

# THE WARREN REPORT

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## THE WARREN FIRM DONATES HELMETS TO COMMUNITY BIKES

Charlottesville Community Bikes is a nonprofit bicycle shop that promotes environmentally-sound transportation, recycles bicycles, and makes cycling accessible in Charlottesville, VA. They believe bicycles can be a means to social change, addressing issues of equity, access, and inclusion. Community Bikes gives away hundreds and hundreds of bicycles and helmets each year to adults and children in need. They also refurbish bicycles to sell at affordable prices to the community. Along with furnishing bikes and helmets, they host clinics to teach proper riding technique and lessons on bike maintenance and repairs.

If you're interested in learning more about the work they do, scan this QR code with your phone's camera, and it will take you directly to their website!



In conjunction with The Virginia Trial Lawyers Association Bike Helmet Foundation, The Warren Firm was delighted to donate 155 helmets to Community Bikes this year.



### TOP TIPS FOR BIKE RIDERS

1. Be a responsible bicyclist; obey all traffic control devices and use proper hand signals.
2. Always ride with the flow of traffic.
3. Dress safely – wear a helmet, wear bright colored clothing and secure loose pant legs.
4. Ride defensively – anticipate the actions of other road users and watch for road hazards.
5. Pass vehicles with extreme care – turning vehicles may not see you.
6. Maximize your visibility at night! Wear reflective clothing and apply reflective tape to your bicycle.

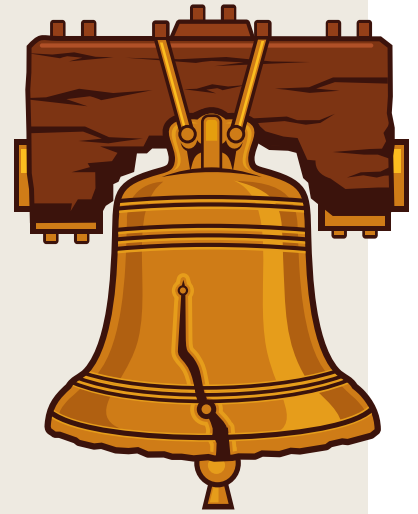


# TRAVELS WITH VADEN

## Philadelphia

In June, Coles and I attended the American Association for Justice's (AAJ) Annual Convention in Philadelphia for Continuing Legal Education in July. The sessions and faculty were very good, and we enjoyed exploring the city. The highlights were eating at Reading Market, seeing Independence Hall,

and attending a cocktail party for The National Association of Trial Lawyer Executives. Today, anyone licensed to practice law in Virginia is allowed to join the Old Dominion Bar Association as a member and help it to act as a voice in the legal community for African Americans living and working in Virginia.



Reading Market



Independence Hall

## DID YOU KNOW?

All active and Emeritus lawyers in Virginia must complete 12 hours of continuing legal education, including 2 hours of ethics/professionalism credit, and 4 hours of live-interactive credit by October 31 each year.

## Taking the Reins

Our firm's receptionist, Micheala, is a horse enthusiast, along with her husband and two daughters.

Recently, her daughters competed at their first horse show! Her eldest showed Micheala's mare in her great grandmother's almost-90-year-old saddle. It was a special moment for her family!



# 11 Ways to Harm Your Case: Part Seven

*There can be many pitfalls in a personal injury case. Insurance companies will try many methods to deny your claim altogether or make the recovery as small as possible. Each month we will highlight something you should NOT do when it comes to working with insurance companies!*

## 11 WAYS TO HARM YOUR PERSONAL INJURY CASE

**7. Give the insurance company authorization to contact your doctors**



You should not sign an authorization for the insurance company to get your medical records or contact your medical providers.

They could then contact your doctor and discuss your case without you present. They could also use the authorization to request medical documents that have nothing to do with your injuries from the collision.

### WHAT NOT TO DO, SO FAR ...

1. Admit to any fault at the scene of the collision.
2. Downplay your injuries.
3. Give a statement to any insurance company.
4. Not take pictures of any cars involved.
5. Not seek medical treatment for injuries.
6. Miss a medical appointment.
7. Give the insurance company authorization to contact your doctor.

## TOMATO PIE RECIPE

This recipe is from Vaden's wife, Coles. The whole family enjoys it!

### Ingredients

- 1 Pillsbury refrigerated pie crust
  - 4 large tomatoes
  - 1 teaspoon salt
  - 1/3 cup fresh basil leaves
  - 1/4 cup mayonnaise
  - 1/2 cup cheddar cheese
  - 3/4 cup mozzarella cheese
- \*Vaden enjoys adding sauteed onions as well!

### Directions

1. Follow the instructions on the pie crust and bake it before adding the filling. After the crust is finished, set the oven temperature to 350 degrees F.
2. Slice the tomatoes thin and place on a double layer of paper towels.
3. Lightly salt tomato slices and leave them for 10 minutes. The salt pulls out excess water so you don't have a wet pie.
4. Combine 1/4 cup cheddar cheese and 1/2 cup mozzarella cheese in a small bowl. Set aside.
5. Sprinkle tomato slices with black pepper to taste. Layer 1/3 of the tomato slices, 1/3 of the cheese mixture, and 1/3 of the basil. Repeat layers. \*Add in your sauteed onions as well at this point!
6. In a small bowl combine remaining 1/4 cup cheddar cheese, 1/4 cup mozzarella cheese and 1/4 cup mayonnaise. Dot over the final layer of tomatoes.
7. Bake the pie uncovered at 350 degrees F for 30-35 minutes. Let cool for a moment before serving.





**We focus our practice on cases involving:**

Personal Injury  
Wrongful Death  
Children's Injuries  
Bicycle Accidents  
Auto Accidents



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