of the year in part because I love the idea of people all over the country taking time to reflect on the things they're thankful for and recognizing the blessings in their lives. We all face challenges, big and small, that come along with everyday life. But oftentimes those challenges can also be some of the most rewarding times of our lives, if we are willing to keep a positive attitude.

When Josh and I were growing up, our family gathered together once a week to write down the things we were thankful for in a shared book. From then on, it was ingrained in me that we're profoundly blessed and shouldn't take things for granted. As an adult, I still think about that lesson every morning when I open up my daily planner to schedule out my day. I always take a minute to handwrite three things I'm grateful for in a spot right above the calendar, where I can glance at them every time I look at my schedule.

Writing out those three things has had a big impact on my mindset over the years. In the practice of law, Josh and I deal with clients who are going through difficult challenges, so I think it's vital I stay positive when helping them face their problems. The idea of being thankful has woven its way into my thoughts and actions, and often, it's the small things that have the most impact. Of course I'm grateful for my family, my employees, my job, and my health, but it's just as uplifting that I have the opportunity to go to the gym or play in the park with my kids.

"I always take a minute to handwrite three things I'm grateful for in a spot right above the calendar, where I can glance at them every time I look at my schedule."



I think that if we reserve thoughts of gratitude specifically for Thanksgiving, we're missing out on a lot of opportunities for happiness throughout the year. Every day, my wife and children do things that make me smile, and reminding myself each morning of how much those things matter has helped me notice them. I'm particularly grateful because my work has made me acutely aware of how quickly those things can be taken away. The people we help at the Injury and Disability Law Center are often those whose lives changed in an instant.

Yet, some of the most impactful lessons I've learned in gratitude have come from my clients who have suffered their own tragedy. Despite their challenges, they chose to not

let their circumstances dictate their attitude, their happiness, or their joy. That inspires me!

In my home, our faith in God is the foundation of our lives. We are thankful for the saving grace of Jesus and our salvation through Him. Through our triumphs and failures, we know God's love is unconditional and never ending — and that is a gift worth celebrating all year!

So this month, I would like to ask all of you a favor. Take a few minutes each morning at the start of your day to find three things you are thankful for — big or small — and write them down. At the end of each week, month, or year, take some time to read them. I promise that if you do this for long enough, it will change your life!

-Jeremy Worley



The Sport That United a Country

THE 1995 RUGBY WORLD CUP

In early November, the 2019 Rugby World Cup will wrap up in Japan. The international competition brings out world-class athletes and entertainment. While matches are certainly intense, respect for the competition and for referees is a core tenet of rugby culture. After going head-to-head with an opponent, you'll still shake hands, and maybe have a beer together, at the end of a match.

This principle was on full display nearly 25 years ago at the 1995 Rugby World Cup final in South Africa. The South African Springboks were up against the New Zealand All Blacks, and a number of factors made this an exceptional match.

Just a few years earlier in 1991, apartheid legislation had been repealed in South Africa. The policy had left a deep cut, and the country still had a long journey toward healing and reparation. Nelson Mandela, who had been elected in 1994, was set on championing a "rainbow nation" in this new post-apartheid era.

Rugby started in England in the late 1800s, and colonizers took it to South Africa, where South Africans of every color embraced the

game. It was controversial because of its connection to the architects of apartheid, but Mandela saw rugby's potential as a symbol of hope and unity for a country that desperately needed it. Springboks captain Francois Pienaar (played by Matt Damon in "Invictus," the film adaptation of this event) thought the president's support of the team was a brilliant act. "During those six weeks, what happened in this country was incredible," Pienaar said.

Just before the final game that would decide the 1995 World Cup winners, Mandela sported a Springboks jersey and stood behind the team. Through a hard-fought match, South Africa came out on top, and, after receiving the trophy from President Mandela, Pienaar explained the atmosphere of the event: "When the final whistle blew, this country changed forever"

If the 1995 World Cup was any indication, the camaraderie inherent to rugby can transcend all kinds of barriers. Meet a fellow rugby player or fan in any part of the world, and you'll likely forge an instant kinship. In 2021, you can look forward to cheering on the women's teams during the Rugby World Cup in New Zealand.

Legend of the Pirate Queen

CHING SHIH: HISTORY'S MOST SUCCESSFUL PIRATE

From Blackbeard to Jack Sparrow, pop culture teems with pirates who frequented the ports of the Caribbean. And while these pirates are well-known for their (sometimes fictional) accomplishments, the most successful pirate in history terrorized the seas of China instead. Her name was Ching Shih.

Ching Shih, who was born Shih Yang, was working in a Cantonese brothel when she met the pirate Zheng Yi. He came from a long family of notorious pirates and was impressed by Ching Shih's cunning. They married in 1801 and built a pirate empire known as the Red Flag Fleet. When Zheng Yi passed away suddenly in 1807, Ching Shih strategically maneuvered her way into leadership, taking control of over 60,000 pirates.

Historians describe Ching Shih as a brilliant military strategist, a skilled businesswoman, and a harsh disciplinarian. After taking control of the fleet, Ching Shih implemented a strict code of conduct. The code included rules for distributing booty, protecting female captives, and beheading anyone who disobeyed Ching Shih. Under her rule, the bloody crimes of piracy became a profitable business. The Red Flag Fleet would eventually clash with the British Empire, the Portuguese Empire, and the Qing dynasty of China, but no one could topple the pirate queen.

After almost a decade of pillaging the high seas, Ching Shih decided piracy wasn't the best retirement plan. In 1810, she walked into the

office of a local governor-general, completely unarmed, and requested full pardons and government jobs for her entire crew — along with permission to keep all their stolen goods. In exchange, she promised to give up piracy for good. Thankful to be free of the Red Flag Fleet, the Chinese government agreed to her terms. Ching Shih's second husband was even made an officer in the Chinese navy.

Ching Shih returned to Canton with her vast wealth and spent the next 34 years living a life of comfort with her family and running a gambling den. In 1844, the legendary pirate queen passed away of old age at 69, a rare feat for pirates of her era.



TAKE A BREAK

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

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



THE BEST LEFTOVER TURKEY SANDWICH

Inspired by FoodNetwork.com

Ingredients

- 2 slices sourdough bread
 - 2 tbsp Dijon mustard
 - 2 slices Swiss cheese
 - 1/3 cup shredded leftover turkey
 - 3 tbsp leftover cranberry sauce
 - 1/3 cup leftover dressing or stuffing
 - 2 tbsp leftover gravy
 - 1 tbsp butter, room temperature
- Note: Don't worry if you don't have all the leftovers required.

Directions

1. Coat inside of each bread slice with mustard and a slice of cheese. Place turkey and cranberry sauce on one slice and dressing and gravy on the other.
2. Combine sandwich and spread butter on both sides.
3. In a panini maker or large skillet, grill until crispy and golden brown.
4. Slice and serve.

GET MORE BANK FOR YOUR BUCK

Take Full Advantage of Your Financial Institution



Whether you're banking with a credit union or a national giant, your financial institution likely offers more resources, account options, and saving plans than you're using — or even aware of.

As one NerdWallet article puts it, "Banks and credit unions continue to find new ways to both delight and confound customers." If you focus on the delights, you can get more bang for your buck out of the financial institution you're already using. Plus, there's a good chance you'll pick up new ways to stretch your retirement fund, grow your investments, and pass nest eggs to your grandkids along the way. Take these two easy steps to get started.

1. Get Clicking

Even for someone with plenty of internet savvy, bank websites can be intimidating. Most are filled with tabs and portals that overwhelm customers, causing them to limit their interactions to plugging in a username and password to check their balance. Don't fall into that trap! If you want to get a complete picture of what your bank has to offer, its website is the place to start. Next time you log in, set aside an hour or two to explore the site tab by tab. Take note of products and services you might not be using, like mobile banking apps, 24-hour hotlines, continuing education, and additional account options and their interest rates. Schwab, for example, offers a free online learning center complete with seminars, one-on-one financial advice, and more than 300 informative articles and videos.

2. Schedule a Sit-Down

If your bank has a brick-and-mortar location near you, make a point to visit it. While there, take the time to learn about the latest updates from the reading materials on offer, make an appointment with a financial analyst, or speak with a bank teller. It's in your bank's interest to see your accounts grow, so representatives are happy to help. If you've already explored your bank's website, this is the time to ask follow-up questions on what you found or make a financial move in a new direction. Whether you've decided on a 529 plan or a high-interest checking account, your banking representative can make it happen.



THE
INJURY &
DISABILITY
LAW CENTER

575-208-1608

614 N. Main Street
Roswell, New Mexico 88201



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

- 1 My Daily Thanksgiving
- 2 The 1995 Rugby World Cup
History's Most Successful Pirate
- 3 The Best Leftover Turkey Sandwich
How to Get More From Your Bank
- 4 The Legend of Sergeant Reckless

THE GREATEST AMERICAN WAR HORSE

THE LEGEND OF SERGEANT RECKLESS

Animals have acted as companions to humankind for thousands of years. They're a near-constant source of companionship, comfort, and aid. Unfortunately, military animals don't often get the recognition they deserve. One horse, in particular, was essential to the success of her regiment during the Korean War. Meet Sergeant Reckless.

Bought for \$250 in 1952 by a U.S. Marine Corps lieutenant at a Seoul racetrack, Sergeant Reckless was trained to carry ammunition for the 5th Marine Regiment. Her name was a play on the "recoilless" rifle ammunition she carried and a nod to the daredevil attitude of the soldiers who used them. Reckless was pivotal for her regiment in more ways than one. As Robin Hutton notes in her book "Sgt. Reckless: America's War Horse," "Because horses are 'herd' animals, the Marines became her herd. She bonded so deeply with them that Reckless would go anywhere and do anything to help her adopted family."

Sergeant Reckless' greatest achievement occurred during the final stages of the Battle of Outpost Vegas. During the bloody five-day campaign, Reckless made 51 trips to resupply guns over the course of a single day. By the end of the battle, she had carried 386 rounds of ammunition by walking 35 miles through rice paddies and mountain trails. After dropping off the ammunition, Reckless would then bring wounded soldiers back to safety. Reckless was trained to lie down when under fire and avoid barbed wire, and her ability to do so without needing human command saved many lives during the battle.

Reckless would close out her war career with two Purple Hearts and the rank of staff sergeant. She spent the rest of her years at Camp Pendleton in California. To learn more about this legendary mare, be sure to check out "Sgt. Reckless: America's War Horse" by Robin Hutton.

