



YOUR BEST LIFE

Honest. Excellent. Real.

APR
2022

All Time is NOT Equal...Love Your Momma TODAY

My mother just reached another life milestone on March 23rd... RETIREMENT! She worked in her second career for 30 years to the day at the Humphreys Co. Highway Department. She could have retired fully 8 years ago, but she chose to keep working. When I asked her why, she said, "Because I love the people so much, and I won't have much to do. If I rest, I may never get up again." She has been the best teacher to me...humility, honesty, hard work, and loving people. She has disciplined her faith through love of everyone she meets.

As I drove to visit her for her last day of work, it made me do some deeper thinking. How many times a year do I go see my mom? How many times in the last 12 months did I take time to visit? Think about how many times you saw your parents in the last year? Once? Twice? 3-4 ?

As part of my job advocating for people permanently injured by someone else, one of the pieces of legal proof we have to put forward is the future life expectancy of the injured person. For a 70-year-old female, the range is about 8 years. If you only see your mom twice a year, then you have only approximately 16 more visits with her until she is forever gone. When I think of it like that, it scares me to death.

For those of you who have already lost a parent, you know the agony and regret of not spending more time with your family. This is what I have heard referred to as "All Time is NOT Equal." When you value something and you have less and less of it, it becomes more precious to you. When you saw a loved one on their death bed, and you told them you loved them, it likely meant more than when you had said it hundreds of times before. Those times are intense. How much money would I give to have just one more day with my father who died January 15, 2019 at 10:09 a.m.? How many opportunities did I have to see him 10 years before that and I flippantly chose not to, as I was "too busy." How I regret and agonize over those choices, and wish I had a "do over."

Maybe just one person who reads this will look at their calendar, while everything is "normal" and plan to go visit with your mom and dad soon. Don't have the same regret I do every day with my father. All time is not equal; it gets more precious every day.



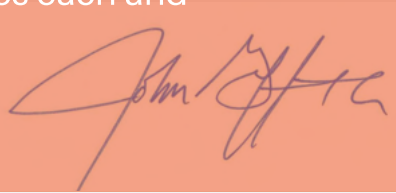
2022 SIZZLE AWARDS

We are honored and excited to announce that GriffithLaw has been awarded the 2022 Sizzler Award for Best Legal Firm in Williamson County.

We started GriffithLaw in Franklin in 2016 and it is crazy to look back on how far it's come. We are grateful to have grown as much as we have over the years and our clients are to thank. We have built such an amazing community around this company and we couldn't do what we do without everyone.

Although John has been an attorney for over twenty years, he started GriffithLaw in hopes of building a firm that would "serve people with excellence". Along with this award, GriffithLaw has also been awarded "Best Law Firm" title in Brentwood, and John has been named Tennessee's "Best of the Bar"

multiple years and listed among "Top 100 Trial Lawyers". He was also named Tennessee Trial Lawyer of the Year in 2019. "Family is everything to me, and I feel privileged to be able to protect others and their families each and every day."



2022 WINNER
SIZZLE
AWARDS

April RAVING FAN OF THE MONTH



“ I love this law firm. They have helped me in every way possible. I would highly recommend them to anyone. Great job and thanks for everything. ”

Robin Stockman, Columbia, TN

Let Us Share Your Story!!

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

Making Yourself and Your Bike Visible to Prevent Nighttime Ride Injuries

Biker "invisibility" is a common excuse used by liable parties to partially deflect blame onto the injured rider. Consequently, not being seen is the number one cause of riders suffering extreme injuries. These risks are intensified at night, as visibility decreases. However, with the right equipment and mindset, you can avoid being overlooked, which can drastically decrease your risk of a collision.

The next time you choose to ride your bike after the sun goes down, protect yourself by remembering the following safety tips.

- Wear reflective or light-colored clothing. Although fluorescent clothing can make you more visible to approaching cars during the day, light-colored clothing will reflect more light at night, making you easier to identify. You can also purchase apparel specially designed for riding or running at night.
- Illuminate yourself and equipment. Attach reflective tape around your pedals, seat, and bike frame, as well as your helmet. You should also secure reflectors on your bike's spokes and affix a headlight and tail light (Tennessee law actually requires headlights and rear lights on all bikes that are used at night). Proper lighting should provide 360-degree visibility. Remember, the idea is to make yourself stand out as a person and differentiate yourself from a road sign or stationary object.
- Assume that you'll see others before they see you. Although you may be able to see a car approaching from a mile off, the driver will probably not be able to see you. Always assume that an approaching driver cannot see you and stay clear of his path. This is no time to fight for your right to be there.
- Plan your route ahead of time. Before embarking on your journey, plan your route to incorporate well-lit areas with light traffic. Even with a headlight, you should avoid dark roads with no safe bike lane. Cars can come up out of nowhere and will not be expecting to see a bicyclist in an isolated area. Check for a guide to safe bike routes in your community.
- Ride cautiously. Biking in full sunlight can be hazardous, but the risks exponentially increase when visibility becomes compromised. Don't add to your risk by riding aggressively. Instead, make sure you follow traffic signs, yield to approaching vehicles (even if you have the right of way), consciously avoid riding in blind spots, and trust your gut. If you feel uneasy riding in a dark place, walk your bike to the nearest well-lit road.



CUSTARD YOGURT TOAST

Ingredients

- Preheat air fryer at 350 degrees
- In a small bowl, add an egg, greek yogurt, and maple syrup. Whisk together to form a liquid custard.
- Using the back of a spoon, press into the center of the bread to indent and create a well without cutting through
- Spoon in custard mixture into the indented well and add your toppings on top
- Cook in the air fryer for 4-5 minutes

Instructions

- 2-3 Slices of Bread
- 1 Egg
- 3 Table spoons of Greek Yogurt
- 2-3 Table spoons of Maple Syrup
- Toppings of choice (berries, chocolate chips, nuts, etc.)

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We Want Your Review!

We love hearing from our clients & want your referrals and reviews!

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