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*with grandbabies photos*

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**IMPORTANT  
NEW BOOK**

This book is filled with information to help injured people in Virginia. This FREE BOOK is available on our website, [www.RohrstaffLaw.com](http://www.RohrstaffLaw.com) or call us at 703-260-6070 and, we'll send you a copy.



# The Newsletter

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## Coming Home

Welcome to the first edition of the Rohrstaff Law Firm newsletter. As you know, I have just opened my own office in Alexandria, very near my home. If you didn't get our "coming home" letter, let me know, and I'll send you one. One of the enclosures in the letter is a picture of the adorable twins, Malynn and Jack, my first grandchildren. (By the way, "adorable" is a word used by many people who got the letter and

responded with a comment about the picture. I certainly wouldn't say it on my own without confirmation. ☺) When I chose this location for my new office, I knew that coming to Old Town Alexandria would be a barrier for some clients because of parking challenges. There are three parking lots and garages within two blocks of the office; however, it can still be hard to find a parking place. If you park on the

street instead of in a lot or garage, you must have a good supply of quarters in your pockets to feed the meters. Well, I don't want difficult parking ever to be a problem for clients who come to the office, so we pay for our clients' parking, whether in a lot or at meters. We do have a good supply of quarters just for this purpose. We will even park your car for you if you'd like.

## Thankful

Maybe it's a cliché to write about things I'm thankful for. After all, everybody does it. But, it's a tradition in my family around Thanksgiving. So, at the risk of being a cliché, here's my list:

The usual "health and family" have taken on new meaning this year with the addition of a new generation in my family. I continue to be grateful for our good health and for those in

my life who are struggling with health issues and the heroic battles they are winning.

I have a great window in my new office out of which I can see blue sky, threatening clouds, millions of raindrops and – I expect – snowflakes.

I am incredibly lucky to work with my daughter. It's a blessing to have a grownup rela-

tionship with someone who I've known since before she was born.

Friends continue to fill my life.

Plus, this year we got our bathroom redone at home, and it's amazingly wonderful.

Now if I just had someone to rake my leaves...

## Keeping Children Safe

[LRNtheLingo.com](http://LRNtheLingo.com)



Malynn was a little lamb

*“The usual  
“health and  
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Jack the Ferocious

Did you know I have a blog? It's <http://VirginiaChildInjuryLawyer.com>. The purpose of the blog is to give parents and caregivers and anyone who might know a child information that I hope is helpful to keep children safe. You'll find descriptions of dangerous products that have been recalled and discussions of school bus safety. There are several articles about how to choose and properly fit a child into a safe car seat, how to choose the right daycare for a child and how to safeguard your child on the playground.

Articles about older children, too. I have talked about teen driving and behaviors that can limit a teen's chances at getting a job. I have included articles that, sadly, deal with huge, scary issues involving teens – bullying and harassment – and how we adults can try to help teens cope and report.

I recently posted an article about LRNtheLingo.com. LRNtheLingo is an iPhone app that defines and explains texting code words that teens, especially, use. The app was developed by a marketing communications firm in Falls Church (Crabtree + Co) after the daugh-

ter of a friend of one of the staff members committed suicide. The teen's mother felt that better communication would have helped her recognize warning signs in her daughter's behavior.

Bullying only works when it's secret. It gets its power from convincing the victim that they are alone and powerless. LRNtheLingo gives parents a tool that might provide a small window into their teenager's world. You can read the blog post at <http://virginiachildinjurylawyer.com/lrn-the-lingo-save-a-kid>.

**I think this is a big deal. So, I'm giving away a free LRNtheLingo app (for iPhone, iTunes or iPod Touch) to anyone who wants one.** No questions asked. Sure you could get it yourself, but if I can help put it in the hands of parents who might otherwise not have known about it or who would not have gone to the trouble to get it, then all the better. Just send me an email at [Sandra@RohrstaffLaw.com](mailto:Sandra@RohrstaffLaw.com) with “LRNtheLingo” in the subject line, or call 703-260-6070, and I'll send you a gift card.

### Thank You

We always appreciate referrals. We'd like to thank the following people: Michele Cain, Kurt Christensen, Tom Curcio, Liz Gray, Tamara Jelic, Javin Livingston, Gerry Schwartz, Lynn Tate, and Barbara Williams. These referrals were in the areas of children's injuries, personal injury, wrongful death, and nursing home neglect.

## Distracted Drivers

People do a lot of traveling on the roads in November and December. I thought some attention to driver safety would be appropriate.

Here are some statistics:

- You are 6 times more likely to get in an accident from texting than from drunk driving.
- Drivers 20 years old and younger have the highest proportion of distraction-related fatal crashes

If your teen has a cell phone that she uses to text her friends and if she also drives, there's a good chance she does both of them at the same time. Teenagers think they are "bullet proof." I remember being bullet proof — nothing could happen

to ME, even when things happened to my friends. As an adult, I came to understand that teens (like younger children) don't appreciate the consequences of their behavior.

As of July 2009, it is a traffic offense to drive while texting in Virginia. There also are driving laws that apply to teens in particular that carry penalties of restricting (or removing) their right to drive.

<http://www.dmv.virginia.gov/webdoc/citizen/drivers/restrictions.asp>  
<http://www.drivinglaws.org/virginia.php>  
<http://www.distraction.gov>

## Janelle's Corner



*"Drivers 20 years old and younger have the highest proportion of distraction-related fatal crashes."*

## Some Cases We Are Handling Now

Hotel guest walking out of hotel carrying her four-month-old son. Hotel employee pushing the loaded baggage cart behind her hits her foot from behind, which causes her to stumble forward. Baby is dropped and hits his head on the marble floor, suffering subarachnoid hemorrhages and a nondisplaced fracture through the top of the metopic suture in his forehead.

Six-year-old boy, riding with his mother on an escalator in a major department store, was seriously injured when he put his fingers down next to the teeth of one of the escalator steps. Severe mangling of his hand.

An 83-year-old airline wheelchair passenger was loaded onto a mobile lounge by an airline employee as required by law. The employee did not secure the chair to the lounge, nor did he secure the passenger to the wheelchair. When the mobile lounge made a turn, both the passenger and the chair were thrown over. The passenger suffered a painful broken collarbone.

After two teens were dropped off at a friend's house, our client reached back into the car to get her jacket. Without warning the car started moving and rolled onto our client's foot. The driver then backed up the car and rolled over our client's foot again. Our client suffered serious bruising and fractures of bones in her foot.

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

# NOW WHAT?

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## Family Helping 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](http://www.RohrstaffLaw.com), or by e-mailing us at [Janelle@RohrstaffLaw.com](mailto:Janelle@RohrstaffLaw.com). Let me know what you think of it.

## Fall Food

I love to cook. I love to eat. I love to visit while cooking and eating. Here we are at Carter Mountain near Monticello on a beautiful Fall day. We picked winesap and pink lady apples.



Here's a great dip that goes with any kind of sliced apple:

### PUMPKIN DIP

1 15 oz. can pumpkin  
8 oz. cream cheese, softened  
½ t. cinnamon  
½ t. nutmeg  
½ t. ginger

1 T. orange zest  
Thoroughly cream the pumpkin and cream cheese together until light and smooth.

Add seasonings. Serve. Enjoy