

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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www.kalfusnachman.com

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Football Tickets Giveaway

As an appreciation to our friends of **Kalfus and Nachman** you will be entered into a drawing for a grand prize of tickets to the **Washington vs. Dallas** at FedEx Field on October 29 at 4:25 pm. Visit our website at kalfusnachman.com/ticket-contest to go and enter. There will be an additional twelve prizes of gift certificates to **Olive Garden**®, **Cold Stone Creamery**®, **Outback Steakhouse**®, **Ruby Tuesday**, **Applebee's**®, **Cracker Barrel**®, **Texas Roadhouse**®, and **movietickets.com**™.



Drawing will be held on Monday, October 23rd and winners will be notified immediately by email. Be sure to **send your family and friends the link to enter our drawing as well!!!** Always be watching for our future raffles for additional chances to win!

Please check our Facebook page <https://www.facebook.com/KalfusNachman> for updates.

Winners will be drawn at random. One entry per email address, IP address, per person. Must be 18 years or over to receive prizes. Must be a Virginia or North Carolina resident. Contest ends at 12:00 pm on 10/23/17. Be sure to check your email starting on 10/24/17.

Our Offices

Norfolk
Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502
757.461.3303

Newport News
749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601
757.245.4878

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
540.343.4878

Call 1-888-hurtline or
visit us
www.kalfusnachman.com

We service Virginia and
North Carolina

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School Bus Safety for Children and Motorists

Although summer is not yet over, it's time to think about getting the children back to school. This year focus on safety, not only to keep your kids safe as they travel to and from school, but also while you drive and share the road with school buses.

Bus Transportation

Our transportation companies and government authorities work hard to get our children to school on school buses safely. To reduce the risk of an accident as your child enters, exits and rides on the bus, take a few moments to remind your child of the importance of following these safety rules:

- **Getting on the bus** - stay away from traffic and avoid roughhousing. Wait until the bus has completely stopped and the door has opened before approaching the bus. Use the handrail to go up the stairs.
- **Behavior on the bus** - always buckle up if seat belts are available. Don't distract the driver with loud voices or noise. Stay in your seat and don't put hands, arms or head out the window. Wait until the bus stops completely before getting out of your seat.
- **Exiting the bus** - use the handrail to go down the stairs. If you have to cross the street in front of the bus, first walk ahead until you can see the driver and the driver sees you. Wait until the driver signals you before crossing. Look left, right, and then left again before crossing.

Drivers - Watch for Children Traveling to School by Bus, Walking or Biking

Be vigilant when you see a school bus in the road as well as when there are children waiting for the bus next to the road:

- Be patient - buses move slowly and also need extra room.
- Be prepared to see flashing lights and stop signs that signal you to stop.
- Don't continue driving until the stop signs are withdrawn.
- Be prepared for frequent and sudden stops.
- Drive slowly as you follow the bus to allow for children suddenly darting into the road.

Remember - it's illegal to pass a bus that is loading or unloading children. Always stop when students are loading on public highways, multi-lane roads, parking lots and school property.



Job Hunting? Check Your Social Media Profile

If you're searching for a job, you've probably created a great resume and even attended some networking events. But have you checked your social media profile?

This is an increasingly important step in preparing for the job search market because most employers routinely scrutinize social media sites when evaluating a job candidate. Yes, businesses can access a lot of information on you on Facebook, Snapchat, Instagram, Twitter and LinkedIn.

Do a social media and web presence audit on yourself. Here's how:

- Google yourself and see what surfaces. Keep going beyond the first page of search engine results. You may be surprised at what you find.
- Make your Facebook and other social media profiles private so only your "friends" can see them.
- Never assume that your posts are limited to your "friends." It's very easy for a friend to share one of your posts and then it's out of your control.
- Delete or make private anything that you don't want your future employer to see, whether it be a post, a tweet or a photo.
- Contact administrators or publishers of third-party sites that have information on you and ask that they remove the post. Emphasize that you are requesting an edit because of your job search.
- Use the "grandmother rule" when deciding to post an image of a night on the town. Would you want your grandmother to see it? Avoid posting anything controversial.



If you don't have the time or technical know-how to scrub your social media, consider hiring a professional service that can take care of it for you.

If you or a family member has been injured in a car accident or personal injury, or has been denied Social Security Disability or Workers Compensation benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-361-0430** for your initial free consultation. Kalfus & Nachman PC, Personal Injury attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.

“Drive Safe or Get Pulled Over”

The 2017
*Drive Sober or
Get Pulled Over*

National
Drunk Driving
Enforcement



Wednesday, August 16, through
Labor Day Monday, September 4, 2017 **NHTSA**

Employee of the month Linda Hovermill



\$500 Raised for Samaritan House

Kalfus & Nachman is using their Facebook Page to help local causes, like yours. In the month of **June 2017** we featured the Samaritan House.

The mission of Samaritan House is to foster personal safety, growth and self-sufficiency in adults and their children through the freedom from sexual, and domestic violence and homelessness.

Organizations applying must meet the following criteria:

Have current tax-exempt status under Section 501(c) of the Internal Revenue Code.

Be located in, and serve, Hampton Roads or Roanoke, VA.

Be active on social media sharing news of your organization.

Selection Process:

A response will be provided via email or phone call within 2 weeks of your request to gather more information.

Our Community Initiatives Team will meet to discuss if the opportunity is a good match for our Kalfus & Nachman Cares.

If you are interested in Kalfus & Nachman featuring your organization, contact the Director of Marketing @ Kalfus & Nachman by calling **757-461-4900** or e-mail mlm@knlegal.com.



Summer Shrimp Ceviche

Here's a healthy appetizer recipe for your next party. It may seem like it makes a lot, but it goes fast! Serve with tortilla chips or a healthy alternative.

Ingredients

- 1 pound peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes, diced
- 1 large yellow onion, diced
- 1 jalapeno pepper, seeded and minced, or to taste
- 2 avocados, diced
- 2 ribs celery, diced
- chopped fresh cilantro to taste
- salt and pepper to taste

Directions

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or 'cook') for about 10 minutes, or until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion, jalapeno, avocados and celery in a large, non-reactive bowl (stainless steel, glass or plastic).
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.



What's Happening In Newport News, Virginia Beach, Norfolk & Roanoke, VA

Sep 1 - 3

American Music Festival
Virginia Beach Oceanfront
Virginia Beach, VA
<https://goo.gl/iSgGcf>

Sep 6

Willie Nelson
The Harvester Performance Center
Rocky Mount, VA
<https://goo.gl/HD8FTX>

Sep 10

Brad Paisley, Dustin Lynch, Chase Bryant & Lindsay Ell
Veterans United Home Loans Amphitheater
Virginia Beach, VA
<https://goo.gl/Qngcpc>

Sep 14 - 17

Isle of Wight County Fair
Joel C. Bradshaw Fairgrounds at Heritage Park
Windsor, VA
<https://goo.gl/hP91HF>

Sep 16

22nd Marine Mud Run - 5K
Green Hill Park in Roanoke County
Salem, VA
<https://goo.gl/RhCE6x>

Sep 16

3rd Annual Magnolia Circle Dragon Boat Race & Festival
Nauticus
Norfolk, VA
<https://goo.gl/n1F5du>

Sep 16 - 17

36th Annual Mulberry Island Half Marathon/5K
Anderson Field House
Fort Eustis, VA
<https://goo.gl/s8mMuy>

Sep 29 - 30

Neptune Festival Art & Craft Show
Hilton Virginia Beach Oceanfront
Virginia Beach, VA
<https://goo.gl/en5ppA>



Norfolk

Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502

Roanoke

Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012

Newport News

749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601



Legal Matters

August 3rd and August 17th



Case by Case

August 2nd and August 23rd



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