



Fasten Your Seat Belts – It's Going to Be a Safer Drive.

M

otor vehicle crashes are a leading cause of death among those aged 1-54 in the U.S.

For adults and older children (who are big enough for seat belts to fit properly), seat belt use is one of the most effective ways to save lives and reduce injuries in crashes. Yet millions do not buckle up on every trip.

Working together, we can all help keep people safe on the road – every day. Encourage drivers and passengers to buckle up on every trip.

By wearing seat belts and buckling children into age- and size-appropriate car seats and booster seats, people can reduce the risk of serious injury and death by half. Although most drivers follow these safety measures on every trip, there are still millions who don't.

In fact, it is estimated that 3,031 lives (of people 5 years and older) could have been saved in 2012 alone if all motor vehicle occupants were restrained on every trip.

Strategies to increase Seat Belt Use

- **Primary seat belt laws** allow police officers to stop and ticket someone for not buckling up. On average, primary laws result in higher rates of seat belt use than secondary seat belt laws, which allow officers to give tickets only if they have pulled the driver over for another reason.
- **Increased penalties** for violating seat belt laws may include higher fines or points on a driver's license.
- **Short-term, high-visibility enforcement** involves a brief period

of increased police efforts including checkpoints or saturation patrols. These efforts are highly publicized through a media campaign that mixes both earned media coverage and paid advertisements.

- **Combined nighttime enforcement programs** are short-term, highly visible enforcement strategies. They are conducted at night, when seat belt use is lowest and crashes are most common. They are combined with enforcement of other laws, such as impaired driving laws.
- **Child restraint laws** require children riding in a car to use approved restraint devices (car seats, booster seats, or seat belts) appropriate for their age, height, and weight.

Continues on back page >>>

IN THIS
ISSUE

FASTEN YOUR SEAT BELTS - IT'S GOING TO BE A SAFER DRIVE.

WHAT EVERYONE SHOULD KNOW ABOUT THIS ACRYNOM: TBI

RECIPE: CHICKEN MARSALA

Letter From Jan



With summer breaks upon us and more people spending time outside, we are theming this our 'SAFETY ISSUE.' Yes, we will be here advocating for our clients all summer, but sincerely hope to see fewer of you on the Personal Injury side. We want you to "be safe" on the road and "stay safe" when you are out having fun. Also, let's not forget our seniors. If there is an elder in your family, in your neighborhood or attending your church, please check up on them during the heat of the summer.

Our first safety topic seems to be a no brainer. It takes two seconds to put on a seat belt. Those two seconds may save a life. And while most of you abide by the law (84 percent), if I can just reach half of the 16 percent of

West Virginians that are not wearing seat belts, producing this newsletter will be well worth it.

We are also talking about Traumatic Brain Injury (TBI). Concussions fall under the category of TBI. In this article, we share some compelling statistics, the symptoms and, most importantly, prevention. We reiterate that seniors over 75 are at the highest risk for TBI. Our children are in a close second. As a caring community, let's be aware and alert. If you have any questions about these topics or find yourself in an unfortunate personal injury case, do not hesitate to be in touch. A consultation is always free. Call us toll-free at **877.526.3457**.

Sincerely,
Jan Dils

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans' benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and results.

Community Corner

May 15, 2018 was the conclusion of our annual Penny Wars competition at the annual **Relay For Life Wood County Parkersburg WV**. Departments see who can raise the most money for the cause. This year, our Case Development Team raised the most. However, because of the rules of Penny Wars, our Veterans Affairs (VA) Team had the highest positive balance at the end of the competition. So we are calling it a tie! All departments worked hard to **raise a total of \$2,300**. Fundraising events included pizza lunch, taco lunch, a crockpot cookoff, various raffles, casual dress days, and a canvas painting party. We had a lot of fun raising money for this cause. The firm continued to show support by forming a team to walk at Relay for Life in the City Park on May 18th.



Team Dils steps out for the American Cancer Society to join the annual Relay for Life.

GOLDEN APPLE

We are proud to announce **Barbara Morgan** as our April 2018 Jan Dils, Attorneys at Law Golden Apple Award winner. Mrs. Morgan is a 2nd-grade teacher at Neale Elementary. Mrs. Morgan was nominated by the parent of one of her students. The parent stated that she is just a wonder with her students. She is always there to tell them she really misses them when they aren't in class. Mrs. Morgan even attends their events outside of class. The students in attendance were thrilled to see Mrs. Morgan win the award. Congratulations on your big win, Mrs. Morgan!

BRAIN GAME

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

RADIO OIDAR	NIGHT
WEEKLY WEEKLY	RISE ME NT ME NT
FAslapCE	BOXING BOXING

Answers: 1. Two Way Radio 2. Night Shift 3. Bi-Weekly 4. Hi Rise Apartments 5. Slap in the Face 6. Boxing Ring

What Everyone Should Know About this Acronym: TBI.



The Centers for Disease Control and Prevention (CDC) defines a traumatic brain injury (TBI) as a disruption in the normal

function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury. Everyone is at risk for a TBI, especially children and older adults. Rates are highest for those 75 or older. This article is intended to prevent TBIs and help people recognize, respond, and recover if a TBI occurs.

TBI ranks as a major cause of death and disability in the United States. TBIs contribute to about 30 percent of all injury deaths. Every day, 153 people in the United States die from injuries that include TBI. Those who survive a TBI can face effects that last a few days, or the rest of their lives. Effects of TBI can include impaired thinking or memory, movement, sensation (i.e., vision or hearing), or emotional functioning like personality changes and depression. These issues not only affect individuals but can have lasting effects on families and communities.

Symptoms of a TBI May Include the following:

Thinking/Remembering

- Difficulty thinking clearly
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering new information

Physical

- Headache
- Fuzzy or blurry vision
- Nausea or vomiting (early on)
- Dizziness
- Sensitivity to noise or light
- Balance issues

Mood

- Irritability
- Sadness
- More emotional
- Nervousness or anxiety

Sleep

- More than usual
- Less than usual
- Trouble falling asleep

Prevention

Here are some basic steps you and your family can take to lessen your chances of being stricken by a traumatic brain injury:

- **Wearing a seat belt every time you drive or ride in a motor vehicle**
- **Never driving while under the influence of alcohol or drugs**
- **Wearing a helmet and making sure your children wear helmets when:**
 - Riding a bike, motorcycle, snowmobile, scooter, or all-terrain vehicle
 - Playing a contact sport, such as football, ice hockey, or boxing
 - Using in-line skates or riding a skateboard
 - Batting and running bases in baseball or softball

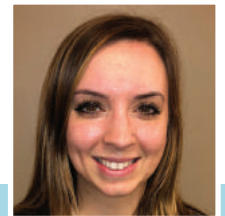
- Riding a horse
- Skiing or snowboarding
- **Making living areas safer for seniors, by:**
 - Removing tripping hazards such as throw rugs and clutter in walkways
 - Using nonslip mats in the bathtub and on shower floors; Installing grab bars next to the toilet and in the tub or shower
 - Installing handrails on both sides of stairways
 - Improving lighting throughout the home
 - Maintaining a regular physical activity program, if your doctor agrees, to improve lower body strength and balance.
- **Making living areas safer for children, by:**
 - Installing window guards to keep young children from falling out of open windows
 - Using safety gates at the top and bottom of stairs when young children are around
 - Making sure the surface on your child's playground is made of shock-absorbing material, such as hardwood mulch or sand.

Of course, a lot of this is common sense. But if you are injured at the hands of others and have questions or concerns, do not hesitate to give us a toll-free call at **877.526.3457**.

Sources: www.cdc.gov/traumaticbraininjury/index.htm

CHICKEN MARSALA

Elegant enough for special occasions; easy enough for any day of the week, this savory dish is from the kitchen of Personal Injury Specialist, **Darian Farley**.



INGREDIENTS:

4 skinless, boneless, chicken breasts (about 1 1/2 pounds)
All-purpose flour, for dredging
Kosher salt and freshly ground black pepper
1/4 cup extra-virgin olive oil
4 ounces prosciutto, thinly sliced

8 ounces crimini or porcini mushrooms, stemmed and halved
1/2 cup sweet Marsala wine
1/2 cup chicken stock
2 tablespoon unsalted butter
1/4 cup chopped flat-leaf parsley

DIRECTIONS: Pound chicken breasts with a flat meat mallet (about 1/4-inch thick) and put aside. Place flour in a shallow platter and season with salt and pepper, mixing to distribute evenly. Heat the oil over medium-high flame in a large skillet. When the oil is hot, dredge both sides of the chicken cutlets in the flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden. Do this in batches if the pieces don't fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm. Lower the heat to medium and add the prosciutto to the drippings. Sauté for 1 minute. Now, add the mushrooms and sauté until they are nicely browned, and their moisture has evaporated, about 5 minutes; season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook out the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the chicken to the pan; simmer gently for 1 minute to heat the chicken through. Season with salt and pepper and garnish with chopped parsley before serving.



PERSONAL INJURY • VETERANS' BENEFITS • SOCIAL SECURITY BENEFITS

Want to keep up with all the latest news or get to know us better? Like us on Facebook!



Connect with us on our social networks!



Continued from front story

Strengthening current laws with booster seat provisions helps reduce injuries and deaths by requiring children who have outgrown car seats to use booster seats through age eight years or until seat belts fit properly.

In looking at the statistics in our states, 84 percent of drivers and front seat passengers in West Virginia wear seat belts; where in North Carolina, it climbs to 88 percent. These are not the lowest numbers, but they are also not the highest as seen in Washington state at 97 percent. Let's get a little competitive and rally to beat out Washington as a common-sense state.

Know the Statistics

• **Deaths:** A total of 22,441 passenger vehicle occupants died in motor

A total of 22,441 passenger vehicle occupants died in motor vehicle traffic crashes in 2015.

vehicle traffic crashes in 2015. More than half (range: 52 percent – 59 percent) of teens (13-19 years) and adults aged 20-44 years who died in crashes in 2015 were unrestrained at the time of the crash.

• **Injuries:** More than 2.5 million drivers and passengers were treated in emergency departments as the

result of being injured in motor vehicle traffic crashes in 2015.

- **Ages:** Young adult drivers and passengers (18-24) have the highest crash-related non-fatal injury rates of all adults.
- **Costs:** Non-fatal crash injuries to drivers and passengers resulted in more than \$48 billion in lifetime medical and work loss costs in 2010.

At Jan Dils, Attorneys at Law, we urge you not to be a statistic. Please buckle up. However, even with seat belts, injuries such as whiplash, blown discs and fractures can happen on high impact. If you've been in a car accident, get an immediate medical checkup. If you need representation, don't hesitate to give us a call at. **877.526.3457**. Consultations are always free.