



YOUR BEST LIFE

FEB
2022

Honest. Excellent. Real.

Becoming a Better Trial Lawyer

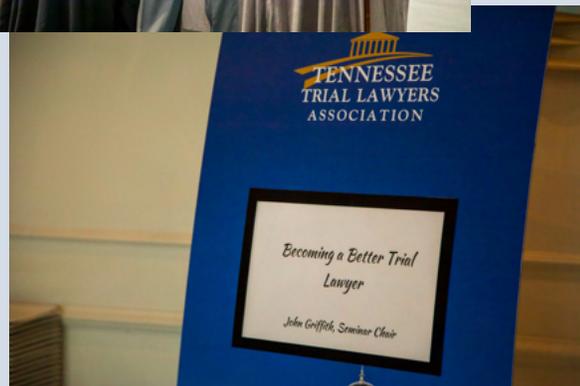
I recently chaired a great seminar in Franklin with about 100 of my good trial lawyer friends and colleagues. After dealing with the crazy and ever changing Covid-19 guidelines, it was good to see people together again.

During a break, I took just a minute to stop, look and absorb the moment. We had over 100 people in that conference room and it was a beautiful sight. It was great seeing the buzz of all the people- the hugs, the handshakes, and everyone talking face to face. It seems to me there is a hunger for humanity and human interaction.

I was able to share some of the tips (and mistakes) i made in my trials last year, Brandi Miller, Mischelle Santiago, Jayse Sanders, and Ashley Barnes. All of those friends/clients, obtained justice. They can put their story to rest knowing the insurance companies did not get the final word. To my lawyer colleagues... I bared my soul. I shared that even with my experience, there are times you are scared to death, sick at your stomach, feel like you just made the worst mistake that hurt your client. In the end, it came out very well. Your plans will always change and be challenged. Persistence and careful planning pay off.

I especially wanted to motivate the young lawyers who have never tried a case to have courage to do battle and get better. There is nothing quite like the experience of an insurance company telling you "No!" for 2 years or more, and the jury telling them with one voice, "YES!" And to imagine this plays out in courtrooms built for justice, just as our forebears designed it to be. The jury system, while not perfect, is the best equalizer for humanity in all the world. The 7th Amendment is a beautiful thing.

I am looking forward to our next trials this spring. We are busy getting geared up and ready to go. Stay tuned!



TTLA Seminar

Becoming a Better Trial Lawyer:
What 9 Trials in 9 Months Taught Us



On Friday, February 11th, we hosted a seminar at the Marriott Cool Springs.

Attorney's John Griffith and Josh Cantrell both spoke on what they have learned over the years.

Thank you to all of the attorneys who were able to join and support us.



February RAVING FAN OF THE MONTH



“From the moment I called GriffithLaw I was treated with respect and empathy from everyone at the firm. If you are looking for legal representation regarding injury law, there is no-one else to go to but Josh at the GriffithLaw team!! I was injured by faulty equipment at a local business, which resulted in a broken nose, stitches and other facial issues. Josh, Nate, and the Griffith team were open and honest with me from Step 1- settlement. There are so many avenues to investigate, laws to know, and negotiation without knowledge is something to be feared. The GriffithLaw team handled everything for me, communicated quickly, and was always concerned first with my physical and mental well being. Thanks to the entire team, but a special thanks to Josh and Nathan for handling my case. They truly treated me like family!”

Alisa Hensley, Nashville, TN

Let Us Share Your Story!!

Email Livia@griffithinjurylaw.com to be featured in the next newsletter

Medicines That Could Cause Accidental Driver Impairment

Side effects can occur in medications prescribed by a doctor and those that are available without a prescription. If individuals don't read warning labels or follow proper dosage instructions, they could suffer a reaction that puts everyone around them at risk.

Common medications that can impair driving ability include:

- Over-the-counter medicines. Many drugs used to treat allergies or cold and flu symptoms contain ingredients that cause drowsiness, shortened attention span, and blurred vision. Herbal supplements are often thought to be "safe" alternatives to traditional medicines, but these substances can also cause adverse effects.
- Antidepressants. People suffering from anxiety, depression, schizophrenia, or other mental health complications often rely on mood-altering medications to control their conditions. These drugs have been known to cause a "numb" feeling that may increase with the strength of the dose, affecting a patient's ability to respond quickly to road hazards.
- Blood medications. Insulin to control blood sugar in patients with diabetes or blood thinners to prevent clots and strokes can cause lightheadedness or sudden loss of consciousness.
- Mood stabilizers. Calming drugs such as Valium or Xanax may help a patient treat panic attacks, but it can also dull mental and physical reaction times. People who drive after taking mood-altering medications may not be able to adequately sense danger.
- Heart medications. Drugs that control high blood pressure, high cholesterol, or other heart conditions can make patients less alert or more easily distracted while driving.
- Muscle relaxers. Medications to prevent spasms in one muscle group often affect the entire body, while drugs used to treat seizures, Parkinson's disease, or musculoskeletal problems may make sudden reactions difficult.
- Sleeping pills. Insomnia medications can cause a driver to fall asleep behind the wheel but can also cause slowed movement, inability to focus or pay attention, or even total waking amnesia (sleepwalking). Many of these medications warn against driving for several hours after taking the drug, as patients may get behind the wheel of a car without realizing it.
- Multiple medications. People often take more than one kind of medicine at a time, increasing the risks of side effects and adverse reactions. In some cases, the combination of two (or more) medicines can cause deadly drug interactions.



BAKED FETA PASTA

Instructions

- 1 lb bowtie pasta
- 1/2 cup olive oil
- 2 boxes cherry tomatoes
- 1 block feta cheese
- 4 cloves garlic, finely chopped
- 2 pinches red pepper flakes
- 1 handful fresh basil leaves
- salt and pepper

Ingredients

- Preheat oven to 400. Add tomatoes, olive oil, and salt to a baking dish and toss.
- Place the block of feta in the middle and top with a splash of olive oil plus red pepper flakes. Bake for 30 minutes.
- Meanwhile, prepare bowtie pasta al dente according to directions then strain — save some pasta water for later on.
- After 30 minutes has past, turn the heat up to 450 and bake for another 5-10 minutes or until the feta and tomatoes have browned.
- Remove the baking dish from the oven and IMMEDIATELY add the garlic and basil and stir.
- Now add in the strained al dente pasta and stir one more time. Season with salt and pepper to taste! (And if the sauce is dry, you can add 1/4 cup pasta water and stir to loosen the sauce!)

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