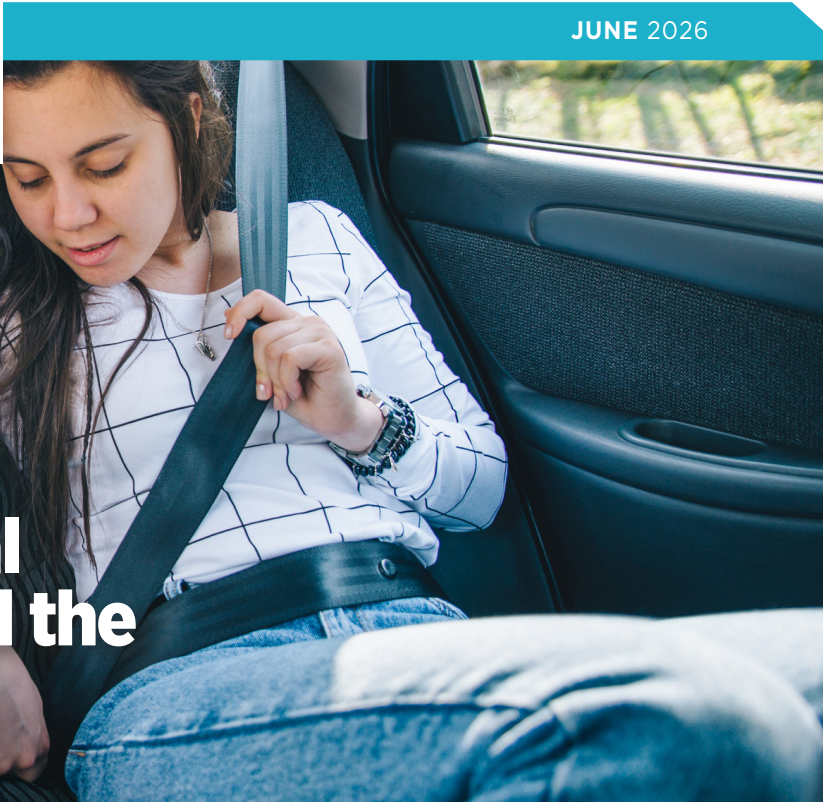


NEWS YOU CAN USE

PERSONAL INJURY

THE
JAN DILS
FOUNDATION

JUNE 2026



Seatbelts: Essential for Your Safety and the Safety of Others

Seatbelts are often one of those things nobody fully appreciates until they find themselves hurtling towards the dashboard, only to be

stopped instantly when the safety device works as advertised. Wearing a seatbelt isn't just the law; it really does protect you and your passengers in the event of a collision.

Why Airbags Aren't Enough

People sometimes think, "Since I have an airbag, why do I need a seatbelt?". It is a valid question with a good answer: the airbag is only there to protect you if the seatbelt fails. People may not realize that the airbag actually offers less protection than your seatbelt, especially in low-speed or side-impact collisions.

Here is why relying solely on an

airbag is dangerous:

- Airbags only work for front-impact collisions.
- In side-impact, rollover, and rear-end

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collisions, an airbag provides little or no protection.

- Airbags inflate at very high speeds, up

to 200 miles per hour.

- Without a seatbelt, the effect of hitting an expanding airbag can be like hitting a soft brick wall.
- The airbag does not prevent you from being ejected from your car during a severe crash.
- If the airbag does not inflate, your seatbelt still protects you from striking the steering wheel, windshield, or dashboard.

Don't Forget Your Passengers!

An airbag may protect you and possibly your front-seat passenger, but the passengers in the back don't have the same protection. Without a seatbelt, your backseat passengers can fly forward and hit the seat in front of them, or even fly over the seat and hit you.

Proper fit is also crucial for passengers of all sizes:

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Letter From Jan

As summer road trips begin, our June issue kicks off with a crucial reminder: why

seatbelts remain your best defense in a crash, and why relying solely on airbags isn't enough.

We also explore the recent legal news surrounding "forever chemicals" (PFAS), breaking down what they are and what ongoing investigations into brands like Lululemon mean for consumers.

Closer to home, we celebrate our amazing team. Read about how our

staff gives back to the community off the clock, and join us in congratulating our MVP of the Month, Ashley Anderson, a "quiet powerhouse" on our Medical Records team.

Finally, enjoy a taste of summer with Receptionist Susan King's recipe for Lemon Butter Pasta with Ricotta and Spicy Breadcrumbs.

Thank you for trusting us to be your advocates. Have a safe and wonderful start to your summer!

Warmly,

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and results.



Community CORNER

Making a Difference, On and Off the Clock

At Jan Dils, Attorneys at Law, our commitment to serving others doesn't end when the workday is over. We are incredibly proud of our team members who dedicate their personal time to give back to the communities we call home in so many meaningful ways.

Here are just a few of the ways our amazing staff has been making a local impact:

- **Empowering Our Youth:** From coaching youth cheerleaders in the Hurricane Youth Football League to assisting and mentoring young adults through the Pride Center, our team is deeply invested in the next generation.
- **Supporting Families in Need:** Team members have generously volunteered their time ringing bells for The Salvation Army and assembling essential care packages for families through the Rainbow Room.
- **Leading Local Initiatives:** We are proud to see our staff taking on leadership roles within

the Belpre Lions Club and stepping up to support beloved community events like the MOV Easter Parade.

- **Honoring Veterans & Creating Memories:** We are honored to support our nation's heroes through the West Virginia Elks Association and by helping create memorable, hands-on experiences, such as the annual river trips along the scenic Greenbrier River.

We are so incredibly thankful to have an extraordinary team that consistently shows up for both our clients and our community with such heart and dedication!



TEAM MEMBER SPOTLIGHT

Ashley Anderson

At Jan Dils, Attorneys at Law, we know that some of our most impactful team members are the ones working diligently behind the scenes. That is why we are so proud to celebrate Ashley Anderson from our Medical Records team as our MVP of the Month!

Described by her peers as the true definition of a "quiet powerhouse," Ashley may not seek out the spotlight, but her incredible work ethic and daily impact absolutely deserve it.

Here is why Ashley's team nominated her for MVP:

- **Master of Her Craft:** Ashley has seamlessly mastered all Social Security job types. She moves between different tasks without a moment of hesitation or loss of momentum, dominating whatever crosses her desk.
- **The Ultimate Go-To:** When a job needs to be done correctly, efficiently, and with the utmost care, Ashley is the first person her team turns to. Her unwavering reliability is a true lifesaver in a fast-paced environment.
- **Always Ready to Help:** She is always willing to jump in wherever she is needed most, ensuring that her colleagues are supported and that nothing falls through the cracks.
- **Client-Centered Excellence:** Her meticulous attention to detail directly supports better outcomes for the people we serve, reinforcing the deep trust our clients place in our firm every single day.

Ashley, thank you for consistently going above and beyond. Our team and our clients are so much better because of your hard work, expertise, and dedication.





Discoveries about certain types of long-lasting, common chemicals—widely known as "forever chemicals"—have recently sparked a wave of lawsuits. Interestingly, these legal

battles are not just because the chemicals exist and are being used, but over allegations that the companies using them are intentionally misleading consumers after promising to discontinue their use. This alleged deceptive advertising, combined with a long-term delay in informing the government, has resulted in a high level of these products lingering in the environment.

What Exactly Are Forever Chemicals?

In the 1940s, scientists discovered a way to artificially combine carbon and fluorine. This created a new substance that was incredibly resilient: it was stain-resistant, waterproof, and grease-proof. Since the 1940s, these per- and polyfluoroalkyl chemicals (PFAS) have been used in everything from potato chip bags to firefighting foam.

However, those artificial fluorine bonds mean that the chemicals do not break down naturally like other chemicals do. Instead, they linger in both the environment and the human body, and they have been definitively linked to many types of cancer, birth defects, and other serious health issues. Although manufacturers have known about these potential hazards since at least the 1960s, the government was not informed until many decades later, and the public only learned of the risks in the 2020s.

Lululemon and a Lulu of a Lawsuit

Lululemon, a manufacturer of a popular brand of activewear and other products, is currently facing scrutiny. Like many makers

of similar products, they used "forever chemicals" to keep their fabrics stain- and sweat-free until it was announced that they were dangerous. Lululemon claimed to have phased out the use of PFAS chemicals in fiscal 2023. However, recent consumer studies in Texas and North Carolina found traces of fluorine in some of their clothing products.

As a result, the Texas attorney general launched an investigation against the company. This investigation is not just for the use of the chemicals, but also for misrepresentation, since Lululemon has insisted that their products are safe and that they have not been using the chemicals as water repellents.

What You Should Do

If you are concerned about chemical exposure, here is what you need to know:

- At this time, most legal action involving PFAS chemicals involves contaminated groundwater from firefighting foam around military bases and airports.
- A Multidistrict Litigation (MDL) involving firefighting foam is currently underway in the Southern District of South Carolina.
- If you believe you are one of those affected by this groundwater contamination, you should speak with an attorney at once.
- Regarding the Lululemon investigation, the Texas attorney general is still actively investigating the matter.
- While experts believe that the risk of harm from clothing is small, it is not zero.
- If you are concerned, you should stop using that material and discuss it with your doctor.

At Jan Dils Attorneys at Law, we want our clients to be informed about these and other legal proceedings. Call us at **877.JanDils** or contact us online at **JanDils.com** for more information or to schedule an appointment.

What's Cooking? Lemon Butter Pasta with Ricotta and Spicy Breadcrumbs

From the Kitchen of **Susan King**, Receptionist

Looking for a bright, flavorful pasta dish with the perfect crunch? Susan King shares her incredible recipe for Lemon Butter Pasta.

INGREDIENTS

2 tbsp extra virgin olive oil
1 cup Panko breadcrumbs
2 tbsp drained capers
½ to 1 tsp crushed red pepper flakes
(adjust to your spice preference)
¾ lb angel hair pasta
Kosher salt and black pepper to taste
6 tbsp cold salted butter (divided)

1 lemon (sliced, seeds removed)
1 cup fresh basil (chopped)
1 zucchini or yellow summer squash (very thinly sliced)
3 to 4 cloves garlic (minced or grated)
2 tbsp fresh thyme leaves (or 2 tsp dried thyme)
8 oz ricotta cheese (whipped, if desired)

DIRECTIONS: **1. Toast the Breadcrumbs:** Heat a large skillet over medium heat. Add the olive oil, Panko breadcrumbs, capers, and crushed red pepper flakes. Cook, stirring occasionally, until the breadcrumbs are beautifully toasted and the capers are fried (about 4 minutes). Remove the mixture from the skillet, season with a pinch of salt, and set aside. **2. Boil the Pasta:** Bring a large pot of salted water to a rolling boil. Cook the angel hair pasta according to the package directions until al dente. Drain well. **3. Caramelize the Lemon:** Return your skillet to the stove over medium-high heat. Add 2 tablespoons of the cold butter and the lemon slices. Sear until the lemon is lightly caramelized, about 1 minute per side. Remove the lemon slices from the skillet, chop them finely, and mix them together with the fresh basil. **4. Sauté the Veggies & Toss:** Reduce the heat slightly and add the remaining 4 tablespoons of butter to the skillet along with the thinly sliced zucchini, garlic, and thyme. Season with salt and pepper. Cook until the zucchini is golden brown (about 5 minutes), watching the garlic closely so it doesn't burn. Remove the skillet from the heat, then gently stir in the cooked pasta and half of your lemon-basil mixture. **5. Serve & Enjoy:** Spread a generous layer of ricotta cheese into the bottom of each serving bowl. Add the warm pasta right on top. Finish with a sprinkle of the spicy toasted breadcrumbs and the remaining lemon-basil mixture. Twirl the pasta up with the cheese, eat, and enjoy!



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Continued from cover story

- By law, children must wear seatbelts or be restrained in child seats until they are 18.
- Children under 8 must have a child seat or booster seat until they are at least 4'9" tall.
- The reason for these requirements is that standard seatbelts will not fit properly until a child reaches that height.
- Smaller adults should talk to their mechanic about adjustment devices that will ensure a proper fit for their driver's side seatbelt.

What Happens if I Don't Wear a Seat Belt?

Under West Virginia law, failing to wear a seat belt is a minor infraction with a possible \$25 fine. More importantly, if you're in a car accident, failing to wear one can reduce your recovery.

Although it can't be taken as proof of negligence, the lack of a seatbelt can be

used to limit the other driver's liability. The thinking goes that your harm would have been less if you had been buckled into your seat, so the other driver shouldn't have to pay for those specific injuries.

At Jan Dils Attorneys at Law, we want

all our clients to be safe and secure when they drive. It's always better to avoid serious injuries than to get someone to pay for them afterward. If you're involved in a serious accident, call us at **877.JanDils** or contact us online at **JanDils.com**.

