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## Norfolk's Newest YMCA Boosts its Numbers, Cuts the Pounds

South Hampton Roads' newest YMCA opened at 2901 Granby Street in Norfolk more than a year ago and the facility, which is just five minutes away from the offices of Cooper Hurley Injury Lawyers, is proving to be popular.



[Click here to play the video](#)

Executive Director Anthony Walters said in a Cooper Hurley video, the Y that opened on June 1, 2013, has "exceeded all of our expectations," in terms of users and supporters.

"We are getting a lot of usage, almost exceeding the usage of our more seasoned YMCAs that have been open for more than 10 plus years. We are getting volume like that" he said.

"It has 800 membership units which equates to about 1,500 people using our Y every month. We have a lot of bodies using our Y," Walters said.

The Y on Granby is located in the Park Place neighborhood but Walters said it serves diverse parts of the city beyond Park Place. "The Y is really bringing Norfolk together. Many may see our Y as one that's serving just the Park Place community, which is actually a very diverse community ... it's already a strong community in of itself but when you add to the equation the number of communities in the city of Norfolk that are using the Y, it makes us a special place."

Margaret Anne Harrison, the membership director of the Y at Granby, said the arts and humanities department sets it apart.

"Starting this fall we are going to have music lessons for kids, guitar lessons and piano lessons as well as our art department where we will offer art classes," she said.

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The Y at Granby also boasts a kidney shaped pool that Harrison believes is the best pool of any YMCA in the area. Harrison said the swim programs have proved to be popular. "Our swim lesson numbers have been through the roof," she said.

The Y also works with local businesses to help bring more healthy lifestyles to their employees. Staff go beyond the four walls of the facility to offer community programs that aim to boost health. The Y at Granby is carrying out a diabetes prevention program which includes classes and education programs with instructors. Walters promises a "robust program to help keep people away from having diabetes."

In September, there will be no joining fee for new members at the YMCA of South Hampton Roads. Contact the Y at Granby at 757.965.2322 or see [ymcashr.org](http://ymcashr.org).

## When a Business Can Be Liable for Your Injuries



Earlier this year John Cooper's 76-year-old client was awarded \$125,000 after he was injured in a serious fall at a fast food restaurant in Chesapeake, Virginia.

The retired man tried to enter the restaurant but an employee who was standing in the doorway holding a trash can, motioned him to go around. John's client had to cross a landscaped area where he tripped on a protruding irrigation hose and fell, sustaining a broken hip, a broken finger and multiple bruises. You can read more about this case on [Cooper Hurley's website](#).



In another case featured in *Virginia Lawyers Weekly*, a 55-year-old flight attendant, was awarded \$400,000 after an accident at a hotel room in Virginia Beach in which a window treatment fell on her head, causing injuries to her neck, knee and shoulder. She was represented by John Cooper and Bill O'Mara. All cases are different and we cannot guarantee the same result in your case, although we will work tirelessly on your case to obtain the result you deserve.

Both of these were examples of premises liability cases. If you are a customer at a commercial establishment, they have a duty to take reasonable steps to provide a safe business place. Premises liability cases include slip, trip and fall cases but you could be injured on someone else's property without falling as in the case of the flight attendant.



John Cooper, who has litigated these cases for 25 years, recently wrote a paper about premises liability for the Journal of the Virginia Trial Lawyers Association.

He will also be making a presentation on Top Ten Tips on Premises Liability to the Norfolk and Portsmouth Bar Association on October 7, 2014.

Premises liability cases can be tough for attorneys and demand a "brave lawyer," according to John Cooper. The fact you may hurt yourself on the wet floor of a supermarket may not in itself be sufficient to bring a premises liability case, as you must prove the store did something wrong.

Here are 10 top tips for premises liability cases taken from John Cooper's recent paper:

1. **Size Matters** – You usually need to be seriously injured to make it practical to file a lawsuit. Sprains may hurt but it's only really worthwhile to sue if you have broken bones, traumatic brain injuries, permanent injuries or injuries that require surgery.
2. **The Business Must Be At Fault** – Staff must have done something wrong. If a box falls on your head after you have strayed into an employee only area of a store, your case will not be as strong as an improperly stacked box falling on you in a public area.
3. **You Must Not Have Contributed to Your Injury** – If you were drunk, running or wearing high heels before a fall, you are unlikely to be successful in your claim. In Virginia even one percent contributory negligence prevents recovery.
4. **Force a Business to Secure Surveillance Tape** – A store or other business may seek to destroy incriminating evidence. Your lawyer can send a warning letter to force them to keep videos or key information.
5. **Use Your Smart Phone** – Almost everyone has one nowadays. Take your own pictures at the scene of your accident if you can and talk to witnesses. Video their statements on your smart phone, if possible.
6. **Get Med Pay** – The store may have medical payments insurance to help you with medical bills from an injury, even without proving their fault. The insurance adjustor may not tell you about it.
7. **Know an Expert** – You may not know a premises liability expert, but you should hire a lawyer who does. John Cooper has a rolodex of experts in fields such as building codes, walk way safety, and construction practices.
8. **Know Who to Sue** – This may seem straightforward but a number of parties can be liable in a premises liability case including the landowner, the business, property managers or vendors who provide services such as a landscaping company.
9. **Chose the Correct Court** – There may be a link between the court a case is held in and the value of a premises liability claim. Your injury lawyer will help ensure the case is filed in the correct court.



10. **Know the Defendant's Duty** – If you are trespassing on property, the business owes you only a minimal duty of care. However, children can be an exception. If, for example, children are injured in a rail yard, the railroad may be held liable if a poorly maintained fence allowed them to get onto the property and kids are known to play there.

## Cooper Hurley Supports Williamsburg Breast Cancer Charity

Whether it's galas on the pink carpets or men wearing bras, the Williamsburg-based charity Beyond Boobs! is not afraid of making a big noise about breast cancer.

Beyond Boobs! was formed by Mary Beth Gibson and Rene Bowditch after they met at a breast cancer retreat for survivors eight years ago in 2006. Mary Beth from Williamsburg was going through treatment for breast cancer and Rene, also a breast cancer survivor, was at the event as The Good Health Fairy. Together, they formed the Beyond Boobs! support group.



[Click here to play the video](#)

The founders believe their breast cancer could have been diagnosed sooner if they had benefitted from a better education program. One of the missions of Beyond Boobs! is to educate medical providers to the existence of breast cancer in younger women. Gibson was just 41 when she was diagnosed with breast cancer. She ended up having a double mastectomy, chemo and radiation.

"No one flagged me on the high risk category I was in because of my family history -- mother and grandmother both diagnosed at age 40 -- and put me on the appropriate screening protocol," Gibson said in an interview with the Daily Press.

Beyond Boobs! tackles breast cancer by motivating women to be responsible for their own breast health as well as by alerting the medical community to be vigilant for breast cancer in younger women. The 501(C) 3 also provides local grassroots support systems for young women who have been diagnosed with breast cancer. "We aren't about breast cancer awareness - we are about breast health," said Gibson.

Beyond Boobs! hosts flamboyant fundraising events including an annual Mr. Breast Fest competition in which men make and their wear bras and raise as much money as they can from supporters.

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About one in eight women develop breast cancer in their lifetimes and almost 40,000 women die of it every year in the United States.

At Cooper Hurley we are happy to support good causes in the Hampton Roads community and there are few causes more important than breast cancer awareness and prevention.

Cooper Hurley recently became a sponsor of a Calendar to Live By 2015 – an educational and uplifting “breast health manual disguised as a calendar,” created by Beyond Boobs!

Call 757-645-2649 or visit [www.beyondboobs.org](http://www.beyondboobs.org) for more information about Beyond Boobs!

## Why You Should Follow Cooper Hurley on Facebook

When you first signed up for a Facebook account a few years ago, it probably seemed like the latest fad. Few people would have imagined Facebook would have 1.1 billion users by 2013 and the net worth of its founder Mark Zuckerberg in dollars would be 30 times higher than that.



Nor would anyone have imagined established businesses such as law firms and accountants would be on Facebook. Cooper Hurley now has more than 740 likes on Facebook. We are grateful to all of those friends and former clients who have taken the time to comment on our posts and to provide us with feedback. At Cooper Hurley we see our friends, clients and former clients as family and our Facebook family is no exception.



There are a lot of distractions out there but we have striven to make our page interactive and informative. You can view our latest personal injury blogs or [YouTube videos](#) on Facebook or read user-friendly tips such as how to stay safe in the sun or how to prepare for that summer road trip.

We'd love it if you could take the time to [like us on Facebook](#).



## Client Review

We hear a lot about the dangers of distracted driving. However, unless you are an injury lawyer you are unlikely to realize see the amount of damage and misery it can cause.

Cooper Hurley Injury Lawyers recently settled a case involving Kait Robertson, a 27-year-old woman from Virginia Beach who was injured when she was rear-ended by a distracted driver. Read [Kait's story on our blog](#).



[Click here to play the video](#)

### Five Facts About Distracted Driving

- 1 Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes;
- 2 As of December 2012, 171.3 billion text messages were sent in the US;
- 3 Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded;
- 4 A quarter of teens respond to a text message once or more every time they drive;
- 5 Talking and eating and drinking can count as distracted driving, as well as changing a radio channel but texting is one of the most serious forms of distracted driving because it requires the driver to pay cognitive attention.

Source [Distraction.gov](#).

## August Trivia

After Julius Caesar's grandnephew Augustus defeated Marc Antony and Cleopatra, and became emperor of Rome, the Roman Senate decided that he too should have a month named after him. The month Sextillus (sex = six) was chosen for the emperor Augustus.

Not only did the Senate name a month after Augustus, but it decided that since Julius's month, July (named after Julius Caesar), had 31 days, Augustus's month should equal it:

August is famous for the Edinburgh festival in Scotland and (more obscurely) National Goat Cheese Month in the United States.





## Joke



My holiday luggage got lost at the airport yesterday. Luckily the sniffer dog found it.

## Happy Birthday

Happy birthday if you were born in August. 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](mailto:marketing@cooperhurley.com) and we'll send you a card in the mail.



## 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@cooperhurley.com](mailto:marketing@cooperhurley.com).