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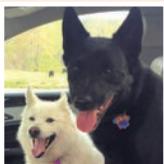
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Can Pre-Existing Injuries Ruin My Accident Case?

This is one of the questions we hear frequently at our firm, and with good reason: If you have a pre-existing injury and are considering filing a personal injury claim after an accident, there are some key factors that need to be considered.

For instance, you'll need to be able to prove that the injuries you suffered in the car accident were not related to your prior injury. This can be easier to do if your pre-existing injury occurred many years ago and has not required any treatment in some time. However, if it was a more recent injury, you and your attorney will need to develop a strategy to show that there was no connection between the injuries you suffered in the car accident and the pre-existing injury.

No matter what, you need to be up-front and 100 percent honest with your attorney about any pre-existing injuries you may have. That way, he or she is prepared to deal with the issue head on, won't be caught off guard, and can build the strongest case possible.

Here's the other thing—if you don't disclose that you had a pre-existing injury or if you lie about the injury itself or its severity, the insurance company will find out. Guaranteed. Their representatives are very good at what they do, and they'd like nothing more than to catch you in a lie about a pre-existing injury. If that happens, your claim will be minimized or ruined altogether.. 



The Miley Legal Group and WBOY TV Announce the Winners of the *Celebrating Volunteers* Award Program

Shaine Gaines of the Reynoldsville Volunteer Fire Department – January’s Volunteer



WBOY’s Gretchen Ross, Shaine Gaines and Keith Gould of The Miley Legal Group



That is why, the January winner of the Celebrating Volunteers program comes from one of those dedicated volunteer fire departments, Shaine Gaines.

During the snowy days of January, our local emergency personnel along with local law enforcement worked overtime to ensure the safety of our residents and to assist those motorists that succumb to the treacherous road conditions that come with bad weather. Many of our small town emergency fire departments are run on a volunteer basis, with neighbors, family and friends that give up their free time to assist those in need. Old and young alike, men and women put their lives on the line each time a request for assistance is made.

Reynoldsville VFD and the Wilsonburg Lions Club, Shaine constructed a ramp to assist the resident in entering and exiting his home. Shaine continued his work with the Reynoldsville VFD, when, at the age of 16, he successfully passed the firefighter exam and became a member of the volunteer fire department. He continued his work, when at the age of 17, successfully became a certified EMT, spending the next year as a volunteer with the Harrison County Emergency Squad, where he continues today as a full time staff member.

“Volunteering to better my community has always been an important part of my life. Whether I am working an accident scene or helping my neighbor clear his driveway, I want to make others’ lives better, I want to help my community,” Shaine stated. “I appreciate the acknowledgement for my work, but I have never volunteered for the recognition.”

“Shaine is an excellent example of someone who has grown up giving back to his community. Through his service he has positively affected a great number of lives.” Gretchen Ross of WBOY stated. “Hearing the story of how he constructed a wheelchair ramp for a neighbor, even after the first set of supplies were stolen, makes me appreciate the work our local volunteers do. I encourage all young people to view Shaine as an example of what volunteerism means and how it can change a community.”

“We have found another citizen among us that has shown great service to our community. Throughout my career as an attorney representing accident victims, I have gained great appreciation and respect for our local emergency service personnel.” Tim Miley, owner of The Miley Legal Group, stated. “Shaine epitomizes what I love about the youth in our region. He is hard working, involved in the community and dedicated to our county and state. I congratulate him on his service to Harrison County and look forward to recognizing others like him.”

For more information on the Reynoldsville Volunteer Fire Department, please visit their Facebook page at Facebook.com/reynoldsvillefiredeptco8.

Jamie Summerlin of Operation Welcome Home – February/March’s Volunteer



WBOY’s Gretchen Ross, Jamie Summerlin and Doug Miley of The Miley Legal Group



As many of you know, West Virginia has one of the highest per capita rates of Veterans within our population. This undoubted patriotic support from our citizens has been proven time and again when many are called up for duty. Although West Virginia has one of the better systems in place for returning Veterans, there is still much work to do. This is where Operation Welcome Home steps in and is why this month, Jamie Summerlin has been chosen to receive recognition.

Operation Welcome Home works to remove common barriers faced by returning Veterans who have selflessly served our country. The group provides a location offering rehabilitation services, both physical and mental, mentorship, employment services and so much more. Operation Welcome Home has been in operation in Morgantown since 2010. Working with the Morgantown Chamber of Commerce, West Virginia University, PACE Enterprises and a number of other groups and volunteers, Operation Welcome Home has assisted hundreds of Veterans throughout our region.

Jamie Summerlin, a former Marine, has consistently worked to promote and enhance services to our Veterans through a number of programs and hundreds of volunteer hours. Most locals may know him from the 100 day “Freedom Run” across America he devised to show support and raise funds for The Wounded Warrior Project, Vet Connect and Operation Welcome Home. The memorable trip allowed him to connect with Veterans and their families along his route across the country. Summerlin has continued his work through his service to Operation Welcome Home, recently appointed as Chief Executive Officer of the Board of Directors, where he develops and promotes programs and events aimed at providing the services our Veterans need.

Jamie resides in Morgantown, with his wife, Tiffany, also a Marine Corps Veteran and their two children, Nicholas and Shayna. A nationally recognized author and speaker, Jamie travels the country promoting overcoming boundaries and inspiring others to reach for their goals. His continued dedication to sharing empathy and care with his fellow Veterans makes him an excellent candidate for the Celebrating Volunteer Award.

“When you volunteer and it’s something that you’re passionate about and you can wake up every morning and feel good about doing it and at the end of the day, put your head down knowing that you made a difference,” Said Jamie Summerlin to WBOY.

“I am in awe of the dedication and inspiration that Jamie provides to our Veterans.” Gretchen Ross of WBOY stated. “His determination to ensure that every Veteran received the services and support they need is constantly reflected in the volunteer work he does. As a reporter, I see and hear about heart breaking stories of returning Veterans and how they can be treated, and I am glad that there is someone like Jamie in our community to help take care of those that honorably serve our state and our country.”

“Our military men and women are the cornerstone of our democracy and should be treated as such,” said Tim Miley, owner of The Miley Legal Group. “I am honored to recognize an individual that has not only dedicated himself to serve our country, but is also dedicated to the service and support of other Veterans.”

“It is those in our community like Jamie that make me proud to be a part of it. I can only hope that through continued support, that our Veterans and their families receive the services that they so desperately need.”

For more information on the Operation Welcome Home, please visit their website at www.WelcomeHomeWV.com and for more information on the “Freedom Run” visit www.FreedomRunUSA.com.

In order to nominate a volunteer to receive this award, please visit MileyLegal.com and click on the Celebrating Volunteers logo. 

Balsamic Glazed Salmon

Springtime is here!

Photo and recipe courtesy of foodnetwork.com & Giada De Laurentiis



Ingredients:

Glaze:

- ¼ cup balsamic vinegar
- 2 tbsp. maple syrup
- 1 tbsp. Dijon mustard
- 1 clove garlic, peeled and chopped

Salmon:

- Four 6 oz. center-cut salmon fillets, skinned
- 2 tbsp. olive oil
- Kosher salt and freshly ground pepper

Vegetables:

- 2 tbsp. olive oil
- 1 large shallot, thinly sliced
- Kosher salt and freshly ground pepper
- 2 cloves garlic, peeled and chopped
- 2 ½ cups frozen shelled edamame, thawed (12 oz.)
- 2 cups sugar snap peas, halved (6 oz.)

Directions:

For the glaze: In a small saucepan, bring the vinegar, maple syrup, mustard and garlic to a boil over medium heat. Reduce the heat to a simmer and cook until thick, about 12 minutes. Set aside to cool for 5 minutes. For the salmon: Position a rack in the center of the oven and preheat the oven to 400 degrees F. Line a small baking sheet with parchment paper. Arrange the salmon on the baking sheet. Drizzle both sides of the salmon with the olive oil and season with 1 teaspoon salt and 1/2 teaspoon pepper. Roast until the salmon is cooked through and flakes easily with a fork, 8 to 10 minutes. Set aside to cool for 10 minutes. For the vegetables: In a medium skillet, heat the olive oil over medium-high heat. Add the shallots, 1 teaspoon salt and 1/4 teaspoon pepper, and cook until the shallots are softened, about 3 minutes. Add the garlic and cook until aromatic, about 30 seconds. Add the edamame and snap peas and cook until warmed through, about 3 minutes. Season with salt and pepper. Divide the vegetable mixture among 4 serving plates. Top with a piece of salmon and drizzle with the glaze. 🍴

Words of Encouragement

"I can do all things through him who strengthens me."

– **Philippians 4:13**

"Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how."

– **Mark 4:27**

"You are valuable because you exist. Not because of what you do or what you have done, but simply because you are."

– **Max Lucado**

Pet Peeves – Mud...What Mud?

Hey Friends! Dexter and Mia here with the Spring Scoop.

Spring is here and so is the mud! We love mud, especially squishing it between our toes, and even rolling around in it. We have fun running back in our home and rubbing it off on the freshly cleaned carpet in our living room! So in terms of keeping the peace, here are some steps to getting mud out of your carpet before we do it all over again.

1. Let the mud dry. We know this does not make much sense, but it is easier to clean up when it is dry. (If you must, you can blot wet mud to prevent the water from seeping into the carpet, but remember do not rub, blot.)
2. After the mud dries, slowly vacuum the area over and over again. At least 23 times in different direction....not necessarily 23, but quite a few times.
3. After getting up all the dry mud, or as much as you can, you should then try a cleaner. We recommend one teaspoon of mild dish detergent per one cup of warm water. We hate harsh and smelly chemicals!
4. Blot up the stain with a white cloth so you can see the mud and keep reminding your furry friends that you are still mad at them.
5. Keep the blotting and reprimanding going until you can hardly notice the stain.
6. If you can't get the stains out...well, it may be time for a professional!
7. Love on your pets, because you know, that is what is most important, not that \$2,000 carpet we just ruined.

Well, that's all we got this month! Check us out next month to see what awesome pet information we have to share.

Send us a pic of your pet having some fun this spring (mlg@mileylegal.com) and we will share it on our Facebook page! You might even WIN a new fancy coffee mug!





*Check out our blog at
 MileyLegalBlog.com*



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

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Miley Legal Group Fun!



MLG #fitbit Incentive Program
 The Miley Legal Group **February 2016**

Tim, Doug, Jason, Susan & Cynthia participated in the February Fitbit Incentive Program.

Check out their awesome numbers!

- **1,415,726 Steps**
- **628.31 Miles**
- **6450 Active Mins**



Miley Family Fun



The Miley's Storm New York City to Celebrate Jordan's 20th Birthday!

Client Victories

- ✓ We negotiated an awesome settlement for a client from out of our area who was in an accident right here in NCWV. The insurance company attempted to take advantage of the long distance and create confusion for our client. We worked it out, and in the end, our client received the funds he needed to help him get back to a normal life.
- ✓ Working with health insurance companies can be tough. With our staff doing this on a daily basis, we had the experience to assist one of our clients in receiving a reduction in the medical bills the insurance company claimed she owed after a car accident, to the relief of the client.
- ✓ We worked to negotiation a tricky motorcycle accident claim that involved multiple riders. The insurance company was not willing to accept liability and therefore denied our client's claim. After filing suit, the insurance company began negotiations that led to an ultimate settlement.