



Miley Legal News

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

Olivia B.
Tammy F.
Fred G.
Susan K.
Tom Y.

West Virginia's Most Dangerous Highway is in Our Back Yard!

Geotab, a fleet tracking and management company has gathered and reviewed the data and announced that State Route 19 as the most dangerous highway in West Virginia. Based on information from the NHTSA and the Federal Highway Administration, Geotab established a "Fatal Crash Rate" by reviewing the number of fatal crashes in the state and how many can be attributed to Route 19. Also, the data was used to rank the state and roadway among the other 49 states. (WV came in 22nd.)

Route 19 enters our region through Weston, through West Milford, Clarksburg, Shinnston, Worthington, Fairmont, Rivesville, and into Morgantown. Each mile represents some of the most treacherous roadways in the state. Not only do drivers deal with poor upkeep, but they also deal with well-known twists and turns of WV highways.

Fatalities due to vehicle accidents have risen steadily across the country, and in fact, the past three years have seen deaths estimated at over 40,000 per year, of which Route 19 contributed 111 fatalities in the past. These types of numbers have not been seen since the Great Recession.

"Any vehicular death due to the recklessness of another driver is unacceptable," stated Tim Miley. "There are precautions we can take as responsible drivers that would not only help lower the number of accidents but lower the number of resulting deaths."

What can you do to help reduce the number?

1. Follow the rules of the road and encourage others to as well, especially younger, inexperienced drivers.
2. Be aware when driving. Make sure you know



where other vehicles are in conjunction with you.

3. Know your vehicle. Most car, trucks and even SUVs have specific safety features for each model.
4. Recognize the dangers of impaired driving. One of the most prevalent constants in accidents involving death is a driver who is drunk or drugged.
5. Don't drive distracted. Put the phone down, stop eating and pay attention to the roadway.

State Route 19 is traveled by hundreds of drivers daily. Whether drivers are rushing to or from work in Clarksburg or buzzing to a game in Morgantown. Where there is traffic, there are accidents.

"Do what you can to help avoid being involved in an accident. Our firm is dedicated to assisting those injured in an accident, but we would prefer that the accident was prevented." Miley said.

Your Health: Drink Red Wine

Drinking red wine may sound like an odd healthtip but the beverage actually comes with a number of health benefits. These include helping to boost gut bacteria and a good source of antioxidants that assist in the reduction of heart disease and other heart related issues.

Wine helps to increase your microbiome's good bacteria diversity level and can also help with cutting down on bad cholesterol.

It is not the alcohol in wine that affects the gut so much as the polyphenols that exist in red

wine and can be found in vegetables and fruit.

A microbiome that is unhealthy can cause the immune system to function poorly in addition to high cholesterol and weight gain.

Although this news is good for wine drinkers, it should not be used as an excuse to drink excessively. An overconsumption of alcoholic beverages affects the body in a number of unhealthy ways, and can result in certain cancers, liver diseases and pancreatitis.



With two offices to serve you:

229 W. Main Street, Suite 400, Clarksburg, WV 26301
250 Scott Avenue, Suite 100, Morgantown, WV 26508

MLG and WBOY Celebrating Volunteers Derek McIntyre and the Shinnston Little League

Travel to any small or large town in West Virginia and you will find just how important baseball is to the community. From t-ball to travel teams, Little Leagues are a huge part of many areas. It is no different in Shinnston, where in fact their Little League program has developed a number of teams that have won statewide championships.

As with any community organization, the volunteers make up a large part of its success. To honor that tradition and support a local organization, we honor Derek McIntyre, President of Shinnston Little League.

Many in the Shinnston community, and statewide for that matter, know Derek and the dedication he has to his community. As a retired firefighter, he has seen first hand the impact of service and what it can do to enhance the lives of everyone. As an officer in the league, a coach and a dad, Derek sees first hand the impact that the Shinnston Little League has on the community.



Whether it be providing kids with a safe environment to learn and grow or helping develop young athletes to be competitive and prepared for future life challenges, Derek loves it all.

"Baseball is a big sport for a lot of citizens, young and old, across our state. And it is the dedicated volunteers like Derek that keep each organization running," stated Tim Miley. "If it was not for the endless hours that members of our community put in all sports, our children would not have a place to learn and grow. I see the impact everyday of sports in our communities."

To learn more about the Shinnston Little League, including upcoming opportunities, visit Facebook.com/shinnstonlittleleague. To learn more about our Celebrating Volunteer Program, visit our website, www.MileyLegal.com and click on the logo.



Recent Wins!

★★★★★ "If it wasn't for The Miley Legal Group, we never would have known where to turn. They walked us through every step and let us know where we were with our case. They treated us very fair and made sure we got everything that was due. I would highly recommend them to anyone in need of a good personal injury lawyer." -Shelley B. (Buckhannon)

★★★★★ "I appreciate that The Miley Legal Group took on our case. They were efficient in every way. I appreciate the time and compassion our attorney provided. I would highly recommend The Miley Legal Group." -Susan P. (Clarksburg)

★★★★★ "They were very good handling my case, was very happy with the outcome and the ability to get the hospital bills reduced so low. Would recommend them to anyone." -Carrie D.

Pet Peeves: Dumpster Love

Hey, there! I'm Frankie, and I'd love to get to know you, but first you should get to know ME. I'm a pit bull who loves belly rubs and pillow pets. I am allergic to just about everything, and my best friends are a herd of puppies who like to meow instead of bark! Funny right? Some might say I have the cushy pillow life, getting spoiled and treated by my people, but I must say it wasn't always easy, and I want to share it with you today. You see, my story started on a cold day, when a nice man found me... in a dumpster!



I don't know why someone decided to throw me away... Literally. Who wouldn't want a sweet thing like me? Just look at that face! If it wasn't for my "dumpster buddy", I don't know what would have happened. A trash can is no home for a puppy! However, because he found me, I found MOMMY. She wanted a puppy, one just like me, and saw me at the humane society, she knew I was her baby. So, she brought me home that way I could have a family too.

I hope anyone reading this will remember me and think of all the other puppies out there (even the ones that meow!) who don't have a home. Maybe you can find yourself some dumpster love too!

#adoptdontshop @frankiethepitboo (Instagram)

Love Frankie



Recipe of the Month: Carrot Cake

Ingredients:

3 cups grated carrots	1 (8 oz.) can crushed pineapple w/juice
2 cups all-purpose flour	1 3/4 cup chopped pecans
2 cups white sugar	3 1/2 cups confectioners' sugar
2 tsp baking soda	1/2 cup butter, softened
1 tsp baking powder	1 (8 oz.) pkg Neufchatel cheese
1/2 tsp salt	
2 tsp ground cinnamon	
4 eggs	
3/4 cup vegetable oil	
2 1/2 tsp vanilla extract (sep)	



Directions:

1. Preheat oven to 350 degrees F. Grease and flour a 9x13 inch pan.
2. In large bowl, combine grated carrots, flour, white sugar, baking soda, baking powder, salt and cinnamon. Stir in eggs, oil, 1 1/4 tsp vanilla, pineapple and 3/4 cup chopped pecans. Spoon batter into prepared pan.
3. To Make Frosting: In a medium bowl, combine confectioners' sugar, Neufchatel cheese, 1/2 cup butter and 1 1/4 tsp vanilla. Beat until smooth, then stir in most of remaining chopped pecans, reserving a few to decorate the top of cake. Spread on cooled cake. Eat.

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

Words of Encouragement

"And over all these virtues put on love, which binds them all together in perfect unity."
- Colossians 3:14

"Love must be sincere. Hate what is evil, cling to what is good."

- Romans 12:9

"Hatred stirs up conflict, but love covers over all wrongs."
- Proverbs 10:12

"Success is not final, failure is not fatal; it is the courage to continue that counts."
- Winston Churchill

February's Cases of Interest

Pike Street the Scene of Another Accident!

Accidents seem to occur a lot in downtown Clarksburg, especially in front of Kroger on Pike Street. Between worrying about the curve leading into Pike Street and oncoming traffic near McDonald's, it is a wonder there are not even more accidents in this area.



One recent client was struck by a car when a driver ran the light near Krogers and slammed into the passenger side of their car, injuring our client in the process.

When the dust settled, our client ended up with severe neck pain and now has to attend several weeks of chiropractic care.

Accident in Buckhannon Leads to Serious Injuries

Rt 20 can be a dangerous stretch of roadway as it travels in and thru Buckhannon. That reality struck our clients when a driver pulled out directly in front of our clients' father who attempted to avoid an accident to no avail.

As a result both back seat passengers were injured upon impact. One passenger was specifically injured when her face slammed into her knee and embedded her braces into her skin.

All of the injured parties received treatment at the local emergency room and the other driver was deemed at fault. In addition to the evidence gathered by law enforcement, our client has a video of the accident.



"The greatest compliment we can receive is the referral of your family and friends."

Rear Ended by Tractor Trailer Leads to Head Injury

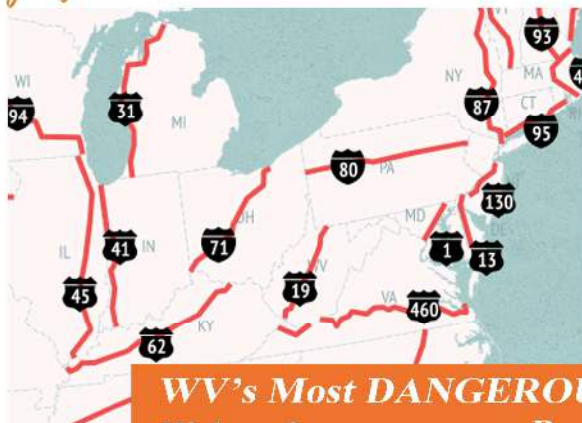
Tractor trailer accidents almost always result in very serious injuries. Whether it happens while traveling on an interstate or when driving through a local community, the size of the truck always makes for a more messy accident scene.



This was the case with our client who was stopped at a local stop sign waiting for traffic to clear when he saw a potential opening in the traffic. After re-evaluating the speed of the oncoming traffic, our client decided to remain at the stop sign. Unfortunately, the tractor trailer driver waiting behind him was not paying attention and slammed into the back of our client's car. The results were a severe head injury that will require weeks of treatment and potentially long term issues.



*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 Family Fun

**Congratulations Debbie!
Big Game TV Winner
with Tim (Right)**

**Congratulations Misty!
Family Movie Night
Winner with Susan
(Below)**



*Happy
Valentine's
Day*

**From
Tim and Susan**

