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

**Duane W.
Dr. Suter
Ira F.**

How to Make Sure You Don't Fall Asleep at the Wheel?

by: Ben DiMaggio, Tuck Sleep Foundation

Every year, nearly 6,000 fatal car accidents are attributed to drowsy driving. Accidents that don't result in a fatality can leave survivors with brain trauma or back and neck injuries that can affect the victim for the rest of his life. But, you can take action to make sure you don't fall asleep at the wheel.

Effects of Sleep Deprivation

Shift work, medical conditions, and stress are only a few of the reasons you might be getting less than the seven to eight hours of sleep you need. Some people have chronic insomnia while others go through periods where sleep remains elusive. That lack of sleep takes its toll on the body, and when you're driving, it shows.



With impaired judgement come accidents that are otherwise preventable. Making high-quality sleep a priority is the first step in protecting you and your family while on the road.

Prevention Starts at Home

Your habits, the food you eat, and the decisions you make about your health all affect the quality of sleep you get. Good sleep hygiene starts first thing in the morning.

Consistent Bed and Wake Times

The time at which you get up in the morning affects when you get tired at night. Circadian rhythms, all those actions and cycles your body performs every day, depend on consistency to release hormones at the right time. Having a consistent bed and waking time helps your circadian rhythms get in sync so that your brain automatically triggers the sleep cycle at the same time every night. You might be tempted to sleep in on the weekends, but keeping your sleep schedule consistent contributes to deeper, better quality sleep.

Turn Off the Screens

What if you're not tired at bedtime? It might be because of too much screen time. Circadian rhythms are largely dependent on light. The artificial light from televisions, laptops, iPads, smartphones, and e-readers cause the brain to think it's time to be awake. Shut down screens at least an hour before bed to give your brain a chance to adjust. If reading helps you fall asleep, get comfortable and be sure to read a hard copy in bed.

Exercise Early in the Day

Exercise promotes good sleep because it fatigues the body, but a strenuous workout done too close to bedtime can work against you. The rise in body temperature and release of adrenaline can keep your heart pumping and brain awake long past bedtime. Exercising in the morning or at least four hours before bedtime gives your mind and body the time it needs to come back to a calm, ready to rest state.

Take Action When You Know You're Drowsy

Prevention is important, but it's no guarantee you won't get drowsy behind the wheel. As a responsible driver, you have several options:

Pull over at a rest area, gas station, or other safe location and take a 15-minute nap.

Drive with a buddy so you can change drivers when you get fatigued. For long drives, switch drivers every two hours to keep everyone fresh.

Avoid driving between the hours of 12 a.m. and 6 a.m. Your body is hard-wired to be drowsy while it's dark.

Tuck Sleep Foundation is a community devoted to improving sleep hygiene, health and wellness through the creation and dissemination of comprehensive, unbiased, free web-based resources. Tuck has been featured on NPR, Lifehacker, Radiolab and is referenced by many colleges/universities and sleep organizations across the web.



MLG and WBOY Celebrating Volunteers

Toni and Jim Kelley of the Harrison County Child Advocacy Center



Protecting some of the most vulnerable members of our society is a very difficult task. With the ever-increasing attacks on the innocence of children, comes the need for ever-increasing support and coordination of law enforcement, child protective services, medical and mental professionals and child advocates. The task of gathering these services and ensuring that they serve the needs of our region's children lays at the feet of the Harrison County Child Advocacy Center. Not only does the center coordinate the activities needed to identify and treat children that have been abused, but it also provides a much needed tender hand to the children whose lives are forever changed at the hands of an abuser. This tireless work is done by a small staff housed on the fifth floor of the Chase Building across from the County Courthouse where a number of the abusers are brought to justice.

Protecting the innocence of children does not come without its difficulties. Not only does the Child Advocacy Center in Clarksburg handle children of Harrison County, but it also serves to protect children in Doddridge and a number of other locations in our region. The quasi-government organization cannot do the work alone. They rely on a number of volunteers that assist them in providing a variety of programs that "bring justice, hope and healing to the children in Harrison and Doddridge counties."

"It is amazing to see couples such as Toni and Jim give back so much to their community," Marisa Matyola of WBOY stated. "As busy as they are running a small business, they still find time to dedicate themselves to help children in need around our region."

"I have known Toni and Jim for a long time. I have seen them work hard to build their business while maintaining their dedication to the community," said Tim Miley, owner of The Miley Legal Group. "They love what they do and the impact that they have on the Advocacy Center and the children involved will be felt for years to come."

The Harrison County Child Advocacy Center works with local law enforcement and other professionals to not only identify children that have been abused but to also ensure that each child and family has the support they need to begin the healing process. The Nationally Accredited Advocacy Center has assisted hundreds of children and continues to assist many more.

Empowering children. Restoring hope. Ending abuse.

Recent Victories

- ✓ After our client received significant injuries from a collision with a school bus, their claim settled with the insurance company for a large amount.
- ✓ The insurance liens placed on our clients by out of state companies create a huge burden. Our work resolves those issues while saving our clients thousands of dollars.

Google Review:

"Keith and his assistant Haley have been great. All the staff are welcoming and they create a very comfortable atmosphere. Highly recommend."

Ashley G. (November 2017)

To report suspected child abuse, call 1-800-352-6513 and your local law enforcement agency. For more information on how to report abuse or to learn more about the Center's work, visit www.HarrisonCountyChildAdvocacyCenter.com. If you need to report an emergency, please call 911.

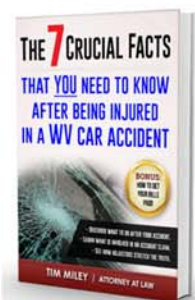
If you have a volunteer that you would like to nominate to be recognized, you can do so by visiting MileyLegal.com and clicking on the Celebrating Volunteers logo.

FREE BOOK

The book to getting back on your feet after an accident!

Go to:

WVAccidentBook.com



Recipe of the Month: Baked Spaghetti Squash Lasagna Style

Ingredients:

1 spaghetti squash, halved length-wise and seeded
1 onion, chopped
2 tbsp minced garlic
2 (14 oz.) cans stewed tomatoes
1 tbsp dried basil
1 cube vegetable bouillon
black pepper to taste
1 (15 oz.) can black olives, chopped
1 cup shredded mozzarella cheese
1 cup shredded Parmesan cheese

Directions:

1. Preheat oven to 325 degrees. Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on baking sheet. Bake 35 minutes, or until knife can be easily inserted. Remove from oven and cool.
2. Meanwhile, in sauce pan, over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube and black pepper. Cook for 15 minutes or until sauce thickens.
3. Remove squash strands with fork, reserve shells. Layer each half with a spoonful of the sauce, layer of squash strands, olives and mozzarella cheese. Repeat until shells are full, top with Parmesan cheese.
4. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

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



Words of Encouragement

"In the day when I cried out.
You answered me, and made
me bold with strength in my
soul."

- Psalm 138:3

"For God has not given us a
spirit of fear, but of power
and of love and of a sound
mind."

- 2 Timothy 1:7

"It's much better to do good
in a way that no one knows
anything about it."

- Leo Tolstoy
Author

February's Cases of Interest



Dog Attack Leads to Torn Miniscus:

Not every dog attack leads to an actual bite injury. This was the case for one of our most recent clients. When our client was at home taking her dog out for a potty break, the neighbor's two large dogs entered her yard and ran after our client's dog. In doing so, our client was tripped by the dogs, and fell onto a hard surface. Her injuries included a torn miniscus, scrapes and bruises resulting in her traveling to the emergency room for treatment.

Young Client in Accident Resulting in Stitches:

We were contacted by a young man who was struck by a distracted driver that resulted in injuries to both of his children who were riding in the back seat. After initial discussions with an attorney, the father wanted to discuss hiring us with his wife. After receiving our book, *The 7 Crucial Facts That You Need to Know After a WV Car Accident*, they decided that hiring our firm was the way to go.



Pet Peeves: Do Dogs Love Snow?

Hello Friends! Mia and Dexter here. Do you love snow? We do, but we also know that not every furry friend does. How can you tell if your awesome pet loves snow? Well, the reaction they make when they see it of course!

Some scientists say that if we are out for too long it can be dangerous, which is true, but when you love snow, you just gotta run and jump in it! It does get uncomfortable when ice builds up on our paws, but we can just head inside, grab a treat, warm up and then head right back outdoors.

If your furry friend doesn't like the cold or the snow, take it from us, it is best for both you and your pet to not force them out (of course, they will have to go out for potty breaks, but make it quick!). That's all for now!



*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.

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



Happy 11th Birthday Hunter!



**Brooke Rollins presenting
to the 100+ Women Who Care
for the Jack Strong Foundation
(to contribute go to JackStrong.org)**

**Celebrating the
Holidays
in Duck, NC**

