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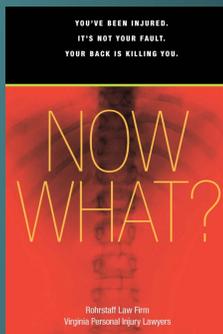
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IMPORTANT NEW BOOK

If you've been injured, read this book before talking to an insurance company. To get your FREE copy, go to our website,

www.RohrstaffLaw.com or call us at 703-260-6070.



The Rohrstaff Reader

Volume 2, Issue 3

April 2011

So, What's the Big Deal About Bullying, Anyway?



I was talking to one of the vendors at a lawyer conference recently. He asked me what kind of law I practiced. I mentioned that I represent injured children, including children who have been injured by bullies. His voice changed, he looked down, and he said, "I was bullied when I was a child. Good for you." I was struck at the depth with which this man still recalled the pain of being bullied.

You can probably remember who the bully was at your school, too, whether you were a target or not. Bullies intimidate, and children know who they are. The town where I grew up was so small that no bully could muster a group to back him up in the bullying department. Everyone knew everything about everybody, so the bully was basically the lone ranger. That isn't the ordinary experience of children today.

Bullying is getting more and more attention in the media. I have posted several blogs about bullying on my Virginia Child Injury Lawyer blog:

- President and Mrs. Obama held a meeting at the White House in March to talk to teachers, students and parents about how to stop bullying and how parents can take responsibility to make sure

their children treat others with respect. viriniachildinjurylawyer.com/obamas-shine-spotlight-on-bullies.

- With advancements in technology, bullies have many more ways to intimidate than they did in the past. viriniachildinjurylawyer.com/textual-harassment-takes-abusive-relationships-to-new-depths



- An app for smartphones has been developed to help parents learn the slang that is often used by teens when texting, including those who are using texts to intimidate. viriniachildinjurylawyer.com/lrn-the-lingo-save-a-kid

- The Ad Council has produced a series of ads about how unrelenting bullying can be in the world of electronic access to each other. If you don't check out any other blog, check out this one and look at the videos mentioned in it. They are scary.

viriniachildinjurylawyer.com/how-would-you-know-if-your-child-were-a-victim-of-textual-harassment

- Children and teens think "sexting" is innocent, but it can be dangerous. It is another way for children to be pressured into doing something. viriniachildinjurylawyer.com/is-your-child-being-pressured-to-sex

- Schools are being instructed to take steps to prevent bullying, and some student misconduct may trigger schools' responsibilities under Federal anti-discrimination laws. viriniachildinjurylawyer.com/schools-with-bullying-could-face-responsibility-under-federal-anti-discrimination

An internet search easily finds hundreds, maybe thousands, of references to bullying. However, I would love to hear from real people with their real stories about being bullied – or being the bully. If you have a story you would share with me, call me at 703-260-6070, email me at Sandra@RohrstaffLaw.com, FAX it to 703-260-6305, or send it the old fashioned way to 515 King Street, Suite 330, Alexandria, VA 22314. If I use your story, I'll send you a small gift as thanks.



How I Found the Best Movers for My Job

How do you find the right person when you need something done? You know, someone you can trust to do a good job and who knows what they are doing and who you will get along with? I don't know about you, but I ask a friend.

That's what I did recently when I needed help moving a large desk, filing cabinet and chair to my office. The job wasn't big enough for a real moving company, so I called a few friends and asked if they knew of anyone who would be willing to help me out.

And, I met two of the nicest young guys! **Sev Schnibbe** and **Morgan Pittkin** arrived right on time at the location to pick up the stuff, successfully put it all into Sev's truck, drove to my office and got each item into the elevator and down the hall and into my suite – all without a scratch or dent. Even though the job was bigger than they had probably thought it would be (those things were **HEAVY**), I heard no complaints. Their attitude was, "Sure, we can do this." And they did. They obviously knew each other well, because together they cooperated and schemed and laughed and rested and sweated and tugged and pulled and

leaned and shoved – and got the job done as fast as it could have been done.

I am absolutely positive that neither Sev nor Morgan has furniture moving as a career goal, but I am also sure that my experience with them had a lot to do with how we ended up together:

1. I knew and trusted my friend Barbara (who gave me their names), so I trusted them before I even met them.
2. They knew and trusted my friend Barbara, so they trusted me.

Asking friends for referrals is the most reliable way to find a good drycleaner or mechanic or handyman or landscaper or lawyer. It's why I am always honored when someone asks a friend for a referral to a lawyer and my name is given. **Thanks to all who have referred people to me** – and to all who will in the future.

P.S. I am also absolutely positive that, with their work ethic and optimistic attitudes, Sev and Morgan will succeed at whatever career choices they make. I hope I get to hear about them.

Some Cases Coming Through Our Office



Our client was walking across the street from work to the gym when she was hit and seriously injured by a car. It was dark and rainy, but she had on a bright red coat and was in the well-marked pedestrian crosswalk.

A 7-year-old girl suffered a concussion when a daycare worker threw a kick ball at her and hit her in the head. The daycare provider took no action against the worker and took the position that their investigation revealed no evidence to support the allegations of our client's head injury and the employee was not responsible for the incident.

A customer's lip was severely burned by the hair removal treatment she received at a salon.

A boy with an obvious birth defect is bullied at school, on the bus and in his apartment complex. The school has no anti-bullying policy.

A parent is surprised to hear that his 18-month-old son "woke up from a nap" at daycare with an injury. No satisfactory explanation from the director was given about how the injury occurred.



Tick Talk

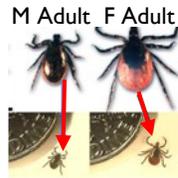
Now that we're all outside more often and longer, here are some reminders about the critters hanging out in the grass of your yards and parks.

SOME FACTS ABOUT THE DEER TICK:

- Can carry Lyme Disease
- Symptoms in Humans can include:
 - Oblong rash - can look like a bull's-eye
 - Flu-like symptoms such as nausea, headache, fever, stiffness in joints
- If you have any of these symptoms, consult a doctor.
- Take your dog to the vet if they present with any of these symptoms
 - Stiff walking
 - Sensitive to touch
 - Difficulty breathing
 - Fever, lack of appetite

PREVENTION for Humans and Their Dogs/Pets:

1. Avoid tall grass and dense vegetation (they just sit there and wait for someone to brush up against them so they can grab on)
2. Wear light-colored clothing so ticks can be found easily



Approximate life-sized deer tick

3. Tuck pant legs into socks so they stay on the outside of your pants (I know it looks funny, but do it anyway)
4. Conduct tick checks on kids and pets every 4 hours
5. Use tick repellents that contain at least 30% DEET
6. Treat your lawn with approved pesticide for tick control
7. Consult your veterinarian for tick-controls for your pet

IF YOU FIND A TICK:

1. Use tweezers and pull out slowly so you don't leave mouthparts in the wound
2. **DO USE A HOT MATCH** to remove it
3. Do not use nail polish, alcohol, or petroleum jelly to remove it
4. After tick is removed, wash wound with an anti-septic
5. Kill the tick in rubbing alcohol and keep it in a small vile for a few months in case any disease symptoms develop.

<http://aldf.com> <http://pubs.ext.vt.edu> <http://www.petmd.com>

Cases We Don't Want Coming Through Our Office

People often ask what kinds of cases we are not interested in reviewing. Here are our guidelines for cases we typically turn down:

1. You've been turned down by several attorneys before us.
2. Your case has already been filed by a lawyer who no longer represents you.
3. Your Statute of Limitations (SOL) is one-to-three months away.
 - a. Definitely not, if your SOL is one month away
 - b. If your case is complicated, not even three months away from the SOL (*We take complicated cases - just not if there are only three months left on the SOL, because we would not have enough time to thoroughly investigate the case. For example, cases with unclear liability, multiple defendants, or prior injuries of the same body parts injured in the new case.*)
3. If you haven't seen a doctor yet.
4. If you waited more than two weeks after your injury to go to a doctor.



We always appreciate people who refer matters to us. This month, we thank: Melanie Morris, teacher; Tom Curcio, attorney; Barbara Williams, attorney; Todd Pilot, attorney; Yvonne Griffith, attorney; Patience Alexander, attorney; Nancy Ryan, attorney; Kelly Thompson, attorney; Pia Trigiani, attorney; Anne Wilson, friend; Ken Levinson, attorney. These cases involved issues of *injury from automobile negligence, child injury and malpractice.*

YOU'VE BEEN INJURED.
IT'S NOT YOUR FAULT.
YOUR BACK IS KILLING YOU.

NOW WHAT?

Rohrstaff Law Firm
Virginia Personal Injury Lawyers

Sandra's Twin Grandbabies
Malynn & Jack - 11 mos. old
(Mike's (Sandra's son) kids)



T 703.260.6070
F 703.260.6305

www.RohrstaffLaw.com
http://

VirginiaChildInjuryLawyer.com
Sandra@RohrstaffLaw.com



Sandra & Janelle
Mother & Daughter Working
to Help Other Families

I wrote this book to help injured people in Virginia. Over the years, I saw that there was no reliable source of good information for people who have been injured in Virginia. There either was NO information or BAD information. People make better decisions when their questions are answered accurately. So, I wrote this book. It explains what happens when someone has been in an accident and gives tips for getting through it the best way possible. It's not legal advice (every case is different - really), but it is full of valuable, reliable information. After reading this book, you should consult an attorney for legal advice.

NOW WHAT? is available FREE of charge to Virginia residents. You can request a copy by calling 703-260-6070 or at our website, www.RohrstaffLaw.com, or by e-mailing us at Janelle@RohrstaffLaw.com. Let me know what you think of it.

If you would like to be removed from our mailing list, or if you or someone you know would like to receive the Rohrstaff Reader in **LARGE PRINT**, please call Janelle at 703-260-6070, or e-mail her at Janelle@RohrstaffLaw.com.

Cooking with the Kids

I always loved being in the kitchen with my mother. Wonderful things always came out of that kitchen when we were together – including the food. When my son was young, we were visiting my mother and I was baking cookies with him. She said to me, "I don't see how you have so much patience to do this." I responded that I was just doing what she had done with me when I was a child – baking cookies. She said, "Yes, but you weren't just two years old!"

Here's our favorite recipe for cinnamon toast. Even preschoolers can help make cinnamon toast so long as the grownup does the toasting.

BEST CINNAMON TOAST EVER!

Start by lightly buttering the bread. Soft margarine spreads the best. Sprinkle on the sugar and the cinnamon. Toast in the toaster oven until golden brown. Be sure to use a tray or aluminum foil to prevent butter/margarine from dripping down into the toaster over. Done!

I still have a small bottle with a shaker top full of sugar and cinnamon – just in case the urge strikes me for some toast.

{I remember that shaker bottle was a nice '50s-color brown - Janelle}



Coming Soon!
May 2011
Bicycle Helmet Giveaway

June 2011
Sandra, Janelle, and family participate in
Susan G. Komen Race for The Cure

