

## Inside this issue:

- **Fall Giveaway**
- **Auto Accident Settles for \$175,000**
- **Your new go to chili recipe**



The highest compliment I can receive is a referral. If you were satisfied with my service, please send your friends and family my way! Please ask them to mention your name.

My NJ Injury Lawyer,  
Howard P. Lesnik, Esq.

928 Mountain Avenue, 2nd floor

Mountainside, NJ 07092

908-264-7701

[www.mynjinjurylawyer.com](http://www.mynjinjurylawyer.com)

*Certified by the NJ Supreme Court  
as a Criminal Trial Attorney*

# MY NJ INJURY LAWYER

## Howard P. Lesnik, Esq.

Fall 2019

### Welcome Fall 2019!

Happy Fall, everybody! I hope everyone found a way to beat the heat and stay cool during the summer. I also hope everyone found a little time to take a vacation or spend time with the family. It was an exciting summer for us as well. Our summer was packed with beaches, fireworks and barbeques. We also make trips to New Orleans for jazz, food, gator hunting, and a family reunion. My son Charlie even ran into a friend from school who had recently moved to Houston while we were at Reservation Hall on Bourbon Street. Small world!

Then we picked up Annabelle after a month away at sleepaway camp in Interlochen, Michigan, where she was at an arts camp and performed the camp play! When we were all finally reunited, we drove up to Mackinac Island and stayed at the historic Grand Hotel – where we were married 16 years ago! The Grand Hotel has the longest outdoor porch in the U.S. and is nicknamed “America’s Summer Place.”

After all that, we finally travelled a long distance to beat the heat and took a cruise to Alaska! Our ship made a stop in Skagway where we ventured into the Canadian Yukon Territory. We docked in Juneau, where we took a helicopter to a glacier and hiked on the ice field. Plus, we stopped in Ketchikan where we kayaked on the Misty Fjords. The view of glaciers, bald eagles, whales and wildlife was spectacular! After the cruise, we stopped in Seattle and saw Pike Place Market, the Space Needle and even took a tour at Amazon’s Spheres at the Amazon headquarters! We knew from the beginning that this would be an epic vacation when we found out that the pilot had the same last name as us! Shout out to Capt. Lesnik!

Now, it’s back to school and time for fall, foliage, and football! Many people make their New Year’s Resolution to exercise and lose weight starting January 1st. But after all the summer barbeques, I may have to start my New Year’s Resolution after Labor Day!

I hope that your October brings you more treats, and less tricks. But if you do suffer a “trick”, and need an attorney, do not hesitate to contact my firm.

Have a great fall, everyone!

Howard



*My family's epic vacation to beat the heat on an Alaskan ice field!*



### My NJ Injury Lawyer, Howard P. Lesnik, Esq. Referral Rewards

I love referrals! Please give my name and number to anyone who may need my help. I thank the kind people who have referred my law practice to their family, friends, and colleagues by making a donation to this month's featured charity.

Donations are being made to Heartworks in appreciation for referrals given to me by these kind people:

Francis M. Smith, Esq.

Robert G. Stahl, Esq.

Joseph D. Rotella, Esq.

Michael M. Margello, Esq

For more information about Heartworks visit [www.njheartworks.org](http://www.njheartworks.org)

## Serious Injury Case

### Rear-End Auto Accident Settles for \$175,000

I represented a young woman who was driving home from work when she was rear-ended. My client was literally plowed into as she was struck by the plow from large pick-up truck behind her. Road conditions were wet from melting snow and side streets and medians were piled high with snow banks. The force of the impact sent her car careening into a large, icy snow bank. The impact from the crash into the snow bank caused snow to fly into the air and blanket her vehicle after the accident.

As a result of my client's injuries, my client suffered herniations to her back and her neck. The pain radiated into her arms and legs and caused numbness. She required epidural injections into her neck and low back. She also required a laminectomy, which is a surgical procedure to decompress bones that were pressing on her nerves and spinal cord. She also required a discectomy, which is an operation to remove the damaged herniated disc in her spine to alleviate pressure.

The insurance company for the other driver did not want to settle the case despite the rear-end accident and severe permanent injuries suffered by



my client. The other insurance company refused to believe that its driver caused the accident. My investigation recovered a surveillance video from a gas station on the street where the accident occurred. The video showed the other vehicle plow into the rear of my client's car. The video also captured the dramatic impact of my client's car into the snow bank, and the "snow explosion" from crashing into the snow bank. The video was powerful evidence that the other driver was negligent and caused the accident. I was gratified that I was able to negotiate a \$175,000 settlement to compensate my client for her injuries and also make sure that all her medical and surgical bills were all paid. This is the type of case that keeps me motivated for all my clients.

## 2019 Fall Giveaway

**We are offering Free Movie Tickets for fall blockbusters!**

**\$20 AMC Movie Gift Card to**

**the first 25 people who contact my firm!**

**Call 908-264-7701 or email [howard@lesniklaw.com](mailto:howard@lesniklaw.com)**

## Featured Charity

### Heartworks

Heartworks is a local grassroots movement of women committed to replicating and sustaining the palpable kindness witnessed in the wake of September 11, 2001. Inspired by the healing that takes place through receiving and giving, they offer hope to people experiencing acute illness, injury, or grief, while taking part in their own self-growth.

Please visit <https://www.njheartworks.org/our-story/> to read their story and learn more about their mission who they are. While you are there, consider making a donation: <https://www.njheartworks.org/donate/>



## Top Five Pro-Tips for Car Accident Victims in NJ

### 1. Immediately obtain professional medical treatment for all injuries.

Even minor injuries need to be examined because often, symptoms increase and worsen after the accident. Sometimes symptoms appear hours and even days after the car accident.

### 2. Get a copy of the police report.

You must remain at the accident scene until the police or an ambulance arrives. Make sure you tell the officer how the accident occurred, so the correct details are included in the accident report. The police report is usually ready in 24-48 hours after the car accident.

### 3. Take photographs of your vehicle, the other vehicle, and any injuries you suffered.

They say a picture is worth a thousand words, but it is also sometimes the best evidence in you NJ car accident case.

### 4. Notify your insurance company

Your insurance company will open a claim and provide you a claim number. You will need your claim number for property damage and medical bills. Your attorney can assist you sooner with your bills if you have the claim number. **Warning: Never speak to the other driver's car insurance company and never provide a statement to the other insurance company.**

### 5. Call us for a free strategy session to discuss your New Jersey car accident claim.

## MyInjuryLawyer.com

Check out these articles from our blog!

- New Jersey Assault Injury Who's responsible?
- New Jersey Bicycle Accidents
- New Jersey Car Accidents
- Opening Statements in Criminal Trials
- Everyday Items Connected to Traumatic Brain Injuries in Children
- Getting Paid for a Slip and Fall at a Department or Grocery Store in New Jersey
- What to do if you Slip, Fall or Trip in New Jersey
- What to do if you're Injured as a Pedestrian in New Jersey
- Self-Driving Car Accidents in New Jersey
- Passenger Awarded \$100,000 After Being Thrown From Car
- New Jersey Uber and Lyft Accidents

## Featured Expert

### Friedman Spine and Physical Therapy

This month we are featuring Friedman Spine and Physical Therapy. Dr. David B. Friedman DC has helped many clients through their recovery journey. The practice provides chiropractic and physical therapy, and prides itself on providing quality personalized care in a relaxed, caring and secure environment. Their rehabilitative care focuses on patients' return to their active lifestyles. In addition to their on-site care, Dr. Friedman's office provides patient education to support independent home exercise. Some common conditions that Dr. Friedman treats include disc related problems, motor vehicle accidents, whiplash, back pain, sports injuries, neck pain, muscular sprains and strains, leg pain, tingling in hands and feet, headaches and migraines, shoulder pain, arm pain, sciatica, and foot pain. Friedman Spine and Physical Therapy is located at 1340 Morris Ave, Union, NJ 07083 and can be reached at 908-686-4400. Their website is [www.friedmanrehab.com](http://www.friedmanrehab.com)

## Client Reviews

**Extremely knowledgeable in all aspects! Took the time during our consultation to explain the specific options of my case. I would recommend Howard to anyone.**

Jay Capone  
January 17, 2019

**Howard Lesnik cares about his clients. He's always accessible whenever I have a question or concern. I've recommended him to many of my family and friends because of his commitment.**

ZeGale Kelliehan  
May 15, 2019



## Tailgate Recipe:

It's that time of the year again. The leaves are changing, and we soon will have a slight chill in the air. Anyone else have a hankering for a bowl (or 3) of chili? Whenever the fall rolls around, I start thinking about Mom's Ham & Navy bean soup and a big ol' pot of spicy Texas style Chili. I wanted to do something a little different on this recipe as we all have our own "World's BEST" Chili recipe, right? This is more of a technique than a recipe, so feel free to use your own recipe when trying this one out. This was my first time attempting this recipe, but it is now my "GO TO" for chili moving forward.

### Ingredients

- 2 lbs of 80/20 ground beef and pork mixture (ground lamb works well too)
- Red, yellow, orange and green Bell Peppers
- Sweet yellow onion
- 1 can of diced tomatoes (fire roasted) (15 oz)
- 1 can tomato sauce (8 oz)
- 2 cloves garlic minced
- 1 bottle of your favorite beer
- Beans (optional)
- Boxed chili mix (or use your own chili spice combo)

### Method

In a large pot or Dutch oven, brown the ground meat. Drain and return the cooked meat to the pot. Add the rest of the ingredients. Stir to combine. Cover, and simmer over medium-low heat, stirring as needed, for about 1-2 hours, and ENJOY!

*Just one rule: Do not add this to spaghetti! Can someone please explain Cincy chili to me? I still don't get it.*

Let me know if you try this out and what you think.

## Communication Policy

I pride myself on delivering high quality legal work. It is my policy to return phone calls and emails in the order they are received and based on the priority of the situation. If you leave a message or send an email, one will be returned usually within 24 hours. Exceptions may occur if I am involved in or preparing for a big event like a deposition, mediation, or arbitration. If you do not receive a response within 24 hours, I believe you have the right to complain. Some clients feel that calling multiple times a day will get their call answered faster, but that is not the case. Email is the quickest way to get a response, since I can return emails any time (I get them on my cell phone). We meet and take important calls by appointment only, so your meeting or call is meaningful and productive and so I am prepared to answer your questions to the best of my ability.

## New address or phone number?

Help us stay current by letting us know! Call me at (908) 264-7701 or email [howard@lesniklaw.com](mailto:howard@lesniklaw.com)

Published for information purposes only and no legal advice is intended. Each case is different. You are invited to discuss your legal questions with Mr. Lesnik at no initial cost or obligation.

### My NJ Injury Lawyer, Howard P. Lesnik, Esq.

928 Mountain Avenue, 2nd floor  
Mountainside, NJ 07092  
908-264-7701  
[MyNJInjuryLawyer.com](http://MyNJInjuryLawyer.com)

RETURN SERVICE REQUESTED

 @LesnikLaw

 [linkedin.com/in/howardlesnik](https://www.linkedin.com/in/howardlesnik)

 [lesniklaw](https://twitter.com/lesniklaw)

 [bit.ly/mynjinjurylawyer](https://bit.ly/mynjinjurylawyer)

 [mynjinjurylawyer.com/blog](https://mynjinjurylawyer.com/blog)

Open it! Read it! Share it!