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NEW YEAR'S RESOLUTIONS: THE GROWTH MINDSET
Michael Jordan & The Lightbulb

The New Year is a time to look inward, to take stock of ourselves and the ways we wish to grow. That's why so many of us set New Year's resolutions. We reflect on the past and find areas for improvement. Unfortunately, resolutions have become a bit of a self-deprecating joke. Plenty of gym memberships and diets are started in January, only to be abandoned with the spring thaw. But it doesn't have to be this way.

as one of our nation's greatest scientific minds. When a reporter asked Edison how it felt to have failed 1,000 times, Edison retorted, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

Many of us give up on our resolutions at the first sign of failure. You gave in and ate that slice of pizza yesterday, so you may as well go out for hot wings tonight, right? This is the wrong mindset. Change is never instantaneous. You have to be committed to growth, and part of growth is failure. But don't take my word for it. Failure is an integral component of the success stories of two great Americans: Michael Jordan and Thomas Edison.



Michael Jordan was cut from his high school basketball team. Hindsight being 20/20, this seems like a ludicrous mistake on the part of the coach. How could the boy who would go on to define the world of basketball for a generation fail to make varsity? Well, if you look at MJ's career, it begins to look like the pro athlete became who he was because of — rather than in spite of — this setback.

“The stories of Michael Jordan and the lightbulb tell us we have a choice. Failure and setbacks are an inevitable part of life, but we get to choose how to respond.”

These are the sorts of stories that keep me striving toward my resolutions year round. The human mind has an incredible capacity for change, no matter who we are. True, science has shown that we are all born with different benchmarks for happiness, and some of us have an easier time sticking to our goals than others. What is universal, however, is the ability to grow our minds and attitudes for the better.

Jordan is not afraid of failure. On the contrary, he attributes it to his success. "I've missed more than 9,000 shots in my career. I've lost almost 300 games," the NBA star once reflected. "I've failed over and over and over again in my life. And that is why I succeed." This is the core of the growth mindset: a willingness to accept the missed shots, the rejections, and the mistakes as a necessary part of improvement.

The stories of Michael Jordan and the light bulb tell us we have a choice. Failure and setbacks are an inevitable part of life, but we get to choose how to respond. Some throw in the towel, others learn from their mistakes and grow from them. The key is to not see failure as a full stop, but as a stepping stone.

This attitude goes beyond the world of sports, and even beyond our modern time. In the mid-19th century, Thomas Edison was a young man down on his luck. He had been fired from two jobs because of his lack of productivity. He spent most of his time with his head was in the clouds, dreaming of experiments and inventions. After 1,000 attempts, Edison successfully created the electric light bulb, and he would eventually go down in history

As we move bravely into this new year, my challenge to you is to keep striving forwards. Shoot for your dreams, knowing you won't make every shot. Be prepared for your plans to fizzle or blow up in your face. If you can stay positive through these trials, the future's looking bright.

-John Colvin

NEW YEAR, NEW TECH!

Along with a collection of short-lived resolutions, each new year brings a staggering array of wild technology. Here are a few of the coolest new gadgets predicted to hit the scene in 2018.

A Microwave That Doubles as a Flash Fridge
For a couple of years now, the Spanish-Korean company Frigondas has been developing a microwave that, in addition to perfectly warming up your leftovers, comes equipped with the ability to rapidly cool down foods. Not only can you use it to freeze fresh foods for later use, but you can toss a beer inside and let it chill in just a couple of minutes.

A 'Hybrid Reality Environment' From Science Fiction
Composed of 72 LCD panels, a 20-speaker immersive surround sound system, and an optical motion tracking system powered by 10 separate cameras, Cave2 is half virtual reality, half insanely futuristic whiteboard. After donning a pair of 3-D glasses, users, namely scientists and engineers, can fully immerse themselves in whatever they want, whether it's a visualization of data that describes our solar system or, as exhibited in a recent demonstration, a model of Chicago, complete with real-time crime data.

A TV That Generates Sound With Its Screen
Yeah, yeah — another new, bigger, shinier TV. Big deal, right? At first glance, Sony's new 65-inch Bravia A1E television looks just like another high-end display among many. 4K resolution, HDR technology, and OLED display round out the catchwords that come standard on TV ads these days. But one look at the massive TV reveals this is a bit of a different beast than its competition.



Instead of mounting on the wall or sitting on an ordinary vertical television stand, the new Bravia TV comes equipped with a stand that leans directly on the floor. There's no visible stand or border. The processor and other essential components are all housed in its back unit.

But what's *really* interesting about this TV is the way it generates sound. Examining the unit, you'll discover there's not a single speaker to be found. Instead, Sony's equipped the screen itself with four actuators that turn the entire screen into a sound-emitting device — a new technology called "Acoustic Surface."

3 Ways Travel Can Transform Your Kids

When you go on a trip, whether it's a quick jaunt to a neighboring town or a weeklong stay in an exotic locale, you interact with new people and cultures. It's one thing to hear someone talk about the laid-back vibes of the West Coast, but you can't really feel them for yourself until you've meandered through the redwoods or watched the sun set over Puget Sound.

Now, imagine the positive effects this kind of cultural awakening could have on a young mind! While we tend to think about the worst-case scenarios and added stresses of traveling with kids, they stand to benefit as much, if not more, from travel as we do. You never know — your son or daughter may realize a passion for a subject that will one day become their career. As you're plotting destinations for the new year, keep these life-changing possibilities in mind.

1. History will come to life.

Yes, your kids will read about World War II in school and take state capital quizzes. But in the end, nothing compares to firsthand experiences of culturally significant locations. Imagine showing a child the Galapagos Islands, where Darwin's famous theory of evolution was conceived, or having the chance to talk about the beginnings of the Revolutionary War while strolling through Minute Man National Historical Park in Massachusetts.

If you live in a state with a rich history, make it a point to visit one of the nearby museums. If you're planning a vacation abroad, incorporate visits to historical sites. Take the opportunity to learn as a family!

2. They'll pick up new skills.

In addition to learning about history, your child may discover a new skill. They may learn a bit of conversational Spanish during a trip to Mexico or they might play soccer with a group of children and realize they have a knack for it.

By fostering a sense of healthy curiosity about new places, you'll help your child feel confident enough to branch out of their comfort zone and make new friends at home and on the road.

3. They'll understand compassion.

After a trip to Fiji, Lonely Planet Kids writer Patrick Kinsella found that, long after they returned, his eldest daughter continued to reflect on her experience. "It's an eye- and mind-opening experience, especially for Ivy, who has never before considered that someone her age might not have a TV, let alone lack electricity," Kinsella writes. "For many months afterward, Ivy talk[ed] about Po, imagining her Fijian friend's life."

Because they're so open-minded, kids are the perfect sponges for new experiences. At the very least, they'll be less likely to take what they have for granted, and they might even develop an expansive and exploratory worldview.



Tennessee Supreme Court Impacts Personal Injury Cases

Health Insurance Will Not Reduce Liability

Last fall, the Tennessee Supreme Court sent ripples through the world of personal injury law when they ruled on *Jean Dedmon v. Debbie Steelman, et al.* To summarize, the case revolved around whether the injured party could seek compensation for the full amount of their medical expenses. You see, things like health insurance can reduce the cost of a patient's treatment from the sticker price billed by the hospital. This formed the central question: Can a plaintiff seek the full amount of the medical expenses billed by the medical providers associated with their injury, or are they limited to the amount actually paid to the medical provider?

The Supreme Court was clear. In the state of Tennessee, the full amount is fair game. There were a number of reasons the Court came to this decision. First and foremost, this ensures that benefits received by the injured from a third party would not reduce the liability of the defendant. This keeps the focus of compensation on the injury inflicted, and not the fortunes of the injured. Thanks to this case, you are able to pursue the full value of your treatment, regardless of whether you're able to afford health insurance.

This decision also keeps defendants from using your insurance coverage against you. The Court called this out explicitly in their decision when they said, "The rule also prevents defendants from telling juries about plaintiffs' insurance and other such benefits because it might cause juries to think the plaintiffs have already been paid for their injuries." Now that insurance benefits are decidedly off the table in personal injury cases, having such benefits will no longer be a liability in the courtroom.

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So what does this mean for Tennessee families? Essentially, if someone wrongfully injures you or a loved one, that person does not receive a windfall simply because you pay for insurance. Personal health insurance is expensive and there to help you. It shouldn't be a liability when you need it most, and it definitely shouldn't benefit the defendant.

The Dedmon decision does not change the requirement that a plaintiff still has to prove damages and costs before a jury. However, this clarification ensures that a case won't be burdened with convoluted arguments about insurance costs, benefits, and their impact on a defendant's liability.

Nursing Homes and Wrongful Death

What You Need to Know

As family members age, many choose nursing homes to provide long-term health care. Sometimes these facilities or the professionals they employ make mistakes resulting in the death of your loved one. If this tragedy occurs, there are steps you can take to ensure justice for your family.

Grieve

The death of a loved one will always be a tragedy. No amount of time or preparation can soften the blow. But the loss of a family member due to negligence can leave you feeling especially raw. Breathe. Take time to mourn your loss. Do what it takes to heal yourself and your family before moving forward.

Seek Legal Counsel

Death due to the negligence of a nursing home employee is grounds for a wrongful death suit. No amount of money will ever fill the void left by the deceased, but funds can help pay for funeral expenses and support your family in their time of need. These resources can help you on the difficult road ahead.

An experienced wrongful death attorney knows the ins and outs of the law and will conduct themselves with respect and grace during this difficult time. They will take on much of the burden of gathering evidence and filing a claim. This will allow you to focus on what matters most — your family.

It's also important to hold the person or institution at fault responsible. By choosing to pursue legal action, you help ensure that this kind of preventable

tragedy doesn't happen in the future. You are doing your part to defend other families from the same pain you are experiencing.

If you have lost a loved one due to the negligence of a care provider, take some time to grieve, then seek justice. Our team is here to offer legal or emotional support.



Memphis Barbecue Shrimp Chili

Ingredients

- | | |
|---|---|
| 1½ pounds medium shrimp | 1½ teaspoons salt |
| 4 tablespoons unsalted butter | 1 teaspoon freshly ground coarse black pepper |
| 3 tablespoons olive oil | 1 tablespoon chili powder |
| 5 cloves garlic, coarsely chopped | ½ cup chopped fresh parsley |
| 1½ cups barbecue sauce | 1 lemon, thinly sliced |
| 1 tablespoon Worcestershire sauce | White rice (optional) |
| 1 teaspoon hot sauce (Tabasco or similar brand) | French bread (optional) |
| 1 teaspoon liquid smoke | |
| 1½ teaspoons crushed red pepper flakes | |



Instructions

Recipe from "Chili Nation" by Jane and Michael Stern.

1. Peel and clean the shrimp. Melt the butter and oil in a large, heavy skillet. Add the garlic and sauté until soft.
2. Add the shrimp and cook until pink. Add the barbecue sauce, Worcestershire sauce, hot sauce, liquid smoke, red pepper flakes, salt, black pepper, and chili powder. Simmer for 10 minutes.
3. Add the parsley and lemon slices. Simmer 5–7 minutes longer. This makes a soupy, saucy chili. Serve on white rice to absorb the gravy or with chunks of French bread for dipping.

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