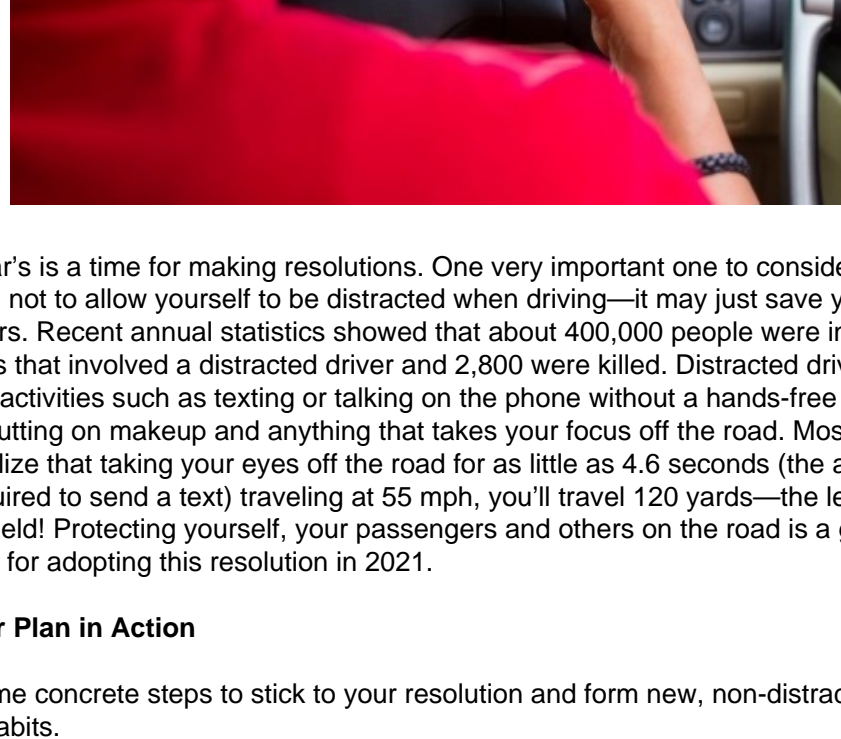


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## In This Issue...

- Resolve to Not Be a Distracted Driver This Year
- Ringing in the New Year Around the World
- Here are 5 Things You Need to Know About Medical Malpractice Cases
- From our Blog: Which West Virginia Highways Are the Deadliest?
- What You Need to Know About Nursing Home Negligence!
- Recipe of the Month: Sheet Pan Meatballs with Crispy Turmeric Chickpeas
- What's Happening In & Around Charleston, WV

## Resolve to Not Be a Distracted Driver This Year



New Year's is a time for making resolutions. One very important one to consider is resolving not to allow yourself to be distracted when driving—it may just save your life and others. Recent annual statistics showed that about 400,000 people were injured in accidents that involved a distracted driver and 2,800 were killed. Distracted driving includes activities such as texting or talking on the phone without a hands-free device, eating, putting on makeup and anything that takes your focus off the road. Most people don't realize that taking your eyes off the road for as little as 4.6 seconds (the average time required to send a text) traveling at 55 mph, you'll travel 120 yards—the length of a football field! Protecting yourself, your passengers and others on the road is a great incentive for adopting this resolution in 2021.

### Put Your Plan in Action

Take some concrete steps to stick to your resolution and form new, non-distracted driving habits.

- Turn your phone off before you start the car or put it in the back seat, out of reach.
- Set a message on your phone that states you are driving now and can't take the call.
- Get up 15 minutes earlier for work so you can finish dressing, putting on makeup and jewelry before you get in the car.
- Program your navigation system or GPS before you pull out of the driveway.
- Make sure children are buckled in and pets are secure in a carrier before beginning your drive.

In addition to reducing your risk of a distracted driving accident, you'll also be setting a good example for your children and teens who will one day be getting behind the wheel of a car.

## Ringing in the New Year Around the World

**2021**

Happy New Year!

The ball dropping in Times Square, popping champagne, kissing your sweetheart at midnight—these are some of the rituals we participate in on New Year's. But how about the rest of the world? Below are some traditions from around the globe for saying Happy New Year!

**Russia: A Glass of Ash**—people write down their wishes on a piece of paper and then burn it with a candle. The ashes that remain are added to a glass of champagne to toast the New Year.

**Turkey: A Sprinkle of Salt**—at the stroke of midnight a sprinkle of salt on your doorstep is said to bring peace and prosperity throughout the new year.

**Japan: Ringing in the New Year**—literally! On New Year's Eve, Buddhist temples ring their bells 107 times and once at midnight. This is done to dispel 108 evil desires in every person and wash away the sins of the previous year.

**Germany: Get the Lead Out**—for this custom each guest is given a small piece of lead or tin which they melt on a spoon over a candle flame. The melted lead is poured into a container of cold water where the shape it forms will reveal the fortune of the person for the year ahead.

**Denmark: Breaking Dishes**—who would have thought throwing china at the front door of your neighbors and friends would be a sign of affection? But in Denmark, it signifies leaving bad feelings behind in the old year. The bigger the pile of broken china at your door the more luck you'll have in the New Year.

**Chile: Celebrating with the Whole Family**—New Year's Eve mass is served in the cemeteries instead of the churches. In this way, people get to share the New Year's Eve festivities with their living and deceased family members.

However you celebrate, we wish all our clients a safe, happy, and healthy New Year!

If a family member has been harmed by nursing home abuse or neglect, in an accident, or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (888) 402-9607 for your initial free consultation. Mani, Ellis & Layne, PLLC, injury attorneys in West Virginia, can help you determine whether you need a lawyer for an accident or any personal injury case.

**HERE ARE 5 THINGS YOU NEED TO KNOW ABOUT MEDICAL MALPRACTICE CASES:**

**MEDICAL MALPRACTICE CASES ARE OFTEN COMPLICATED**

OUR EXPERIENCED ATTORNEYS CAN HELP

**NOT EVERY DEATH OR INJURY IS THE RESULT OF MALPRACTICE**

BUT IF A MEDICAL PROFESSIONAL HAS BEEN NEGLIGENT, YOU MAY HAVE A CASE

**DEFECTIVE DRUG CASES ARE NOT MALPRACTICE CLAIMS**

HOWEVER, A DOCTOR PRESCRIBING THE WRONG MEDICATION COULD RESULT IN A CASE

**MEDICAL MALPRACTICE IS MORE COMMON THAN YOU THINK**

BETWEEN 50 & 100 THOUSAND PEOPLE DIE EACH YEAR IN AMERICAN HOSPITALS DUE TO PREVENTABLE ERROR

**MOST VICTIMS OF MEDICAL MALPRACTICE NEVER RECEIVE COMPENSATION**

OFTEN BECAUSE THEY DON'T TRY - LET US DETERMINE IF WE CAN HELP YOU

**MANI ELLIS & LAYNE, PLLC**  
It's not just business. It's personal.™

## From our Blog

### Which West Virginia Highways Are the Deadliest?

If you search for West Virginia's interstates under Google news, you'll likely see results riddled with stories about serious and fatal crashes.

According to state data from 2006-2010:

- 290 deaths occurred on interstates and expressways
- 843 deaths occurred on arterial roads (high-capacity urban roads)
- 490 deaths occurred on collector roads (connecting traffic from local streets with arterial roads)
- 265 deaths occurred on local roads



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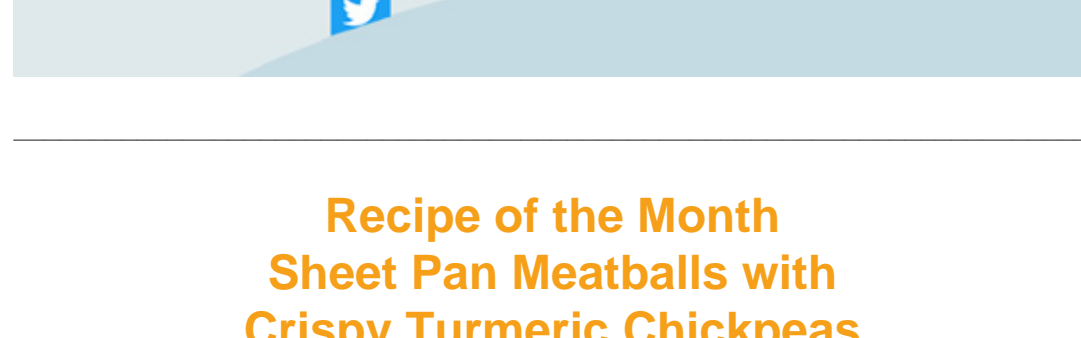
## What You Need to Know About Nursing Home Negligence!

Time is of the essence if you or a family member suspects neglect or negligence.



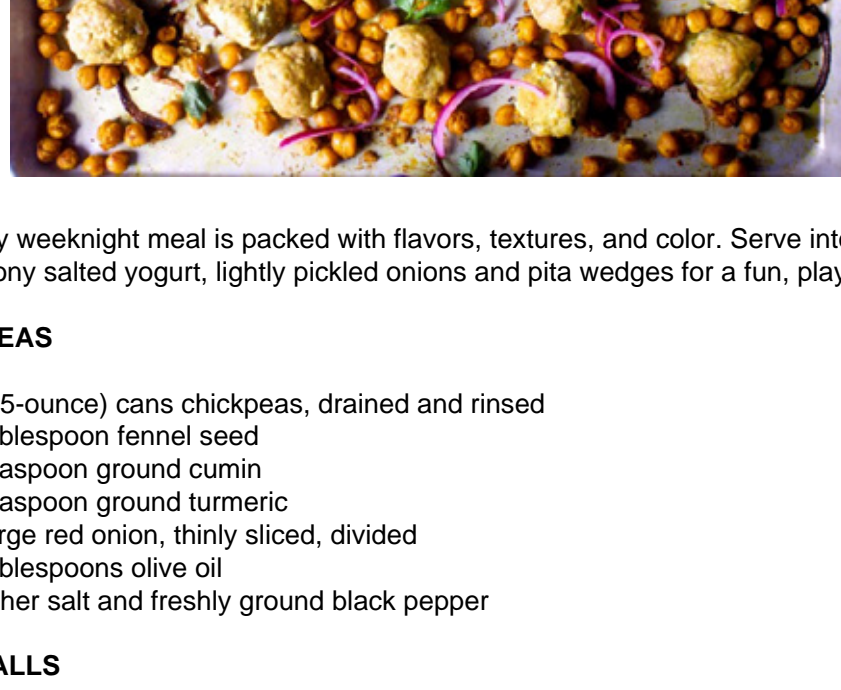
The state of West Virginia has shortened the Statute of Limitations for Nursing Home Abuse or Neglect to **1 YEAR** from the date of death or discovery of negligence!

As a firm, we have worked hard to defend the rights of the elderly and their families in West Virginia and hold corporate wrongdoers accountable. We are here for you to answer any questions you may have regarding your situation. Give us a call at (304)720-1000 for a free consultation.



## Recipe of the Month

### Sheet Pan Meatballs with Crispy Turmeric Chickpeas



This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

### CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper

### MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup plain, or another plain, dry breadcrumb
- 1/4 cup panko, or another plain, dry breadcrumb
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

### TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

### DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.

Recipe courtesy of [thesmittenkitchen.com](#)

## What's Happening In & Around Charleston, WV

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Little Creek Park](#)

[Coonskin Park](#)

[Hatfield & McCoy's Trail](#)

[Clay Center](#)

[Magic Island Park](#)

[Erma Byrd Art Gallery](#)

[Kanawha State Forest](#)

[Diamond T. Stables LLC](#)

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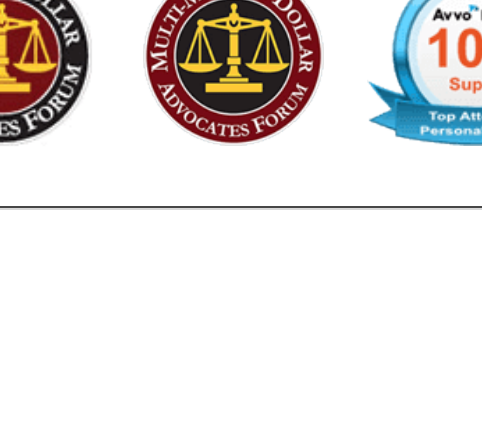
## Meet Our Attorneys



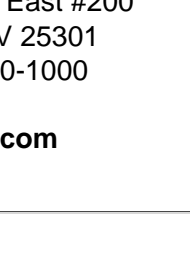
Jonathan R. Mani



Damon L. Ellis



Bernard E. Layne III



## Our Office

**MANI ELLIS & LAYNE, PLLC**

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602 Virginia St East #200  
Charleston, WV 25301  
Phone: 304-720-1000

[www.mel-law.com](http://www.mel-law.com)

## Office Hours

Monday	9:00 AM - 5:00 PM
Tuesday	9:00 AM - 5:00 PM
Wednesday	9:00 AM - 5:00 PM
Thursday	9:00 AM - 5:00 PM
Friday	9:00 AM - 5:00 PM
Saturday	9:00 AM - 5:00 PM
Sunday	9:00 AM - 5:00 PM

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