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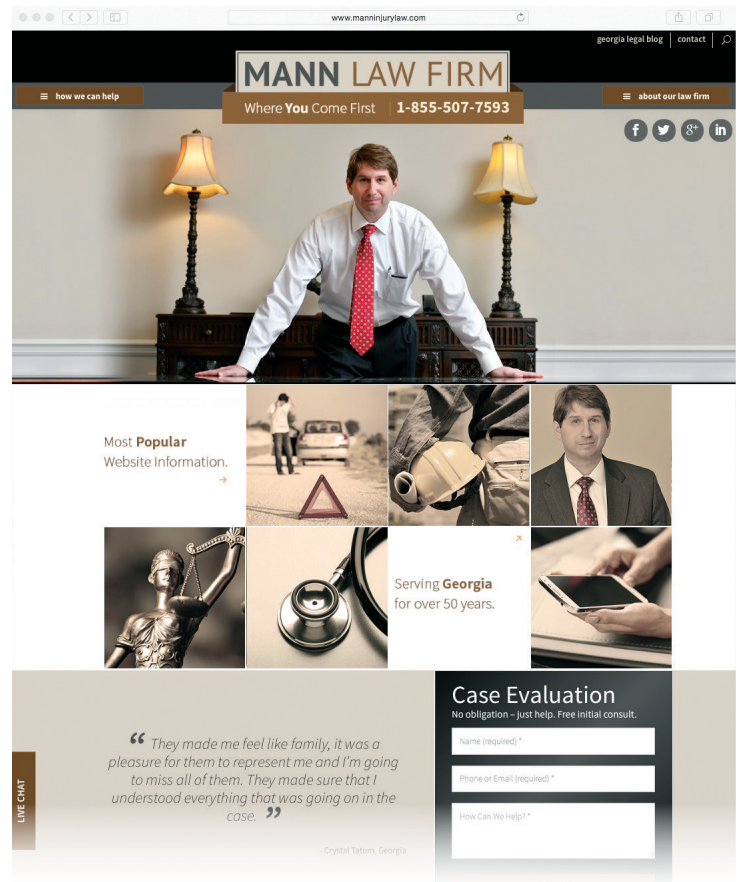
Macon Personal Injury Law Firm Announces Launch of Redesigned Website

The Mann Law Firm, a family-owned practice focusing on personal injury law, today announced the launch of a new website which will make it easier for those seeking information about accidents and their right to compensation for their injuries.

The enhanced MannInjuryLaw.com website was designed to provide ready access on a variety of topics and from a variety of devices. “More and more people are connecting while on the go,” said partner David Mann. “Our new site is user-friendly on all mobile devices so that those who need legal assistance don’t have to wait until they get back to their PC or laptop to find what they need. Wherever they are and whatever they need to know, they’re going to find the relevant information right at their fingertips.”

MannInjuryLaw.com features a collection of conveniently organized legal information and timely blogs. Restructured navigation tools guide the reader to the specific answers they need or to frequently asked questions which may help them formulate questions about their particular situation. “Often, people who have been involved in an accident don’t even know what they don’t know,” Mann said. “We hope the website will provide a basic framework and that they will then reach out to us for personal attention to their legal needs.”

Users can now reach out through one of a variety of options, including the digitally friendly on-line chat. “We’re always glad to help people through traditional channels – telephone and office visits. But we really mean it when we say we put the client first, and that is reflected in our commitment to be easily accessible in the manner that is most convenient and comfortable for them.”



The restyled Mann Law Firm website offers an opportunity for prospective clients to get better acquainted with the Mann name, one long known in Georgia legal circles. Through testimonials from clients, as well as descriptions of past verdicts and settlements, the reader comes to know David Mann as a lawyer who is both caring and competent. “The satisfaction I get from assisting injured folks with their legal problems goes much deeper than my wallet,” Mann said. “I’ve always had a heart for helping people, and I’m looking forward to serving more Georgians who find the Mann Law Firm through our presence on the Internet.”

FEBRUARY HAPPENINGS

American Heart Month. Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the No. 1 killer of women and men in the United States, as well as a leading cause of disability, preventing Americans from working and enjoying family activities. During February, learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

Black History Month. A celebration of African-American history and culture. In 1976, as part of the U.S. Bicentennial, Black History Month was officially recognized by the federal government, with President Gerald R. Ford urging Americans to “seize the opportunity to honor the too-often-neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Groundhog Day, Feb. 2. Will the groundhog see its shadow and go back to sleep for six weeks, or will spring come early this year?

African Heritage and Health Week, Feb. 1-7. A celebration of cuisines from Africa, the Caribbean, South America, and the American South—the foods that have sustained a culture

Take Your Child to the Library Day, Feb. 7. Instill a lifelong love of reading in your children by visiting the library to check out all the resources (not just books) available there.

World Radio Day, Feb. 13. A day to celebrate radio as a medium; to improve international cooperation among broadcasters; and to encourage major networks and community radio alike to promote access to information, freedom of expression, and gender equality over the airwaves.

Valentine's Day, Feb. 14. Enjoy some time with that special person...

Presidents Day, Feb. 16. A federal holiday observing the birth of George Washington, the first president of the United States, born Feb. 22, 1732, and all his successors.

Love Your Pet Day, Feb. 20. Show your dog, cat, fish, or other animal friend a little extra affection today.

Escape from debt with these tips

Getting into financial trouble is all too easy if you're careless with money. Digging your way out is more difficult, but it can be done if you avoid panic and commit to exercising financial responsibility.

Follow these steps to manage your burdens:

- **Organize your debts.** Make a list of everyone you owe and how much you owe them. This will help you get a clear picture of your finances and what you have to do to get them under control.
- **Set up a schedule.** After you determine exactly what you owe, decide what your monthly payments will be to each creditor. Then total all the payments that you have to make per month.
- **Manage your income.** Look for ways to increase your income or decrease your spending. If you can free up any money, use it to pay off your debt.
- **Ditch the plastic.** Do not use your credit cards any more until you get your debt cleaned up. Put your credit cards away or cut them up, but save at least one for emergencies.
- **Contact your creditors.** If you can't make your payments, get in touch promptly. Many creditors will agree to defer or reduce payments until you get back on your feet.
- **Get help.** Find a reputable consumer credit counseling service and listen to its advice



Ask a Few Questions to Save Money

One of the best ways to save money is to ask a few questions before you spend it. Asking openly for a better deal could save you thousands of dollars a year.

If the thought of asking for a price break seems embarrassing or intimidating, follow these tips to make the process go smoothly:

- **Always be polite.**
- **Make sure you are talking to the right person**—a manager or someone with authority to grant you a better deal.
- **Point out the reason that you are asking for the discount:** You saw the same item advertised by a competitor for a lower price, for example.
- **Ask salespeople for advice on reducing the cost of what you want.** Often they know the best way to save money.
- **If a salesperson does help you get a better deal, tell the manager.** Your gratitude will go a long way toward building a better relationship with the business.

Referrals

We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. A referral from a former client or friend is the greatest compliment our firm can receive. We welcome the opportunity to help. Thank you!

RECIPE OF THE MONTH: Impossibly Easy Mini Chicken Pot Pies



Chicken Mixture

- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken breasts,
cut into bite-size pieces
- 1 medium onion, chopped (1/2 cup)
- 1/2 cup chicken broth
- 1 cup frozen peas and carrots
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 1 cup shredded Cheddar cheese (4 oz)

Baking Mixture

- 1/2 cup Original Bisquick™ mix
- 1/2 cup milk
- 2 eggs

DIRECTIONS:

1. Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
2. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center. Add onion and chicken broth; heat to simmering. Add frozen vegetables and seasonings. Heat until hot, stirring occasionally until almost all liquid is absorbed. Cool 5 minutes; stir in cheese.
3. In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup chicken mixture. Spoon 1 tablespoon baking mixture onto chicken mixture in each muffin cup.
4. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

Mann Injury Law LOCAL INVOLVEMENT SPOTLIGHT

Many of you may not know that David is on the Board of a local foundation, the Macon Bibb Citizen Advocacy, Inc. The mission of Macon Bibb Citizen Advocacy, Inc. is to promote the protection of and advocacy for people with developmental disabilities. David said, "Being involved in such a worthwhile community activity has really allowed me to see how such a small organization can make such a large impact."

Organized citizen advocacy gained momentum in 1975 when all states were mandated to create protection and advocacy offices on behalf of people with disabilities. In response, states created case management agencies and legal aid offices. Georgia, however, responded by investing in citizen advocacy under the direction of then-Governor George Busbee. This investment resulted in the formation of the Georgia Advocacy Office (GAO) which aimed to "provide protection of and advocacy for people being abused, neglected or excluded because of disability."

The Macon Bibb Citizen Advocacy office opened in 1978 under contract from the GAO. As citizen advocacy was a new and untried concept in Macon and Bibb County, there was no certainty that people in Bibb County, when asked, would respond to people with developmental disabilities in a "citizen advocate relationship."

Thirty-five years later the response from the Bibb County community has been a resounding YES! Over 831 citizens have been involved in Citizen Advocacy, and several relationships established in the 80's continue to thrive today. We are profoundly grateful for all who have been a part of citizen advocacy in the past, as advocates, board members, friends of the office and financial contributors.

A Citizen Advocate is a valued citizen, who is unpaid and independent of human services, who creates a relationship with a person who is at risk of social exclusion. The citizen advocate chooses one or several of many ways to respond to and represent that person's interests as if they were the advocate's own, thus bringing the partner's gifts and concerns into the circles of ordinary community life.

*Never doubt that a small group of thoughtful,
committed citizens can change the world,
indeed it is the only thing that ever has.*

— Margaret Mead

"To the world you may be one person, But to one person you may be the world"

Examples of Involvement

- Act vigilantly in times of medical emergencies or crises.
- Serve as representative payees for protégés, thereby ensuring their financial affairs are properly managed.
- Petition the court system on behalf of protégés.
- Support a child in the public school system.
- Help a young adult find a job.

David has always been involved in local activities having grown up in Macon, but this foundation has been a true labour of love and new experience for him as he has been exposed to so many various persons within the community.

Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Mann Law we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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Stay Healthy during Cold-Weather Exercise

Congratulations—you're still keeping up with your New Year's resolution to get more exercise. In the dead of winter, staying active is important, but it can also be hazardous if you're not careful. Take these precautions when you're exercising in cold weather:

- **Get some mittens.** They keep your hands warmer than gloves. Better yet, get the kind that converts to fingerless gloves, so you can adjust when you start warming up.
- **Switch to hiking boots.** If you're planning to do your power walk, put on a pair of hiking boots or another pair of shoes with good traction. Cold weather usually means snowy and icy sidewalks and roads.
- **Use ski poles.** After you put on your hiking boots, you might want to grab your ski poles or a couple of walking sticks. They'll help stabilize you while you walk.
- **Check the wind's direction.** On those days when the wind is biting, start your jog or walk going into the wind. That way when you're heading back home, the wind will be at your back. You won't feel as cold or tired after all that sweating.
- **Drink plenty of water.** You might notice it less, but you're still losing a lot of water when you exercise in cold weather. Try to drink every 15 minutes.

Eat Right to Avoid the Flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

- **Chicken soup.** Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.
- **Garlic.** Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours. If necessary, try chopping the clove into smaller pieces to swallow like pills.
- **Pumpkin seeds.** The zinc in pumpkin seeds is said to help white blood cells fight off disease.
- **Citrus fruits.** The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and other foods) can reduce cold and flu symptoms by up to 25 percent.
- **Blueberries.** Blueberries offer more antioxidants than other fruits. Eat half a cup a day during flu season. Fresh blueberries are best, but even frozen ones offer strong benefits.

