



What's Inside



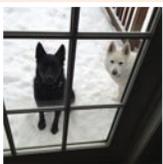
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Little Sleep and Big Trucks— *A Dangerous Combo*

Over 30,000 Americans lose their lives on our roadways each year, including nearly 4,000 who are involved in collisions with large commercial trucks. Many factors play roles in triggering accidents, but one that's become more prominent in recent years is fatigued driving.



Studies have shown that fatigue is a critical factor in up to 30 percent of fatal truck

crashes and 15 percent of crashes involving serious injury. Fatigue is dangerous no matter what size vehicle is being driven, but the sheer size and weight of a large commercial truck—which, including cargo, may weigh up to 80,000 pounds—magnifies the destructive force of a crash.

When drivers are fatigued, reaction time suffers, judgment is impaired, and drivers are often unaware of their diminished performance. A truck driver not sleeping for 24 hours is equivalent to having a blood-alcohol concentration of .10, which is over twice the legal limit for truck drivers in most states.

Driver fatigue has many sources. Lack of sleep, long hours, stressful work with tight schedules, nighttime driving (when the body wants to be sleeping), monotony, physical labor in addition to driving, poor health and fitness, medication, and sleep disorders (e.g., sleep apnea), among other circumstances, all contribute to fatigued driving.

There are federal laws to regulate hours on the road, required break times, and so forth, but that doesn't mean drivers will automatically get quality sleep, or that some companies or drivers won't push the legal limits on work regulations.

If you have been the victim of an accident involving a commercial truck, contact a truck-accident attorney to protect your rights. 

The Miley Legal Group and WBOY TV Announce the November Winner of the *Celebrating Volunteers Award Program*

Lisa Stafford with Days for Girls



**WBOY's Gretchen Ross,
Lisa Stafford and Tim Miley**



During the month of November we highlighted a volunteer of an organization that many in our community may not be aware of, *Days for Girls*. Lisa Stafford of Bridgeport works diligently from her home and with others in the community to help meet the needs of young girls hundreds of miles away, and more recently, right here at home. *Days for Girls* is an international organization that provides feminine hygiene kits to young girls that do not have supplies readily available to them. Providing this basic need allows young women to continue to attend school and continue to work to support their families. Lisa Stafford, November's

Celebrating Volunteer winner, learned of this group, and its mission, from reading an article found in "O", Oprah's Magazine in January of 2014. Days for Girls was initially founded on the idea to keep girls in school during the week they have their periods. The founder, who worked in a Kenyan orphanage, took

notice of girls that missed lessons, meals and kept to themselves in their rooms because they did not have the means or basic sanitary supplies to address their needs. Since its creation, *Days for Girls* has distributed over 200,000 kits across 85 countries and 6 continents. Recently, the U.S. Food and Drug Administration has approved distributions of the kits in the United States to cover the shortfall that food stamps and other public support creates.

With the rest of the local team (Lora Westfall, Karen Kaufmann, Lisa's husband Al and daughter, Arielle), Lisa Stafford works to provide the products placed in each kit, which includes, among other things, 8 hand sewn liners. Sewing events and fundraising take up a majority of Lisa's time with the group, however her most rewarding effort is when the kits are forwarded to those in need. Over the past few years, the local chapter has sent over 200 full kits and over 250 sewn kit components to Guatemala, Madagascar, Ghana, Ethiopia, Zambia and other countries.

"The poverty cycle can be broken when girls stay in school. Basic needs are not being met for young women across the globe. We create sustainable menstrual supplies that not only provides basic hygiene needs, but also the education about menstruation, reproduction, and personal hygiene that helps destigmatize this natural process," Stafford states. "This comprehensive program allows girls to continue with their education, work, and family life with dignity. I volunteer my time to contribute to an effort that encourages young women to break this cycle of poverty by attending to their personal needs, educating them about their bodies and rights to their body, and by encouraging leadership roles in their communities through education and enterprise."

"Lisa has worked hard to bring this issue to the forefront. I am sure many are unaware that this is a serious problem that exists in other countries and even here at home." Gretchen Ross of WBOY stated. "I am proud to honor her work and that of the local chapter of *Days for Girls*. The work they do makes a huge difference in the lives of many young women."

"We are happy to bring attention to the work of Lisa Stafford and *Days for Girls*. It is difficult to understand what young women in developing nations, and sometimes in our own communities, face every day. This work is important for the long term success of young women everywhere." Tim Miley, owner of The Miley Legal Group, stated. "Lisa works hard to bring awareness to this issue and I look forward to supporting this great cause."

Along with her volunteer work, Lisa also works day to day to support our children as a school psychologist in Doddridge County. Over her career she has gained experience working with pediatrics, pediatric oncology and psychiatry. Lisa understands the issues facing young children and how something so simple as feminine hygiene can affect the education, development and daily life of young girls. Her husband and their three children have been great supporters of this and many other causes.

The *Celebrating Volunteers* awardee receives recognition and \$500 is contributed to the organization they represent in their name. Gretchen Ross of WBOY TV and Tim Miley of The Miley Legal Group work together to select the awardee from the many recommendations received from the public. The volunteer selected will have demonstrated their commitment to an organization through volunteerism and support.

"I am an avid supporter of volunteerism in our communities." Miley stated. "The Celebrating Volunteers program is a way that we can recognize the hard work and dedication of individuals across our region."

We look forward to recognizing a number of worthy individuals while giving their organizations a part of the spotlight. The program will continue recognizing volunteers throughout the coming year. In order to nominate a volunteer to receive this award, please visit MileyLegal.com and click on the Celebrating Volunteers logo.

For more information on the *Days for Girls* organization please visit their website at daysforgirls.org.

Client Victories in December

- ✓ Our office received a great review on Avvo.com from a potential client that contacted our office, and although we could not assist him, we provided excellent information and guidance to ensure that he received the help he needed!
- ✓ A potential client walked into our office (yes we do take walk-ins) and immediately signed up with us to ensure that he was protected from an insurance adjustor that wanted him to settle quickly.
- ✓ We were able to assist a family whose elderly mother was injured in a car accident and due to unforeseen circumstance became bed ridden. We worked diligently with the family to ensure that her rights were protected and her claim was not undervalued due to her current condition.

Healthier Easy Meatloaf: To Help Get You Started on Your New Year Resolution!

Ingredients:

- 1 ½ lbs lean ground beef
- 1 egg
- 1 onion, chopped
- 1 cup low-fat (1%) milk
- 1 cup whole wheat bread crumbs
- ½ cup chopped fresh parsley
- 1 large carrot, grated
- Salt and pepper to taste
- 1 tbsp. brown sugar
- 2 tbsps. prepared mustard
- 1/3 cup ketchup

Directions:

1. Preheat oven to 350 degrees F. Lightly grease a 9x5- inch loaf pan
2. Combine beef, egg, onion, milk, bread-crumbs, parsley and carrots in a large bowl. Season with salt and black pepper. Place beef mixture in loaf pan.
3. Stir together brown sugar, mustard and ketchup in small bowl. Pour over meatloaf.
4. Bake in preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted in center should read at least 160 degrees F. 



Photo and recipe courtesy of allrecipes.com

New Year Words of Encouragement

“Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me.”

– Psalm 51:10-11

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

– Jeremiah 29:11

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert

– Isaiah 43:18-19

Pet Peeves – How to Prevent Cracked Paws this Winter!

Hey Friends! Dexter and Mia here with the scoop.

Brrrrrr. January is a cold month! But mommy still wants to go running with us. A lot of you humans are really dedicated to getting your exercise, and it's just important that we dogs get out and move around too. However, during the winter there are a lot of risks to going out and about with your pups, particularly cracked and burned paws; while this shouldn't keep you (and us) inside, there are a few precautions you should take:



To prevent injury.

- Check your dog's paws before venturing out for your walk or run. If you see any sign of cracking, it might be a good idea to skip your walk for a day or two.
- Put water-resistant booties on your pup's feet. But before taking your dog for a walk in his spiffy new footwear, make sure you give him plenty of time to get used to it in the house. Encourage him with treats and lots of praise.
- If you don't have dog boots or just can't get your pup to wear them, make sure you trim the hair on their toes so it doesn't hold ice and snow.
- Wash your dog's feet in warm (not hot) water. They can collect road salt, anti-freeze, and other dangerous chemicals on their paws and ingest them when they lick their paws later. Chemical salt can also burn their paws.

To treat injury.

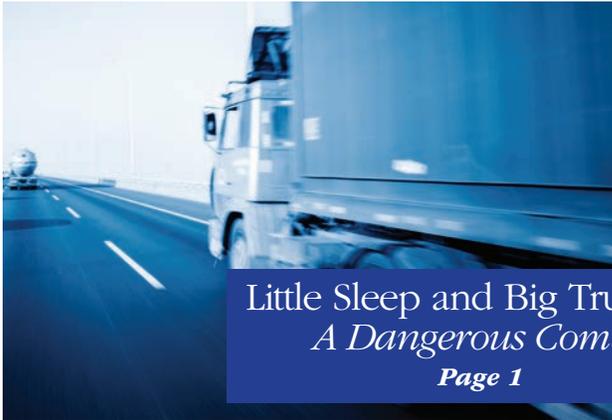
- If your dog's paws do start to crack or bleed, you can buy a salve to help them heal. Clean them carefully, apply the salve, and cover their feet with breathable cloth booties so they don't lick them.
- Keep your furry friend off of hard surfaces as much as possible and limit the amount of running and exercising they do.
- If their condition is persistent or gets worse, take them to the vet.

You don't have to let the cold keep us indoors; we just need a little extra protection. By following this guide, you can be sure to keep us safe and happy without ruining your exercise regimen. Happy walking!

Send us a pic of your pet having some fun this winter (mlg@mileylegal.com) and we will share it on our Facebook page!  



*Check out our blog at
 MileyLegalBlog.com*



Little Sleep and Big Trucks—
A Dangerous Combo
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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 Legal
 Group Fun!



MLG fitbit Incentive Program
 The Miley Legal Group **December 2015**

Tim, Doug, Jason, & Susan participated in the December Fitbit Incentive Program.

- **1,531,694 Steps**
- **689.36 Miles**
- **7,157 Active Mins**

Check out their awesome numbers!



Miley Family Fun - Celebrating the Holidays!

