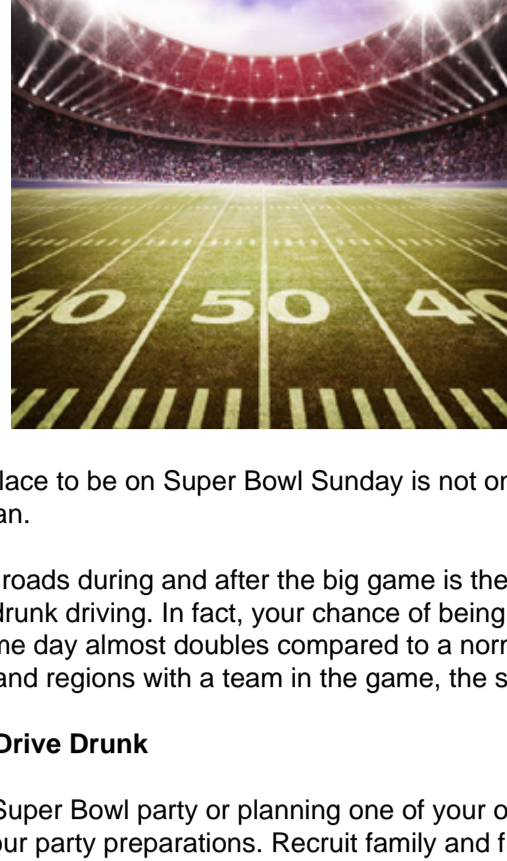




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Big Game Sunday - The Most Dangerous Driving Day of the Year



The most dangerous place to be on Super Bowl Sunday is not on the gridiron, facing off against a 320-lb lineman.

Instead, driving on the roads during and after the big game is the most hazardous spot because of a spike in drunk driving. In fact, your chance of being in an auto accident tied to drunk driving on game day almost doubles compared to a normal Sunday in January or February. In states and regions with a team in the game, the stats are even worse.

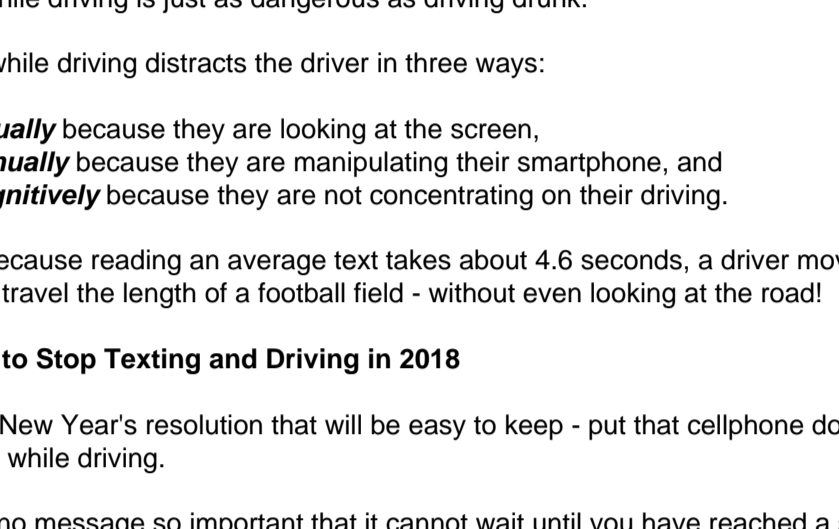
Fans Don't Let Fans Drive Drunk

If you are attending a Super Bowl party or planning one of your own, make preventing drunk driving part of your party preparations. Recruit family and friends to make it a team effort to make sure that everyone drives sober.

- **Know the law.** Driving anywhere in the U.S. with a blood alcohol concentration of .08 or higher is illegal. It may not take that many drinks to reach this level, based on individual-specific factors including age, weight, food consumed and many others. Being prosecuted for a DUI can be costly and may result in fines and jail time as well as other penalties.
- **Use other transportation.** Don't drink and drive! There are options out there to get home after having a few drinks. Take public transportation or call a cab. Use an on-demand car service like Uber or Lyft. The National Highway Traffic Safety Administration (NHTSA) offers a smartphone app called SaferRide that can connect you to a local cab company or even reach a friend for a ride. SaferRide can even show you where you are - in case you have lost track.
- **Be responsible hosts.** Monitor your guests' drinking and cut them off - politely - if they are imbibing too much. Plan on letting someone stay overnight or hook them up with alternative transportation.
- **Recruit a designated driver.** Select someone to be a sober designated driver, or volunteer for the job yourself. Remember, a designated driver is one who drinks no alcohol at all.

Enjoy the Super Bowl safely and may the best team win!

Make a New Year's Resolution Not to Text and Drive



Did you know that using a hand-held cell phone to read or send a text delays a driver's reactions as much as having a blood alcohol concentration of .08? In other words, texting while driving is just as dangerous as driving drunk.

Texting while driving distracts the driver in three ways:

- **Visually** because they are looking at the screen,
- **Manually** because they are manipulating their smartphone, and
- **Cognitively** because they are not concentrating on their driving.

In fact, because reading an average text takes about 4.6 seconds, a driver moving at 55 mph can travel the length of a football field - without even looking at the road!

Resolve to Stop Texting and Driving in 2018

Here's a New Year's resolution that will be easy to keep - put that cellphone down and don't text while driving.

There is no message so important that it cannot wait until you have reached a safe area to pull over.

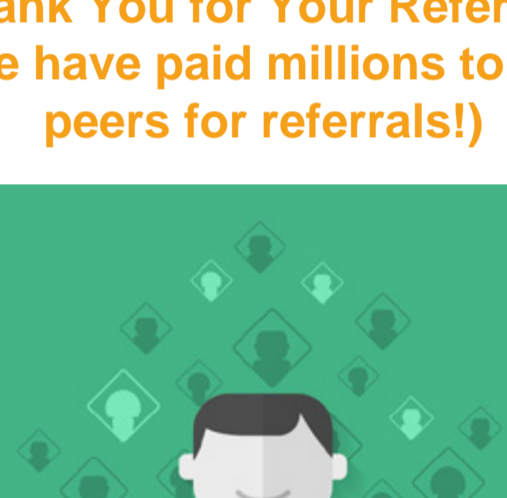
Avoid the temptation to text while driving - or even to glance at the screen when you hear that familiar chirp - by placing your cellphone in an inaccessible area such as the glove compartment or back seat. You can also turn your phone off or temporarily mute the text signal.

Importantly - be a role model for your young teen drivers. Set a good example by never texting while driving. Sit your teen down and have a conversation about the dangers of texting on the road. You can find good points on how to have this conversation here.

If a family member has been harmed 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.

From Our Blog:

What You Should Expect During a Free Consultation About Your Car

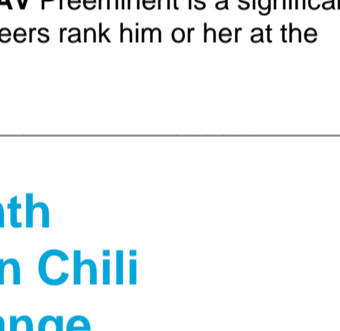


Car accidents occur suddenly – when you least expect it. In the aftermath, drivers commonly experience a sense of shock or confusion over exactly what happened, or they have difficulty comprehending the severity of the injuries or property damages they suffered. This is where a West Virginia car accident lawyer can help.

[Click Here to Read More](#)

<https://goo.gl/1ercti>

What You Need to Know About Nursing Home Negligence!

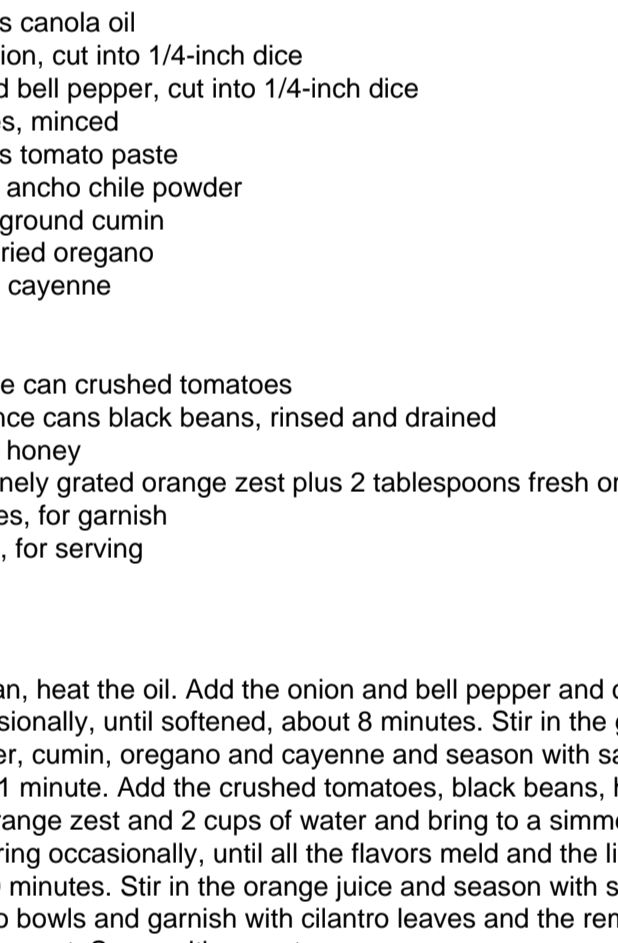


Time is of the essence if you or a family member suspects neglect or negligence.

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.

Thank You for Your Referrals (We have paid millions to our peers for referrals!)



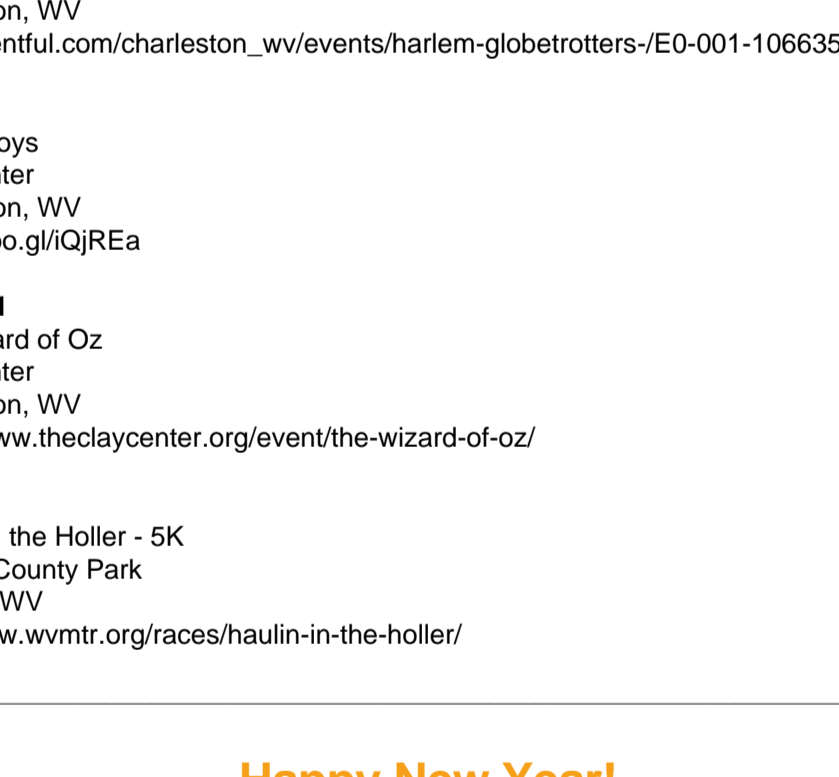
At Mani Ellis & Layne, PLLC we rely on our friends, family and former clients to send us new referrals. Many of you have given us great referrals and also referred us new business and we are always grateful.

We value those people who we have had the honor of representing, even many years after. We also value all of our friends, family and business associates in West Virginia and further afield.

By receiving our newsletter, you can also receive free copies of publications such as How to Handle a West Virginia Car Accident and How to Protect Your Loved One in a West Virginia Nursing Home. Contact dellis@mel-law.com.

Mani, Ellis and Layne are all AV Preeminent® (4.5-5.0) - AV Preeminent is a significant accomplishment and testament to the fact that a lawyer's peers rank him or her at the highest level of professional excellence.

Recipe of the Month Vegetarian Black Bean Chili with Ancho and Orange



The holidays are over and it's time to think healthy comfort food. This one fits the bill!

Ingredients

- 2 tablespoons canola oil
- 1 medium onion, cut into 1/4-inch dice
- 1 medium red bell pepper, cut into 1/4-inch dice
- 4 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 tablespoons ancho chile powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne
- Kosher salt
- Pepper
- One 15-ounce can crushed tomatoes
- Three 15-ounce cans black beans, rinsed and drained
- 1 tablespoon honey
- 1 teaspoon finely grated orange zest plus 2 tablespoons fresh orange juice
- Cilantro leaves, for garnish
- Greek yogurt, for serving

Directions

In a large saucepan, heat the oil. Add the onion and bell pepper and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Stir in the garlic, tomato paste, chile powder, cumin, oregano and cayenne and season with salt and pepper. Cook, stirring, for 1 minute. Add the crushed tomatoes, black beans, honey, 1/2 teaspoon of the orange zest and 2 cups of water and bring to a simmer. Cover and cook over low heat, stirring occasionally, until all the flavors meld and the liquid is slightly reduced, about 20 minutes. Stir in the orange juice and season with salt and pepper. Divide the chili into bowls and garnish with cilantro leaves and the remaining 1/2 teaspoon of orange zest. Serve with yogurt.

Recipe courtesy of [foodandwine.com](#)

What's Happening in Charleston, WV

Feb 2 - 3
Monster Jam
Charleston Civic Center
Charleston, WV
http://eventful.com/charleston_wv/events/monster-jam-/E0-001-106635069-9

Feb 10
Diana Krall
Charleston Gaillard Center
Charleston, WV
<http://www.concertboom.com/charleston/2018/february/diana-krall-in-charleston-3617847/>

Feb 22 - 25
Disney on Ice: Frozen
Charleston Civic Center
Charleston, WV
http://eventful.com/charleston_wv/events/disney-ice-frozen-/E0-001-104615394-6@2018022219

Feb 24
Air Supply
Charleston Gaillard Center
Charleston, WV
<http://www.concertboom.com/charleston/2018/february/air-supply-in-charleston-3636285/>

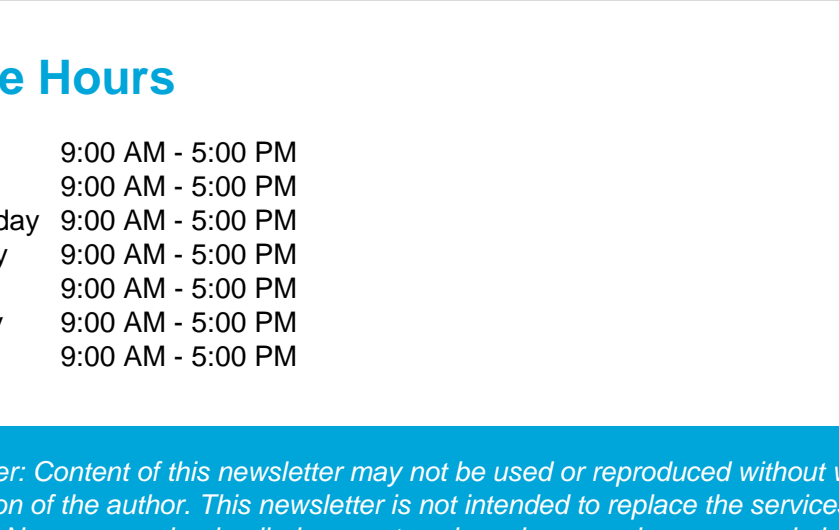
Mar 6 & 18
The Harlem Globetrotters
Charleston Civic Center
Charleston, WV
http://eventful.com/charleston_wv/events/harlem-globetrotters-/E0-001-106635153-7

Mar 7
Jersey Boys
Clay Center
Charleston, WV
<https://goo.gl/QjREa>

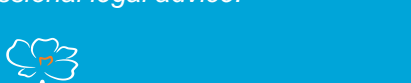
March 21
The Wizard of Oz
Clay Center
Charleston, WV
<https://www.theclaycenter.org/event/the-wizard-of-oz/>

Mar 24
Haulin' in the Holler - 5K
Putnam County Park
Eleanor, WV
<http://www.wvmt.org/races/haulin-in-the-holler/>

Happy New Year!



Follow us...



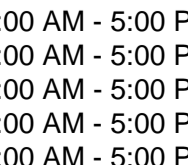
Meet Our Attorneys



Jonathan R. Mani

Damon L. Ellis

Bernard E. Layne II



Our Office

MANI ELLIS & LAYNE, PLLC

It's not just business. It's personal.™

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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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