



YOUR BEST LIFE

JAN
2022

Honest. Excellent. Real.

Little Days That Change Your Life

I appreciate all the comments you guys sent to me on my last newsletter regarding the summer of 83'. These stories are the milestones in my life that were hard lessons at the time, but they have stuck with me forever and guided me in the correct path.

I don't know if it is 'Irish Blood' or what is it in me that fuels my competitive fire. I wonder how negative it can be for me in several ways. Sometimes it consumes me. However, it has served me well in several ways. One of the first times I really remember I had an absolute raging fire in my belly was high school. It was the summer of 1980, and I was a freshman at Waverly Central High School.

Do you remember what it was like when you transitioned from Middle school to high school? It was overwhelming. Add football pads, a helmet and much bigger guys that have 3 years growth on me, and it was downright scary. One day early in our 2 a day summer practices, we were doing some tackling drills after a receiver had caught a pass. I was no stranger to football, having played for the New Johnsonville chargers since I was potty trained. But now it was somewhat different. I remember on one particular drill I made a tackle on teammate Richard Phelps. I weighed 135 lbs soaking wet, and Richard weighed in at 185 lbs. He was one tough hombre. I remember making the tackle and he got up, angry at me for some reason, and spiked the ball on my stomach as hard as he could while screaming "Good tackle Griff" in a very humiliating tone, then got in my face and said "watcha gonna do 'bout it huh!" I was confused, insulted, and humiliated. I could not take the guy in a fight. He would have killed me.

Maybe that wasn't such a big deal to my teammates, but to me, I was absolutely humiliated. I had never been exposed as so weak and defenseless. That night I could not sleep. I stayed up all night and ran that scene over and over in my mind. I was determined that I would NEVER let anyone treat me like that again. Soon thereafter, I talked my parents to getting me some barbells and weights at home. I worked out like a crazed mad man. I bought kegs of protein powder. I drank raw eggs in my milkshakes at night. I began to finally put on weight and increase my strength.

The following year I gained nearly 40 lbs. Richard left the team later, and I never really got my chance to "get him back" for what happened that day. He was a good guy that just got caught up in the heat of battle. It happens to all of us. But I never forgot it. My internal battle was not really against him. He had exposed a weakness that needed correcting.

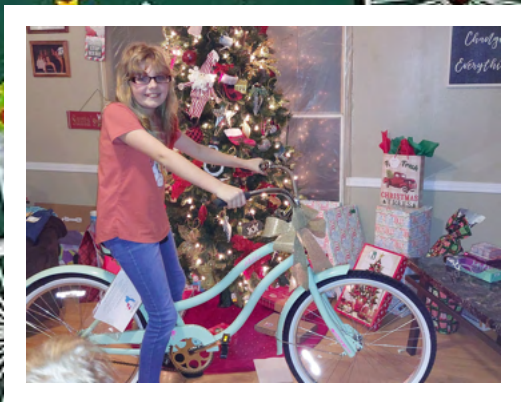
Fast forward to my senior year... I will never forget after a good game, Richard came up to me in the hall at school, patted me on the back and said, "Great game last Friday Johnny. You kicked some (butt)!" I think I smiled and almost cried at the same time. I never shared with him how he had motivated me so much to get bigger, stronger and better.

Richard passed away several years ago. I wish I had the chance to sit down, have a beverage with him, and talk about my thoughts about how he made me better, and he probably never knew it.

Everything that happens to us creates pathways. Adversity can make us stronger. It can motivate us to pursue higher heights than we ever imagined or believed we could do. It's hard to see on that side of it sometimes, but knowing our adversity can make us stronger can shape how we handle it.

John 1:2-4 "Consider it pure joy when you face trials of many kinds, because you know the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Bicycle Giveaway Winners



We wanted to do something special for our clients and help out this Christmas. Here are a few photos of our winners from the bicycle giveaway!



This has been such an amazing opportunity and experience for all of us here at GLaw. We hope to make this a tradition!



JANUARY RAVING FAN OF THE MONTH



“Thanks again to Craig, Ashanti, & everyone at Griffith Law who helped make me with my case. From start to finish, they made the process worry free for me & I could give more than 5 stars, I definitely would!”

Asia Poindexter, Antioch, TN

Let Us Share Your Story!!

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

COMMON CAUSES OF CAR ACCIDENTS DURING THE HOLIDAYS AND THE NEW YEAR

Data from the National Highway Traffic Safety Administration (NHTSA) indicate that the vast majority of these crashes are preventable. Up to 94 percent of traffic accidents are caused by avoidable human errors, which are more likely to happen over the holidays due to:

- **Increased traffic.** People are more likely to be in cars often and for long periods of time during the holidays, and more people on the roads means more opportunities for collisions. In the run-up to Christmas and New Year's Eve, more people are out holiday shopping, visiting friends and family, and running errands—often until after the sun goes down.
- **Stress.** Stressed-out drivers may run through stop signs or red lights, take unnecessary risks to get to a store before it closes, or be too busy searching for a parking space to scan for pedestrians.
- **Deliveries.** Trucks, vans, postal vehicles, and even passenger cars flood the roads with gifts and deliveries for the holidays. The increase in online shopping has caused a demand for delivery drivers, some of whom may not have valid commercial licenses or be unfamiliar with the roads in cities and towns that are new to them.
- **Distractions.** Drivers have a lot on their minds during the holiday season. They may be thinking more about visiting in-laws, dinner menus, or getting last-minute gifts than on the road ahead—or they may be focusing their attention on talking or texting on their cellphones.
- **School holidays.** Parents driving with children who are out of school face a higher degree of distraction, while the roads have a higher concentration of teenage drivers during the winter break
- **Wintry conditions.** Snow, ice, rain, slush, high winds, and other dangerous road conditions make it harder to travel safely in winter. When slippery roads cause a crash, the local government or highway maintenance company can be held liable for failure to keep the roadways clear.
- **Parties.** Between old friends coming back in town to your coworkers celebrating the end of the year, impaired driving increases significantly in the weeks surrounding Christmas and New Year's Day. Drivers may not realize they're unfit to get behind the wheel after drinking, using illegal drugs, or taking prescription medications that can affect their concentration and reaction times.
- **Shorter days.** People traveling long distances or running errands after work are especially likely to be involved in a severe accident, as the crash death rate is three times higher during the night than during daylight hours.
- **Fatigue.** Whether you're picking up overtime hours or driving to your relative's house for dinner, drowsy driving is especially likely over the holidays. Lack of sleep can impair driving as much as alcohol, dulling the senses and making it less likely that you can react in time to avoid a crash.

If you have been injured in a car crash, you should know that the odds of getting fair compensation are stacked against you. Victims often have to fight with insurance companies to get paid for their medical bills, property damage, lost income, and other injury costs—all at a time when they should be resting and recovering.

BISCUIT & GRAVY CASSEROLE

Instructions

- 1 can of biscuits
- 6 eggs
- 1 (2oz) pkg peppered gravy mix
- 1 lb sausage
- 1 cup shredded cheddar cheese
- 1/2 cup milk
- salt/pepper (to taste)

Ingredients

- Grease a 9x13 baking pan and preheat oven to 350 degrees.
- Cook sausage in skillet and drain grease once sausage is cooked
- Cut biscuits into quarter pieces
- Line the bottom of your prepared pan with the biscuit pieces.
- Spread sausage on top of the biscuit dough pieces.
- Sprinkle cheese over sausage.
- In a bowl, whisk the eggs and milk together, adding salt/pepper
- Pour egg mixture over the shredded cheese.
- Prepare gravy according to package directions and pour over the egg mixture.
- Bake for 35-40 minutes, or until egg/biscuits are cooked.
- Enjoy!

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