



Call us for a FREE CONSULTATION

757.455.0077



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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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Seven Tips to Make Those New Year's Resolutions Stick

You may remember that first outing you made to the gym in 2014. Suddenly all of those lonely exercise machines had people on them and it was difficult to find a parking spot. Fast forward a month and you can get on your favorite machine again and park close to the building.

New Year's resolutions would not be called New Year's resolutions if people stuck with them for the rest of the year. Just a few weeks into a new regime, be it a Zumba or cycling class or just a pledge to walk the dog every morning, your resolve is likely to be lagging. Here are seven tips to help keep you on track.

1. Make One Change at a Time

You have a limited amount of willpower. If you take on too much you will end up doing nothing. Choose one or two tasks and stick to them.

2. Have a Game Plan

Making a resolution is a bit like taking a road trip without a map. If you are on a diet, for example, you need to plan grocery lists in advance so as you won't make impulse buys.

3. Start Simple

Make sure your aims are achievable. If you are on a diet aim to lose 5 pounds not 20 pounds in the first month. Weight Watchers has a 2-week starter plan that may help you.

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Keep to those fitness goals - Kids practice basketball at Taylor Bend YMCA in Chesapeake

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4. Get a Grip

Practice exerting willpower. University of New York researchers recently urged 122 smokers who wanted to quit to exert extra self-control for two weeks by squeezing on a grip strengthener for as long as they could twice a day. In the following month, 27 percent of those who were diligent about practicing the self-control exercise successfully kicked their cigarette habit, compared with just 12 percent of volunteers who'd been given a task that required no self-control.

5. Set a Sanction

Get somebody else to enforce a sanction if you break the resolution. Some websites even suggest giving a good friend the ability to take a pre-agreed amount out of your bank account each time you break your diet or lapse on your exercise regime. If you chose this method, make sure you are dealing with a good friend!

6. Chart Your Progress

Take some time out to reflect your progress every day. Write your New Year's resolutions on a sticky note on your desktop or on your fridge. Make a diary either in a notebook or in a word document that you write an entry in at the end of each day. Note the positive and negative steps you have taken towards your goals.

7. Use Positive Language

It's amazing how the way you talk about a resolution can affect your perception of it, either as a chore or an exciting challenge. Instead of saying you "can't be bothered going to the gym", think "I always feel so much better for going to the gym and I love the high it leaves me feeling after a workout." Highlighting the benefit to you is far more motivating than focusing on the negatives and self-deprecation for not doing it.

Good luck in keeping on track with your resolutions.

Cooper Hurley Injury Lawyers Result - \$550,000 For Injuries in Truck Accident

When a young sailor was hit by a truck in Newport News, VA around Thanksgiving 2012, he suffered serious, life-changing injuries. The 20-year-old was driving his car on Interstate 64 when the driver of a tractor trailer lost control of his truck.continued on page 3



The big rig struck the sailor's car, forcing him off the highway where he crashed into a tree. The young man was treated for serious injuries including an acute colon perforation, an acute cervical sprain, acute splenic laceration, acute left lung contusion, acute right radial fracture and other injuries.

Just hours later his mother found our law firm on the Internet and called on Cooper Hurley Injury Lawyers for help. We were happy to meet the patient in his room at Portsmouth Naval Hospital. Blessedly, the military man largely healed up from the injuries after successful surgeries. Attorney John Cooper ultimately secured him a settlement of \$550,000 in late 2013.

The case was recently reported in *Virginia Lawyers Weekly*. At Cooper Hurley Injury Lawyers we have secured some large awards for people who were seriously injured in truck accidents. In 2012, we won a \$5 million settlement for a woman from Hampton who was hit by a construction truck in Gloucester County, suffering terrible injuries. All cases are different and while we cannot guarantee the same result in your case, we can guarantee that our injury lawyers will work tirelessly on your case to obtain the jury verdict or settlement that you deserve.

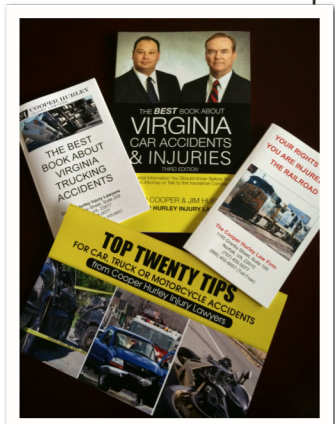


Cooper Hurley legal assistants Stephanie Adams (left) and Nicole Mclean, love the new Cooper Hurley sign

Cooper and Hurley Publish A New Book on Trucking Accidents

Early this year, John Cooper and his law partner, Jim Hurley, put more than four decades of combined knowledge about working on trucking cases into a new book.

The *Best Book About Virginia Trucking Accidents* is a user friendly guide to help anyone who has been hurt in a big rig accident or anyone who wants to know their rights after a truck wreck. Tractor trailer accidents are among the most serious we see on the highways of Virginia. Sadly some motorists are killed in these accidents.



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The new book explains why most trucking accidents occur, who can be liable after a trucking accident, what to do after a trucking accident and who you can make a claim against. You may not realize all the parties that can be liable after an injury from a trucking accident beyond the driver, such as the trucking company, the broker, the owner of the trailer and a shipping company.

John Cooper and Jim Hurley are also authors of *Your Rights When You Are Injured on the Railroad* and *The Best Book About Virginia Car Accidents and Injuries*. Email marketing@cooperhurley.com for a free copy of any of our books.

Cooper Hurley Sponsors the Elizabeth River Project's RIVERFest

Over the last few decades there have been some big restoration projects on the waterways of Hampton Roads, but it all comes down to one small fish.

The mummichog is just six inches long and it's also known as the mud minnow. But it's like a canary in a coal mine, according to Joe Rieger, Deputy Director of Restoration with the Elizabeth River Project. High levels of cancer recorded in the fish alert river watchdogs to the polluted nature of the Elizabeth River and its tributaries.



[Click here to view the video](#)

The work of one of the oldest environmental nonprofits in Tidewater has helped breathe new life into the river, but there's still plenty to be done, according to Rieger.

The Elizabeth River Project which has been working to clean up the waterways of Hampton Roads since the early 1990s, is one good cause that is supported by the Cooper Hurley Injury Lawyers in 2014. For the second year we have made a donation to Lafayette River [RIVERFest](#), a celebration of the restoration of the Lafayette River in Norfolk, which is now in its fourth year.

RIVERFest will be held on Saturday, April 26 at Colonial Place at 601 Mayflower Road in Norfolk. It is a free, outdoor celebration that promotes the restoration of the Lafayette River. It includes educational activities, fireboat rides, live music, children's activities, a rain barrel auction, local food vendors, and the chance to become a [River Star](#) Home. There will also be a Canine Crusader contest, in which a dog is selected as a "spokes-dog," and tasked with teaching dog owners the importance of picking up pet waste.

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Cooper Hurley Sponsors the....

The improvement of the Lafayette River has been a key challenge for the Portsmouth-based Elizabeth River Project and its partner the [Chesapeake Bay Foundation](#), the City of Norfolk and other partners.

The Lafayette River is named after the Marquis de Lafayette, the French “boy general” who helped America win independence from Britain. The project aims to make the river safe for swimming again this year and to allow the harvesting of the once famous “Norfolk oyster.”

Pollution in the river means it has not been safe to swim in for many years like the rest of the Elizabeth River system. After heavy rain, bacteria levels rise due to a combination of urban run-off, boat sewage, sewer clogs, pet waste and oil and grease that are poured down

kitchen sinks The plan for the Lafayette River was drawn up five years ago. Projects include oyster restoration and wetland restoration as well monitoring.

“We are happy to say it looks like the Lafayette will be taken off of the impaired waters list which would meet state standards for swimming,” Rieger said. “However, the Elizabeth River Project is going to be doing some additional monitoring to determine if all areas of the Lafayette River are safe for swimming and we hope to have some more information about that later this year.”

The Lafayette River project forms part of a holistic approach to clean up the Elizabeth River which bore the brunt of industrial activities in the past.

“The pollution in the Elizabeth River has been going down over the last 20 years,” Rieger said. “However, there is a legacy of contamination from the industrialization of the water.”

Historically wood treatment products such as black tar used on railroads in the 19th Century, contributed to the contamination of the river, he said. The Elizabeth River Project has carried out initiatives to remove pollution from the river. Levels of cancer in the mummichog fish dropped six-fold after the recent removal of 36 million pounds of “goo,” from the Elizabeth River.



The creation of Paradise Creek Nature Park in Portsmouth is one of the Elizabeth River Project's most significant ventures

Another big project being carried out by the Elizabeth River Project was the creation of the [Paradise Creek Nature Park](#) in the Craddock area of Portsmouth. Over the last few years it secured 40 acres for the nature park. Phase 2 of the park will start in April. It will include a picnic pavilion, an entrance pavilion, an educational pavilion and a boat launch. Programs for all ages will also begin at the park this year, Rieger said.

Follow this link for more information about the [Elizabeth River Project](#).

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Suite 200 Norfolk,
Virginia 23517
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Fax: 757.455.8274



This newsletter is intended to educate the general public about probate, trusts, wills, and other issues. It is for information purpose only and should not be constructed as legal advice. Prior to acting on any information contained in this publication, you should consult with experienced, competent counsel regarding your specific situation.

Trivia

February has its origins in Pagan beliefs. The word February is thought to be derived from the name “Februa” taken from the Roman “Festival of Purification”. The root “februo” means “I purify by sacrifice”.

According to Pagan beliefs, February is the time of the “Ice Moon” and has also been described as “Sprout-kale” by the Anglo-Saxons in relation to the time the kale and cabbage was edible.

February is also known for St. Valentine’s Day. The Catholic Church recognizes three Saint Valentines. One origin is from ancient Rome. When Emperor Claudius II decided single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine said the decree was unjust. He defied Claudius and continued to perform marriages for young lovers in secret

Joke



Q: Why did Frosty the snowman want a divorce?

A: Because he thought his wife was a flake