



YOUR BEST LIFE

JAN
2019

Honest. Excellent. Real.

New Year, No Regrets.

This past year has been filled with ups and downs. On the up side, we helped a record number of new clients, most of which we received from valuable referrals from YOU. Thank you for that. We are blessed to be continually receiving referrals for great cases by our former clients who have trusted us enough to send their friends and family to us. We had some incredible record trial verdicts and settlements for our wonderful folks we represent who are now our friends.

On the down side, my family is currently experiencing the declining health of my father. He is in the final stages of a vicious battle with lymphoma, leukemia and melanoma. It is a battle the doctors have told us that he will very soon lose. I have to confess that I have tremendous regret over not spending more time with my father in his last years. He never let this disease, or all the chemotherapy he had to endure, ever slow him down. He has amazed us and his doctors. He is the hardest working human I have ever known, and that is no exaggeration. One wish my father shared with me about 3 years ago was that he wanted to visit Cuba with me; I had planned on going later this summer. I have now



waited far too late, and it kills me. There are so many things I want to ask him now, and as he goes into deeper and deeper unconsciousness, those chances are forever gone.

I share this with you because I also have similar dreams with my family and my mother, and I vow to not make the same mistake twice. I hope by sharing this with you, that you will be motivated to figure out what regrets you would have if your loved one would be gone tomorrow. What things have you left unsaid? What forgiveness have you been holding back? I have had a lot of time to sit in the hospital and ponder these things.

I have great memories of my father. I regret that I do not have many more memories. For my family, I vow to do better this year. One of my New Year's Resolutions is to call my mom at least one time every day, just to say I love you, and to go visit her every month.

Lastly, I am thankful to all of my wonderful staff who have really stepped up during my time away visiting my father. They are true professionals and I am so proud of each of them.

I wish you peace and happiness this coming year!

Editor's Note: Charles Griffith passed January 15, 2019.

Keeping Your Resolutions in 2019

Making resolutions is inspiring, but keeping them can be another story! Here are some tips and tricks to look back on 2019 with pride and accomplishment!

1. Pick One Small Thing

Making small, consistent changes can lead to great growth. For example, if one of your resolutions is to "get healthy" -- you can't really measure that! Instead, say - I am going to replace 3 lunches with a salad each week.

2. Schedule an Appointment

It's so easy to put our goals and new habits on the back-burner in the chaos of life. Schedule an appointment for your new life change. If your resolution is "I want to read more" --make an appointment every weeknight between 6:30 and 7:00 to read. Know that if you miss your appointment, you will have to reschedule.

3. Multi-task

This works best with auditory learning. For example, your resolution is "I want to learn more about business management" -- listen to a podcast on your way to and from work each day!

4. Spread the News

Share your goals with trusted friends and appoint someone to check in and hold you accountable to yourself. If you are really bold, post a goal on social media. The publicity will push you to make the goal a reality!

"VISION WITHOUT ACTION IS A DAYDREAM. ACTION WITHOUT VISION IS A NIGHTMARE."



Welcome

Jonathan Lawrence

to GriffithLaw!

We are thrilled to welcome Jonathan as the newest member of the GriffithLaw team. He has dedicated his legal career to fighting for injured people and their families. Jonathan grew up near Charlotte, North Carolina as the son of a pastor in a family of seven. This upbringing left Jonathan with a strong desire for justice, particularly for the disadvantaged. Jonathan graduated summa cum laude from Appalachian State University in 2008 with a Bachelor of Science in Psychology and received his law degree from the University of Kentucky in 2012.

While in law school, Jonathan felt called to spend his time helping individuals who could not help themselves. He participated in U.K.'s Legal Clinic program, representing people who needed legal services, but could not afford to hire an attorney. He also volunteered with a prosecutor's office during both of his summers, assisting the victims of crimes. Following law school, Jonathan began his legal career with a small firm in Bowling Green, Kentucky, helping the victims of car wrecks, semi-truck collisions, and slip/trip and fall incidents. Jonathan moved to Nashville, Tennessee in 2014 and has represented injured people in both Tennessee and Kentucky ever since with Hughes and Coleman and Bill Easterly and Associates prior to joining GriffithLaw.

When he's not fighting for his clients, Jonathan enjoys spending time with his beautiful wife, Christian, and their one-year-old pride and joy, Landon. Jonathan is an avid sports fan and also enjoys weight-lifting, running, and any good excuse to be outdoors.

YOUR TURN: Laurie D. from Nolensville, TN



I was hit head-on in a high-speed car accident October 2017. I had multiple broken bones which required surgery, hospital stays and extensive medical bills. I am so grateful that I contacted Griffith Law! I met with John Griffith and Josh Cantrell, and they told me they would take care of everything... and they did! They dealt with the insurance companies' lawyers, the medical bills and everything in between. Josh kept in constant communication with me via phone and email, and went out of his way to be kind and understanding of my circumstances. It's been a long, difficult year for me (and my family), but with the help of Griffith Law we were able to reach a settlement and finally begin to put this whole traumatic experience behind us. Thank you so much Josh & John!

--Laurie

How Trucking Companies Think



IMMEDIATELY After a Crash!

You have probably never wondered about this, until it happened to you. Your life has been rocked due to a big rig not paying attention to the rules of driving, and now you are paying the price and have sacrificed your health for someone else's negligence. You are sitting in the hospital, either clinging to life, or holding the hand of your family as they struggle to breathe. The last thing on your mind at this moment is protecting yourself or your family. But what is the trucking company doing? Sending someone to check on you? Nope. Seeing if they can make it easier on you by taking care of your out of pocket medical obligations immediately? Not even close.

Here is what is happening while you are on your way to the hospital

1. The tractor trailer driver has immediately contacted dispatch. He is also taught to not admit fault or say anything to the police admitting fault.
2. The dispatcher immediately is calling the company Safety Director. This is the same guy who deals with all of the other wrecks his company causes. He has been through this several times and he has specific protocols. Do they call an investigator? Or Someone to help you? No, they...
3. Call THEIR lawyer. And this is all before the police arrive at the scene. No matter the time of day or night, their first call and first line of defense is to call their lawyer. And not just any lawyer. This is their go-to guy who is their fixer. Mr. Trucking Insurance Lawyer knows how to cover their tracks, and prevent all of the negative information from the trucking company getting public. They corral the driver's logbooks that might show them over hours. If their driver is on drugs or has been drinking, they will do all they can to prevent that information from getting to the police.

In some instances, I am fine with people simply reading my book *The 10 Worst Mistakes You Can Make After Your Tennessee Car Wreck Case* and perhaps waiting to call a lawyer until you might can work it out with the insurance company. However, that whole thinking is thrown out the window and "stinkin' thinkin" when it comes to tractor trailer wrecks. You are immediately out-matched and out-gunned from the moment that the truck crashed into you. You need a lawyer IMMEDIATELY.

The trucking company is working feverishly this very second on hiding evidence that could have a huge impact on your case. You need someone on your side who has been down this road many times and knows exactly what to do to protect you and your family.

Here are some of the things GriffithLaw has been able to prevent due to calls immediately from a hospital or shortly after the crash happened:

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Sweet Potato Banana Bites

INGREDIENTS

1/2 c cooked, mashed sweet potato (approx 1 medium)
1/2 cup mashed banana (approx 1 medium)
1/4 c nut butter
2 eggs
cinnamon, to taste
Optional mix-ins: dark chocolate chips, fruit, chia seeds, etc

DIRECTIONS

Smash the sweet potato and banana together in a small bowl.
Add the peanut butter, eggs and cinnamon & mix well.
Stir in any additional mix-ins and spoon into greased mini muffin tins.
Bake at 375 degrees for 18 minutes.



Great for
breakfast or a
snack to-go!
&
Gluten-free

Cook Time: 20 min.
Yield: 14 bites

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TRUCKING COMPANIES CONTINUED

1. We were able to stop a tractor trailer company from removing a crashed truck from their private wreck yard to be sold for scrap when they had denied fault. We were able to show paint transfer from that truck to our client's vehicle which refuted every single lie the tractor trailer driver told to the police officer at the scene while my client was being life-flighted and could not speak for herself.

2. We were able to prevent the tractor trailer's on board data recorder from being re-set by the next start up event which would have erased their speed and braking data that the driver had lied to the police about.

3. We were able to get on board dash cam evidence which showed the truck driver falling asleep and driving with his eyes closed for 13 seconds before he killed my client's family member.

4. We were able to find a crucial witnesses to the crash that was not on the police report which the trucking company knew about but did not want to disclose.

The trucking company is working feverishly this very second on hiding evidence that could have a huge impact on your case. **You need someone on your side who has been down this road many times and knows exactly what to do to protect you and your family.**

WE ♥ OUR CLIENTS!

We love hearing from our clients and want your referrals and reviews.

To Share Your Story email:
sydney@griffithinjurylaw.com

Thank you for trusting us with the lives of your loved ones. We do not take this honor lightly.

WE WANT YOUR REVIEW!

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