



YOUR BEST LIFE

FEB
2021

Honest. Excellent. Real.

I SAY YOU CAN TEACH AN OLD DOG NEW TRICKS!

Bucket list

I have always been the youngest kid in my grade, my baseball teams, graduating classes...I always liked being a competitor with people older than me. It seems like suddenly, overnight, I have become the elder in the group. My graying hair and sore bones after hard workouts send me this message daily.

But time stops for no one. I'm 54 and facing down the barrel of my next birthday, double nickels. My children are getting older and my son Case is actively preparing to enter college this fall. The thought of taking him to college and him not coming back home every day is (selfishly) crushing me. He has been my little shadow for nearly 18 years. I am excited, sad, and scared to death about this.

This past Christmas, I sat down with my son and mapped out a general plan of how we are going to spend this last winter, spring and summer together before he heads off for college. We talked about some trips we want to take, and some things we want to do. One wish on his list we have talked about for YEARS was his desire to take some form of martial arts, preferably krav maga or Brazilian jiu jitsu (BJJ). My good friend and colleague Matt Milligan has been taking Brazilian jiu jitsu classes for years and had done quite well and inspired me to give BJJ a try and recommended a local school. I recently had a client come through our doors and advise he was a student of jiu jitsu at the same school as Matt and gave it a glowing review. (Profectus Jiu Jitsu in Cool Springs! Coach Fayyaz is awesome! <https://profectushq.com>). My son, Case, and I decided that NOW was the time. If I don't do it now, then it is never going to happen.

On December 27, 2020, with great fear and trembling, I went with my son, Case, and daughter, Jolie, to our first BJJ class. It was intimidating. My flexibility is not what is used to be and my cardio is not in the best shape. I became exhausted and out of breath just during the first 5 minute easy warm up. Thankfully, our coach (Fayyaz) is extremely cautious with us and graciously spent extra time getting us used to what we need to know and what to expect going forward.

Since that day 6 weeks ago, I have been leg-choked, arm-barred, knee barred, foot cranked, leg triangled, Ezekiel choked, and generally had my butt kicked 53 times (and counting). I currently have a busted lip, a sore nose and cuts on my feet. When I come out of my training there, I am soaking wet with sweat and exhausted. And exhilarated. BUT- each day I get a little better. I win little victories, and I finally even got in a few submissions from others which was exhilarating. It is truly an art form that is mesmerizing to me.

Best of all, I am getting to share these times with my kids. Plus, they are learning how to protect themselves in case they are put in very bad situations, and possibly save their lives. It is invaluable to me, I hope that my children will remember these times for the rest of their lives, and the fact their old man learned to roll with them when I was way past my prime. Seeing the proud look of accomplishment on my children's faces warms my soul.

And it makes this old dog smile. What is on your bucket list with your loved ones? If not now, then when? Plan it, and take it!



"Children are a gift from the Lord; they are a reward from Him." Psalm 127:3

In the Office

HAPPY BIRTHDAY

Out of 11 office members, 5 of us have February birthdays! The question is...who is the oldest?



Bethany



Craig



Kirby



Ashanti



Livia



FEBRUARY'S RAVING FAN OF THE MONTH!

Having never reached out to a Law Firm before or even in an accident, I feel compelled to tell my story about Griffith Law. First, Nathan and Jonathan were absolutely outstanding in not only supporting me, but how they handled the overall case for the accident I was involved in.

I was struck from behind by someone not paying attention, to put it lightly. Off to the ER by ambulance, injured, unable to walk for days, a totaled vehicle and completely unsure what to do next. I reached out to Griffith Law and was so surprised in not only how they welcomed me, but their number one talking point was if I was ok. I was really blown away by their caring attitude, always conveying how they wanted to help me get healed and back to my normal self.

I spoke or emailed with both Jonathan and Nathan so frequently over the last year or so, I almost miss talking to them about what is going on. They are both so easy to talk to, caring, kind, family men and truly want to help you get well, but also do the hard work for you on your case. They clearly explain the process, next steps and communicate often. Nothing but the most respect for them and how professional they are.

While the case is now all wrapped up, we are more than satisfied with the outcome and want to truly thank everyone at Griffith Law for an outstanding professional team. While we hope and pray this does not happen again, I know who I will call if it does, Griffith Law.



Jackson Smith, Spring Hill, TN

For a chance to be featured as a RAVING Fan of the Month, please leave an online review on Google, Yelp, or Facebook.

FRANKLIN DRESSING ROOM & BATHROOM HIDDEN CAMERAS: MASSIVE INVASION OF PRIVACY

The right to privacy is sacred to most of us. When my daughter goes to cheer camp or cheer practice, I trust that her dressing room will not be invaded by some pervert who is trying to get his kicks by looking at my girl when she is undressed, using the bathroom, and feels secure that she is in a safe place.

Cheer camps are not cheap. As a parent of a cheerleader, we spend lots of money to Premiere and other similar groups. These cheer companies have the responsibility to keep our kids reasonably safe. They also have the responsibility to hire people that do not have a history of sexual misconduct or of criminal misconduct. At the very least, the owners of these franchises have the responsibility to conduct criminal background checks on their employees. This is the bare minimum safety requirement that my daughter, and yours, deserve.

GriffithLaw is already representing several families who have been affected by their daughters being secretly filmed. We are investigating whether this is not just a one-off rogue employee, but a complete system failure by Premiere for failing to conduct thorough employee background checks, failing to have any policies and procedures in place to prevent this from happening, not just in Franklin Tennessee, but throughout the entire cheer industry.

If your family has any questions or information to add to the investigation, we urge you to give us a call to further discuss your options going forward, and to help prevent this from happening to someone else's daughter in the future.



Peanut Butter Chocolate Chunk Oatmeal Cookies

Ingredients

- 1 cup canola oil, or melted coconut oil
- 3/4 cup creamy peanut butter
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 1/2 cups old fashioned oats
- 2 cups all-purpose flour
- 1 cup brown sugar, packed
- 1/2 cup granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 1/2 cups chocolate chunks or chips

Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a large mixing bowl, mix the canola oil, peanut butter, eggs, and vanilla until combined. Add the oatmeal, flour, brown sugar, granulated sugar, baking soda, and salt. Beat until the dough is moist and all the ingredients are combined. The dough will be crumbly. Mix in the chocolate chunks.
3. Using your hands, clump together about a tablespoon of dough at a time and squeeze into a ball. Place on the prepared baking sheet 2 inches apart and very gently flatten with the palm of your hand just slightly.
4. Bake for 8 to 10 minutes, or until set and golden. These are crumbly cookies, so let them cool 5 minutes on the pan, then enjoy!

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