



Inside this issue...

Family Movie Night
Giveaway

Page 2

Pet Peeves

Page 2

Cases of Interest

Page 3

Recipe: Chicken

Noodle Soup

Page 3



The Miley Legal Group would like to thank everyone that provided referrals to our office this past month:

Amanda P.
Mark G.
Virginia V.
Stacy S.
Kattie M.
Scott D.
Amy C.

Witness a Car Accident? What Should You Do?

First and foremost, remain cool, calm, and collected. Every crash is different and the severity of each is not always the same. However, there are some general guidelines to keep in mind that will better prepare you to help other drivers when needed.

Before doing anything, make sure you are safe before you help. If you witness the crash from your vehicle, make sure you find a safe spot to pull over. Make sure it is far enough off the roadway so that you can get out of your vehicle without risking harm to yourself. Be sure it is a safe distance (at least 100 feet) from the crash so you do not get in the way of emergency responders. You also want to make sure you avoid any debris, leaking fluids, or even a fire. Once you are pulled over, make sure to place your hazard lights on.

Call 911 before exiting your vehicle. Don't assume anyone else has called. Even if the crash does not appear to be severe, you cannot tell the extent of any injuries or damages from simply trying to quickly assess the property damage to the vehicles. Provide as many pertinent details to the 911 operator as you can – the location, number of people or vehicles involved, whether the crash is blocking traffic, etc.

Once you've called 911 and ensured it is safe to approach the scene, make sure to check on the condition of the people involved. If they need help and you are able, please render assistance. Unless there is a risk of fire and explosion, do not move anyone who appears injured. Let the professionals who are on the way do that. Even though your intentions are good, you wouldn't want to accidentally make someone's injuries worse. Even if all you can provide is reassurance, your presence can only have a positive impact on the injured person.



You will also want to make sure the vehicles are stable if you can. Turn off the ignition if still running. Make sure the vehicles are in "Park" so they do not move. If you have traffic flares or emergency indicators in your vehicle, please utilize them to help other motorists know there is a crash.

Once the emergency crews arrive, let them do their job. If they need your assistance they will ask for it. Let the police know that you are a witness. They will likely ask you to provide a written statement. If so, please provide as many details as possible. Your memory will never be as good as it is immediately after the crash occurred. If the officer does not ask for a written statement, please make sure you have provided your name and contact information. It is also a good idea to provide same to the motorists involved. They can then provide your info. to their insurance companies who will want to know who is at fault. Should the matter require an attorney's involvement, the attorney may also want to contact you to discuss what you saw.

Your Life: Healthy Lifestyle Choices

The choice of what kind of lifestyle to have is ultimately up to us, making it crucial to choose to live the best lives we can. The good news is there are some lifestyle choices that are easy to make that can have a positive impact on our health.

One of the simplest lifestyle choices we can make is just to go for a walk on a regular basis. Walking is a low-impact exercise that almost anyone can do, yet can significantly reduce the likelihood of heart disease and diabetes.

Perhaps one of the most surprising healthy lifestyle choices we can make is to learn a new

language. Not only is it simply enjoyable, and will inevitably make overseas trips easier, but studies suggest that the process could help to delay the onset of dementia.

In the same vein, actually going on vacation is also good for you. A vacation can reduce stress and help people become more relaxed in their environment. Choosing new locations to visit each time also allows the brain and the senses to become more engaged, leading to an overall healthier mind, so incorporating occasional trips into your lifestyle is something definitely worth considering.



With two offices to serve you:

229 W. Main Street, Suite 400, Clarksburg, WV 26301
250 Scott Avenue, Suite 100, Morgantown, WV 26508



Family Movie Night Giveaway!

Need a break from the dreary winter?

Want to take the Family out for a Movie AND Dinner?

Enter for your chance to win FOUR movie tickets AND a \$50 Gift Card to the Restaurant of Your Choice! Enter at:

www.MileyLegal.com/contest



★★★★★ *"They go above and beyond to help get what you deserve for your case, best people you could ask for to work with!" -Katie U.*

★★★★★ *"I was so pleased with the professionalism of The Miley Legal Group. I was in a horrific accident last year and I am lucky to be alive. I was very pleased with how everything concerning my case was handled. They keep in contact with you and keep you updated, and more than anything, they were so polite." -Amanda P.*

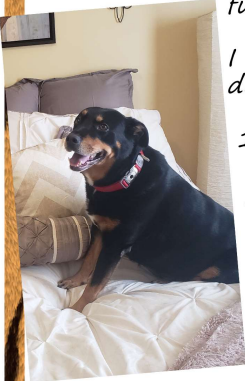
★★★★★ *"Mr. Gould and his team did an awesome job at helping us get our claim settled. They cared about us and they even came to the hospital to visit and see how everything was going. They seem genuinely concerned." -Tonda A.*

Pet Peeves: Exercising in the Winter

Buddha here! I don't know about you, but its January already and I miss the snow! Where is it? My favorite thing to do with my human is play ball in the snow. Sometimes my mom doesn't like to go outside when it is chilly, but it is very important that my furry friends and I get plenty of exercise during the winter months.



I wanted to share some ideas on how to help us stay active and healthy during the cold winter months:



- 1. Indoor games such as playing fetch down a hallway, playing tug-of-war, chasing games or playing hide and seek with treats.*
- 2. If we are not prone to hip injuries, our human throwing a ball or toy to the top of the carpeted steps is always fun.*
- 3. Dog-friendly outings to pet stores or other dog friendly spots lets us socialize.*
- 4. Doggie daycare is also a fun place that we love to visit where we can play with our other furry friends.*
- 5. And my favorite...LASER POINTERS! I can play for hours chasing it around the house with my human!*

*Your Friend,
Buddha*

Recipe of the Month: Quick and Easy Chicken Noodle Soup

Ingredients:

1 Tbsp butter
1/2 cup chopped onion
1/2 cup chopped celery
4 (14.5 oz.) cans chicken broth
1 (14.5 oz.) can vegetable broth
1/2 lb chopped cooked chicken breast
1 1/2 cups egg noodles
1 cup sliced carrots
1/2 tsp dried basil
1/2 tsp dried oregano
salt and pepper to taste



Directions:

1. In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Recipe & Picture Courtesy of Allrecipes.com. Submit recipes to mlg@mileylegal.com

Words of Encouragement

"In his heart a man plans his course, but the Lord determines his steps."

- Proverbs 16:9

"Cast all your anxiety on him because he cares for you."

- 1 Peter 5:7

"May he give you the desire of your heart and make all your plans succeed."

- Psalm 20:4

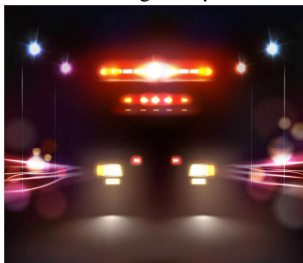
"For last year's words belong to last year's language. And next year's words await another voice."

- T.S. Eliot, Poet

January's Cases of Interest

Ambulance Ride Leads to Even MORE Injuries!

We received a call from our client who was traveling from Ruby back to her home in Marion County by ambulance. As she was riding secured to a gurney in the back of the ambulance, the vehicle was hit by another vehicle, causing our client to be tossed around in the back of the emergency vehicle causing her to slam her head. The accident resulted in a traumatic brain injury and an obvious concussion.



After reaching out to another local firm, she received only a small settlement offer and was not satisfied with the services of that firm, and so, she reached out to us for help. After further reviewing her claim and the work of the previous law firm, we determined that she should be further compensated and that more insurance proceeds were available for her to collect. We continue to investigate the matter and the end result should provide some additional closure for our client.

Driver on Route 50 Involved in Rear-End Collision

As many locals are aware, when there is an accident on Route 50, massive back ups in traffic are the norm. And our client experienced just that, but unfortunately the one accident causing a traffic jam, created the perfect setting for another accident to occur. As our client was sitting in traffic waiting for the accident to be cleared, she was hit from behind by a driver that appears to have been distracted.



As a result of the rear-end collision, our

"The greatest compliment we can receive is the referral of your family and friends."

client experienced at onset of additional issues due to the impact worsening her current medical condition. So not only was she injured due to the impact of the vehicle, her present medical condition worsened.

Pedestrian Struck at Local Eatery

Our office was contacted by a pedestrian who was struck in the parking lot of a local restaurant after crossing the street in front of the building. The impact was severe enough to not only knock our client to the ground, but to also knock her unconscious for a period of time.



In addition the the normal scrapes and bruises, our client required staples to close the wound on her head. As our client continues to recover, our office has begun the claims process, which includes identifying which insurance companies will be held responsible for the accident and injuries.



Check out our blog at
MileyLegalBlog.com



**Family Movie Night
GIVEAWAY! Details on Page 2**

Give this newsletter to a friend. They will thank you for it and so will I.

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

Miley Family Fun



**Ugly Christmas Sweater
(Nicole Won!) and
Winner of Cookie Decorating
Contest (Susan Won!)**



**Aubrey & Maddy
Jerry West Basketball**



DREAM BUILDERS

"I can never stand still.
I must explore
and experiment."

-Walt Disney



**Happy 13th
Birthday to
Hunter!!**