

May is
Bike Safety Month

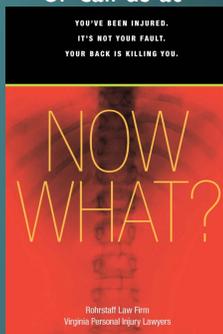
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IMPORTANT NEW BOOK

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



The Rohrstaff Reader

Volume 2, Issue 4

May 2011



Helmet & Bike Giveaway!



It's MAY! School will soon be out. Children will take to the outdoors -- many of them on bikes -- to go swimming, to meet their friends, or just to relish the freedom of going on their own.

When I was a kid, I loved warm weather because I could get out outside and go where I wanted in the neighborhood on my bike. When my children were young, we rode the bike trails together as a family. By that time, though, we knew enough to put helmets on the kids. In fact, everyone was wearing helmets, even the adults.

Helmets save lives. As much fun as bikes are, kids

on bikes get hurt. Falls are going to happen, but bad brain injuries from falls can be prevented with helmets.

We are committed to safety for children, so we have a FREE GIFT for our readers.

If you have a child who does not have a bike helmet, or you know of a child who does not have a bike helmet, let us know. We'll give the kid a helmet.

All you have to do is let us know the size of the child's head (that's what the attached tape measure is for), so we'll know what size helmet is right, the

child's age, and the child's gender, so we'll know what color. That's it. Just let us know and it'll be on its way.

But, here's something even more. If you know of a child who NEEDS A BIKE and doesn't have one, send us a letter and tell us the story about the child and why s/he ought to have a bike. We'll put all the entries into a pot and choose a winner who will get a FREE BIKE.

The deadline for the drawing is June 24, 2011. You can fax us your letter at 703-260-6305 or send an email to Janelle @RohrstaffLaw.com.



Geoffrey and Janelle after his concert.

Geoffrey Gallante's 1st Concert Congratulations, Geoffrey!

On May 1, 2011, at Heritage Presbyterian Church, in Alexandria, Sandra and Janelle attended Geoffrey's first concert under his own name, where he chose the musicians with whom he played. He performed classic jazz pieces of the 40s and 50s. Besides playing his trumpet, Geoffrey played the piano and even sang! He had a full and rockin' house. Geoffrey is now ten years old and lives in Alexandria near where Sandra lives and Janelle grew up.

Keep an eye out for this talented young star. He's going places!

LOOK OUT!



We all have a responsibility to look out for children, especially young children, who are out on their bikes.

The law in Virginia is that children cannot be

held responsible for — well — acting like children. If a child darts out in front of a moving car in an area where the driver should know there are children (around a playground or in a neighborhood, for in-

stance), it is not the child's fault if the driver hits her; it is the fault of the driver who should have known to look out for children behaving like children.

The Virginia Department of Health website has a list of helpful resources for parents and educators about bicycle safety.

www.vahealth.org/injury/bike/resources.htm.

Bicycle safety is up to all of us.

Statistics on Bike Safety & Helmets

- When worn, helmets cut the risk of severe brain damage by 88%
- Bikes are tied to more childhood injuries than any other consumer product except the automobile
- Almost ¼ of bike-car collisions result from bikes riding against traffic
- Every year 300,000 kids are in the emergency room because of bike injuries as of 2010, including traumatic brain injury and death.
- Every year, 135 kids die in bicycle incidents
- To learn more, check out this video from Safe Kids USA: <http://youtu.be/7u09HRDNf6M>

The Helmet: Protects Their Life and Their Brain

How do you get your child to wear a helmet?

- Wear one yourself
- Make the wheeled vehicles-helmet connection early
 - Wearing helmets on their first tricycle or bicycle will make it a habit
- Establish rule No Helmet = No Bike
- Let child pick out their own helmet, so they're more likely to wear it
- Should wear it even for going down the block.
- Wear it correctly

Fitting

Eyes

- Position the helmet on your head.
- Look up - You should see the bottom rim of the helmet.



Ears

- Make sure the straps from the "V" under your ears when buckled.
- The straps should be snug but comfortable.
- Straps should always be fastened.

Mouth

- Open your mouth as wide as you can.
- Does helmet hug your head? If not, tighten straps.

Janelle's Childhood Bicycle Incident

My story has a happy ending, but too many don't.

When I was 8, I had just gotten a new bike and my family decided to go on a long bike trip. We were lucky to live a mile or so from the Mount Vernon Parkway bike trail on the Potomac River. Our destination was Old Town Alexandria, approximately 5 miles north of where we got on the trail.

It was early spring and a ton of snow had just melted and the river was high. It was chilly enough for me to need a sweater. We were maybe ten minutes into our trip when I thought that another biker was coming up behind me. So, I moved over to the right side of the trail, closest to the water. It was one of the only places on the trail where there are only two feet (if that much) of land and rocks between you and the water. I went a little too far and my bike and I took a little trip head first into the cold water. My stepfather had to get in the water to retrieve me and then my bike from the shallow water.

Several fellow bicyclists and runners stopped to see if we were okay.

Mom stayed with me on the side of the trail while my brother and stepfather rode back home to get the car. Lucky for me, I was wearing a helmet and was uninjured. I was just wet, cold and (my mom told me years later) stinky from the river water. It could have been so much worse.

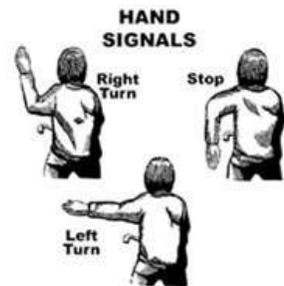
A few weeks later my mom went back to the spot where I fell in. The river was lower and she discovered two large rocks on either side of where I fell. Soon after that, there were two benches that were placed in that spot. We think maybe the bicyclists or runners spread the word of that dangerous part of the trail.

The benches are still there today.



Know the Rules of the Road

- Always demonstrate safe behavior and obey all traffic laws
- Ride Right – bikes travel with traffic
- Watch for uneven surfaces (potholes, cracks, rocks, railroad tracks, storm gates)
- Kids should only bike on sidewalks and paths until age 10
- Wear bright clothing with reflective materials to help drivers spot you
- Respect traffic signs and signals
- **It is never safe for your child to ride a bike at night or in the fog**
- Night riding requires special skills and special equipment
 - Few children are equipped with either
- Use appropriate hand signals
- Any child who doesn't have the skills necessary to use hand signals without falling or swerving should not be riding in the street to begin with.
- Many accidents involving older kids occur when they fail to signal motorists of their intended actions.



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

NOW WHAT?

Rohrstaff Law Firm
Virginia Personal Injury Lawyers

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.

Snacks for Your Biking Trip

Here are some of the things we'd throw in our "knapsacks" on our biking trips:

- Our version of GORP, heavy on the M&M's
- Longhorn Cheddar cheese and crackers
- Grapes
- Apple slices with peanut butter
- Water

And somehow, we'd usually end up at an ice cream place before we turned around to go home.



Malynn & Jack Turn 1 Year Old!!!!



Sandra's Twin Grandbabies
Malynn & Jack - 12 mos. old
(Mike's (Sandra's son) kids)
at their 1st Birthday Party

(Aunt Janelle, a Hokie, doesn't like the hat that Jack is wearing, but he's just too cute to not use this photo.)



Thank You

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 find a law firm that is. We welcome the opportunity to help you and those you care about.

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Sandra & Janelle
Mother & Daughter Working
to Help Other Families