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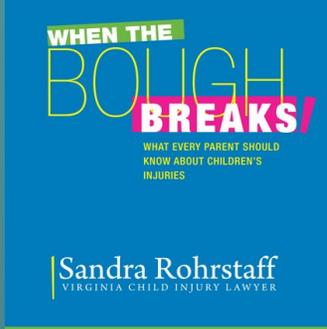
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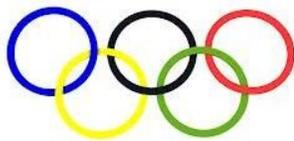


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Sandra's GrandTwins are Two Years Old!

CHALLENGED ATHLETES



Every two years, we get to watch amazing athletes from all over the world compete in the summer and winter games. The broadcasters spend lots of time finding stories they hope will interest viewers, usually about athletes who have overcome some adversity or challenge that makes their getting to the Olympics all the more impressive. Oftentimes, the stories are about "underdogs" or young people who battled and overcame financial or health problems to reach their goal.

This year, the story of an Olympic athlete got a lot of attention. A runner from South Africa, was born without fibulas. Before he was even one year old, his legs were amputated below the knees. Remarkably, 24 years later at the 2012 Summer Olympics in London, he became the first amputee runner to compete against able-bodied athletes.

His commitment to athletics has been life-long. His mother told him, "A loser isn't the person that gets involved and comes in last, but it's the person that doesn't get involved in the first place."

His sporting motto is, "You're not disabled by the disabilities you have, you are able by the abilities you have." He embodies the spirit of the **Challenged Athletes Foundation (CAF)**, a non-profit organization devoted to supporting challenged

CAF connects physically disabled youngsters with similarly disabled mentors who provide one-on-one support as role models and partners to encourage the mentee in physical activities and sports.

He has accumulated many titles in his life. He can now add "trailblazer" and "role model to young challenged athletes all over the world."



athletes reach their goals. The mission of CAF is to help athletes accomplish their goals by providing grants that enable them to get the equipment they need so they can pursue their active lifestyles through physical fitness and competitive athletics.

I am particularly interested in CAF's newest program that focuses on youngsters.

Thank you for having the courage to challenge convention and forever change the world's perception of ability.

You can find information about CAF at challengedathletes.org.

Be Disruptive

I recently read an article by Malcolm Gladwell in *The New Yorker*, "How David Beats Goliath," (May 11, 2009).

Gladwell's article is about the value of being disruptive. One example he uses is an undersized girls' basketball team without much skill or experience and how their coach took a totally different approach to playing the game to give his team a chance to win. And, win they did. He got his team to the National Junior Basketball division championship by hiding their weaknesses and, instead, focusing on their strengths. The other teams were made up of taller girls who could get the ball in, dribble down court, and take shots from everywhere on their end of the floor. His girls did not have these skills. So, instead of playing the other teams' "game", he taught his team to play aggressive defense, to play a full-

court press for the entire game, and to get the ball on their own end of the court where they could score.



Gladwell was writing about David versus Goliath, but with an emphasis on what David did before he threw the stone at Goliath. First, David recognized he couldn't play Goliath's "game", so he chose tools with which he was comfortable, familiar and skilled (stones). And, next, he changed the rhythm of the game. Goliath was accustomed to calling the shots, to intimidating his foes and

coming at them first. To Goliath's surprise, David changed the rules. He ran out from the ranks toward the giant and challenged him with stones. You know the rest of the story.

Whether we're talking about sports or battles or business or education, those who are on the outside (the underdogs) can achieve their goals when they have the audacity to refuse to follow the rules of the insiders and, instead, challenge the conventional wisdom and play to their own strengths. Effort over ability can be a game changer.

**Be audacious.
Have some attitude.
Give all the effort you
can muster.**

Others will wonder who is the giant after all.

Crossing the Street In the Crosswalk



As children we heard (and as grownups we have probably said), "Watch where you are going!" In Virginia, you must take that warning VERY seriously. Even though you have the right of way when you are crossing a street in a crosswalk, you still have a responsibility to be careful. If you are hit by a car while walking across a street in a crosswalk, your own behavior could keep you from being repaid for your losses. Even if the driver was not looking where he was going or was speeding, if you were negligent even a little bit and that negligence contributed to your injury, you could not recover for your losses. We recently concluded a case for a

client who had been hit by a car and suffered serious, permanent injury while she was walking across the street in the crosswalk. She is just the kind of person we like to help: She worked hard to get her body moving and strong again, even while facing a lifetime of limitations and pain. We were able to resolve her case for an amount of money that will repay her for her past and future losses, including the surgeries she must have during her lifetime. However, if she had been careless while crossing, we may not have been able to help her get repaid for her injuries.

Introducing Tamika Jones

I met Tamika several months ago and was very impressed with her - her energy, her skills, her fearlessness. I like that she represents real people who need her help. I wanted to give her a chance to “meet” my readers, so I asked her to write something about herself.

Here’s her story. I look forward to finding ways to work with her.

The Jones Practice, PLLC

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I have always been a go getter, some would call me a dare devil of sorts and I have never met a challenge I didn’t rise above. I am a Virginia native, I was raised by my single mother in a small town by the name of Amherst, Virginia and within months of graduating from Lynchburg College, I relocated to Northern Virginia.

I wish I could say that I always wanted to be a lawyer, in fact, it’s quite the opposite. I wanted to be a doctor, a Cardiologist, no less, but I guess my plans changed. After undergrad, I decided to “take some time off” from my studies and I worked at a law firm. I knew then and there that those lawyers were not any smarter than I was and after working in other legal jobs as a probation officer and State Investigator, I decided to attend law school.

My past employment provided me with firsthand knowledge of our legal system, the good, the bad, and oftentimes, the ugly. I wanted to do my part to make the good outweigh the bad on the scales of justice. As a single mother myself, I know how hard it is to find someone who understands your struggle, what it means to have to work and tend to the children and how much time and dedication it takes to do both of those jobs well.

I am truly a general practitioner. I handle cases ranging from criminal misdemeanors to felonies, from landlord/tenant to personal injury. I also am a certified Guardian *ad Litem* and handle all aspects of Family law including Divorce, Custody/Visitation, Child Support and Abuse and Neglect.

Please do not hesitate to contact me to discuss your legal matter and see if I can be of service to you.



Sincerely,

A handwritten signature in blue ink that reads "Tamika D. Jones". The signature is fluid and cursive, written over a white background.

Tamika D. Jones, Esq.

A PARENT'S GUIDE



WHEN THE BOUGH BREAKS

WHAT EVERY PARENT SHOULD KNOW ABOUT CHILDREN'S INJURIES

Sandra Rohrstaff
VIRGINIA CHILD INJURY LAWYER

IMPORTANT BOOK

Loaded with information about what to do if your child has been injured

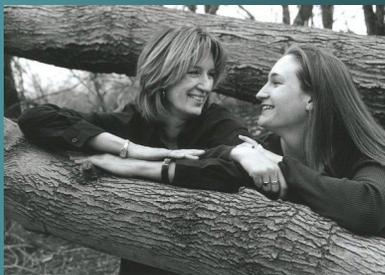
To get your FREE copy, go to our website, RohrstaffLaw.com or call us at 703-260-6070.

T 703.260.6070

F 703.260.6305

RohrstaffLaw.com

VirginiaChildInjuryLawyer.com



Sandra & Janelle
Mother & Daughter
Working to Help Other Families



Janelle sings with The Reston Chorale and is having a blast. Go to restonchorale.org to see their concert schedule.

Now What? 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. READ THIS BOOK **BEFORE** TALKING TO THE INSURANCE COMPANY. Then consult an injury 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.

Pesto a la Genovese

(from *Time-Life Italian Cookbook*)

I first got this recipe from my friend Elaine (a wonderful cook) over 30 years ago. I fell in love with pesto then and I still enjoy its contribution to delicious summertime meals. Here is a copy of the original 3x5 card that I have used again and again (as you can tell).

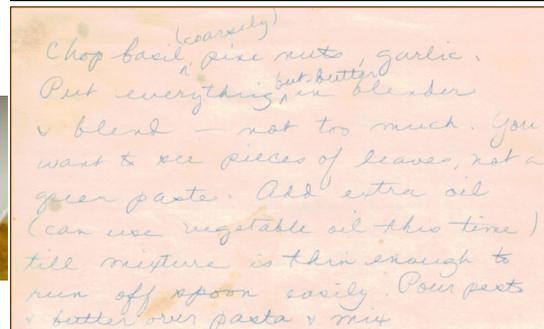
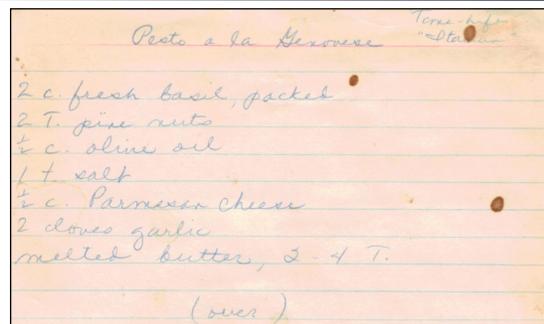
Thanks, Elaine!

If you're having trouble reading the 3x5 card, here's what it says:

- 2 c. fresh basil, packed
- 2 T. pine nuts
- 1/2 c. olive oil
- 1 t. salt
- 1/2 c. parmesan cheese
- 2 cloves garlic
- Melted butter, 2-4 T.



Chop basil (coarsely), pine nuts, garlic. Put everything in blender and blend - not too much. You want to see pieces of leaves, not a green paste. Add extra oil (can use vegetable oil this time) till mixture is thin enough to run off spoon easily. Pour pesto and butter over pasta & mix. ENJOY!



We always appreciate referrals.

We hope you think of us if you, your family or friends have any legal matters that need attention. If we are not able to help you, then we will help you find someone who can. We welcome the opportunity to help you and those you care about.