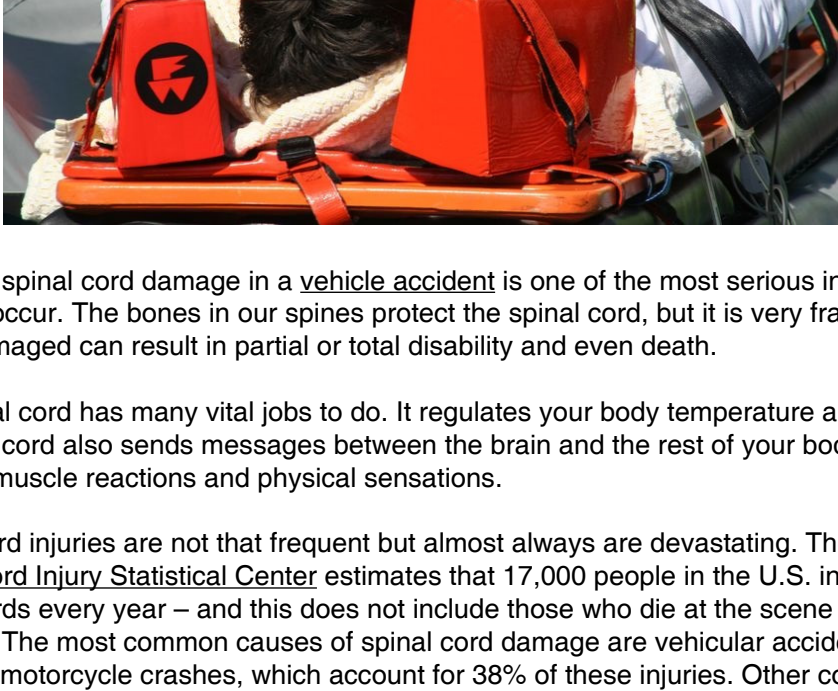




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Spinal Cord Damage from an Auto Accident May Cause Devastating Injuries



Suffering spinal cord damage in a vehicle accident is one of the most serious injuries that can occur. The bones in our spines protect the spinal cord, but it is very fragile, and when damaged can result in partial or total disability and even death.

The spinal cord has many vital jobs to do. It regulates your body temperature and heart rate. The cord also sends messages between the brain and the rest of your body to produce muscle reactions and physical sensations.

Spinal cord injuries are not that frequent but almost always are devastating. The National Spinal Cord Injury Statistical Center estimates that 17,000 people in the U.S. injure their spinal cords every year – and this does not include those who die at the scene of an accident. The most common causes of spinal cord damage are vehicular accidents, including motorcycle crashes, which account for 38% of these injuries. Other common causes are falls (31%), violence (14%) and sports injuries (9%).

Accidents Can Cause Debilitating Damage to the Spinal Cord

The trauma from a car crash can cause the vertebrae that protect the spinal cord to be fractured, crushed or dislocated. Such damage to the cord may result in:

- Paralysis
- Loss of sensation
- Loss of movement
- Breathing problems
- Chronic pain
- Fertility issues
- Loss of bowel or bladder control

Any accident that results in potential injury to the spinal cord is a serious medical emergency that requires urgent treatment. Quick emergency care that stabilizes the spine may lessen the long-term effects of the damage.

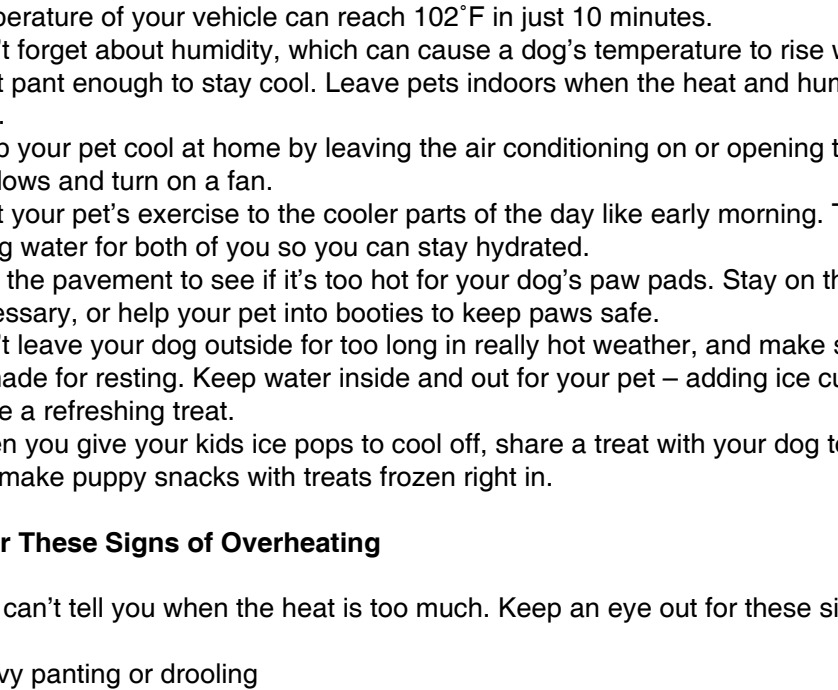
Spinal Cord Injuries and Complications May Drastically Impact Daily Life

Although many who suffer a serious spinal cord injury recover enough to lead a full and productive life, they may require ongoing support including:

- Medical care
- Rehabilitation
- Physical therapy
- 24-hour care
- Vehicle and home modifications
- Assistive devices such as wheelchairs

When the expense of these types of care is added to the loss of current and future wages, the total cost of a serious spinal cord injury may add up to millions of dollars. This of course places a significant financial burden on both the victim and family.

Keep Your Pooch Cool in Summer!



Whether your furry companion is a tiny purse dog like a Maltese or a sprawling Great Dane, dogs need to stay cool in hot weather.

Whether you are taking your pet for a short walk, playing in the yard or for a car ride, the heat can really take a toll on dogs.

Here are our top tips to keep your best friend cool and safe:

- Never leave your dog in the car! Even if you are gone just a few minutes, the temperature in a closed car can really soar. On a summer day, the inside temperature of your vehicle can reach 102°F in just 10 minutes.
- Don't forget about humidity, which can cause a dog's temperature to rise when he can't pant enough to stay cool. Leave pets indoors when the heat and humidity are high.
- Keep your pet cool at home by leaving the air conditioning on or opening the windows and turn on a fan.
- Limit your pet's exercise to the cooler parts of the day like early morning. Take along water for both of you so you can stay hydrated.
- Test the pavement to see if it's too hot for your dog's paw pads. Stay on the grass if necessary, or help your pet into booties to keep paws safe.
- Don't leave your dog outside for too long in really hot weather, and make sure there is shade for resting. Keep water inside and out for your pet – adding ice cubes can make a refreshing treat.
- When you give your kids ice pops to cool off, share a treat with your dog too! You can make puppy snacks with treats frozen right in.

Watch for These Signs of Overheating

Your dog can't tell you when the heat is too much. Keep an eye out for these signs:

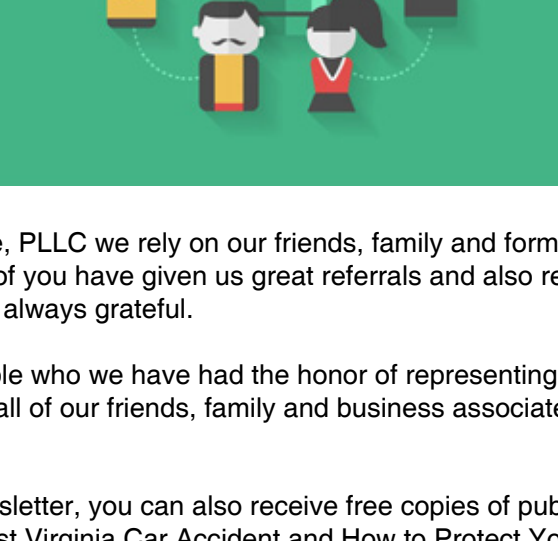
- Heavy panting or drooling
- Rapid heartbeat
- Trouble breathing
- Dizziness or weakness
- Dark or red tongue or gums

Get your pup to your vet right away if you see any of these signs. It may save his life!

If a family member has been harmed in an accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (888) 402-9607 for your initial free consultation. Mani, Ellis & Layne, PLLC, injury attorneys in West Virginia, can help you determine whether you need a lawyer for an accident or any personal injury case.

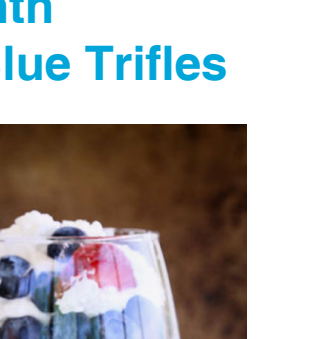
From Our Blog:

Fatal Auto Accidents Are Far Too Common on West Virginia Roads



[Click Here to Read More](#)

What You Need to Know About Nursing Home Negligence!

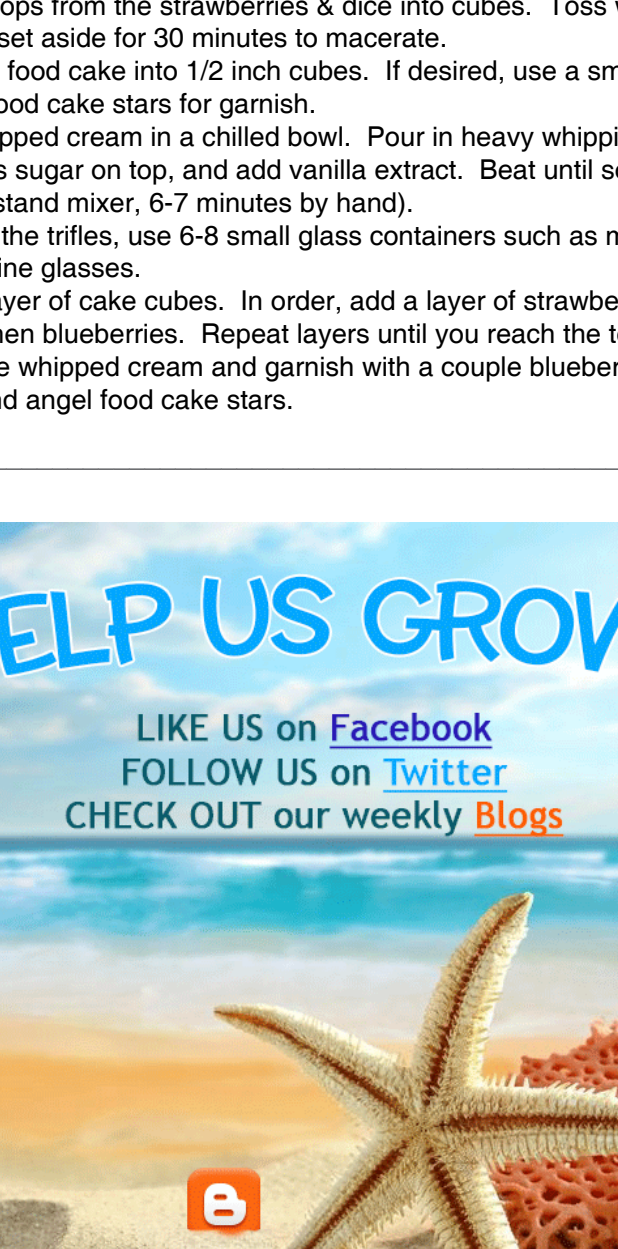


Time is of the essence if you or a family member suspects neglect or negligence.

The state of West Virginia has shortened the Statute of Limitations for Nursing Home Abuse or Neglect to **1 YEAR** from the date of death or discovery of negligence!

As a firm, we have worked hard to defend the rights of the elderly and their families in West Virginia and hold corporate wrongdoers accountable. We are here for you to answer any questions you may have regarding your situation. Give us a call at (304)720-1000 for a free consultation.

Thank You for Your Referrals (We have paid millions to our peers for referrals!)



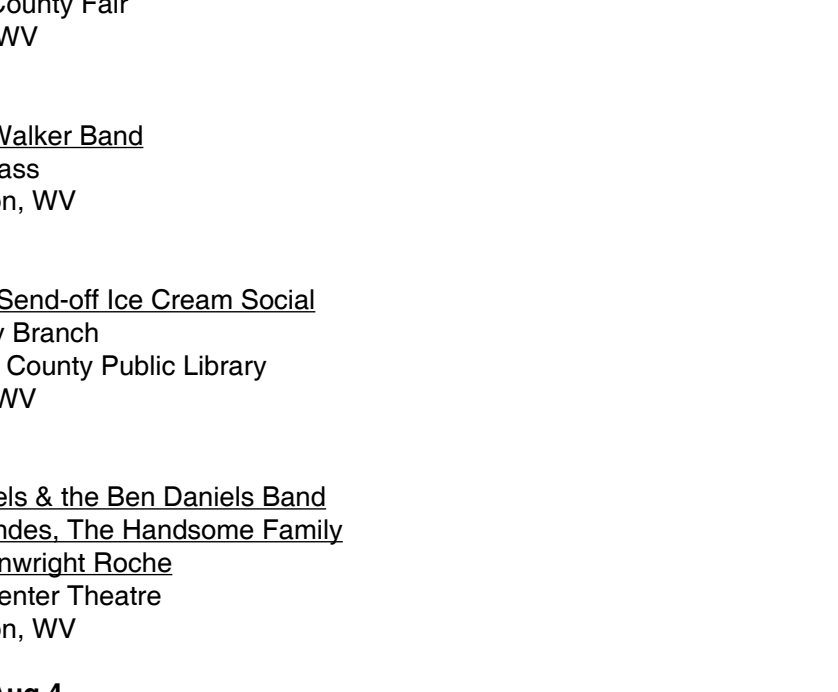
At Mani Ellis & Layne, PLLC we rely on our friends, family and former clients to send us new referrals. Many of you have given us great referrals and also referred us new business and we are always grateful.

We value those people who we have had the honor of representing, even many years after. We also value all of our friends, family and business associates in West Virginia and further afield.

By receiving our newsletter, you can also receive free copies of publications such as How to Handle a West Virginia Car Accident and How to Protect Your Loved One in a West Virginia Nursing Home. Contact dellis@mel-law.com.

Mani, Ellis and Layne are all **AV Preeminent®** (4.5-5.0) - **AV Preeminent** is a significant accomplishment and testament to the fact that a lawyer's peers rank him or her at the highest level of professional excellence.

Recipe of the Month Individual Red, White & Blue Trifles



A perfect and easy dessert for the 4th of July – they look great in a mason jar, too!

Ingredients

- 1 angel food cake (store bought is fine)
- 2 pounds strawberries
- 12 ounces blueberries
- 3 tablespoons granulated sugar
- 1 pint heavy whipping cream
- 1 teaspoon vanilla

Instructions

1. Remove the tops from the strawberries & dice into cubes. Toss with 1 Tablespoon of sugar and set aside for 30 minutes to macerate.
2. Cut the angel food cake into 1/2 inch cubes. If desired, use a small cookie cutter to make angel food cake stars for garnish.
3. Make the whipped cream in a chilled bowl. Pour in heavy whipping cream, sprinkle 2 tablespoons sugar on top, and add vanilla extract. Beat until soft peaks form (1-2 minutes in a stand mixer, 6-7 minutes by hand).
4. To assemble the trifles, use 6-8 small glass containers such as mason jars, drinking glasses, or wine glasses.
5. Start with a layer of cake cubes. In order, add a layer of strawberries, whipped cream, and then blueberries. Repeat layers until you reach the top of your glass. Top with more whipped cream and garnish with a couple blueberries, a slice of strawberry and angel food cake stars.



What's Happening in Charleston, WV

July 4
Valley Park Stars and Stripes 5k
Hurricane, WV

July 7 - Aug 30
Sherlock's Other Brother
The Black Fedora Comedy Mystery Theatre
Charleston, WV

July 12
Rockin' Instruments and Parade
Elk Valley Branch
Kanawha County Public Library
Elkview, WV

July 17
Joe Hunt Project
Putnam County Fair
Eleanor, WV

July 21
Charles Walker Band
Empty Glass
Charleston, WV

July 21
Summer Send-off Ice Cream Social
Elk Valley Branch
Kanawha County Public Library
Elkview, WV

July 29
Jeff Daniels & the Ben Daniels Band
Dawn Landers-The Handsome Family
Lucy Wainwright Roche
Capitol Center Theatre
Charleston, WV

Jul 29 - Aug 4
Coles County Fair
Corner of E St & Madison
Charleston, WV

Aug 18
Farm to Table: Summer Supper
Gritt's Farm
Buffalo, WV

Aug 29
Andrew Kasab
Empty Glass
Charleston, WV

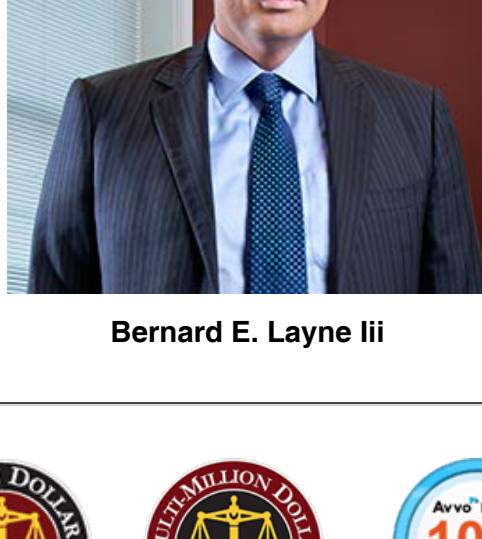
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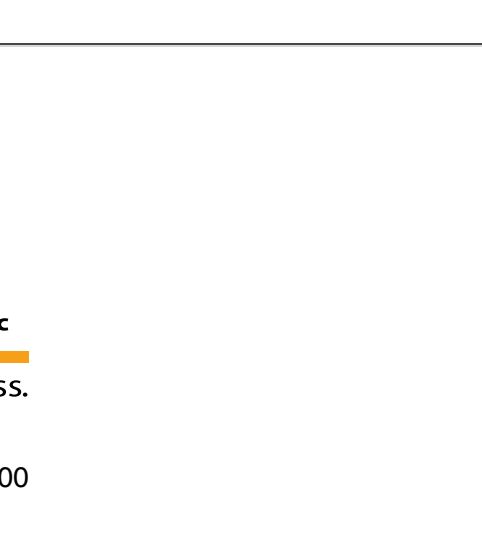
Meet Our Attorneys



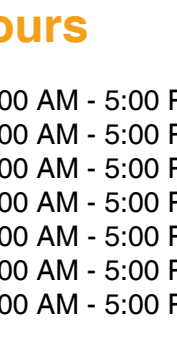
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It's not just business. It's personal.™

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Monday 9:00 AM - 5:00 PM
Tuesday 9:00 AM - 5:00 PM
Wednesday 9:00 AM - 5:00 PM
Thursday 9:00 AM - 5:00 PM
Friday 9:00 AM - 5:00 PM
Saturday 9:00 AM - 5:00 PM
Sunday 9:00 AM - 5:00 PM

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