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Challenged Athletes



This picture of my friend John was taken during a bike race in 2009. As you can see, John is a serious athlete. He

loves to push his body to work harder and reach new goals. He is a fierce competitor who relishes the race, the sense of accomplishment and the way he feels after working hard to reach his goal.

Since 2003, when John began his involvement with the Challenged Athletes Foundation (CAF), I began hearing stories about the Foundation's work and the great athletes he was meeting and how they were changing his life. Every year, John participates in the Foundation's flagship fundraising event, a triathlon in San Diego. Over the years, he has participated alongside some of the most inspirational athletes he had ever run into – the challenged athletes.



CAF is a non-profit organization that provides equipment, support, training and opportunity to athletes with physical disabilities. It began with a triathlon in San

Diego and a modest goal of raising enough money to help a paralyzed athlete purchase a specialized van in 1997. It now provides millions of dollars annually in grants and equipment to physically challenged athletes of all ages.

Since its inception, CAF has expanded its programs and now includes grant programs focused on children athletes. John has been especially inspired by those young people.



“Words seem inadequate to capture the joy that is on each young athlete's face through the weekend as they swim, bike, or run around the La Jolla Cove . . . Perhaps what is most rewarding now, going back each year as I have, is seeing some of the athletes who were just little kids when I first raced coming back as role models and mentors to the next generation of even younger kids. It means that more and more kids are realizing at an earlier age that a physical disability does not have to be the end of their athletic or competitive lives. It makes such a difference for



them to see someone else like them living an active life and it is clearly evident in the ear-to-ear smiles that can be seen all around the La Jolla Cove on that special weekend in October.”

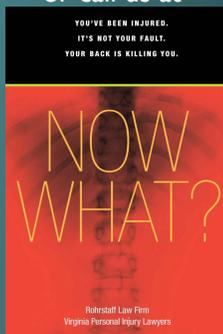
John didn't even have to ask. The Rohrstaff Law Firm decided to become a sponsor of CAF to help it reach its goal of helping challenged athletes to achieve more than even they think they can achieve. The CAF motto to live by is “The only disability is a bad attitude.”

Good luck, John, on your next CAF triathlon on October 23, 2011. We look forward to hearing great stories about the power of the event and the impact that CAF has on you and other participants. The Rohrstaff Law Firm is honored to be one of its sponsors.

If you are interested in learning more about the Challenged Athletes Foundation or in making a tax-deductible donation, visit its website www.challengedathletes.org.

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



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IT'S NOT YOUR FAULT.
YOUR BACK IS KILLING YOU.

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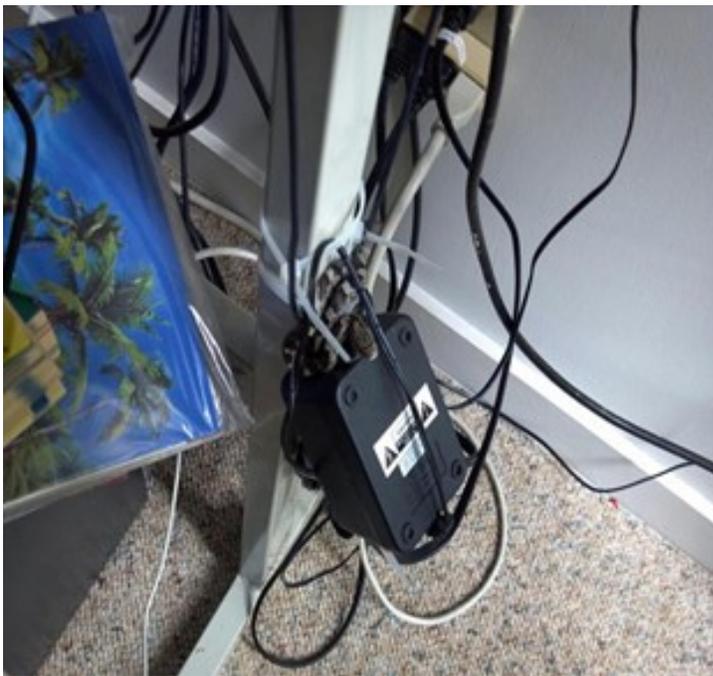
FREE SAFE DRIVING CONTRACT

Back to school means teen drivers on the road every day. Teens think they're bullet proof and are ready to take on the world, so parents can face a challenge in convincing their teen driver of the importance of being responsible.

The Rohrstaff Law Firm has a **Safe Driving Contract and Agreement** available to anyone for the asking. It's a contract to be signed by both the driver and parents that sets out the driver's

responsibilities and the consequences of not fulfilling those responsibilities. Perhaps its most important function is to give families a way to talk to teens about the enormous responsibility they are being given.

Give us a call at 703-260-6070, or send an email to Janelle@RohrstaffLaw.com and ask for your free copy.



WHAT'S UNDER YOUR DESK?

My son is a tech guy. He goes to customers' sites to cure their computer and network ills. He took this picture of the surprise he found when he was about to crawl behind a customer's desk.

Look carefully. Wires under/behind desks are often referred to as messy as rats' nests; this one was a different kind of nest.

Sandra Talks About Child Safety

Sandra was recently in the recording studio of WHUR radio station on the campus of Howard University in Washington, D.C. She was interviewed for a new series the station is producing called the Voice Legal Pad. She spent a half hour talking with James McCollum, an attorney in College Park, Maryland, about child safety. The Voice Legal Pad series will start broadcasting nationwide in middle-to-late September.



Janelle's Terrible, Horrible, No Good, Very Bad Week*

Two days after the earthquake, I suddenly turned into a clueless homeowner. I've been a homeowner for eight years, and have been lucky enough never to have to make a homeowners insurance claim. If I had been in a car accident, I would have known what to do and what not to do since I deal with those kinds of claims every day. I would have thought to get photos of the scene, get witnesses names and numbers, don't talk to the insurance company about anything other than property damage, and everything else a "perfect" client should do.

Well, here's what happened.

I live in and own a condo on the 4th floor (top floor). Soon after I got home on Thursday, the neighbor below me (3rd floor) knocked on my door because her condo was getting flooded. Only then did I find my bathroom flooded. I later learned that my toilet tank (the only toilet I have) had cracked and was leaking for who knows how long. The flooding had also gotten to the 2nd floor unit. I started running around getting towels, mopping up the standing water in the bathroom, turning off the valve connected to the toilet and putting a pot under the toilet tank. I should have taken photographs of the water on the floor, the crack in the tank, and the valve at this point, but I didn't think of it until later. I was still processing the situation and trying to make sense of how this happened. So, my layman's brain went straight to the earthquake, from two days before, being the cause of the crack in my tank. Unfortunately, I mentioned that theory to my insurance company. They, of course, jumped on the earthquake theory because they don't cover damage from an earthquake, so they wouldn't have to pay. That one word (earthquake) made my next week so much harder than it should have been.

At 11:30 p.m. the mitigation guy gets to my condo to clean up what he can, follow the water's path through my walls and under my hardwood floors, and set up five huge loud fans. While he's doing his thing and my dog is hiding underneath a blanket on my lap, I get out my homeowners insurance policy and start reading its 52 pages. Before this, all I've ever paid attention to is the Policy Declarations pages of my auto and homeowners insurance. While reading, I started laughing (was I going crazy?). Now, part of that was because it was now 2:00 a.m. and the mitigation guy was still there. Another

part of that was the fact that you need a matrix to figure it out with the referring back to some section that then refers to

another section, and then back to the first section... But, the other part was the minute details the insurance company gets into when describing what they do and don't cover. They really do think of every possibility.



Luckily, none of my personal property was damaged. But, let me take this opportunity to remind everyone to take an inventory of your personal property/valuables. Document all of your electronic devices' serial numbers, model numbers, and any other identifying information. Keep receipts and take photographs of all of your electronics, furniture, valuables... Then put all of that proof in a fire-safe box or safety deposit box, or somewhere where it can't be destroyed in your home's peril.

The ironic thing is that two days later, hurricane Irene hits the East coast and then all the news is talking about is homeowners insurance claims and what to do and not do. Oh well.

The upside (I knew the upside would come to me sooner or later) is I have to move everything out of my living room, dining room, closets, and hallway to get the hardwood floors replaced. So, I'm taking that opportunity to go through all of my stuff and give away or throw away things I haven't touched in the past year or so.

I had to hire a master plumber to determine if the cracked tank could have been from the earthquake. He said there's no way anyone could tell unless they were standing in the bathroom looking at the tank during the earthquake. I ended up convincing my insurance company that my layman's theory was wrong.



Another good thing that came out of this:

8 days after this all began and the loud fans were gone and I got my new toilet, I painted this. Interpret at will.

* This is from one of Janelle's favorite children's books, *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst.

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Sandra's Twin Grandbabies
Malynn & Jack - 15 mos. old
(Mike's (Sandra's son) kids)



Sandra & Janelle
Mother & Daughter
Working to Help Other 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, 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.

No-Kid Cake

If you've had a week like Janelle's, this cake could help.

Ingredients:

1 box Yellow Cake Mix
1 small box and 1 large box of chocolate pudding mix
4 eggs at room temperature, beaten
1 cup oil
1 cup Kahlua
1/2 cup Vodka
1 container chocolate or fudge icing



Directions:

Preheat oven to 350 degrees
Combine Cake mix, pudding mixes, and eggs.
Mix until creamy
Add Oil, Kahlua, and vodka and mix
Pour into bundt pan, or cake pan (13x9)
Bake for 45 minutes
After baking prepare cake as you like to serve, pour Icing over the cake while it is still piping HOT
Enjoy!

Coming Soon!
Sandra's New Child Injury Book,
When the Bough Breaks

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.