

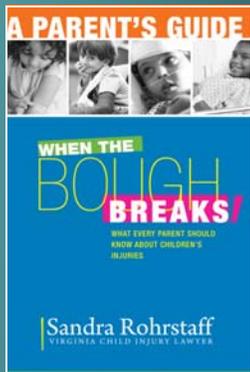
# The Rohrstaff Reader

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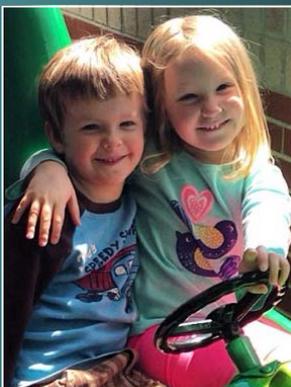
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Sandra's twin grandchildren are 4 years old!

## MY, HOW THINGS CHANGE

Ben Franklin is credited with the quote about how nothing is certain except death and taxes. If he, in fact, said that or even something like that, he missed a huge boat. Between taxes and death, there are millions of certainties that we all experience.

If there's one thing that certain, it is that things will change. We cannot stop it, and our efforts to do so are fleeting at best and likely illusory. For many of us, change makes us uneasy. We cling to the familiar. Even if we are not "happy" with the familiar, we seem to find comfort in its very familiarity.

One easy-to-see example of change is what happens in the back seats of people's cars. Singles may throw sports equipment and worn clothes and books and empty fast food sacks and retail store bags back there. Marrieds may add non-disposable grocery store bags.

Parents, especially parents of young children, have perhaps the most interesting back seats.

There you might find rattles, plush toys, crazy sunglasses, books, drink cups, snack boxes, little shoes, blankets, favorite games, more books, etc.



While they may have at one time, grandparents' back seats, often do not have such treasures. The picture shows what one such grandparent found in her car after escorting back-seated grandchildren around in her car. (Had it been left there on purpose by a child, in hopes it would be found and returned? Found and commented on?)

Soon after its discovery, the object itself was discarded. However, many weeks later, the picture was shown to the children. Not only was the object immediately identified, the occasion on which it was left in the back seat was accurately recalled.

The grandchildren also commented on, and were perhaps more interested in, the fact that the hand holding the yogurt-covered-raisin has a lot of wrinkles. I smiled. Just another example of change.

## RED ROCKS ROCKS

Here is a sure-fire way to keep customers coming back to and talking about your restaurant: get them to the hospital as fast as you can when they exhibit alarming symptoms.

Two guys walked into Red Rocks Pizzeria, a local Neapolitan pizza restaurant (that has great pizzas and beet salad, among others), to have lunch. After the food arrived, one guy began to feel sick -- clammy, sweaty, short of breath, fast heart beat -- all those kinds of symptoms one does not want to have. His friend went to get the car to take him to the hospital, and our guy went to pay the bill. That's when Kristina, an assistant manager, came to the rescue. She, too, noticed that he did not look well and she sprang into action.

It seems that Kristina was an EMT and knew how to assess the customer's blood pressure, heart

rate, etc. After checking his vitals, she called the nearest rescue squad, and by the time his friend returned with the car, he was being attended to -- and was then taken by ambulance to the hospital.

Thanks to Kristina and to Red Rocks who handled what could have been an unfortunate event calmly and professionally.

Red Rocks serves great food that we have enjoyed many times over the years, and now it is special for another



## Another great change at Rohrstaff Law Firm WELCOME NATHAN VELDHUIS

Nathan Veldhuis joined us a few months ago, and we are delighted to have him. Some of you may be able to tell from the shirt he is wearing in the picture that it is an "historic" jersey of The Netherlands soccer team. For any of us in the office who were not keeping up, we could always tell when the Dutch were playing during the World Cup, because Nate appeared at the office wearing this shirt. We were all thankful that he actually washed his shirt between matches.



Nate's professional mission matches ours. His ten years in practice have been exclusively committed to helping people who are injured, and the families of people who die, as a result of the negligence of others. He is a law professor at the University of Virginia School of Law where he has been teaching the Mental Health Law Clinic since 2005. He has been a *Pro Bono* Partner with the Legal Aid Justice Center since 2005 and continues to volunteer his time to help indigent people fight for justice.

Nate is active in several bar associations and has served, and continues to serve, in various leadership capacities. He is Past President of the Young Trial Lawyers Section of the Virginia Trial Lawyers Association, has chaired and served on multiple committees, and currently serves on the VTLA's Board of Governors as Chair of the Virginia College of Trial Advocacy. He served on the Virginia State Bar's Young Lawyers Conference

Board of Governors and currently serves on the Virginia State Bar's Litigation Section Board of Governors where he chairs the Midyear Legal Seminar Committee which will be putting on a Continuing Legal Education program in Madrid, Spain in November, 2014. He recently was invited to join the Boyd-Graves Conference, a group of lawyers and judges from across Virginia who meet regularly to study and recommend changes in the law.

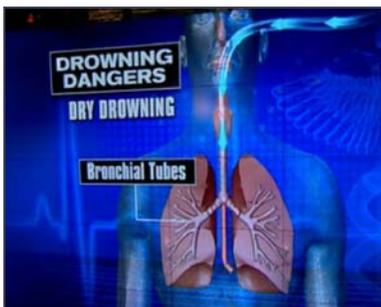
Nate lives with his family in Georgetown and is the willing servant of an 11 year-old golden

retriever, Hobbes, and a 3 year-old yellow lab, Bella. He enjoys watching international soccer and always supports his Dutch heritage by pulling for the Oranje in international competitions. A lover of all sports, he is an especially avid college football and college basketball fan, especially when it comes to the University of Virginia Cavaliers. (GO HOOS!) He also enjoys exploring the various cuisines to be found in Washington, D.C. and Northern Virginia, travelling and cooking.

Nate practices in the areas of personal injury (especially motor vehicle collisions and premises liability), dental and medical malpractice, professional negligence and wrongful death.

He is licensed in both Virginia and D.C.

See Nate's full biography on our website at [www.RohrstaffLaw.com/bio/Nathan-Veldhuis.cfm](http://www.RohrstaffLaw.com/bio/Nathan-Veldhuis.cfm)



Swallowing even a small amount of water into your lungs is serious, children have been known to have died up to 24 hours after getting water into their system. There might be some differentiation between 'dry' and 'delayed'

drowning, but the symptoms are in both cases tiredness, coughing, paleness and trouble with breathing, and the prevention measures to keep a close eye on people if these symptoms occur.

Symptoms and prevention from eHow:

1. The first step in preventing a dry drowning episode is close observation. Observing the person immediately following the negative incident or accident with water is crucial. Remember, dry drowning need only a small amount of water or liquid, so it doesn't necessarily have to be from a pool.
2. Monitor the person's breathing. Difficulty breathing, painful breathing or shallow breathing are all red flags that may indicate a person is at risk for a dry drowning episode. Count the number of respirations for 15 seconds and multiply by 4. Over 20 respirations per minute could be a red flag for dry drowning.

## DRY/SECONDARY DROWNING HOW TO SPOT SYMPTOMS OF DRY AND DELAYED DROWNING

3. Check for persistent cough, pain in chest and mood or mental status change. Lethargy or increased agitation when lying flat, sweaty skin or color changes such as pale, or blue/grayish color are signs of poorly oxygenated blood. Remember, children can not compensate for very long like adults. They tend to "crash" quickly once these signs are present, so act quickly.
4. Dry drowning usually occurs within 1 hour and 24 hours after incident.
  - If it is caught early, dry drowning can be treated.
  - Treatment involves supplying oxygen to the lungs.
  - Call 911 or take the child or person immediately to the emergency room if there are signs or symptoms indicating risk of a dry drowning episode.

More information:  
[www.webmd.com/children/news/20080605/sc-dry-drowning-death-draws-attention](http://www.webmd.com/children/news/20080605/sc-dry-drowning-death-draws-attention)  
[www.ehow.com/health](http://www.ehow.com/health)



# Hospital Stay & Go

Janelle's  
Corner

In the past few months, several important people in my life have gone to the emergency room or had outpatient surgery at a hospital.

One of them went to the emergency room 4 weeks after she had outpatient surgery on her leg. When she told the nurse at the emergency room that she'd recently had surgery on her leg, they thought her chest pain could be a blood clot and immediately took her back and ordered several tests. It turns out, it was a blood clot. She was admitted to the hospital for 4 days. If she'd waited any longer before going to the hospital, it could have turned out much worse.



Here is a list of things we learned from the emergency room and being admitted to the hospital:

- You may be put on a medication that makes you sleepy, incoherent, or simply "out of it." So, it's best if you can have a family member or a friend be your advocate.
- It helps to have someone who knows you and knows your habits, facial expressions, and tone of voice so they can translate that to the doctors/nurses. For one of the important people in my life, I helped a nurse by convincing the patient that she needed to get up and eat before they would discharge her to go home. For another one, I

noticed her wincing in pain with every breath, but she was reluctant to take more pain medication. I reminded her that the doctors and nurses told her she needs to take the pain medication at consistent intervals to get ahead of the pain, so the pain doesn't get back to a 10/10. She listened.

- You or that family member/friend should:
  - write down the name of each nurse and doctor that you see.
  - make a list of questions for the doctor who you may only see once a day, then write the answers down.
  - keep track of the timing of your medications

Be honest about your medical history. The doctors and nurses want to help you, not judge you.

Get used to not getting any sleep in the hospital. You will be interrupted by nurses and staff at all hours of the night and day. Plus, you could have an annoying roommate.

Ask your doctors if there are other treatment options, other medications, side effects. Ask them about your prognosis and expected rate of recovery. Review your discharge instructions and make sure you understand them.

Pay attention to your body and don't ignore something you know doesn't feel right. Don't be embarrassed by needing medical attention.

Try not to diagnose yourself by looking up your symptoms online. This frustrates your doctor and can slow down your diagnosis and treatment.

## HERE'S WHAT PEOPLE ARE SAYING ABOUT US - AND THESE ARE PEOPLE WHOSE CASES WE DID NOT TAKE

*When we had to turn down a case because it did not meet our criteria*

"I appreciate your help thus far as well as the referral to a larger firm. I do hope they will be as kind as you have been."

"You honor your profession - thanks for your common sense approach and your great assistance."

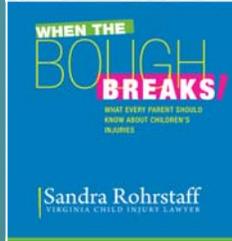
*When we did not bill for the time we spent helping someone out*

*When the best help we could give was a referral to a good dentist*

"Once again...can't thank you enough for introducing us to the awesome Dr. \_\_\_\_\_. That was one of the most appreciated gestures you could have done."

One of the most important jobs in a law firm is organizing documents so they can be easily found. We were fortunate to have Daniel Wertz, a fourth year student at UVA, helping in our office this summer. Daniel's work ethic and skills were put to good use. Thanks, Daniel, and best wishes in your career.





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Sandra & Janelle  
Mother & Daughter  
Working to Help Other Families



Janelle joined The Reston Chorale four years ago and is having a blast. Go to [RestonChorale.org](http://RestonChorale.org) to see their concert schedule.

## Are You Fully Covered?

When we ask our clients about their automobile insurance coverage, more often than not they respond, "I have full coverage!" Most of them are shocked to hear that they are not fully covered after all.

I'll be happy to look over your auto insurance policy to see exactly what coverage you have and what it does for you. Then you can decide whether you are, indeed, fully covered.

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## Refreshing Watermelon Salad

### Ingredients

- 1 (5-pound) watermelon
- 1 Vidalia or other sweet onion
- 1/4 cup red wine vinegar
- Salt and pepper
- 1/2 cup extra-virgin olive oil
- 2 tablespoons chopped fresh mint
- 4 ounces feta cheese, crumbled
- 6 whole mint sprigs



### Directions

Cut the flesh from the melon and cut into bite size pieces, removing and discarding the seeds, and set aside. Peel and slice the onion into rings.

In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time. Add in the chopped mint, taste, and adjust seasonings.

In a large bowl, combine the melon, onion, and feta. Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed. Garnish with mint sprigs.