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757.455.0077



December 2013



Jim Hurley John Cooper

MAIN OFFICE / MAILING ADDRESS

2014 Granby Street,
Suite 200 Norfolk, Virginia 23517
Phone: 757.455.0077
Fax: 757.455.8274

CLIENT MEETING LOCATIONS

4445 Corporation Lane, Suite 187
Virginia Beach, Virginia 23462
Phone: 757.309.4711

4410 East Claiborne Sq., Suite 334
Hampton, Virginia 23666
Phone: 757.224.5477

638 Independence Parkway,
#240 Chesapeake, Virginia 23320
Phone: 757.410.7301

11815 Fountain Way,
#300 Newport News, Virginia 23606
Phone: 757.369.0944

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Top Tips for a Warm and Safe Winter

Winter may seem like the most wonderful time of the year on the day the snow first arrives. It can be less fun if you end up eating turkey from a hospital bed.



Every year injury attorneys John Cooper and Jim Hurley help clients who have been hurt in accidents on icy roads or in other weather related accidents.

Here are our top 10 tips to stay safe when the temperatures fall.

- 1. Top Up** – Check the concentration level of the antifreeze in your vehicle’s engine and add a stronger windshield cleaning/de-icer fluid solution to keep spray from freezing.
- 2. Pump Up** - Check air pressure in your tires (including the spare) and replace any worn tires.
- 3. Fill Up** - Keep at least half a tank of gasoline in your vehicle at all times to avoid running out of fuel and gas line freeze.
- 4. Drive Slowly** – Drive slowly to be in control. Apply the gas slowly to accelerate and take time to slow down before a stoplight. It takes longer to stop on icy roads.
- 5. Brake Carefully** - Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- 6. Keep Warm and in Contact** - Pack a cell phone with your local AAA’s telephone number, plus blankets, gloves, hats, food, water and any needed medication in your vehicle. See the [AAA’s winter driving tips](#).

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7. **Protect your Head** - Over 16,000 Americans are treated for head injuries in emergency rooms because of winter sports such as skiing, sledding or snowmobiling. Wear a helmet and avoid acting recklessly.
8. **Be Aware of Fires** – Fires are a greater hazard in the winter. More than 900 Americans die every winter in house fires. Don't leave space heaters unattended and make sure vents are cleared to avoid carbon monoxide poisoning. Fit a carbon monoxide detector.
9. **Watch for Ice** – If you are shoveling snow wear many layers and shovel fresh snow. Watch out for ice.
10. **Check the Weather Reports** – Before setting out on a trip check local TV, radio and news paper weather forecasts. If the weather is bad stay indoors if possible.

Enjoy the snow and stay safe. If you are hurt due to the fault of another, call the [Cooper Hurley Injury Lawyers](http://www.cooperhurley.com) at [757.455.0077](tel:757.455.0077).



Cooper Hurley Sponsors Festive Jingle Bell Run for Arthritis



Attorney Jim Hurley (center) with daughter Blair and son Jimmy

Running is good for your elf. It's also good for Santa and his reindeer.

Santa's helpers were out in force at Old Dominion University in Norfolk when more than 600 runners and walkers in festive costume embarked on a 3k course to raise money for the Arthritis Foundation on November 23. Cooper Hurley was also there.

Cooper Hurley Injury Lawyers supports many good causes in and around Hampton Roads. The law firm was one of the sponsors of the Jingle Bell Run/Walk for Arthritis.

Attorney Jim Hurley was at the event with his wife Pam and children Blair and Jimmy. He said it was another example of the law firm "giving back." *...continued on page 3*

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"The Hampton Roads area has many people who are suffering from arthritis," said Meg Forsberg, the volunteer chair of Jingle Bell, who said she was grateful for the firm's support. She said many kids go to the Children's Hospital of the King's Daughters in Norfolk, for treatment.

The run was in its 26th year. Cooper Hurley Injury Lawyers had a table at the event in the Webb Center at ODU.

The law firm has sponsored numerous events and good causes in Hampton Roads in 2013, including the Foodbank of Southeastern Virginia, Larchmont Elementary RAT race, the Elizabeth River Project and the Boo Yah! 5K fun run in Portsmouth.

New Places, New Faces at Cooper Hurley

It has been a fast-moving and eventful year for the Cooper Hurley Injury Lawyers. We moved in September 2013, from offices at 1100 Granby Street in Norfolk to a larger HQ at 2014 Granby Street.



Lynlee Harris (left) and Cheneika Reeder (right)

Cooper Hurley bought the imposing building on the intersection between Granby and 21st Street in Ghent. The Wells Fargo bank remains open on the first floor as a tenant. The second floor suite was renovated for Cooper Hurley.

The 10,000 square foot building has allowed the expansion of the fast-growing personal injury law firm. It includes a large waiting area and conference room as well as plenty of free parking.

However, a successful law firm is about people rather than bricks and mortar and Cooper Hurley was able to bring on board two new employees.

Lynlee Harris started work as John Cooper's litigation paralegal in the summer of 2013.

She brings 25 years of experience as a paralegal, predominantly in personal injury law, to Cooper Hurley Injury Lawyers.

She grew up in New Hampshire and studied to be a paralegal at Daytona Community College in Florida. Although she has lived in the south for more than half her life, she has clung on to some Yankee tendencies and remains an avid Boston Red Sox fan.

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“What I really like about this firm is the sense of teamwork. Everybody works together which was most evident when we made our big weekend move,” she said.

Lynlee has a 23-year-old daughter and a 20-year-old son. Her husband Chip is a golf professional who manages golf courses in Virginia, North Carolina and Maryland.

Cheneika Reeder joined Cooper Hurley as a receptionist/legal assistant in October. She lives in Virginia Beach and has worked in administration for eight years. She is studying for a paralegal degree at Bryant & Stratton College and enjoys being the friendly face visitors first see when they arrive at the new offices.

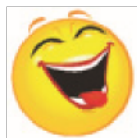
“I look forward to learning and exploring my potential as a legal assistant here at the firm and more importantly the knowledge that I will be getting on top of working with such a great group of people,” she said.

Trivia

Before settling on the name of Tiny Tim for his character in "A Christmas Carol," three other alliterative names were considered by Charles Dickens. They were Little Larry, Puny Pete, and Small Sam.

Santa Claus is based on St. Nicholas who lived in Turkey in the 4th Century. He fell out of favor in most Protestant countries except Holland where he was referred to as "Sinter Klass." When he became popular in the U.S., the name was corrupted to Santa Claus.

Joke

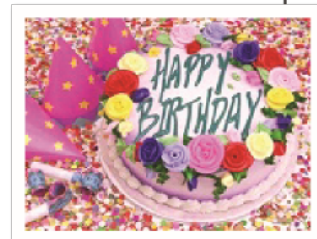


What does Jack Frost like best about school?

Snow and tell.

Happy Birthday

Happy birthday if you were born in December. At Cooper Hurley we like to celebrate the birthdays of all of our clients, former clients and friends. Email us your birthday to marketing@cooperhurley.com and we'll send you a card in the mail.



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Virginia 23517
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Thank You for Your Referrals

At Cooper Hurley we rely on our friends and former clients to send us new referrals. Many of you refer us new business and we are always grateful.

Unlike some of the big factory law firms, we value those people who we have had the honor of representing, even years after their case is over. We also value all of our friends and business associates in Virginia and further afield.

By receiving our newsletter, you will have the chance to take part in raffles. Last year we raffled three flat screen TVs to lucky winners. You can also receive free copies of publications such as [The Best Book About Virginia Car Accidents and Injuries](#) and the [Top Twenty Tips for Car, Truck or Motorcycle Accidents](#). Contact marketing@cooper-hurley.com.

Happy holidays from all of us at Cooper Hurley Injury Lawyers

