

THE WARREN REPORT

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June 2024

Welcome to Our New Attorney!

Abbey Arnett joined The Warren Firm as an associate attorney in February of this year. Abbey brings a variety of experience from her previous role at a general practice firm in Charlottesville. There, she managed a mixture of civil and criminal matters, from representing court-appointed defendants and serving as guardian ad litem for children, to writing wills and administering estates. But she especially enjoyed handling personal injury cases and is eager to build on that experience here at the Warren Firm.

Abbey graduated from the University of Virginia with Bachelor of Science in Architecture and worked behind the scenes in the music industry for 15 years before transitioning to law. She attended Brooklyn Law School and the University of Richmond's School of Law.

ABBEY'S BAR ADMISSIONS

- Virginia
- Western District of Virginia
- Charlottesville Albemarle Bar Association
- Virginia Trial Lawyers Association



Abbey Arnett

2023 SURVIVOR SCHOLARSHIP WINNER

Garrett Conley, the winner of the Warren Firm's 2023 Survivor Scholarship, is an undergraduate student in Oregon. He came to his university after years of challenges, both physical and emotional. As he wrote in his application essay, "During my journey from a bedridden high

school freshman to a now-healthy college junior I have overcome academic failure, physical illness and mobility issues, social stigma, and mental health challenges. While the illness cost me years of life, it also gave me the gifts of empathy, resiliency, and strength." *(Continued page 3)*



Garrett
Conley

Street Racing Injury Case Result

Type of Case: Vehicle Injury

Place of incident: Waynesboro, VA

Verdict or settlement: Settlement

Amount: \$240,000

In January of 2023, our client was driving and stopped at a stoplight. A car that was drag racing ran into our client's car. While our client was properly wearing his seat belt, he nonetheless was injured and was placed in a neck brace and taken to the hospital with back and abdominal pain.

At the hospital, the emergency department doctor observed that our client had neurological impairment. CT imaging showed multiple injuries, including lacerations to his spleen, injuries to the kidney and adrenal gland, and fractured ribs. At the dentist the following week, imaging showed that our client also had multiple fractured teeth. Our client also experienced subsequent knee pain and swelling, for which he was treated with several weeks of physical therapy.



Over the course of his injury and treatment, our client incurred \$71,000 in medical expenses, and he lost nearly \$12,000 in wages he could not earn due to limitations on his activity. Our firm was able to reach a settlement with the insurance company for \$240,000 on our client's behalf.

11 Ways to Harm Your Case: Part Eleven

There can be many pitfalls in a personal injury case. Insurance companies will try many methods to deny your claim altogether or make the recovery as small as possible. Each month we will highlight something you should NOT do when it comes to working with insurance companies!

No. 11 SETTLING YOUR CASE BEFORE YOU ARE RELEASED BY YOUR DOCTOR

You can only resolve your case once. When you settle the case, you will have to sign a release that means you cannot later file suit against that person or entity. If you resolve the case and later need further medical treatment, then you will be on your own in that instance.

WHAT NOT TO DO:

1. Admit to any fault at the scene of the collision.
2. Downplay your injuries.
3. Give a statement to any insurance company.
4. Not take pictures of any cars involved.
5. Not seek medical treatment for injuries.
6. Miss a medical appointment.
7. Give the insurance company authorization to contact your doctor.
8. Not tell your attorney about previous personal injury cases.
9. Not follow physician's instructions.
10. Have your attorney refer you to a doctor.
11. Settling your case before you are released by your doctor.

STRAWBERRY QUICK BREAD

It's strawberry season! If you've got a pile of fresh, ripe strawberries, this recipe for Strawberry Quick Bread from a long-ago *Washington Post* column is a new take on the fruit.

This is a great snack or dessert bread. It can be toasted before serving, and it's good with a little bit of cream cheese. It can even be frozen to enjoy in later months!

Ingredients

- 1 cup all-purpose flour
- ½ cup whole wheat pastry flour (or regular whole wheat flour)
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons ground cinnamon
- ½ teaspoon baking soda
- 2 large eggs
- 2/3 cup vegetable oil
- 1 ¼ cup strawberries, hulled and then mashed

Directions

1. Preheat oven to 350 degrees F. Grease a glass loaf pan (8" x 4" or similar), then line with parchment paper. Leave some overhang on the ends of the parchment to allow you to remove the bread from the pan.
2. Whisk the flours, sugar, salt, cinnamon, and baking soda in a large bowl.
3. Beat the eggs and add to the bowl with the oil. Add the strawberries and any accumulated juices and stir. (There will be chunks of strawberry in the batter.)
4. Pour the batter into the loaf pan and spread it evenly with a spatula. Bake for 75 minutes, until a toothpick or tester in the center of the loaf comes out clean.
5. Remove the pan from the oven and cool for five minutes.
6. Lift the loaf out of the pan with the parchment paper, then place on a wire rack to cool completely before cutting.



Survivor Scholarship Winner (Continued)

Due to serious illness in his freshman year, Garrett spent much of high school homebound. While he did recover fully from his illness, he explained that his most serious difficulties came after the physical recovery, with a community college career that had just begun when COVID hit.

After running into academic disappointment, Garrett says that he learned to ask for and accept help, both in his studies and for his mental

health. The last four semesters of his Associate's degree program were spent tutoring fellow students as a Dean's List honoree.

Garrett is now a student in the Honors College at Oregon State University, where he is completing his degree in Finance. On receiving notification of winning the scholarship, he wrote: "I am extremely honored and excited to have been selected to receive the Warren Firm's 2023 Survivor

Scholarship. It is such a privilege and honor to be able to share my story and experiences with other people. "

ABOUT THE SURVIVOR SCHOLARSHIP

The Warren Firm started The Survivor Scholarship to recognize students who have overcome significant obstacles in their life and have come out the other side a stronger person.

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



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