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- TRIAL LAWYERS -

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The Greatest Love of All

WHY YOU NEED A SELF-ESTEEM BOOST

You may have noticed that even the nicest people can have difficulty being kind to themselves. Even when we learn to forgive and accept the faults of others, we often struggle to turn those lessons inward. But what we think about ourselves matters, so there's a good reason to celebrate International Boost Self-Esteem Month this February.

Self-esteem reflects how we see ourselves. Whether or not we find ourselves intelligent, capable, attractive, and friendly all contribute to our self-esteem. Some people have excellent self-esteem in some areas of their lives and think poorly of themselves in others. But whether you see yourself in an overall positive light can affect many aspects of your life.

Research demonstrates that people with high self-esteem cope better with stress, approach challenges more confidently, and find the positive in life. Studies have shown that high self-esteem correlates to improved happiness, relationships, and outlook. Many experts also speculate that we make better decisions when we believe in our value and worth than when we think poorly of ourselves.

If your self-esteem isn't entirely where it should be, don't use it as another excuse to beat yourself up. Instead, find

small ways to change your thinking. One of the best places to start is by learning to accept a compliment. Think about how often you deflect or downplay your achievements when someone speaks highly of you — and then work on stopping. It might feel awkward initially, but when you appreciate and accept the kind things people say about you, you'll see yourself more positively.

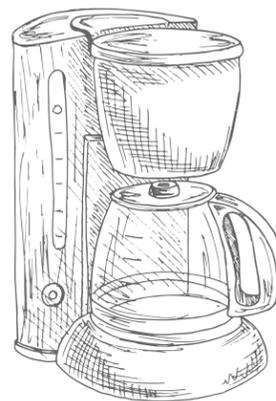
Next, take the time to challenge your negative thinking. When you start having thoughts like "I'm stupid," remind yourself they're neither accurate nor helpful. Consciously remind yourself of your strengths and accomplishments. Also, remember to take care of yourself. Self-esteem often follows when you pay attention to and take pride in your appearance and health.

There's also no reason to wait for a crisis before seeking professional help. Chris Finney has been open about the fact that he regularly attends therapy. It helps him stay grounded, process his emotions, and better understand himself. A licensed therapist has tools to help you be successful on your journey to greater self-love and worth. No matter how great you are, it's natural to need a little support.



- NEWSLETTER -

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Embracing the Whole Person

GROWTH AND CHANGE IN JUSTICE

My coffee pot is set to brew at 4 a.m. I used to get up around that time but have abandoned that practice. The juice wasn't worth the squeeze on it. I was too tired too soon.

Some nights, when I can't sleep or a child doesn't feel well and needs to sleep in our bed, I'll move to the couch. It is usually for just a couple of hours. But I've found I really like it.

The couch is near the kitchen in my house. And at 4 a.m., the coffee maker begins the day. Everything is quiet except the coffee maker. I love hearing it. It quietly goes about its work to get the day started for us in the house. The little sizzle of the water and pot, the sound of the drip, the last gurgle of water to hit the grounds, and the final exhale after the job is complete — it is a symphony of sounds, all with the exact same showtime every day. And I have yet to mention the smell. It's incredible. Everyone knows that.

I've thought for some time about why I love these sounds in the morning. The 6-8-minute routine is relatively quiet, but I always feel some warmth and comfort when I hear it.

It takes me back to my grandpa's farm. As kids, my brothers and I would go there in the winter. My parents did not drink coffee growing up. I don't think we had a coffee maker. We had instant. At my grandpa's farm, he would brew Folgers in the morning. The farmhouse was tight, and we would sleep near the wood-burning stove because it could be cold, and that was the only heat source. I would wake to the sizzle of the glass pot on the warmer. The sounds of the drip, the gurgle, and the exhale — the very sounds I hear in my own home.

Those sounds open up a place in me. They allow me to access a part of me that has great memories. It helps make me who I am. It is a part I want to cultivate and see more of. But these parts can disappear too quickly sometimes, like a childhood friend who has moved away.

I believe we are in a constant struggle to become who we really are. I'd bet most people think that about themselves. It is not very controversial. But what about others? Aren't they in the same struggle? Do we give them the same grace? I don't. I should.

Parts of us that served us at one point in life may not be needed at this point in life. As humans, we are always searching for the constant, the same message, and consistency. But that is not life in my experience. One day or hour, someone may feel great, only to feel miserable the next. I see the same with chronic pain in our cases — one day, a client may report to their doctor they feel better, only to feel worse the next time. It is not consistent. But it is life.

The insurance companies and the attorneys they hire love these inconsistencies. They use them to imply dishonesty or some other nefarious intent in our client. They hire doctors to compile large reports to point all these out. But the simple truth is we all have good days and bad — every single one of us.

It is our job to humanize our clients. To bring who they are to the surface for the jury to see. And to show all their parts, the best ones, too. You simply cannot do that without knowing your client — one-on-one interaction.

By the time you read this, if all goes to plan, we will have a trial done, maybe two, in January. The defense has gone all in to paint our client as deceptive and dishonest. They spent eight days filming him at my office, his house, and walking his dog. And they sent us a letter boasting about it. I hope to bring his best parts out at trial because they are amazing. That is our job.

Chris



Spread the Love This Valentine's Day!

MAKE THE MOST OF THE HOLIDAY

Valentine's Day is all about showing your dear ones extra love. But you don't always have to focus on those close to you. Love can be shared with everyone — friends, coworkers, or the community! Here are some ways you and your family can spread the love this holiday.

Make a homemade meal or some goodies.

They always say a way to a person's heart is through their stomach! Everyone loves a warm, homemade meal, and it can be fun to get the entire family involved. Gather the ingredients of your favorite dish and make something tasty for your local fire or police department. These people work daily to keep us safe, and a simple gesture like this may bring a smile to their faces and remind them they are appreciated.

Also, kids love helping out in the kitchen, so consider baking homemade cookies — or getting the store-bought kind; we don't judge! Let the kids decorate them with Valentine's designs to bring to school for their classmates and teachers!

Get crafty.

Nothing is more special than a one-of-a-kind card. Grab some construction paper, markers, glitter, stickers — the

works — and have the kids make Valentine's Day cards! You can work with various organizations to send letters to U.S. troops serving overseas, veteran hospitals, or nursing facilities that would enjoy receiving a handmade card.

Fill them with positive words, smiley faces, hearts, and lots of love! You could even send their cards in a Valentine's Day-themed care package. But be sure to follow the rules of the organizations you work with.

Volunteer or donate.

Do you have any gently used clothing, shoes, blankets, or extra personal hygiene items? Make your way to the local Goodwill, church, or shelter that accepts donations. You could call around to see if any shelters or organizations need helping hands! This is also a great way to spread the love your kids can participate in. Check to see if they need help serving food or if you can prepare or drop off warm meals to those who need them most.

You can find many ways to express love and kindness to those you love or complete strangers. No matter how you spend this day, remember to spread the love to everyone!

The Story of Cher Ami

Animals have always played a role in military efforts during wartime. Cats were kept aboard naval ships for pest control, horses and camels provided transportation for supplies and soldiers pre-World War II, and dogs are still used to this day for search and rescue efforts as well as mine detection. But one animal profession became obsolete with the advancement of communication technology: messenger. Often used during World War I, many dogs and pigeons became responsible for delivering messages of high importance. Of all the animals used during World War I, one pigeon named Cher Ami defied the odds to save nearly 200 American soldiers.

On Oct. 2, 1918, Major Charles Whittlesey got trapped along the side of a hill in Northeastern France with 550 of

his men. They ended up behind enemy lines with no food or ammunition, and — to make matters worse — his battalion started to suffer from friendly fire since allied troops remained unaware of their location. With nowhere to run, Whittlesey tried to send runners to contact the allies about their predicament. Unfortunately, their enemies consistently intercepted or killed these runners until only 194 men remained.



Whittlesey decided to dispatch messages by pigeon. The first pigeon got shot down almost immediately, so he sent a second pigeon with the message, "Men are suffering. Can support be sent?" That one also got shot. Finally, Whittlesey turned to his last pigeon, Cher Ami, and scribbled down a quick note

HOW ONE PIGEON SAVED 194 AMERICAN SOLDIERS

on onion paper that read, "We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven's sake, stop it." Cher Ami took flight, but even after being shot down by the Germans, the bird defied the odds and actually took flight again! The effective delivery of this message helped save 194 men, but Cher Ami did not escape unharmed. He had been shot through the breast, blinded in one eye, and had a leg hanging only by a tendon.

Army medics treated Cher Ami enough so he could travel to America, where he eventually succumbed to his wounds. The bird was then taxidermied and displayed in the Smithsonian, where you can still see him today. So, the next time you're in Washington, D.C., stop by the "Price of Freedom" exhibit at the National Museum of American History where you can personally see this brave pigeon.

THE HIDDEN DANGER OF AIR BAG BURNS

How the Life-Saving Device Can Cause Injuries



Broken bones, back pain, and traumatic brain injuries are problems our car crash clients face daily. But while they don't tend to get as much attention, burns sustained in an accident are just as serious. Burn Injury Awareness Week starts on Feb. 5 and aims to bring attention to preventing and treating these potentially devastating injuries.

Car accident victims can sustain burns in many ways, but air bag burns are among the most common types our attorneys see. Airbags save countless lives every year, but in the process, they can cause their own set of injuries. People can sustain head, neck, chest, arm, and leg injuries from air bag deployment. But many people don't realize that burns are possible.

Collisions happen in the blink of an eye, so an air bag must deploy within a fraction of a second to provide protection. But air bag deployment can be painful at speeds of up to 220 mph. The high impact speed can cause friction burns, particularly on the arms, neck, and face. Fortunately, these burns usually heal and do not cause lasting medical problems.

But other burns result from the chemical process that causes the air bag to inflate so quickly. Air bags typically use sodium azide or sodium hydroxide, which explode and turn into nitrogen inside the bag. But these chemicals are toxic and can get loose when the airbag ruptures.

The extremely hot gasses can cause severe chemical burns. The eyes are particularly vulnerable, and some victims have suffered blindness. In other cases, skin melts to the accident victim's clothing, or the chemicals burn the skin directly. Burns can also occur when air bags stay intact, thanks to the heat of the gasses inside. Anyone who suffers burns after an accident should seek medical attention immediately.

The benefits of air bags far outweigh their dangers, but the injuries they cause still matter. In many cases, at-fault drivers in an accident can be held liable for air bag burns. When air bags are defective, you may have a claim against the car manufacturer or a mechanic who has worked on the vehicle. But preserving evidence and quickly retaining an attorney is crucial. Secure representation as soon as possible to obtain the outcome you deserve.



APPLY FOR THE FINNEY INJURY LAW SCHOLARSHIP!

Finney Injury Law is thrilled to announce the fourth year of our scholarship program! We're offering five scholarships worth \$2,500 each to promote diversity and equity in higher education.

Recipients can use their funds for tuition fees, books, or housing expenses — even LSAT course reimbursement if needed. Our goal with this scholarship program is to provide opportunities for students who are often underrepresented within legal professions: empowering them as they pursue their goals and prepare themselves for a career in law.

To see the list of eligibility criteria and application requirements, scan the QR code or visit FinneyInjuryLaw.com/the-finney-injury-law-scholarship.

Application Deadline
All applications must be submitted via the website above by July 1.



SCAN ME

YOUR REFERRALS MEAN THE WORLD TO US

There is no greater compliment we can receive than a client telling a friend or loved one about us. If you know somebody who has been injured and needs an attorney who will fight on their behalf and give their case the attention it deserves, please pass along this newsletter and have them give us a call at 314-293-4222. Thank you for spreading the word about Finney Injury Law.