

## Ralph W. Meekins

Ralph W. Meekins was born in Charlotte, North Carolina. He attended the University of North Carolina at Chapel Hill and graduated with a B.S. in psychology and physical education. He was a basketball manager for the UNC men's basketball team which won a National Championship in 1982, and served as head basketball manager in 1983 for the Tarheels.

He graduated with distinction from Campbell Law School in 1986. At Campbell he was an associate editor for the Law Review, President of the Moot Court Board, member of the National Moot Court Team, a recipient of a merit scholarship and was inducted into Omicron Delta Kappa, and Phi Kappa Phi Honorary Fraternities.

Mr. Meekins began his law practice in Raleigh with the law firm of Young, Moore, Henderson P.A. and became a shareholder in the firm in 1991. He handled litigation throughout the state of North Carolina, primarily as a defense attorney representing businesses, Physicians, and other professionals. He moved to Shelby, North Carolina in 1994 to establish the law firm of Teddy & Meekins, PLLC and to concentrate his practice towards helping individuals. Mr. Meekins practices primarily in the area of personal injury litigation and workers compensation. He is Board Certified in the area of Civil Trial Advocacy by the National Board of Trial Advocacy. Mr. Meekins has been lead counsel in cases pending in over 60 counties in the state of North Carolina. He has written articles, and lectured throughout North Carolina on topics including, but not limited to, Premises Liability, Professional Negligence, Nursing Home Malpractice, Professionalism, Auto Accident Trials, and the proper evaluation of tort cases.

Mr. Meekins is also a Board Certified Mediator having received his certification in 1994. He was an original member of the ADR Committee of the State Judicial Council appointed by Chief Justice Frye in 2000. He has mediated hundreds of cases in Civil Superior Court and in the North Carolina Industrial Commission.

Mr. Meekins was recognized by his peers in 2006 as a North Carolina Super Lawyer. Each year Law & Politics sends ballots to the approximately 16,800 active lawyers in North Carolina and performs polling, research, and a selection process that identifies North Carolina lawyers who have attained a high degree of peer recognition and professional achievement. Only five (5%) of the lawyers in North Carolina are honored and named as Super Lawyers. Mr. Meekins was recognized for his legal work in the area of plaintiffs personal injury cases, representing victims of negligence, throughout the State of North Carolina, but concentrating in Cleveland, Rutherford and Lincoln County. Mr. Meekins was also recognized as an Outstanding attorney by the America's Registry of Outstanding Professionals in 2006.

Mr. Meekins is a member of the board of trustees of the North Carolina Bar Association Health Benefit Trust and is also serves as a State Bar Counselor for the 27-B Judicial District. He served on the North Carolina Board of Governors for the North Carolina Bar Association for a full three year term, expiring in 2005. He had previously served as Chairman of the Litigation Section for the North Carolina State Bar Association for the term ending in July 2001. He has also served as President of the Cleveland County Bar Association and is a member of the North Carolina and Cleveland County Bar Associations, the North Carolina Academy of Trial Lawyers, and is admitted to practice before the North Carolina Supreme Court, and the United States District Court for the Eastern, Middle and Western Districts.□

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