

# Disability News

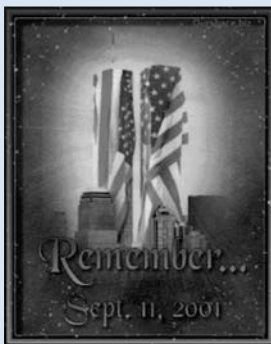
**Your One Stop For Injury and Disability News (and some fun stuff, too!)**

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## September Is.....

September – schools in session, summer vacations are past, baseball season is gearing up for the playoffs and football has started. I personally have two high schoolers – football and field hockey, a middle schooler (field hockey) and a peewee football star – what this means is even MORE time outdoors than during the summer.

And if things go as I like, beautiful September weather and early Fall weather. A chance to watch the leaves change and the seasons shift. September 22<sup>nd</sup>, the autumnal equinox – when the sun and earth align in a way to make the day light and night time even, and move us towards the deep fall and the winter world – but not quite yet. For any of you who are parents with lots and lots of sports, September is a time to break out the 'survival kit' for the back of the car.

Here's mine:

- |  |                        |                          |
|--|------------------------|--------------------------|
| 1 folding chair (two if you have room)                             | 2 water proof blankets | 1 Chapstick              |
| 1 sweatshirt   | 1 hat                  | 1 pair of light gloves   |
| 1 windbreaker  | 1 case of water        | 1 pair of sunglasses     |
| 1 baseball hat   | 1 bleacher cushion     | 1 extra pair of sneakers |
| 1 tube sunscreen (it may be cooler outside but that sun is nasty!) |                        |                          |
| 1 roll of paper towels (great for clean-up)                        |                        |                          |



And I keep all of this in a cool tote type of bag in the back of the car. My wife calls this Brian's Mary Poppins bag – I refer to it as my survival kit – but its worth it – especially to enjoy a weekend of football, football, field hockey, field hockey and all those extra outdoor adventures!

**You asked for information— we got it!**

**Check out the disability specialists at**

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# Back to School— Safety Tips for Kids and Motorists

The beginning of the school year is always a time for parents, motorists and children to reinforce safety measures - a simple reminder can save a life. Parents and caregivers, please take the time to talk about these tips with your children and young adults. For young children, the excitement or nervousness around the beginning of the school can be the reason for darting into the road or not looking both ways before crossing the street. For young adults, the "nothing will happen to me" and being in their own world can be the reason.

Tips



- Leave plenty of time to get to your bus stop. Rushing is often a reason for not observing safety rules.
- When waiting for the bus, stay away from the street—5 giant steps is a good rule of thumb. \*
- If you drop something near the bus, don't pick it up. The driver may not see you. Instead, let the driver know—he or she will let you know if it is safe to get your item or will get out and help you.
- Wait for the bus to stop completely before you approach it to get on or before you stand up to get off.
- If you have to cross the street, wait until the driver lets you know it's OK.
- Never walk in-between parked cars. \*
- Don't wear headphones. You need to hear, as well as see, what is going on around you.
- Rainy or cold outside? Be careful when wearing your hood up; it makes it difficult for you to see.
- Clothes or backpacks should not have drawstrings, toggles or key chains. They can get caught on bus handrails and doors.
- Be courteous and respectful to your driver. Talk and laugh quietly with friends, but do not scream, it distracts the driver.
- Do not put your head, arms, papers or anything out the window. \*

**SAFETY FIRST!**



## Note to Drivers.

- Slow down and watch for children congregating near bus stops!
- When driving in neighborhoods with a school zone, watch out for children!
- Be Alert! Children may run into the street without looking for traffic—especially when they are late for the bus!
- Be sure to STOP when the school bus signs appear!



- Stay away from the bus wheels at all times – especially the back wheels where it's hard for the driver to see you.
- Walking to school? Walk on the sidewalks, wherever possible.
- Never talk to strangers at the bus stop or anywhere!
- Riding your bicycle to school? Be sure to wear a helmet, even for short routes and follow bicycling rules—always ride on the right, in the same direction as the cars.

## Did you know?

More children are hurt outside a bus than inside. Children should be made aware of this so they are extra careful walking around buses and know NOT to pick something up they might have dropped, even an important school paper.

# America Remembers..... 10th Anniversary of 9/11

Ten years after the September 11th attacks, people across the nation remembered this devastating day in history—some through prayer, others through stories, photographs or participation in the numerous services and remembrances held all over. Others attended the dedication of the National September 11th Memorial and Museum in NYC and the Flight 93 Memorial in Southwestern Pennsylvania which brought together the families and friends of the nearly 3,000 killed on this tragic day. As people all over gathered to grieve and reflect one thing is clear—we will never forget.



## Special Days in September

- Newspaper Carrier Day..... Sept. 4
- Be Late for Something Day ... Sept. 5
- Cheese Pizza Day ..... Sept. 5
- Labor Day..... Sept. 5
- Fight Procrastination Day ..... Sept. 6
- Read a Book Day ..... Sept. 6
- International Literacy Day..... Sept. 8
- Pardon Day..... Sept. 8
- Swap Ideas Day ..... Sept. 10
- 9/11 Remembrance..... Sept. 11



- Grandparents Day ..... Sept. 11
- Chocolate Milk Shake Day ... Sept. 12
- National Video Games Day.. Sept. 12
- Fortune Cooke Day..... Sept. 13
- Positive Thinking Day ..... Sept. 13
- Step Family Day ..... Sept. 16
- Working Parents Day ..... Sept. 16
- National Cheeseburger Day. Sept. 18
- National Punch Day .....Sept. 20
- International Peace Day..... Sept. 21
- First Day of Autumn ..... Sept. 23
- Ask a Stupid Question Day.. Sept. 28

### And, September is.....

- Classical Music Month
- Hispanic Heritage Month
- Fall Hat Month
- National Courtesy Month
- National Piano Month
- Chicken Month
- Little League Month
- Honey Month
- Self Improvement Month
- Better Breakfast Month

## The 9/11 Memorial and Museum in NYC

The National September Memorial is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks on September 11, 2001 at the World Trade Center site, near Shanksville, Pennsylvania, and at the Pentagon, as well as the six people killed in the World Trade Center bombing in February 1993. The Memorial's twin reflecting pools, which sit within the footprints of where the Towers once stood, are each nearly an acre in size and feature the largest manmade waterfalls in North America. The names of every person who died in the 2001 and 1993 attacks are inscribed into bronze panels edging the Memorial.

The museum honors the victims of the attacks and all those who risked their lives to save others. Portraits of the nearly 3,000 victims form a "Wall of Faces." Additional information about each victim, including photos, remembrances by family and friends is nearby along with where their name is listed on the Memorial Plaza.

At this point, advance passes are required to visit the memorial. Visit the memorial website, [www.911memorial.org](http://www.911memorial.org) to get more information and plan your visit.

## Meet the Team....



End of August excitement—the M&M team shook during the East Coast Earthquake and then we had the pleasure of a full blown fire alarm (luckily, no fire).

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**Brian M. Mittman,**  
**Attorney at Law**

## Ask the Attorney

**Question:** Can I file a claim under the 9/11 Victims Compensation Fund?

**Answer:** If you worked in the Ground Zero area or the "debris removal area" between 9/11/2001 and 5/30/2002 as a police officer, EMS worker, firefighter, utility worker, cleanup worker, volunteer, or were a downtown resident or survivor of 9/11 - you are eligible to file a 9/11 claim. While the "rules" are still unsettled now is the time to file a claim. You are possibly eligible to file a 9/11 Zadroga claim. For more information, please contact our office at 1-866-205-2415. One of our disability specialists will give you a FREE consultation.

**You asked for information— we got it!**

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