

# THE WARREN REPORT

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## 5 TIPS TO MAKE YOUR NEW YEAR'S RESOLUTIONS STICK

Sometimes, New Year's resolutions get a bad rap — it seems that they can be as easy to break as they are to make! Here are some helpful tips to make them stick.

### 1. Start Small

Giving yourself the ability to meet your goal in small steps can help you avoid discouragement.

### 2. Make it Measurable

Often, measurements can help you track your progress through a goal.

### 3. Be Realistic

Be honest with yourself and make sure you consider the resources and time that you have available.

### 4. Make a Plan

Establish an action plan to set yourself on the right path. Example: When and where will you exercise? Do you need new cook books for the

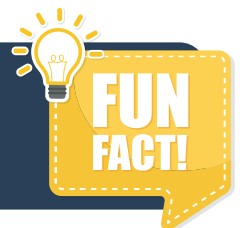
healthy eating you want to do? Need to set a budget to achieve your travel goals?

### 5. Stay Positive

It can be difficult to make changes in your life, but believe in your goals and try to remind yourself of the benefits they will have on your life. Focus on the positives and keep going!



Many historians believe that around 4,000 years ago, the Babylonians were the first to make New Year's Resolutions!



## Welcome to The Warren Firm!

Micheala is the newest member of The Warren Firm team, joining us as a receptionist! If you call our offices in the afternoon, you'll most likely be chatting with her! Outside of work, Micheala enjoys spending time with her family and their animals. When she's not at the office you'll probably find her with her horse, a paint mare named Legacy, riding and rounding up her cattle.

Welcome, Micheala!



# In Brief

## RAFFLE WINNER

Congratulations to Juanita Yates — the winner of our November Facebook gratitude raffle that we highlighted in our newsletter a few months ago! We mailed her a gratitude journal as well as a gift card to dinner. We'd like to thank everyone who participated!



## INSURANCE REMINDER

Car insurance coverage limits have changed in Virginia! These changes will apply to policies issue or renewed on or after January 1, 2022. The new law raises auto insurance liability amounts from:

- \$25,000 to \$50,000 for collisions that cause bodily injury or death to 1 person
- \$50,000 to \$100,000 in cases of bodily injury or death to more than one person
- \$20,000 to \$40,000 for car accidents that cause property damage



## TELL A FRIEND!

We rely on referrals from past clients and from other attorneys for the new clients who we represent. We appreciate and thank you for your continued referrals.

If you know someone who would like to receive our newsletter or information package, please let us know and we will be glad to send them the information requested. If you need a lawyer in another practice area, contact us and we will gladly put you in good hands.

## Granny's French Dressing

A combination of holiday sugar detoxing plus New Year's resolutions may find many of us beginning the New Year eating LOTS of salads. If you're going to eat salad, well, at least make sure the dressing is delicious! Here is a one of Vaden's wife, Coles', family favorites:

- 1 cup oil
- 1 cup vinegar
- 1 large onion, grated
- 1 can tomato soup
- ½ cup sugar
- 1 tbsp Worcestershire sauce
- 3 tsp salt
- 1 tsp mustard
- 1 tsp paprika

Mix ingredients well.

Makes 1 quart of dressing.



## 27 Times Insurance Company's Original Offer

Our client was injured in a car accident in which the driver of another vehicle crossed into our client's lane and collided with him. In the collision, our client tore his rotator cuff. An orthopedic doctor opined that he would need surgery. He decided not to pursue the surgery at that time.

We submitted the case to the insurance company with a cost estimate. They made an initial offer of only \$5,000. After one-and-a-half years passed, the pain was still too much and he had the surgery performed.

We were ultimately able to settle the case for more than 27 times the original offer.

**Type of case:**

Car Accident

**Place of incident:** Greene County, VA

**Injuries sustained:** Rotator cuff (shoulder) tear, neck pain, headaches

**Verdict or settlement:** Settlement

**Amount:** \$135,000



In March 2021, the governor of Virginia signed a bill which significantly increases the scope of the Court of Appeals in Virginia. Beginning January 2022, all civil litigants (those involved in a civil lawsuit) will now have the right to appeal their verdict to the Virginia Court of Appeals. Previously, the Court of Appeals only had jurisdiction over criminal matters, and only very limited civil cases, including worker's compensation cases. Virginia was the only state that did not have an automatic right of appeal in civil cases.

Prior to the new law, parties who were dissatisfied with a circuit court decision could petition the Supreme Court of Virginia for the right to appeal, with a slim chance of ever being granted one. Now, if a party is unhappy in a civil suit, they are entitled to

an appeal before the Court of Appeals. Litigants will have 30 days from the date of the judgement to file a notice of appeal.

**For our clients**, this will have a number of effects. First, in the short-term we may see many of our trial verdicts appealed if the insurance company is unhappy with the result. It is important to note that an appeal is granted and the verdict overturned only if there was a mistake in the law, such as the court making an incorrect ruling. Secondly, it could possibly extend the time it takes for a case to close, as the appeals process takes some time. Ultimately, no one knows exactly what the timing will be or how many verdicts will be appealed. It will take a number of years before lawyers see how the new process will fully play out.



**We focus our practice on  
cases involving:  
Personal Injury  
Wrongful Death  
Children's Injuries  
Bicycle Accidents  
Auto Accidents**



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