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## Nominate a Veteran for FREE Jackals Tickets

ZiffLaw's Veteran of the Game program (see story at right) honors Twin Tiers veterans - and we need YOU to suggest more recipients.

Register online:  
[www.zifflaw.com/veterans](http://www.zifflaw.com/veterans)or e-mail:  
[veterans@zifflaw.com](mailto:veterans@zifflaw.com)or call:  
800-ZIFFLAW

(943) 352-9329

## January 2010 e-newsletter

## ZiffLaw Seeks MORE Twin Tiers Veterans to Honor at Jackals Home Games

In the Ziff Law Firm's Thanksgiving e-bulletin, we told you about a initiative we are very proud of - the ZiffLaw Veteran of the Game program. At each Elmira Jackals' home game, we honor an area veteran with four FREE tickets and have his or her name and accomplishments announced at the start of the game. Veteran of the Game is meant to show some of our great appreciation for the brave men and women from the Twin Tiers who have served in the U.S. Armed Forces.

At the start of this New Year, we wanted to remind our readers that we plan to give out many more tickets! Please nominate a veteran you know!

To tell us about a veteran deserving the special recognition of Veteran of the Game, visit [www.zifflaw.com/veterans](http://www.zifflaw.com/veterans), e-mail [veterans@zifflaw.com](mailto:veterans@zifflaw.com) or call (800) ZIFFLAW (943) 352-9329.

We previously let you know about two area veterans who received Jackals tickets through Veteran of the Game - Matt Fogarty, a 1994 graduate of Notre Dame High School in Elmira, who served in the U.S. Army; and Brett York, a 1998 graduate of Southside High School in Elmira and an Army veteran.

In this issue, we have another honored veteran to introduce, Heather Capra, who served in the U.S. Air Force.



Air Force veteran Heather Capra accepts Jackals tickets from Jim Reed at the Ziff Law Firm offices in Elmira.

Heather (Klose) Caprais a 1998 graduate of Horseheads High School. Heather was initially barred from enlisting in the Air Force because of two childhood seizures, but she was determined. Heather appealed the decision all the way to the Surgeon General of the Air Force, who overturned previous decisions and allowed her enlistment. Heather was accepted into the Air Force in January 1999.

At 5-foot, 1-inch, tall and 105 pounds, Heather overcame great physical challenges to become a combat medic. She was promoted to Sergeant a year out of basic training.

Heather went on to serve 10 years in the Air Force, meeting high demands for responsibility. Her accomplishments and duties included caring for wounded U.S. soldiers as well as local tribesmen and villagers in Kandahar, Afghanistan; field missions into enemy territory; and the health evaluation of her fellow service men and women and superior officers.

In all, Heather served from January 1999 through January 2009. She now lives in Elmira with her husband, Eric Capra, also an Air Force veteran who served in Kosovo.

Heather was nominated for Veteran of the Game by her father, Sergeant Joel Klose, Animal Control Supervisor with the Elmira Police Department.

Joel wrote of his daughter, "She is great veteran, yes, because she is my daughter, but mostly because she is an exceptional human being who selflessly and truly went into harm's way to serve her country and her fellow man, and never flinched."

## Announcing the 'Name the Ziff Girls' Contest Winners

In December's e-newsletter, we offered prizes to readers who could correctly ID the "Ziff Girls" in the photo below. They were dressed in costume for Halloween.

First prize went to Val Castiglia of Horseheads. (Val "cheated," because she used to be a Ziff Girl herself! But since she was the first to respond correctly we felt she deserved the prize, a ZiffLaw cooler!)

Second prize went to Kristin Mitcham, who works at Perry & Carroll Insurance in Elmira.



The Ziff Girls, from left to right: Terri Ziegler, Christina Sonsire, Karen Wheadon and Sue Daubner.

## Simple Precautions Make Driveways Safer for Kids



Safety-conscious adults realize that driveways and parking lots are danger zones for children, but I was surprised by some recent information I read about the extent of the risk.

A recent [InjuryBoard](#) newsletter included details from [Kids and Cars, a non-profit advocacy group](#) that hopes to end non-traffic car accident injuries to children. According to the organization, today's large

SUVs and trucks may have a rear blind-spot up to 50 feet long! The average age of a child involved in a back-over accident is between 12 and 23 months. Compounding the tragedy, statistics show that in more than 70 percent of such accidents, a parent or close relative is driving the vehicle.

I personally have handled several cases of kids badly hurt by driveway accidents. It is ALWAYS a good idea to be very careful when driving into or out of driveways. We all know that young kids are unpredictable and have no conception of just how dangerous a car can be.

Here are 15 tips from [Kids and Cars](#) to protect children from driveway back-over accidents:

1. Walk around and behind a vehicle prior to moving it.
2. Know where your children are. Make kids move away from your vehicle to a place where they are in full view before moving the car and know that another adult is properly supervising children before moving your vehicle.
3. Teach children that "parked" cars might move. Let them know that they can see the vehicle, but the driver might not be able to see them.
4. Consider installing safety devices: cross-view mirrors, audible collision detectors, rear-view video camera and or some type of back-up detection device.
5. Measure the size of the blind-zone area behind the vehicle(s) you drive. A 5-foot, 1-inch driver in a pickup truck can have a rear blind zone that is approximately 8 feet wide and 50 feet long.
6. Be aware that steep inclines and large SUVs, vans and trucks add to the difficulty of seeing behind a vehicle.
7. Hold children's hands when leaving the vehicle.
8. Teach your children to NEVER play in, around or behind a vehicle.
9. Keep toys and other sports equipment off the driveway.
10. Homeowners should trim landscaping around the driveway to ensure they can see the sidewalk, street and pedestrians clearly when backing out of their driveway. Pedestrians also need to be able to see a vehicle pulling out of the driveway.
11. Never leave children alone in or around cars, not even for a minute.
12. Keep vehicles locked at all times, even in the garage or driveway, and always set your parking brake.
13. Keys and/or remote openers should never be left within reach of children.
14. Make sure all child passengers have left the car after it is parked.
15. Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.

## Change is in sight

In February 2008, **The Cameron Grubransen Kids Transportation Safety Act** was signed into law by President Bush. Two-year-old Cameron was killed in a back-over accident. His father was driving the family's SUV, and did not see Cameron in the vehicle's blind spot.

The tragedy inspired legislation which enables the National Highway Transportation Safety Administration to require safety improvements in new vehicles - features including rear-view cameras, automatic shutoffs on power windows, and brake improvements to prevent rollaway cars. All will help prevent injuries to children - amazingly, many of these features are standard on vehicles in Europe.

It may take 4 to 8 years for the Act to have an impact. Even as vehicles improve, ultimately the safety of children depends on drives. It is important that we, as the adult drivers, be extra cautious particularly when we know that there are kids in the area. As always, simple precautions can prevent serious injuries.

Thanks for reading,

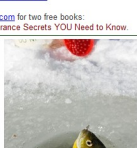
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**NY Car Accidents** and **NY Car Insurance Secrets YOU Need to Know.**

## On Thin Ice, Fishing Is a Big Risk

Early this year, a Horseheads man fell through the ice on a local pond while ice fishing. He suffered hypothermia and a separated shoulder from his efforts to climb out of the water.



Although the greatest risk of falling through ice usually comes in the spring - when ice fishermen are out on weakening ice, it's also dangerous during the early months of cold. A good rule of thumb is to wait for at least 6 inches of ice to develop.

I came across a great primer about what to do if you fall through ice at the [Wired How-To Wiki](#), a collection of user-contributed instructions on how to do just about anything better. Anyone can add or edit the instructions listed there.

## What to do if the ice breaks

Ala "[Worst Case Scenario](#)," these are the five basics to remember if you fall through ice:

1. Don't hyperventilate
2. Orient yourself
3. Lift and kick
4. Recover
5. "Log roll" to shore (keeps your weight widely distributed)

Check it out, stay safe, and hang up the ice-fishing pole if the ice isn't thick enough!

- Jim Reed

Until next month,

Your Friends At The Ziff Law Firm