

## Newsletter | October 2018

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### Jebaily Law Firm - In The Community



**Start Heartwalking!** The best thing you can do for your heart is to walk. **Join Us for the Annual Pee Dee Heart Walk on October 20, 2018.**

True, walking is an excellent cardiovascular exercise. Brisk walking pushes your heart and lungs to work hard, which over time can make your heart stronger. A good walk can lower blood pressure and stress, improve your mood and memory and give you lots more energy.

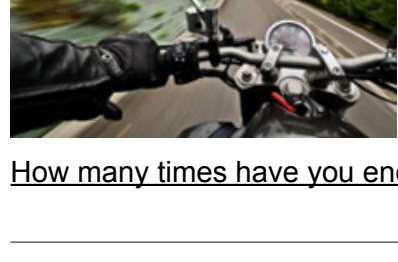
But the kind of walk we are talking about today is Heartwalking! Please join us at the annual Pee Dee Heart Walk to raise funds to help fight heart disease and stroke. You'll be joining nearly 1 million Americans at more than 300 events across the country.

The Jebaily Law Firm team has been participating in the walk for more than 10 years. In fact, the Pee Dee Heart Walk passes right by our office and we are proud to sponsor one of the many water stations along the route. You can choose a 1-mile or 3-mile route that travels through Florence. Dogs are welcome and light refreshments will be provided for all participants.

Come on out on October 20, 2018, to help make a positive difference in the lives of your friends, family and co-workers. Start Heartwalking and make the commitment to lead a heart-healthy life. You can find complete information about the Pee Dee Heart Walk and how to register at this American Heart [website](#).

**Remember, we're not only raising funds – we're raising heartbeats!**

### Is Lane Splitting Legal in South Carolina?

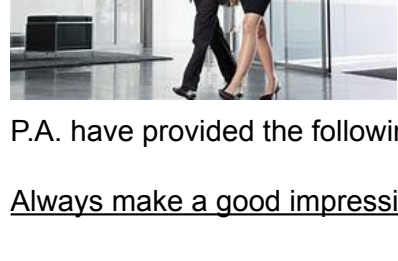


Lane-splitting is a way for motorcyclists to avoid traffic slowdowns during rush hour and other backups. The practice involves motorcyclists driving between the lanes of stopped or slowly moving cars, in other words, splitting between the lanes.

While lane-splitting may be tempting for many motorcyclists, the practice is illegal in South Carolina.

How many times have you encountered this issue, interesting facts ahead!

### What to Wear to Court

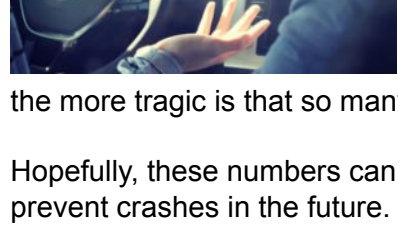


In an ideal world, every court case would be determined solely on the merits of the arguments and the quality of the evidence. The truth is that the law, like everything else in life, is more complicated. One element that can make an impact is how an individual appearing in court presents themselves.

To help our clients and others make sure nothing superficial sabotages their case in court, the lawyers at [Jebaily Law Firm, P.A.](#) have provided the following tips on what to wear to court.

Always make a good impression, especially when going to court, keep reading!

### Car Accident Statistics for 2017 Show Nearly 40,000 Traffic Deaths



With last year's car accident statistics beginning to be analyzed, traffic fatality numbers are looking pretty grim. Various estimates place the number of deaths from motor vehicle accidents in the United States in 2017 around 40,000.

Any accidental death is horrible, but what makes these deaths all the more tragic is that so many of them were entirely preventable.

Hopefully, these numbers can give us insights into the causes of car accidents that will help us prevent crashes in the future.

Slow down, be respectful of other drivers, practice safety first!!

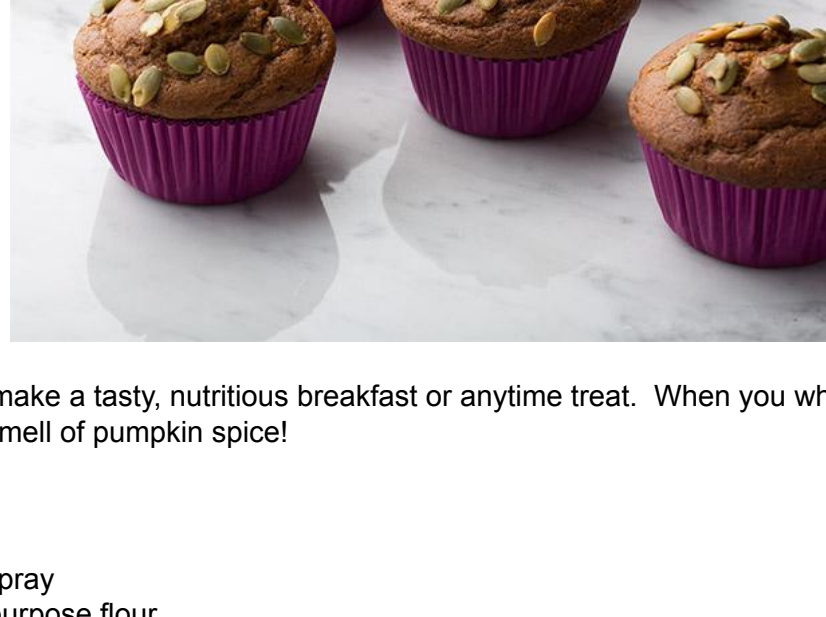
### What to Expect at a South Carolina SSD Hearing



Many Social Security Disability claimants often wonder about the hearing process, particularly because they generally have no idea of what to expect at their hearing. There are, however, a few things you should keep in mind that will help you through the process.

Educate yourself BEFORE you go to court! Remember to do the following.

### Recipe of the Month Pumpkin Muffins



These muffins make a tasty, nutritious breakfast or anytime treat. When you whip up a batch, the house will smell of pumpkin spice!

#### Ingredients

- Cooking spray
- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulphered molasses
- 1/4 cup canola oil
- 2 large eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1/4 cup raw, unsalted pumpkin seeds

#### Directions

Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.

In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.

In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.

Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

*Recipe courtesy of Ellie Krieger*

### What's Happening in and Around Florence

#### Nov 1

Kenny 'Babyface' Edmonds  
Florence Civic Center  
Florence, SC

#### Nov 2 - 3

SC Monster Truck Madness Spooktacular  
Sumter American Legion Fair Grounds  
Sumter, SC

#### Nov 3

South Carolina Pecan Festival  
Florence, SC

#### Nov 10

Dog Daze  
Moore Farms Botanical Garden  
Lake City, SC

#### Nov 22

YMCA Turkey Trot  
YMCA  
Sumter, SC

#### Nov 23

Mark Humphries  
Redbone Alley  
Florence, SC

#### Dec 9

Fabulous Equinox Orchestra Holiday Concert  
Sumter Opera House  
Sumter, SC

#### Dec 15

Holiday Garlands Galore  
Moore Farms Botanical Garden  
Lake City, SC

### Follow us...



### Meet Our Attorneys



Lawyers Helping Injured People <sup>SM</sup>

### Office Location

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### Office Hours

M-Th: 8:30am – 5:30pm, F: 8:30am – 5:00pm

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