



# Your Best Life

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MAY 2018

## Setting the Mark Imagine the Possibilities...

by: John Griffith

There is a fine line between being satisfied and content with what you have, and pushing yourself to be the very best you can be. Most of you may not remember Roger Bannister who, in 1954 became the only person in the history of mankind to break a 4 minute mile. Within 2.5 years, 10 people had achieved that feat. How is it possible that no one had done it before and then suddenly scores of people are able to do it?

We hold ourselves back by our minds when we receive subtle messages that people "normally" don't do something. No one has done great things by conforming to the majority. Psychological barriers stop us in our tracks and we don't realize we are allowing ourselves to be limited by our own thoughts. One of my favorite words is "imagine." I use it in my closing arguments. I use it with my children. When I hear the word "imagine" it simply gives me happy thoughts of all of what is possible. This morning, I will repeat the mantra to my great office team..."Imagine what it will be like if we give our client's the most incredible attorney experience they ever had!"

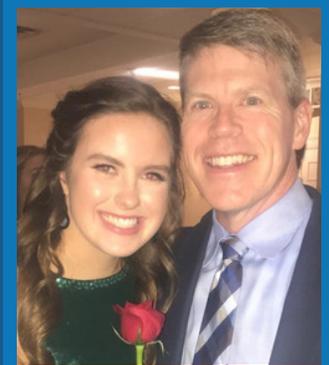
Perfection can be a dangerous word, but if you strive for whatever your perception of that perfection is, and if you miss the mark, you will still likely achieve excellence. In our period of intense growth, we are challenged every day to meet the high expectations of giving our clients an incredible customer experience. We fight the insurance adjusters and their defense lawyers who live on delay and procrastination. Our job is to compress time as much as possible in handling your case. I know my clients need it, and deserve it.

The attorneys in our office also seek the goal of becoming the very best trial lawyers they can be. I speak (and listen) at trial lawyer events with some of the best lawyers from around our great country. We share ideas and strategies on how to defeat the deception of our opponents on the other side.

## Graduation Time!

It seems like yesterday that I was graduating from my old alma mater in Waverly. Gosh! That has been 34 years ago!

As spring is in the air, there is a feeling of regeneration, dreams and imagination, and hope. My oldest daughter Carly will be graduating May 20th. I remember holding her in my arms as a newborn and it literally feels like



yesterday. Thinking about how quickly time has passed is scary. As I hold my 18 month old Ella in my arms now, I hope that I do a better job of absorbing the time and just enjoying the moment. I pray for each of your graduates this spring, for their health and safety during these exhilarating times.

Good luck and best wishes to all you graduates and especially to my beautiful daughter, Carly. She will be attending UT Knoxville this fall. She is as beautiful inside as out. I could not be more proud of my baby girl.

--John

# Staff Spotlight

## BETHANY ROBINSON



# Spring Cleaning *Made Easy*

10 Spring Cleaning Hacks to Keep You Spending Time with Your Family Instead of the Baseboards



1. Clean hard water stains with vinegar
2. Dryer Sheets: wipe baseboards, buff water spots from mirrors
3. Clean your dishwasher with vinegar and baking soda
4. Clean blinds with equal parts vinegar and water using sock
5. Sanitize sponges: wet and heat in microwave for 2 minutes
6. Use pillow case to trap dust and clean ceiling fans
7. Clean microwave: Fill bowl with 2 cups water and 2 TBSP vinegar, microwave for 5 minutes, wipe clean
8. Clean oil with oil: Add a few drops of vegetable oil to remove oil spattered across tile in your kitchen
9. After cleaning air vents, wax them with car wax to prevent dust from building up so quickly
10. Keep your trash bin smelling clean: line bottom of bin with newspaper and sprinkle baking soda to neutralize and soak up any moisture.



## Spring Break in the Marketplace

### A Day with Diamon



Diamon is a student at Mickissak Middle Prep where Math is her favorite subject. She also encourages others to follow instruction at school so they may improve their grades.

*"Surround yourself with people who believe in your dreams, encourage your ideas, support your ambitions, and bring out the best in you."*

While Spring Break is a time for many to relax, a group of students in the Preston Taylor Ministries program have opted to shadow professionals in the Middle Tennessee area.

During Spring Break, students are matched with businesses that pique their interests where they learn about office cultures and professional skill sets. Diamon was matched to GriffithLaw because she enjoys "talking with people and helping them with their problems."

While at GriffithLaw, Diamon helped make copies, design Thank You cards, and assisted in the design of our newsletter! When asked what she hoped to achieve in the next five years, she replied, "I want to use my leadership skills to inspire others to go after their goals."

Welcoming a little girl into the world in March, Bethany is the epitome of "Super Woman." Not only did Bethany become a first-time mom, but she did so while fighting for her clients and attending school at Nashville School of Law. She is an inspiration to our office!

### What gets you out of bed in the morning?

*My biggest motivator to wake up in the morning is my daughter. Every day, I strive to set an example for her.*

### What is your favorite weekend activity?

*Spending time with my family.*

### Do you have a favorite quote?

*"You never know how Strong you are until being Strong is your only choice." - Bob Marley*

### Who inspires you?

*My grandmother. She taught me the importance of showing love and compassion to those around me. She always reminds me to 'be kind and smile to everyone you meet.'*

### Do you have a motto or mantra?

*Everyone you meet is fighting a battle you know nothing about. Be Kind. Always.*

### What is your favorite local restaurant?

*Cork & Cow in Franklin*

### What sparked your interest to work in the legal field?

*During my first week as a Legal Secretary, I remember a woman crying hysterically on the phone. The insurance company promised to pay all of her medical bills, but didn't. I knew justice had not been served. From that day forward, I made it my goal to educate those involved in automobile accidents and advocate on their behalf.*

# Most Dangerous Time to be Boating in Tennessee

I spent most of my summers on the lake growing up. I will never forget the freedom of being out of the lake, able to go just about anywhere I darn well please! Skiing, inner tubing, and wake boarding were just a part of everyday summer life. But part of my love of the lake was the mystery and danger of the lake.

The Tennessee Wildlife Resources Agency has been keeping statistics on boating incidents and promoting safety since 1965. According to them, the most dangerous time and activities on the lake are as follows:

## The Numbers

- Most common type of boat involved in an incident is an open motorboat.
- Most common age of a boat operator involved in an incident is a driver between the ages of 46-50.
- Most likely size of the boat is between 16-26 feet in length.
- Most likely cause of collision is with another vessel while cruising for recreation.
- Most common cause of these types of incidents is failure of the driver to watch where they are going.
- Most likely time to be involved in a collision is on Saturday between Noon and 4 p.m.
- The body of water with the most incidents was Chickamauga Lake with 13 total incidents in 2016.
- Rented or borrowed vessels were used in 23% of the incidents.
- Jet Skis were most likely to be involved in an incident on Dale Hollow Lake, Kentucky Lake, and Old Hickory Lake.
- Most common age group for a Jet Ski incident is 12-15, 21-25, and 51-55 years of age, with 3 incidents in each age group.
- The number of whitewater fatalities was 11.
- Recreational paddle craft fatalities was 4, most often caused by capsizing.
- The number of Boating Under the Influence/Boating While Intoxicated (BUI/BWI) was 13.

The lake is a beautiful place to be, but it holds danger and must be respected. If you or someone you care about is injured on our lakes in Tennessee, please call GriffithLaw to discuss your case. We are here to help.

## No-Bake Berry Cheesecake

The last thing you want to do when the weather is warm, is hang out in a hot kitchen while your sweet treats finish baking. Be the hit of the backyard BBQ while keeping yourself, and your home, nice and cool.

Total time: 10 min.

Serves: 12

### Ingredients

- 1/3 cup butter, melted
- 1 1/2 cups graham cracker crumbs
- 8 oz cream cheese, softened
- 2 cups powdered sugar
- 1 (8 oz.) container whipped topping
- 1/2 blueberries
- 1/4 cup sliced strawberries
- 1/2 cup raspberries

### WATCH Directions

1. Place the melted butter and graham cracker crumbs into an 8x8 or 9x9 dish. Stir to combine and press into bottom of dish. Set aside.
2. In a mixing bowl, beat together the cream cheese and powdered sugar. Add in the whipped topping until well combined.
3. Spread over graham cracker crust.
4. Place berries over the top.
5. Refrigerate at least one hour before serving.

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## Mystery Solved!



We recently received a guitar in the mail with no card and no name listed. It turns out that this was a gift to John from his father, sent as a surprise!



## Referral Raves!

We love referrals from our clients! Thank you for trusting us with your friends and families' lives! This month we would like to extend a special shout of thanks to:

**Dessa Boone**

**David LaMont**

**Todd Jackson**

**Jarvis Hill**