

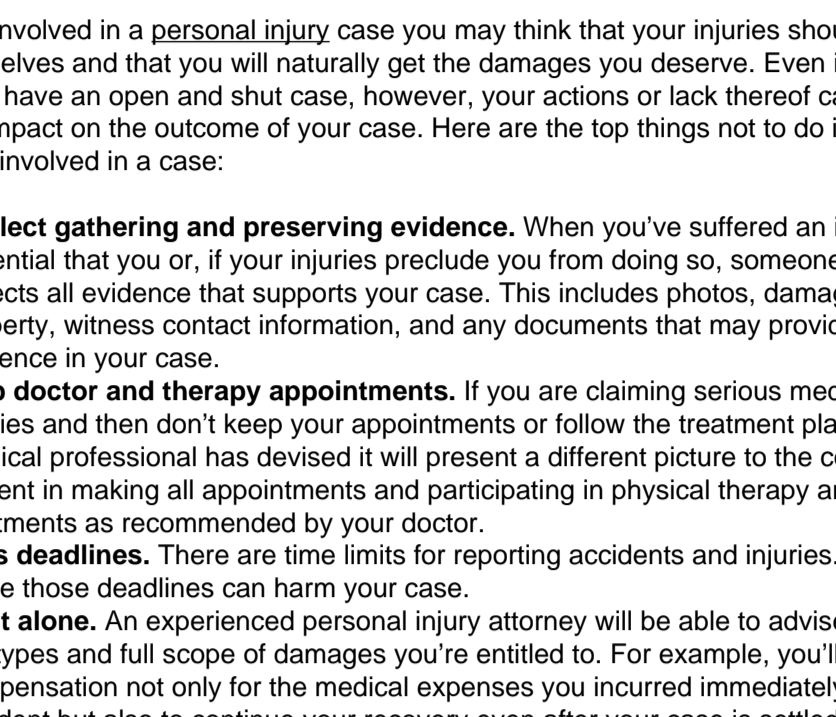
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[For a Free Case Consultation Click Here](#)

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What Not to Do If You're Involved in a Personal Injury Case



If you're involved in a [personal injury](#) case you may think that your injuries should speak for themselves and that you will naturally get the damages you deserve. Even if you think you have an open and shut case, however, your actions or lack thereof can have a serious impact on the outcome of your case. Here are the top things not to do if you are currently involved in a case:

- **Neglect gathering and preserving evidence.** When you've suffered an injury it's essential that you or, if your injuries preclude you from doing so, someone else collects all evidence that supports your case. This includes photos, damaged property, witness contact information, and any documents that may provide evidence in your case.

- **Skip doctor and therapy appointments.** If you are claiming serious medical injuries and then don't keep your appointments or follow the treatment plan your medical professional has devised it will present a different picture to the court. Be diligent in making all appointments and participating in physical therapy and other treatments as recommended by your doctor.

- **Miss deadlines.** There are time limits for reporting accidents and injuries. Failure to make those deadlines can harm your case.

- **Go it alone.** An experienced personal injury attorney will be able to advise you on the types and full scope of damages you're entitled to. For example, you'll want compensation not only for the medical expenses you incurred immediately after the accident but also to continue your recovery even after your case is settled. A knowledgeable lawyer will also know the court system and make sure all paperwork is filed and protocols followed.

- **Underestimate the value of making a good impression.** Being polite, neatly dressed, and acting with decorum before other lawyers, the judge, and the jury all contribute to the strength of your case.

- **Post on any social media.** Many people fail to realize that what you put on the internet can be used against you in a court of law. Photos showing you participating in physically strenuous activities, for example, will harm your claims of disability. Remember, online is forever. Even if you take a post down it can be found and used.

8 Space Heater Safety Tips



During the cooler months, many people use space heaters to provide extra warmth at an economical price. Sadly, however, statistics show that 81% of home heating fire deaths involved portable space heaters. Over 50% of these happen during December, January, and February. Below are 8 tips for using a space heater safely:

1. **Follow the 3-foot rule.** Make sure there is a strictly enforced 3-foot radius around the space heater for any combustible materials (including paper, furniture, bedding, curtains, etc.). Children should also be taught not to cross into the 3-foot circle.
2. **Choose a stable surface.** Your space heater should be placed on a level surface with little or no risk of being knocked over.
3. **Check the cord.** Don't run heater cords across walking paths or under carpets. Make sure the cord is not frayed and that the plug fits securely in the outlet.
4. **Never leave heaters on unattended.** Always turn off a space heater when you leave the room or turn in for the night.
5. **Look for the safety label.** All units should have a UL safety label on them. Don't use old or used heaters that are not safety certified.
6. **Use the right fuel.** If your heater runs on fuel only use the kind recommended by the manufacturer.
7. **Check smoke and carbon monoxide detectors.** Annual inspection and battery replacement is essential to ensure that these devices signal a problem and allow you to get your family out safely in the event of a fire.
8. **Teach your children fire safety.** Show them how to call 911 if they smell smoke or see a fire in the home.

If a family member has been harmed by nursing home abuse or neglect, 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.

HERE ARE 5 THINGS YOU NEED TO KNOW ABOUT MEDICAL MALPRACTICE CASES:

MEDICAL MALPRACTICE CASES ARE OFTEN COMPLICATED

OUR EXPERIENCED ATTORNEYS CAN HELP

NOT EVERY DEATH OR INJURY IS THE RESULT OF MALPRACTICE

BUT IF A MEDICAL PROFESSIONAL HAS BEEN NEGLIGENT, YOU MAY HAVE A CASE

DEFECTIVE DRUG CASES ARE NOT MALPRACTICE CLAIMS

HOWEVER, A DOCTOR PRESCRIBING THE WRONG MEDICATION COULD RESULT IN A CASE

MEDICAL MALPRACTICE IS MORE COMMON THAN YOU THINK

BETWEEN 50 & 100 THOUSAND PEOPLE DIE EACH YEAR IN AMERICAN HOSPITALS DUE TO PREVENTABLE ERROR

MOST VICTIMS OF MEDICAL MALPRACTICE NEVER RECEIVE COMPENSATION

OFTEN BECAUSE THEY DON'T TRY - LET US DETERMINE IF WE CAN HELP YOU

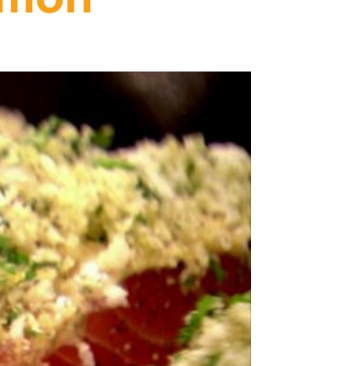
MANI ELLIS & LAYNE PLLC
 It's not just business. It's personal.™

Filing a Lawsuit Against a Trucking Company in West Virginia We help the injured recover financial compensation

Have you been injured in a truck accident that was not your fault? You may be overwhelmed, exhausted, and emotionally traumatized from the accident and the financial burden of medical expenses and property damage. You have the right to seek compensation for your injuries, but you may not even know where to begin. The Charleston truck accident attorneys at Mani Ellis & Layne, PLLC hold negligent trucking companies accountable.

[Click Here to Read More](#)

What You Need to Know About Nursing Home Negligence!

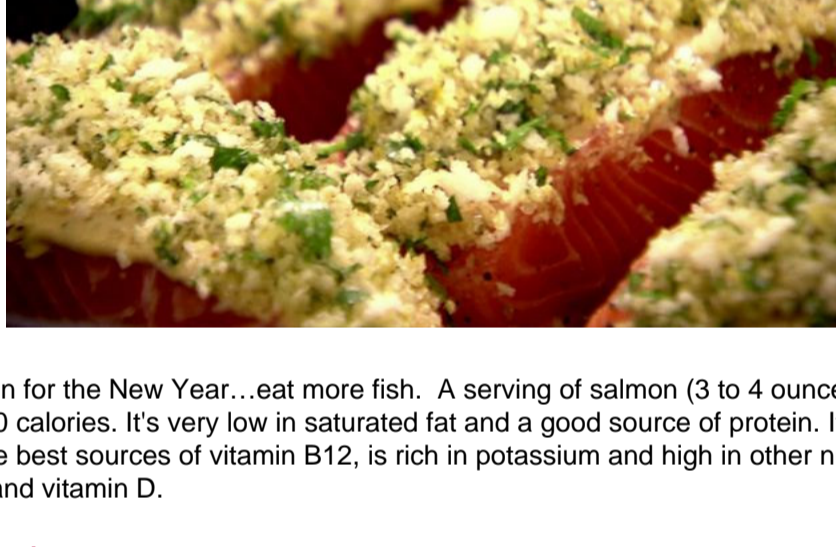


Time is of the essence if you or a family member suspects neglect or negligence.

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.

Recipe of the Month Panko-Crusted Salmon



Resolution for the New Year...eat more fish. A serving of salmon (3 to 4 ounces) is about 200 calories. It's very low in saturated fat and a good source of protein. It's also one of the best sources of vitamin B12, is rich in potassium and high in other nutrients like iron and vitamin D.

Ingredients

- 2/3 cup panko (Japanese dried bread flakes)
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- Four 6- to 8-ounce salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Directions

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
4. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.

Recipe courtesy of [FoodNetwork.com](#) & [Ina Garten](#)

Help Us Grow!

What's Happening In & Around Charleston, WV & Columbus, OH

Jan 15 – 16
 The Great Train Show
 Ohio Expo Center
 Columbus

Jan 21 – 23
 WV Hunting & Fishing Show
 Charleston Coliseum & Convention Center

Jan 27 – 30
 Disney On Ice – Mickey & Friends
 Charleston Coliseum & Convention Center

Jan 28 – 30
 Jurassic Quest
 Ohio Expo Center
 Columbus

Feb 16
 The Simon & Garfunkel Story
 Clay Center
 Charleston

Mar 1
 The Price is Right
 Charleston Coliseum & Convention Center

Mar 10
 Tracey Lawrence & Clay Walker
 Charleston Coliseum & Convention Center

Mar 20
 Columbus Toy & Game Show
 Ohio Expo Center
 Columbus

Meet Our Attorneys



Jonathan R. Mani



Damon L. Ellis



Bernard E. Layne III



Our Offices

MANI ELLIS & LAYNE PLLC

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

One Bridge Place Building
 100 Hale Street
 Suite 501
 Charleston, WV 25301
 Phone: 304-720-1000

20 East Broad Street
 Suite 1000
 Columbus, OH 43215
 Phone: (614) 587-8423

In Office Hours

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

Available 24/7 By Phone or Website

Website: www.mel-law.com

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