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- TRIAL LAWYERS -

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The choice of a lawyer is an important one and should not be based solely upon advertisements.

REMEMBERING THE MOMENT *Alex on the Joys of Passing the Bar Exam*

As I write this article, the July 2025 bar exam results have just been released. This prompted me to think back to when I received my results in 2017.

For those who do not know, the bar exam is a two-day examination that aspiring lawyers take after law school. The exam is intense, with one day dedicated to multiple-choice questions and the second day to essay questions. After you graduate from law school, you spend all of June and three weeks of July studying for the bar exam. Then, after taking it, you must wait a grueling two months for the results to be delivered via email.

And so the story goes:

It was September of 2017. My wife, the queen of finding travel deals, found a three-night trip to Walt Disney World in Orlando, Florida, for herself, me, my 10-year-old sister-in-law, and my almost 4-year-old daughter. Once I noticed the dates, I realized the bar exam results were due during the trip. I recall being so nervous, thinking, "What if I find out I did not

pass the bar exam? I would be in Disney trying to enjoy the time." My wife, however, reminded me of how great it would be when I *did* pass the bar exam.

One day before we were to leave, Hurricane Irma made landfall in Florida. Our flight was canceled and, for the first time in decades, Disney World closed for a day. Honestly, I felt some relief, thinking we would be staying home. Hours later, after some convincing by my wife, we were hopping in a rental car on a one-way trip to Florida.

After torrential rains and difficulty finding gasoline, we reached Disney World. The day the bar exam results came out, I stood in line waiting for the Toy Story ride. I'll never forget the moment when I saw the email with the word "Congratulations!" It was euphoria!

I'm honored to be a bar member and hold what it means close to my heart.



SILVER LINING Remembering the Gift of Pandemic Family Time

For my birthday, my wife gave me framed pictures of my sons and me for my office at home. One of those pictures is of my third son, Sully, and my brother's dog, Buddy. The picture was taken during the pandemic, and it shows Sully during a family visit to my brother's farm, running in his overalls with Buddy down a dirt road to a creek. That was a time when many of us were trying to break away from the daily confines of our new and isolating routines.

I look at that picture often, not because I love what it shows (I do), but because the pandemic seems so long ago. The lockdowns, the sickness, the fear of the unknown. All those things at the time seemed all-encompassing, but now seem so remote. It's almost as if we can't remember them. We all joke about missing the challenges brought on by the pandemic. But it's true, we do. We miss being home at 4 p.m. every day. We miss the happy hours, the cooking, and the family time. All of those pleasures seem so long ago.

As I write this, I just returned from a soccer tournament with one of my sons. His team did well in the tournament, which was fun, but we were away from home from Friday to Sunday night. I didn't like that at all. It bothered me that we were gone over the weekend while my other children and Christine were at home. It seemed so unnecessary. I could talk for days about the reservations I have about youth sports and the industry they've created, but I don't have a long enough word count in this column.

Needless to say, there were no out-of-town tournaments during COVID-19. We were home each weekend with our kids and our families. We made meals together and shared a lot of time together. We spent time with very close friends. We spent a lot of time outdoors. Now, life has quickly returned to pre-COVID-19 patterns, and it is as crazy as it ever was.



A lot has changed since that picture of Sully and Buddy was taken. I remember when I saw it, I never wanted to forget it. Sully has grown much older, and sadly, Buddy has passed away. Although I often think about our visits to my brother's farm, I can count on one hand the number of times we've been there since COVID-19 ended. Whenever we get a free weekend in the fall or early winter, I always say we'll make that trip, but we never do. The boys have gotten older, and it has become difficult to coordinate everyone's schedules. Now, we're lucky to get a free Saturday night when Christine and I can go out for dinner.

What I really take away from COVID-19 is that the things that really mattered came to the forefront: your family, your health, and the safety of the ones you love. These are the values and assets we try to bring to light, protect, and defend in our cases: love for your family, your health, and your ability to take care of those around you.

When I look at that picture of Sully and Buddy, I see the youthful energy and joy of a boy and his dog ... the unbridled optimism, the excitement, the ability to not have a care in the world except for what was right there in front of your eyes. I miss those days.

Ch.



TRIALS & THEIR TALES

- NEWSLETTER -

12444 POWERSCOURT DR., SUITE 300 • ST. LOUIS, MO 63131 // FINNEYINJURYLAW.COM // 314-293-4222 // NOVEMBER 2025



Less Scrolling, *More Strolling* THE CASE FOR A DAILY WALK

Fall and winter are nature's underrated workout months.

There's something calming about a quiet sidewalk covered in fall leaves or a peaceful neighborhood dusted with frost. The colder seasons offer a refreshing and grounding change of scenery. A short walk outdoors allows you to unplug and take in the subtle beauty that's easy to miss when you're rushing from one indoor task to the next.

The science of seasonal movement is real.

Cooler air does more than wake you up. It makes your body work harder to stay warm, thus increasing the calorie burn of even a casual stroll. That quick burst of movement in the cold can also boost circulation, improve energy levels, and clear mental fog, especially if you've been sitting at a desk for most of the day.

Create a cozy routine you look forward to.

One of the best ways to stay consistent during these cooler months is to make your walk enjoyable. Layer up in comfortable gear, choose a playlist or podcast you love, and set a daily reminder to step outside. Whether it's 10 minutes around the block or a long weekend loop, consistency matters more than intensity.

Make it social, rewarding, or both.

If you aren't feeling motivated solo, ask a friend or neighbor to join you a few times a week. If you prefer going alone, add a small reward: a stop for a warm drink, or the satisfaction of checking it off your daily goals list. These little incentives can make your walk something to look forward to.

As the temperatures dip and daylight starts to dwindle sooner in the evenings, staying active often falls to the bottom of the priority list. It's easy to settle into the routine of indoor comfort with more screens and less movement. However, carving out time for a daily walk, even in the chillier months, is a simple and effective way to stay physically and mentally sharp.

Buckle Up!

People come up with all kinds of excuses for failing to wear a seat belt, from "I'm only traveling a short way," to "I'm safe in the back seat, so I don't need one."

No matter how far you're going or where you sit in the vehicle, wearing a seat belt is essential, not only for protecting your safety, but for avoiding costly citations and securing your right to compensation if you are injured in a crash. In recognition of Nov. 14 as National Seat Belt Day, this is a good time to review enforcement practices around seat belt use.

Seat belts are required in all states except New Hampshire. Thirty-five states have primary enforcement laws allowing officers to stop and ticket a driver for no other reason than a failure to use seat belts. The remaining states, including Missouri, only allow seat belt citations to be issued after a driver has already been pulled over on suspicion of another violation.

The legislation is working. Seat belt use by drivers and front-seat passengers has soared to 91% from just 14% in 1983, before states began passing seat belt laws. New federal safety standards require new vehicles to include a reminder system that flashes a warning light and an audible warning indefinitely

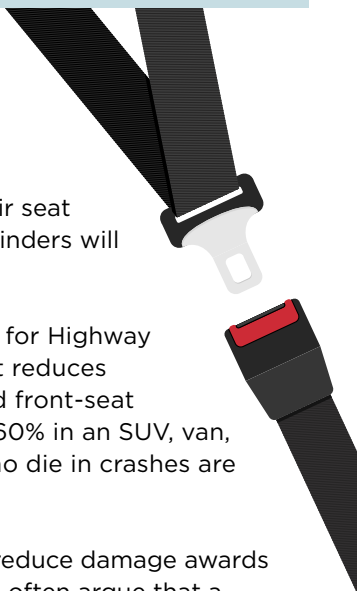
STRAP IN BEFORE YOU HEAD OUT

until front-seat occupants fasten their seat belts. Starting in 2027, the same reminders will be required for backseat occupants.

According to the Insurance Institute for Highway Safety, using a lap and shoulder belt reduces the risk of fatal injury for drivers and front-seat passengers by 45% in a car and by 60% in an SUV, van, or pickup. About half the people who die in crashes are not wearing seat belts.

Failing to wear a seat belt may also reduce damage awards in a car accident lawsuit. Defendants often argue that a victim's injuries would have been less severe if they had been wearing a seat belt. In Missouri, you may still be entitled to compensation for injuries if you weren't wearing a seat belt, but the amount you receive may be reduced to reflect the degree to which your negligence contributed to your injuries.

If you are involved in an accident with another vehicle, don't hesitate to contact us to investigate your right to compensation. We will gladly ensure you and your loved ones are treated fairly.



Seeking Justice for Victims INSIDE THE HIGH-STAKES SCIENCE OF TRAUMATIC BRAIN INJURY

The public is increasingly aware of the profound damage traumatic brain injuries (TBIs) can do to a victim's mental and physical capabilities. The heartbreaking plight of pro football players after repeated concussions has drawn public attention to this issue.

However, victims must fight hard in court for fair compensation after suffering a TBI as a result of another person's negligence.

Our firm recently took up this battle for a gravely injured professional musician. He and his wife were crossing a street when an SUV suddenly and violently struck them. The musician suffered severe injuries, including a TBI that has changed his life, severely damaging his relationships with his wife and family and his ability to perform professionally.

The insurance company initially offered our client \$350,000. This lowball offer missed important elements of his prognosis. After we conducted a thorough, in-depth investigation and arranged for additional neurological testing, our client was awarded 10 times more than the initial offer, \$3.5 million, to help him cope with the lifelong effects of this heartbreaking injury.

Emergency-room staffers and primary-care physicians caring for victims of TBI cannot spot all the nuanced signs of cognitive damage, and not all law firms are willing to research the medical testing required. Here are three of the critical areas we investigate.

Pituitary Dysfunction

Disruption of the blood flow to the pituitary gland can impair production of hormones that are critical to a victim's quality of life, from sleep and mood to sex drive. We talk to the victim and their loved ones to gather information about this kind of damage.

Axonal Shearing

Standard MRI or CT scans do not always capture the full extent of brain damage from a TBI. We may invest in an additional scan, called a diffusion tensor imaging (DTI) MRI, to spot any axonal shearing that can cause permanent damage and tissue death.

Lifelong Care Needs

We work with neuroradiologists who have the expertise to help us develop a life care plan or a projection of the likely total cost of the medical and custodial care that will be required to care for the victim throughout their lifetime.

If you or a loved one is struggling with the symptoms of a TBI due to another person's negligence, don't hesitate to contact us for help pursuing the compensation you deserve. We have experience winning justice for TBI victims throughout Missouri and Illinois, and we would be glad to meet with you for a free consultation.



Apple-Cranberry Salad

INGREDIENTS

- 6 slices of bacon
- 1/3 cup balsamic vinaigrette
- 1/3 cup olive oil
- 2 tbsp raw honey
- 8 oz fresh baby spinach, rinsed and dried
- 3/4 cup dried cranberries
- 1 Honeycrisp apple, peeled and thinly sliced
- 1/4 red onion, thinly sliced
- 1/2 cup feta cheese

DIRECTIONS

1. In a large skillet, cook bacon until crispy. Remove it from the pan and set on a paper towel-lined plate to cool.
2. In a small bowl, whisk together balsamic vinaigrette, olive oil, and honey. Set aside.
3. In a large bowl, add spinach, cranberries, apple slices, red onion, and feta. Crumble bacon pieces over the top. Use salad forks to toss ingredients thoroughly.
4. Add dressing to the salad and toss again until well-coated.

Inspired by WanderlustAndWellness.org

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 call us at 314-293-4222. Thank you for spreading the word about Finney Injury Law.