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## Focus on Back to School Safety



Our area schools have been in session for several weeks and children and parents are getting comfortable with a new routine.

But it's never too late to discuss school bus safety with your child. You don't want to get that phone call telling you that your child has been injured in a school bus accident, but unfortunately children are hurt in these types of incidents every day.

### School Bus Safety

Take a few moments out of your busy schedule to sit down for a serious talk with your child on school bus safety. Here are our top tips for making that ride a safe one:

- Stay away from roads and traffic while waiting for the bus to arrive. No roughhousing.
- Approach the bus only when it has completely stopped and the driver has opened the door.
- Use the handrail when climbing the steps.
- If the bus has seat belts, use them!
- Stay seated and keep your voice low so you don't distract the driver.
- Don't put head, hands or arms out of the window.
- Stand to exit the bus only when it has stopped completely.
- If you must cross the street ahead of the bus, walk ahead until you can see the driver. Make sure the driver sees you too. Wait for the driver's signal to cross the street and, before crossing, look left, right and then left again.

### Motorists: Use Extra Caution with Children Traveling to School and School Buses

Motorists must be alert for buses in the road as well as for children waiting for them.

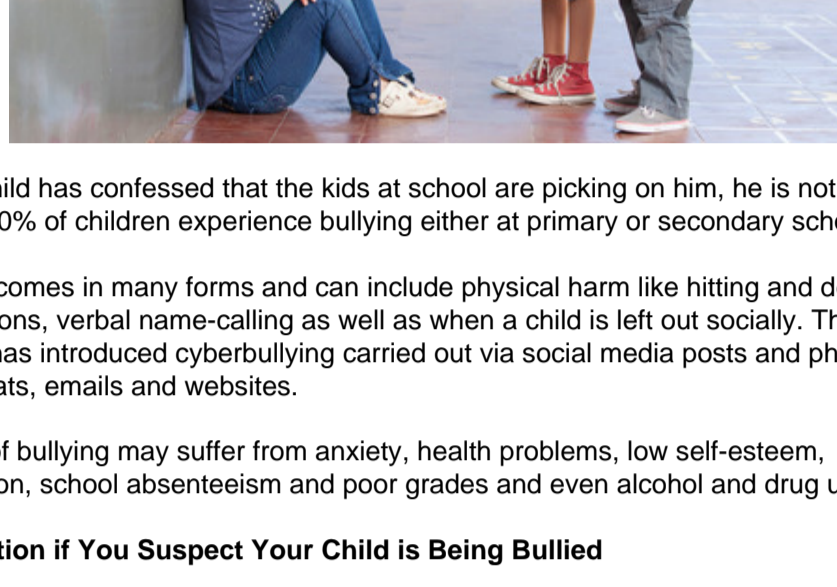
Watch for children walking and biking to school too. Anticipate the unexpected and watch for a biker who may suddenly veer into your path. Drive slowly, especially around school areas and parking lots.

Give school buses the extra space and time they need to maneuver. Watch for flashing lights or the bus's stop sign which requires you to stop. Don't proceed on your way until the stop sign has been retracted.

If you are following a bus, be prepared for frequent and sudden stops. Watch for children waiting for or exiting a bus as they may dart unexpectedly into the road.

Remember - it's illegal to pass a school bus that is loading or unloading children. Always stop, whether on a public highway, a multi-lane road or a parking lot - even if it is on school property.

## Bullying: It's Not Okay!



If your child has confessed that the kids at school are picking on him, he is not alone. Almost 50% of children experience bullying either at primary or secondary school.

Bullying comes in many forms and can include physical harm like hitting and destroying possessions, verbal name-calling as well as when a child is left out socially. The 21st century has introduced cyberbullying carried out via social media posts and photos, texts, chats, emails and websites.

Victims of bullying may suffer from anxiety, health problems, low self-esteem, depression, school absenteeism and poor grades and even alcohol and drug use.

### Take Action if You Suspect Your Child is Being Bullied

If you notice any of the above symptoms in your child or if he tells you that he is being bullied, act quickly to investigate and defuse the situation:

- Talk to your child calmly and in a non-judgmental way about what happened.
- Don't put words in your child's mouth.
- Request an after-school appointment immediately with the teacher. Be prepared with specific bullying examples and their impact. Ask for a report in a few days and follow-up if necessary.
- If there is no improvement after a week or if the situation worsens, escalate your complaint to the school principal.
- Regardless of how the school is handling your complaint, if your child is physically abused or even threatened with harm, report the incident to the police.

No child should feel unsafe at the playground or at school! Visit the stopbullying.gov website for tips for kids on bullying and how to protect themselves in a bullying situation.

If your child has been injured in a school bus accident or if you or 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:

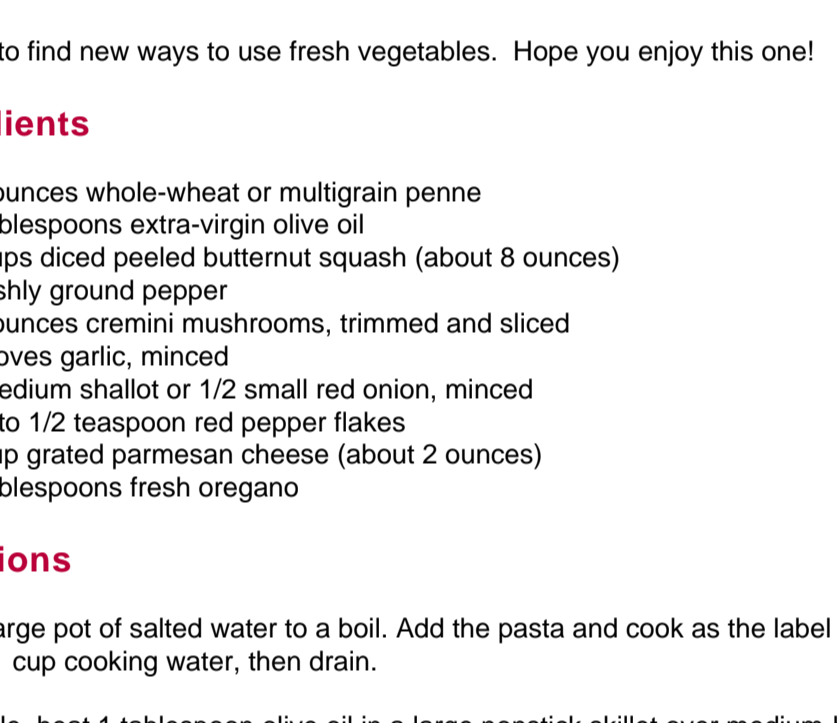
### How Is Fault Measured in a West Virginia Car Accident?



If you suffer injuries in a car accident in West Virginia, you should understand the state's fault laws as well as how fault is determined. The more you know about these issues, the better you will grasp the steps that your West Virginia car accident attorney takes on your behalf in order to seek maximum compensation for you.

<https://www.yourwvinjuryattorneys.com/blog/fault-measured-west-virginia-car-accident/> to read more.

## Recipe of the Month Penne with Butternut Squash



We love to find new ways to use fresh vegetables. Hope you enjoy this one!

### Ingredients

- 12 ounces whole-wheat or multigrain penne
- 2 tablespoons extra-virgin olive oil
- 2 cups diced peeled butternut squash (about 8 ounces)
- Freshly ground pepper
- 12 ounces cremini mushrooms, trimmed and sliced
- 4 cloves garlic, minced
- 1 medium shallot or 1/2 small red onion, minced
- 1/4 to 1/2 teaspoon red pepper flakes
- 1 cup grated parmesan cheese (about 2 ounces)
- 3 tablespoons fresh oregano

### Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; reserve 1 cup cooking water, then drain.

Meanwhile, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the squash, 1/4 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until golden and tender, about 5 minutes. Transfer to a plate and set aside.

Add the remaining 1 tablespoon olive oil, the mushrooms, 1/4 teaspoon salt and a few grinds of pepper to the skillet. Cook, stirring occasionally, until lightly browned, about 5 minutes. Add the garlic, shallot and red pepper flakes. Cook, stirring, until the shallot softens, about 2 minutes.

Add the pasta, squash and 1/2 cup of the reserved pasta cooking water to the skillet. Cook, stirring, until heated through, 1 to 2 minutes. Stir in 1/2 cup parmesan, then stir in enough of the remaining cooking water to loosen. Stir in the oregano and season with salt and pepper. Top with the remaining 1/2 cup parmesan.

*Photograph by Justin Walker - Recipe courtesy of Food Network Magazine*

## What's Happening in Charleston, WV

**Oct 4 - 8**  
Charleston Boulevard Rod Run and Doo Wop  
Kanawha Boulevard  
Charleston, WV  
<http://charlestonwv.com/event/2017/10/4/2017-charleston-boulevard-rod-run-and-doo-wop.aspx>

**Oct 5 - 8**  
West Virginia Pumpkin Festival  
West Virginia Pumpkin Park  
Milton, WV  
<http://wvpumpkinpark.com/>

**Oct 19**  
Charlie Daniels Band & Marshall Tucker Band  
Clay Center for The Arts & Sciences  
Charleston, WV  
[http://eventful.com/charleston\\_wv/events/charlie-daniels-band-marshall-tucker-band/E0-001-105273026-9](http://eventful.com/charleston_wv/events/charlie-daniels-band-marshall-tucker-band/E0-001-105273026-9)

**Oct 21**  
Buffalo Octoberfest  
Buffalo Shopping Center  
Buffalo, WV  
<https://www.facebook.com/BuffaloOctoberfest/>

**Nov 2**  
Chris Stapleton  
Charleston Civic Center  
Charleston, WV  
[http://eventful.com/charleston\\_wv/events/chris-stapleton-/E0-001-100434110-7](http://eventful.com/charleston_wv/events/chris-stapleton-/E0-001-100434110-7)

**Nov 18**  
Cato 5 Miler  
Cato Park  
Charleston, WV  
<http://charlestonwv.com/event/2017/11/18/cato-5-miler.aspx>

**Nov 24**  
Artwalk  
Downtown Charleston  
Charleston, WV  
<http://charlestonwv.com/event/2017/11/24/artwalk.aspx>

**Nov 24**  
Hot Diggity Dog Thanksgiving 5K  
Saint Albans High School  
Saint Albans, WV  
<https://aptiming.com/race/220>

## 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](mailto: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.

## Follow us...



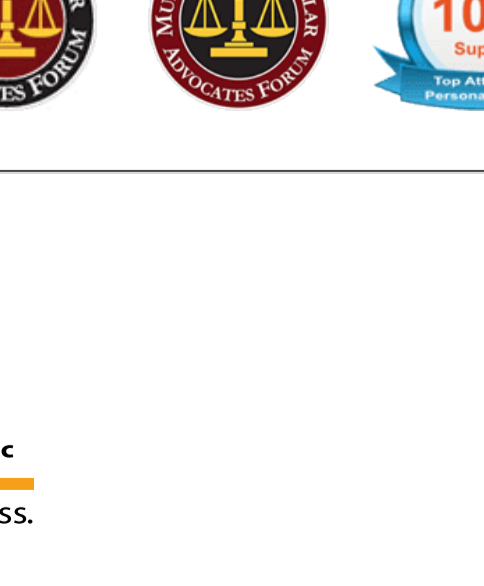
## Meet Our Attorneys



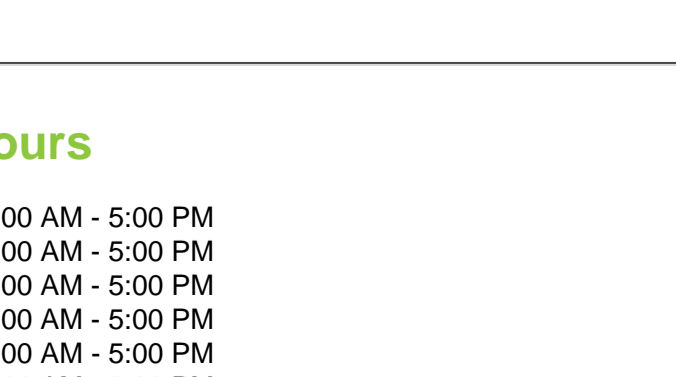
**Jonathan R. Mani**



**Damon L. Ellis**



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## Our Office

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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

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