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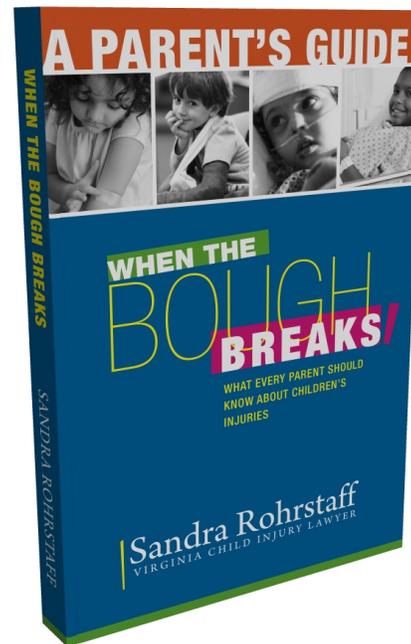
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WHEN THE BOUGH BREAKS

Sandra's new book is here!

When the Bough Breaks: What Every Parent Should Know About Children's Injuries is full of information that will help you keep your child safe – and what to do if your child is injured.

- Signs that your child has more than a mere “bump on the head” - page 139
- Why you must keep your child belted in the car (even if it's not the law) - pages 12
- How to prevent injuries when children and cars and buses mix - page 14
- What you must do to keep your child safe while riding a bicycle - page 17
- Three things you can do to keep you child safe around dogs - page 18
- Don't let your child play on a playground if this is present -page 20
- Two things you must absolutely look for before your let your child into a swimming pool - page 23



Other chapters teach you basic child injury law, how to hire the right lawyer for your child, what you can expect in the legal process – and what to do after that is all over.

Sandra wrote this parent's guide for two reasons: to help parents do what they can to avoid the most common childhood accidents and to arm parents with good information on what to do if their child is injured, so they can all get on to doing what's important: their child's recovery.

Sandra is providing the book to Virginia parents free of charge (call 703-260-6070 or send an email to janelle@RohrstaffLaw.com to request your copy), or it can be purchased through Amazon in both paperback and Kindle versions.



Sandra's Twin Grandkids
Malynn & Jack - 17 mos. old



The San Diego Triathlon Challenge that benefits the Challenged Athletes Foundation was held on October 23. More than 200 of the world's top physically challenged athletes took on a grueling challenge distance (1 mile swim, 44 mile bike, 10 mile run) triathlon that raised more than \$1.2 million for the CAF. For the first time since he became involved with CAF, my friend John missed last year's race because he was deployed with the Navy, so this year he brought two teams instead of one. John has enthusiastically volunteered for and supported CAF since 2003. This year, he exceeded his fundraising goal and, as always, was inspired by the challenged athletes he met there. The Rohrstaff Law Firm gladly became a CAF sponsor this year because of its growing commitment to helping children who are challenged athletes to be the best they can be providing grants and equipment.. Here is a link to the official CAF slideshow from this year's Triathlon Challenge: <http://www.youtube.com/watch?v=udUOhx6OlaY>



Children and Teenagers and Injuries at School

Here is a letter I received from someone who reads VirginiaChildInjuryLawyer.com. My response is below the letter in blue.

Love your website. It didn't appear to have any articles on when your kid (14 years old) gets injured at school. My son broke his collar bone in gym class. I had submitted a note to his gym teacher not to let him participate in contact activities. The gym teacher let him play flag football where a 300 lb kid dog piled him and broke his collar bone. The teachers did not see this or go up to my kid to see if he was ok. When he was holding his arm because something was wrong and asked to go to the nurse – they did not ask what was wrong. Then when he was having visible issues keeping up with his academics, the teachers did not bring it to my attention. I asked the principal about a 504 and was discouraged from wanting one. It just doesn't seem that the school thinks they are responsible for this event. Does your website address any of these issues? What the school is responsible for - safe environment. What happens if your kid is injured at school? What steps you should take. When to ask for a 504? If not, might be an idea for us teenage parents.

Dear _____:

Thanks for reading the website.

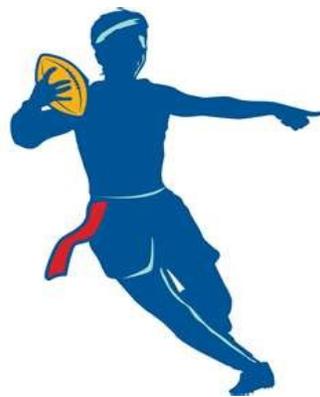
You are correct that I have not addressed children's injuries at school. School law is very complicated and it's hard to write short informational essays. For the most part, public

schools are immune from liability from their teachers' negligence, as are many private schools, so as a lawyer, there is not much I can do in those cases.

You mentioned a 504. I know lawyers in Alexandria and Fairfax who specialize in education law. If you would like, I will be glad to give you their names and contact information. I hope you will continue to read the website, and I would be happy to include more issues involving teenagers that you and others might find useful.

What I did NOT mention in my response is that schools, both public and private, can be held responsible for injuring a student if their negligence is so bad that it's what the law calls **GROSS NEGLIGENCE**. Gross negligence is hard to define, and the law has a difficult time giving a clear definition. Basically if the behavior is outrageous, enormous, so-big-you-can-hardly-believe-it negligence that almost makes you think the person was being careless on purpose, then maybe that's enough to be gross negligence.

I talk to a lot of parents whose children have been injured at school and usually have to tell them that the negligence that caused their child's injury was not outrageous enough to be able to hold the school responsible. However, if your child has been injured at school due to someone else's negligence, you should speak to a child injury lawyer so you can find out whether you should take some action to hold the responsible party accountable for the injury.



Thank You

We always appreciate people who refer matters to us. This month, we thank: Michael Chamowitz (attorney), Deborah Cochran (attorney), Bernie Cohen (attorney), Karen Cohen (attorney), Benjamin Glass (attorney), Elizabeth Gray (attorney), Karla Jones, Sara Lubkin, Sami McCauley, Pia Miller (attorney), Melanie Morris, and Barbara Williams (attorney). These cases involved issues of injury from automobile negligence, child injury, wrongful death, nursing home negligence and medical malpractice.

Gobble, Gobble

I've enjoyed a few deep -fried turkey dinners in my time. They've become very popular. So, let me remind you of some fire safety rules when using a turkey fryer:

Where to use it and not to use it:

- Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.

Cooking:

- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner or flames, causing a fire to engulf the entire unit.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- The National Turkey Federation (NTF) [*Yes, there's a National Turkey Federation*] recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.



Janelle's Corner

The Fryer:

- With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.

• The lid and handles on the sides of the cooking pot get dangerously hot, posing severe burn hazards. So, use well-insulated potholders or oven mitts and wear safety goggles to protect your eyes from oil splatter.

People and Pets:

- Never leave the fryer unattended. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, immediately call the fire department for help.

<http://www.usfa.fema.gov>

<http://www.ul.com>

FIRE PREVENTION MONTH



October was Fire Prevention Month, and fire stations all over the country had activities for families and children. My family and I had a great afternoon at the 4th Annual Chicken Barbecue and Open House at the Ruckersville Volunteer Fire Company in Ruckersville, Virginia. **We met a great bunch of committed volunteers and had a great meal. THANK YOU to all the emergency and fire personnel for your commitment to keep us safe.**

A PARENT'S GUIDE



WHEN THE BOLLIGH BREAKS

WHAT EVERY PARENT SHOULD KNOW ABOUT CHILDREN'S INJURIES

Sandra Rohrstaff
VIRGINIA CHILD INJURY LAWYER

IMPORTANT NEW BOOK

If your child has been injured, read this book before talking to an insurance company.

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http://

VirginiaChildInjuryLawyer.com



Sandra & Janelle
Mother & Daughter
Working to Help Other Families



Janelle joined The Reston Chorale last January and is having a blast. Go to www.restonchorale.org to see their Christmas concert schedule.

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 the *Now What?* 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.

Cranberry Pecan Stuffing (From the kitchen of Lucille Loder)

- ¼ cup butter
- 2 stalks celery, chopped
- 1 large onion, chopped
- 1 can (14 ½ oz.) chicken broth (or vegetable broth if you want vegetarian)
- 1 pkg. (16 oz.) Pepperidge Farm Herb Seasoned Stuffing
- ½ cup fresh cranberries
- ½ cup chopped pecans



In 4qt. saucepan over medium heat, melt butter and cook celery and onion until tender. Add broth. Heat to boiling. Remove from heat. Add stuffing, cranberries and nuts toss to mix well.

Use to stuff a 12-14 lb. turkey or bake in covered casserole dish along with bird 30 minutes or until heated through.

Keep your pets safe:

- Don't give them stuffing because some herbs can cause an upset stomach
- Don't give your dog or cat raw or undercooked turkey or turkey bones
- Don't give them raw bread dough. The dough expands once ingested, which may require surgery.

By the way, the No-Kid Cake recipe in our last newsletter came from our friend, Heather Cochran. We've gotten several comments and questions about it and wanted to give credit where credit is due.

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.