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Cooper Hurley Injury Lawyers Participates Local Food Bank Competition



Local volunteers at the Food Bank packing food for hundreds of families across Hampton Roads!

The Food Bank of Southeastern Virginia has led the fight against hunger since 1981. To complete their goal the Food Bank has created several community based programs, one of which is the Legal Food Frenzy. The Legal Food Frenzy brings the local legal community together to provide the Foodbank of Southeastern Virginia and the Eastern Shore with much-needed food and funds to serve children, families and seniors in our area who struggle with hunger. For the second year in a row, Cooper Hurley Injury Lawyers is excited to participate in this amazing competition.

If you would like to donate your resources to your local food bank, please call 757-627-6599.

Spring Gardening Tips!

The weather is heating up, the sun is out, and the birds are chirping! That can only mean one thing-it's time to plant your favorite fruits and veggies! Listed below are some of our favorite vegetables to plant and a few tips to make sure you have your largest harvest this year.

Summer Squash

1. Summer squash seeds need to be planted in June with 70-90 degree weather
2. Water deeply at least once a week
3. Summer squash is tender and tastiest when harvested young



Tomatoes

1. Tomatoes love sun. Choose the sunniest part of your garden to plant
2. Planting tomatoes with basil, oregano, and onions will keep garden pests away
3. If tomatoes are orange & summer temperatures are not hot enough, bring them inside to a warmer environment



Peppers

1. Plant where they will receive 10 hours of sun
2. Add 1 inch of organic mulch to help retain soil moisture
3. Always cut your peppers from the plant. Pulling will damage the plant and decrease your next harvest



Look for our new TV Commercials coming to a living room near you!

Welcome New Chief Marketing Officer, Cassidy Lewis

Cassidy Lewis joined Cooper Hurley Injury Lawyers in 2017 as the Chief Marketing Officer. Prior to joining the firm, Cassidy received Business Administration degree from Elizabeth City State University and is currently pursuing her Master's degree in Marketing and Executive Leadership. She has worked in every facet of marketing- campaign management, the non-profit sector, public relations, and digital advertising.



Cooper Hurley Injury Lawyers welcomes new Chief Marketing Officer, Cassidy Lewis

In addition to her eventful career, Cassidy is a passionate environmentalist and human rights activist involved in numerous organizations throughout the community including the executive board of Urban League of Hampton Roads Young Professionals. Cassidy says she enjoys working at Cooper Hurley Injury Lawyers because "The same loving and family environment that we have with each other in the office gets extended to every client that we work with. That's what makes us different." Cassidy is married to her best friend and mommy to the prettiest girl on earth, Zoe. Look for little Miss Zoe on our HRT bus advertisements!

Cooper Hurley Injury Lawyers is home to the coolest babies in Hampton Roads!



Zoe is ready for some sunny weather!



Catch JoJo winking at all the pretty ladies at daycare!



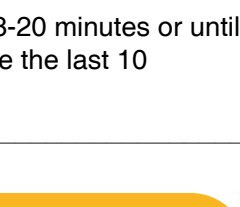
Charlotte said she woke up this cute!

Honey Mustard Grilled Chicken

Ingredients

- 1/3 cup of Dijon mustard
- 1/4 cup of honey
- 2 tablespoons of mayonnaise
- 1 teaspoon of steak sauce
- 4 skinless boneless chicken breast halves

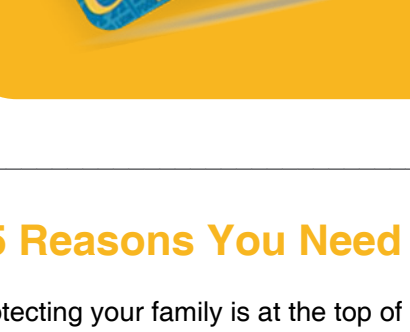
Put this recipe on your refrigerator so you won't forget it!



Instructions

1. Preheat grill for medium heat.
2. In a shallow bowl mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the sauce for basting. Coat chicken in sauce mixture.
3. Lightly oil the grill grate. Grill the chicken over indirect heat for 18-20 minutes or until the juices run clear. Baste occasionally with the remaining sauce the last 10 minutes. Watch carefully to prevent burning!

Enter to win a \$75 Food Lion Gift Card!



In the spirit of warm weather and delicious food, Cooper Hurley Injury Lawyers is excited to give away TEN \$75 Food Lion gift cards. To enter, just visit www.CooperHurley.com/SpringRaffle by June 1st.

Don't forget to add your information so we are able to contact you if you win.

Good Luck

5 Reasons You Need More Car Insurance Coverage

Protecting your family is at the top of your priority list on the road. Everyone wears seatbelts, you follow all of the traffic laws, and make sure your vehicle is properly inspected. Unfortunately, severe car accidents can still occur. Do you have enough car insurance to safeguard you and your household? Here are 5 reasons you may need more car insurance coverage.



After working at Cooper Hurley Injury Lawyers & seeing how important coverage is, Nicole more than doubled her car insurance for less than \$10 a month!

1. Protects you from drivers that have state minimum car insurance

According to carinsurance.com nearly 15% of drivers on the roads are underinsured. This means that even after their insurance cuts a check for your injuries and property damage, you could still be left with bills to pay.

2. Protects your family if you are sued

Getting sued after a car accident for negligence is more common than you think. Additional coverage will help protect you.

3. Increasing Your Coverage May Only Cost \$8 a month

Carinsurance.com reports that drivers who have 50/100/50 coverage and increase to 100/300/100 average an additional \$96/year or \$8/month on their insurance bill.

4. Medical Bills Reimbursement

If you get into an accident and are severely injured, the medical bills will flood in. Fortunately, if you have medical benefits coverage you could be reimbursed for those bills.

5. Peace of Mind

Knowing that your family and assets are fully protected on the road may be the biggest benefit of having sufficient car insurance coverage.

Cooper Hurley Injury Lawyers

DISTRACTED DRIVING AWARENESS SCHOLARSHIP

Apply at CooperHurley.com/scholarship

We Appreciate Your Referrals!

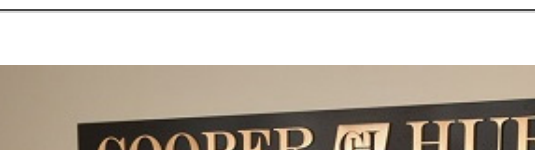
Cooper Hurley Injury Lawyers takes great pride in helping those when they are hurt in car, truck, or motorcycle accidents, as well as serious injury and helping with wrongful death cases.

Many new clients come from referrals from past clients or our trusted friends. We appreciate your business and your referrals.

If you know someone who needs our help, call us or send them our phone number 757-455-0077.

The greatest compliment you can give our firm is a referral!

CONNECT ONLINE



Jim, Bill, John and Griff



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