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April, 2010

COME CELEBRATE LAW DAY ON SATURDAY, MAY 1ST!



On Law Day, Saturday, May 1st 2010, Weiner, Rohrstaff & Spivey, PLC will be hosting the **10th Annual Law Day Weiner Roast** to benefit the Fairfax Law Foundation. The Foundation performs many civic functions, including numerous outreach programs in the public schools, providing pro bono legal services for those who cannot afford legal representation, and numerous outreach programs in the local community.

WRS' Annual Law Day "Weiner Roast" starts at 1:00 p.m. on Saturday, May 1st and will go until 5:00 p.m. Last year approximately 700 people attended, including judges from Fairfax, Arlington, Alexandria the Eastern District and the Court of Appeals; local and state legislators; other civic dignitaries; and folks who love to have fun, while supporting a great cause.

Featured highlights are the **Honor Guard** presenting colors, musical performances by the 20-piece **George Mason University Jazz Ensemble**, the Irish Band "**Edsall Road**", and performers from the award-winning **Boyle School of Irish Dance**.

Also featured is an **old-fashioned shoe shine stand** providing professional shoe shines in exchange for a donation to the Fairfax Law Foundation. The Fairfax City Police send "**Mr. Law**," a 12-foot inflatable police officer, to "mingle" with the crowd.

The party is outdoors and very casual. It's a Weiner Roast, and that means five varieties of hot dogs and brats. No burgers . . . no chicken . . . just weiners. There is an "ol' time" feel to the whole event: root beer floats, popcorn, cotton candy and a 20-foot projection screen to run silent Charlie Chaplin movies.

We hope you will join in helping to support this meaningful day filled with great music and food for a worthy cause. **Please RSVP • bgarcia@WRSattorneys.com • 703-273-9500.**

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Many of us do things that are “good for the heart”. So we decided to share a bit more about things we do in our spare time that may not only just help our hearts (in the literal sense), but may also just make us feel better .

SPOTLIGHT ON JANELLE BLANCHETTE

My mom says I've always been artistic. She still proudly displays pieces from my elementary school days in her home and work offices. I've sketched, painted, and photographed throughout my young life. I took a photography class in junior high. Being a nature girl, I tend to sketch, paint, and shoot landscapes, trees and animals (including taking photos of alligators, while in a canoe, in the Okefenokee Swamp). After all of that, I had never taken an art class before.

Then, a few years ago, I got a gift certificate to The Art League (Torpedo Factory, Alexandria) for my birthday. I really wanted to take a painting class. But in the course catalog, it said that drawing experience is recommended. Since I'd never learned any art techniques, let alone drawing techniques, I signed up for a 9-week beginners drawing class first. The concepts I learned in the drawing class gave me the basics on how to view objects and translate them to paper.

After that, I was finally ready for painting. I created “The Wolf” during a 9-week acrylic painting class last Fall. I found that painting is a different world. Color is so complex and vast in its power. And I now understand why people take 10 steps back from a painting -- it changes the whole piece.

Time really does fly when you're having fun. Two hours pass by like it's 5 minutes. I'm told it'll take me about 2 years to master painting. Much different from my drawing-with-charcoal days when sometimes I'd finish a drawing in 10 minutes. I continue to paint at home, with my dog on my lap of course, and plan to take more classes at The Art League this year.



“The Wolf” by Janelle Blanchette

KEEP CELEBRATING LAW DAY ... LACE UP THOSE SNEAKERS!



The 1st Run For Justice 5k will take place on **Sunday, May 2, 2010** in **Tysons Corner** to benefit the Fairfax Law Foundation. The race will begin and finish at Tysons Sport and Health (the race will start at 8:00 am).

Racers will enjoy a t-shirt, post-race buffet, and more. The cost for the race is \$30 before race day and \$35 on race day. Registration can be done at active.com (search for "Fairfax Law Foundation"). For full event details, visit www.fairfaxlawfoundation.org.

Easy Steps to Properly Fit a Bicycle Helmet



To select and properly fit a bicycle helmet, follow the helmet fitting instructions below. It may take some time to ensure a proper fit.

Step 1 - Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 - Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 - Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 - Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 - Final Fitting:

- Does your helmet fit right? Open your mouth wide...big yawn!
The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward.
Buckle, retighten the chin strap, and test again.
- Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear.
Buckle, retighten the chin strap, and test again.
- Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

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FREE BICYCLE HELMET GIVEAWAY !



For more information
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THE WRS FREE BICYCLE HELMET GIVEAWAY

WEINER, ROHRSTAFF & SPIVEY PLC wants children to be safe while they are riding their bikes. So, from now through September, we will give away free bicycle helmets to children who do not have a helmet.

This isn't a chance to "win" a helmet. If you let us know of a child who needs a helmet, that's all there is to it. There are no requirements except the child to whom we give a helmet does not already have a helmet. Just send us your name and contact information, how you know the child who needs a helmet, and the measurement of the child's head, and one will be given to him/her. No strings attached.

To obtain the measurements we'll need, wrap the measuring tape (enclosed) around the child's head at the largest portion that covers the tops of his or her ears. This will give us an approximate estimate of your child's helmet size. Call us with the information at 703-273-9500. Or, email bgarcia@wrsattorneys.com. Or, visit our website www.wrsattorneys.com and fill out a contact form. Or, send us a fax at 703-273-9505. Any way you want to reach us, please just do it.

We just want our children to be safe. **THANK YOU** for helping us help children safely enjoy the simple pleasure of riding a bike.