



February 2017



Jim, Bill, John and Griff



Cooper Hurley Team

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CONNECT ONLINE



Cooper Hurley Supports Heal The Warriors in Facebook Likes Campaign

At Cooper Hurley Injury Lawyers, we are familiar with the debilitating symptoms of brain injuries in our work with people hurt in auto wrecks. A brain injury can be permanent and can severely impair the life of the sufferer.



[Click here to play the video](#)

We were interested to learn about the work of Hampton Roads Hyperbaric Therapy and the Heal the Warriors project and are happy to support this great organization in our latest Facebook 'likes' campaign.

For every new 'like' of our Facebook page, we'll donate \$1 to Heal the Warriors.

Sarah Stoltman-Miller works with veterans of America's wars as well as active service people and first responders in a hyperbaric chamber in Norfolk. Recently, she set up the non-profit, Heal the Warriors, to provide free treatment to as many of them as possible.

Sarah first came into contact with hyperbaric chambers when she was a commercial diver and a dive medic in Louisiana a decade ago. Hyperbaric oxygen therapy is a well-established treatment for decompression sickness, a hazard of scuba diving.contd. on page 2

However, Sarah later discovered another benefit when she worked at a clinic with Dr. Paul Hatch, who was researching the use of hyperbaric chambers for veterans who suffered blast injuries and post-concussion syndrome.

Hyperbaric oxygen therapy involves breathing 100 percent oxygen at greater than atmospheric pressure. Breathing 100 percent oxygen under pressure forces the oxygen to dissolve into the tissue, the muscles and the plasma.

Sarah reports amazing results with the technique. Many veterans who are suffering headaches or issues with sleeping, say the treatment alleviates their symptoms.

The hyperbaric program is about eight weeks long.

Sarah said when veterans suffer brain injuries, their tissues are typically not dead but are “hibernating without oxygen.”

“When you are breathing 100 percent oxygen under pressure, it’s forcing that blood flow back into the brain,” Sarah said.

“Typically when a warrior comes in with a brain injury they have constant migraines, they sleep two to three hours a night. They have anxiety and depression. They drop out of school, they’re having trouble in their relationship and anger problems.

“As they go through treatment they start sleeping seven or eight hours a night, their headaches go away, their personalities come out and their family members say they have their personalities back,” she said.

The downside is the treatment is not covered by health insurance, prompting Sarah to set up the non-profit.

“I decided I wanted to start a non-profit because I was unable to pay for all of these guys and women to come in,” she said.

Sarah has treated about 200 veterans. About 30 have benefitted from the non-profit.

Since starting our Facebook ‘likes’ campaign we have given checks to ForKids and Sugar Plum Bakery. We will be giving Blankets for the Homeless a check for \$500 this month.

We owe our veterans and those presently serving our country a great debt for helping to keep us safe. Don’t forget to like us on Facebook to support this cause.

Cooper Hurley to Move to Downtown Norfolk – Help us Rent Our Ghent Offices

Cooper Hurley Injury Lawyers is just two months away from moving to downtown Norfolk and we are excited to be expanding again.

When we move in April, our address will be Suite 510, 125 St Paul's Boulevard. The new offices are across the street from Norfolk's state-of-the-art court complex that opened in 2015.

We are moving less than three years after we relocated to purpose-built offices at 2014 Granby Street in Ghent. Our rapid expansion has made the move necessary.

We have our friends and former clients to thank for our success. We have been able to help more people injured in car, truck, and motorcycle accidents, premises liability or dangerous drugs cases.

Cooper Hurley added three new attorneys and additional support staff since our move to 2014 Granby Street in 2013. The move will allow us to hire another attorney.

We are seeking a tenant for our 2,800 square foot office on the corner of Granby Street and 21st Street in Ghent.

The office was custom designed for our law firm. It contains a large conference room, seven offices, a kitchen, two bathrooms and a spacious reception area.

The office is above the Wells Fargo bank and within close walking distance of Ghent's many restaurants and stores on 21st Street with good transportation links. The new tenant will have great visible signage. The building also has ample free parking. For more details call John Cooper at (757) 455-0077 or our agent Scott Godbout at (757) 525-4947.



Cooper Hurley's new offices in downtown Norfolk



Cooper Hurley is seeking a tenant for its offices at 2014 Granby Street

Meet Billie Jo Holloman, Our New Legal Assistant

Cooper Hurley Injury Lawyers' newest legal assistant Billie Jo Holloman likes the firm so much she drives to Norfolk and back every day from Southampton County.

Billie Jo joined the firm's fast-growing support team late in 2016. She works as a legal assistant for attorneys Bill O'Mara and Griff O'Hanlon.

Before joining Cooper Hurley, Billie Jo worked for a law firm in Suffolk, Virginia.

Billie Jo was born and raised in Chesapeake and attended Oscar Smith High School. She has seven years of legal experience.

"The thing I love most about working at Cooper Hurley is the generosity they show to their clients, community and employees," she said.

In her spare time, Billie Jo likes to hang out with her fiancé and kids Michael, 16, and Lillie, 8, riding dirt bikes and four wheelers.



Billie Jo Holloman



The Cooper Hurley support team minus Tara (Steve Budman)

Bill O'Mara Becomes a Partner of Cooper Hurley Injury Lawyers

We are delighted to announce the appointment of Bill O'Mara as a partner with Cooper Hurley Injury Lawyers less than three years after he joined the firm.

Bill joins founders Jim Hurley and John Cooper as partners at the firm. Bill is a Hampton Roads native who grew up in Chesapeake and attended Indian River High School.

After studying at Dartmouth College and Washington and Lee University Law School, he returned to Hampton Roads in 2008. He gained extensive courtroom experience in that time.



Bill O'Mara

Bill joined Cooper Hurley Injury Lawyers as an associate in 2014. He handled hundreds of cases in that time and gained trial experience. Bill has also given a Continuing Legal Education seminar about legal ethics to the Norfolk and Portsmouth Bar Association.

“It’s really an honor to be a part of such a great injury law firm with a great culture and a true dedication to helping people, especially injured people. I couldn’t be happier here,” Bill said.

Bill said he’s now looking forward to devoting the rest of his career helping people after they are injured.

Bill lives in Chesapeake. He is married with two young daughters.

Wrecks Involving Dump Trucks and Garbage Trucks

Dump trucks and garbage trucks are among the most dangerous vehicles on the highways of Virginia and northeastern North Carolina.

These are bulky trucks with numerous blind spots. Garbage and recycling trucks make many stops and starts and operate on residential streets where kids play. Often the operators may be distracted by the task in hand.

Dump trucks can unexpectedly appear on roads near construction sites and other industrial locations. The unstable design of dump trucks mean they can be hard to handle, even at slow speeds.



A dump truck on the Hampton Roads Bridge-Tunnel

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This instability can lead to trucks overturning while the weight of a dump truck means it can take a long time to stop.

While the average car takes about 124 feet to come to a stop when traveling at 40 miles per hour. The driver of a commercial vehicle takes about 169 feet to stop after applying the brakes at the same speed. These distances are longer in wet weather.

Last December, a passenger in a pickup was killed in a wreck with a dump truck in Virginia Beach. The truck driver was reported to be backing up into a construction site on Princess Anne Road.

In January, police reported a woman was killed when her car was hit by a dump truck after the driver failed to see a light on Route 460 near Petersburg.

All cases are different and no past result is an indicator of a further case, but last year, Cooper Hurley Injury Lawyers negotiated a \$675,000 settlement for a woman who was seriously injured by a dump truck in Virginia Beach.

Cooper Hurley Injury Lawyers is the author of *The Best Book About Virginia Trucking Accidents* which can be ordered free on our website.

Trivia

The name of February is derived from the ancient Roman purification festival of *Februarius* which took place on February 15.

The Anglo-Saxons referred to the month as "solmonath," meaning the month of mud or wet sand.

February is the shortest month of the year. There are a number of theories for this but most commentators blame the Romans.

January and February were the last two months to be added to the Roman 12-month calendar. Originally winter was devoid of months. February ended up representing the last days of winter and was composed of how many days were left behind before a new year started.



Winter in Chesapeake

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....continued from page 6 **Trivia**

Valentine's Day on Feb. 14 is the most well-known event in February. Its origins are also obscure.

The Catholic Church recognizes at least three distinct saints named Valentine.

One legend contends he was a priest in ancient Rome. When Emperor Claudius II decided that single men made better soldiers, he outlawed marriage for young men. Valentine defied the Emperor and performed marriages in secret for young lovers. When his actions were uncovered he was put to death.

Joke



Boy: Do you have a date for Valentine's Day?

Girl: Yes, February 14th.

Happy Birthday

Happy birthday if you were born in february. 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.



Thank You for Your Referrals

At Cooper Hurley Injury Lawyers 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. In the past we have raffled flat screen TVs, iPads and entertainment centers 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.