



John W. Narron

OF COUNSEL

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919.250.2170

AREAS OF PRACTICE

- Corporate & Business Law
- Estate Planning, Administration & Wills
- Family Law
- Mediation & Arbitration
- Business Litigation
- Probate Litigation

GET IN TOUCH

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Raleigh

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MY PROFILE

Respectful, welcoming and patient are three words used to describe John Narron as an attorney and as a colleague. These admirable traits, along with years of hard work and dedication, have allowed John to become a well-known and respected litigator, mediator and local leader, making a significant impact on his clients and his community.

A Wake County native, John Narron grew up in Wendell and received his B.A. from East Carolina University in 1974 and earned his J.D. from the University of Mississippi in 1977. He has been practicing law in North Carolina since 1977.

John's practice consists of litigation, arbitration, mediation and business transactions. Since beginning his career, John has provided advice and litigation services to clients in central and eastern North Carolina in all manner of civil disputes frequently involving equitable distribution proceedings, alimony trials, will caveats, employment disputes, personal injury trials and negotiations, and a wide variety of commercial business disputes. He has also represented various businesses providing advice on real estate issues, employment issues, and merger issues.

John has served as a mediator in more than 250 family law disputes throughout the Triangle, assisting clients and their attorneys in reaching a resolution to their disputes without the need for a trial.

It takes a special person to effectively deal with the delicate issues surrounding family law on a daily basis. John's sensible and caring approach, along with his genuine concern for each client, has allowed him to stand among the best in his profession. In 1989, John was a member of the first group of 31 [lawyers in North Carolina](#) to be recognized as a Board Certified Family Law Specialist by the North Carolina State Bar [Board of Legal Specialization](#). He has also repeatedly been recognized as a [North Carolina Super Lawyer](#), as well as included in the [Best Lawyers in America](#) list.

John continues to dedicate his time to expand his knowledge and educate others on family law issues as a frequent speaker at seminars throughout the state.

GET TO KNOW JOHN

WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

"I love what I do because it gives me a chance to help people in their worst emotional and financial situation. According to psychologists, divorce is the second most stressful life event that an individual can experience behind losing a child. I see my job as an opportunity to assist a client's recovery from this most stressful event. As an attorney, I can't do it all, but I can help point clients in the right direction. "

WHEN DID YOU KNOW YOU WANTED TO BE A LAWYER?

"I have wanted to become a lawyer for as long as I can remember, and I can't really tell you why. My mom told me that my second-grade teacher asked each member of the class what they wanted to be when they grew up, and I responded, "I want to be a lawyer."

WHAT WAS YOUR VERY FIRST JOB?

"Since I was a young child, I helped out at my dad's hardware store. I also have fond memories of barning tobacco every summer from the time I was ten years old."

IF YOU WEREN'T A LAWYER, WHAT WOULD YOU BE?

"I would be a full-time farmer. It's in my blood. My grandfather and father were both farmers, and I get great satisfaction from sitting back and actually seeing the fruits of a day's labor. I also love to be outdoors in all seasons and weather, except 100-degree days in August."

MY CREDENTIALS

Admissions

- North Carolina State Bar
- Mississippi State Bar

Education

- J.D., University of Mississippi, 1977
- B.A., East Carolina University, 1974

Certifications

- Board Certified Family Law Specialist by the North Carolina State Bar [Board of Legal Specialization](#), 1989; Renewed by peer review in 1995, 2000, 2005, and 2010
- Advanced Divorce Mediation Training, Atlanta Divorce Mediators, Inc., Faulkner University, Jones School of Law, Montgomery, Alabama, October 2004

Professional Affiliations

- North Carolina Bar Association; Chairman, Family Law Council, 2006-2007; Vice-

Chairman, Family Law Council, 2005-2006; Family Law Council Member, 2002-2005;
Legislative Affairs Committee, 2002-2004

- NC Advocates for Justice
- Tenth Judicial District Bar; Grievance Committee, 1996-1999
- Wake County Bar Association; Family Court Advisory Committee, 2007-2010
- Family Court Advisory Committee, 2009-2011
- [Primerus International Society of Law Firms](#), Family Law Practice Group

Awards & Recognition

- Listed among [North Carolina Super Lawyers® for Family Law](#) - 2006-present
- Listed among [Best Lawyers in America](#) - 2008-present
- [Martindale-Hubbell AV Peer Rated](#) for Highest Level of Professional Excellence

Civic Involvement

- Planning board of the Town of Wendell; Chairman, 1978
- Wendell Lions Club; President, 1982-1983
- SouthLight, Inc.; Chairman of the Board of Directors, 1997-1998
- Board of Adjustment, Town of Wendell; Chairman, 2009, 2010
- Wake County Historical Preservation Commission; Board Member, 2009-2011
- Capital Area Preservation Commission, Board Member, 2008-2010

Published Articles

- What is a Will Caveat and How Can it be Avoided?, *Legal Insights*, November 2006
- Beware of Interference With A Marriage Under North Carolina Law, *Legal Insights*, May 2007

ARTICLES & INSIGHTS

November 10, 2017

[A Last Will and Testament Can Always Be Changed \(Before Death\)](#)

June 29, 2017

[A Handwritten Codicil Can Lead to Disaster](#)

June 5, 2017

[Equitable Distribution When the Trial Judge Gets it Right](#)

May 5, 2017

[Ad Valorem Tax Values and Equitable Distribution](#)

April 6, 2017

[When Financial Planning Meets Family Law](#)

March 15, 2017

[When Life Imitates Art](#)

February 14, 2017

[What is Undue Influence in Will Caveat Cases?](#)

January 19, 2017

[Will Caveats or “The Family Feud”](#)

January 12, 2017

[Children, Taxes, and Divorce](#)

February 29, 2016

[Deadlines in Family Law Litigation – What You Need to Know](#)

NEWS

August 15, 2019

[Eleven Smith Debnam Lawyers Named in 2020 Best Lawyers® List](#)

January 29, 2019

[Meet our Attorneys Listed In the 2019 Edition of North Carolina Super Lawyers](#)

September 7, 2018

[Smith Debnam Laces Up for Backpack Buddies at 2018 North Hills 5k](#)

August 15, 2018

[Nine Smith Debnam Lawyers Named to the 2019 Best Lawyers in America® List](#)

January 25, 2018

[Ten Smith Debnam Attorneys Listed in the 2018 Edition of North Carolina Super Lawyers](#)

November 1, 2017

[Smith Debnam Named 2018 “Best Law Firm” by Best Lawyers®](#)

August 15, 2017

[John Narron Named Best Lawyers® 2018 Lawyer of the Year](#)

August 15, 2017

[Seven Smith Debnam Lawyers Named to 2018 Best Lawyers® List](#)

August 16, 2016

[Seven Smith Debnam Attorneys Named to 2017 Best Lawyers® List](#)

January 26, 2016

NC Super Lawyers Selects Nine Smith Debnam Attorneys

January 26, 2015

Smith Debnam Attorneys Named to the 2015 North Carolina Super Lawyers and Rising Stars Lists

November 6, 2014

Smith Debnam Named a "2015 Best Law Firm" by U.S. News & World Report

August 21, 2014

Three Smith Debnam Attorneys Named in The Best Lawyers in America© 2015

February 25, 2014

John Narron and Rose Stout selected as 2014 North Carolina Super Lawyers®

February 12, 2014

Four Smith Debnam Attorneys Selected as 2014 North Carolina Super Lawyers®

January 20, 2014

Smith Debnam Family Law Attorneys named "Best Lawyers in America"

January 17, 2014

Three Smith Debnam Attorneys Named "Best Lawyers in America"

December 3, 2013

Smith Debnam ranked U.S. News-Best Lawyers® "Best Law Firm" for third straight year

December 3, 2013

Smith Debnam Ranked U.S. News-Best Lawyers® "Best Law Firm" for Third Straight Year

May 3, 2013

John Narron receives the Sara H. Davis Excellence Award from the N.C. State Bar Board of Legal Specialization

February 14, 2013

Four Smith Debnam Attorneys selected as 2013 North Carolina Super Lawyers®

April 13, 2012

John Narron and his wife Beth donate conservation easements to the

Triangle Land Conservancy

March 30, 2012

Four of our Family Law attorneys selected as North Carolina Super Lawyers® and Rising Stars

March 30, 2012

Four Smith Debnam Attorneys Selected as 2012 North Carolina Super Lawyers®

November 3, 2011

John Narron honored as 2011 Leaders in the Law

November 2, 2011

Smith Debnam ranked U.S. News-Best Lawyers® “Best Law Firm”

September 20, 2011

John Narron and Christina McAlpin Taylor honored as 2011 Leaders in the Law

January 20, 2011

Four Smith Debnam Attorneys Selected as 2011 North Carolina Super Lawyers

December 30, 2010

Smith Debnam ranked U.S. News-Best Lawyers® “Best Law Firm”

September 1, 2010

Lousy real estate market makes it harder for couples to split

July 22, 2010

Free Separation and Divorce Seminars

July 9, 2010

Family Court Advisory Committee reappoints John Narron

July 9, 2010

Capital Area Preservation names John Narron as Emeritus Director

April 30, 2010

Smith Debnam Attorneys Selected as North Carolina Super Lawyers®

July 27, 2009

Smith Debnam Honored by Metro Bravo for Second Straight Year

May 1, 2009

Chief Justice Appoints John W. Narron to Family Court Advisory Committee

April 24, 2009

[Smith Debnam Attorneys Named "Best Lawyers in America"](#)

April 24, 2009

[Smith Debnam Attorneys Named "Top Lawyers" by Business Leader Magazine](#)

April 24, 2009

[Smith Debnam Family Law Practice Honored with Metro Bravo Award](#)

CONTACT US

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