

# Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

MARCH 2017

[www.kalfusnachman.com](http://www.kalfusnachman.com)

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## How To Tackle Spring Cleaning

March weather can fool you, but one thing is sure - spring is right around the corner! Spring brings the promise of warmer weather and everyone has just a little more energy to tackle projects like spring cleaning. This project may not be fun but it is satisfying to clear out the dust and cobwebs from a long winter.



The key is to take it one step at a time!

Don't expect to get it all done in a weekend - pace yourself and schedule tasks realistically with this handy checklist:

- **Floors.** Wax linoleum and vinyl floors and treat stone and tile floors with the right product for these materials.
- **Rugs.** Vacuum rugs and clean synthetics with rotary shampoo and hot-water extraction machines. Rugs without backing like oriental rugs need professional cleaning.
- **Walls and ceilings.** Vacuum first, then use a solvent-free degreaser to remove surface dirt.
- **Upholstered Furniture.** Beat cushions outside on a sunny day to remove dust. Clean under cushions and the backs of couches with a vacuum. Take care of stains per manufacturer labels.
- **Shelving.** Take everything off and clean the shelf with a duster or vacuum attachment. Wash dusty knick-knacks and wipe book spines with a clean, soft cloth.

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## Our Offices

### Norfolk

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

### Newport News

749-B J. Clyde  
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Newport News,  
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757.245.4878

### Roanoke

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Roanoke, VA 24012  
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Call 1-888-hurtline or  
visit us

[www.kalfusnachman.com](http://www.kalfusnachman.com)

We service Virginia and  
North Carolina

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## ....continued from page 1 **How To Tackle Spring Cleaning**

- **Wooden furniture.** Use a mild dishwashing liquid and water to wipe surfaces, then apply paste wax with a rag. After drying, buff with a clean cloth.
- **Windows.** Wash or dry clean all curtains. Use a mild dishwashing liquid and water to clean blinds. While window treatments are down, wash the windows and clean screens with a brush.
- **Dust.** Include unusual places like the top of the refrigerator or ceiling fans.

Don't forget these room-specific tasks to complete your spring cleaning:

- **Bedrooms.** Turn over and rotate mattresses. Wash cold-weather bedding for storage. Wash pillows to keep bacteria, mold and odors away.
- **Bathrooms.** Go through cabinets and discard expired beauty products. Update your first aid kit with this American Red Cross checklist. <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>
- **Home office.** Organize your computer and paper files and get rid of those you no longer need. Clean your computer casing with a solution of one drop dishwashing liquid to a quart of water. Dust your keyboard with a cotton swab and wipe screens with a special screen-cleaning cloth.
- **Closets.** Wash or dry-clean cold-weather apparel before storing away. Donate anything that hasn't been worn in a while.

Lastly, be sure to get outdoor areas ready too. Clean porch walls, ceilings and floors. Scrub mildew off decks with 1 part oxygen bleach to 3 parts water. Wash outdoor furniture with mild dishwashing liquid and water. Inspect all light fixtures, clean the glass and replace any bulbs.

Then sit back and enjoy a glass of iced tea - you've earned it!

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If you or a family member has been injured in an auto accident or any personal injury, or has been denied Social Security Disability 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.

## **Hampton Roads Transit Adopt A Spot – Kalfus & Nachman**



Kalfus & Nachman officially adopted the HRT Transit Stop @ Military Circle Ring Road, Norfolk, VA.

Last Friday, we met the HRT Adopt a Spot Coordinator on site to accept the challenge.

So what does all of this mean to the firm?

**Adopt-a-Spot** is an enjoyable and educational litter program that gives local communities the opportunity to contribute to a healthier and cleaner environment. It engages volunteers (individuals, community groups, business groups) to undertake coordinated litter cleanups of designated sites in Norfolk.

**Kalfus & Nachman - Proudly Keeping Our Spot Clean!**

## St. Patrick's Day Safe Ride Home Program

**Kalfus & Nachman's** Safe Ride Home Program will be available in the 757 area from 6pm until midnight on the night of St. Patrick's Day **only**.

To get a free cab ride, call Norfolk Black and White Cab at 757-855-4444, say "**Kalfus & Nachman**" and they will pick you up at any bar or restaurant in the Hampton Roads area and drop you off in any adjacent city to this area to assure you get home safely.

Or use your **Uber** and **Lyft App**. If you send your receipt to our Norfolk Office at 870 N. Military Highway, Norfolk, VA 23502, Attn. Mary Murray, we will reimburse your trip. For more details <http://www.kalfusnachman.com/safe-ride-home-program.html>

The following rules apply. Must 21 or older to participate, rides from 6:00 to midnight only on 3/17/2017. Rides must be with "Norfolk Black and White" Cab Service, Uber or Lyft. Rides cannot be guaranteed; however, every attempt will be made to accommodate all requests. Pick up is from any bar or restaurant in any city in the Hampton Roads area (Black and White Cab will not pick up in Portsmouth, VA). There is a \$30 cap on Lyft & Uber reimbursement. Go to <http://www.kalfusnachman.com/safe-ride-home-program.html> for more details or call 757-461-4900.



## Recipe of the Month Citrus Baked Fish



Here's a delicious variation to your next fish dish.

### Ingredients

- 2 tablespoons butter
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- 1 lb fish (cod, haddock, walleye)
- salt
- pepper

### Directions:

1. In small pan, melt butter, add juices.
2. Spray 13x9 pan with cooking spray.
3. Place fish in pan. Salt & pepper to taste.
4. Pour butter-juice mixture over fish.
5. Bake 400 degrees for 15-20 minutes or until easily flakes with fork.

Recipe courtesy of [food.com](http://www.food.com)

## Happy St. Patrick's Day



## Hampton Roads Show 2nd and 16th March



## Case by Case 8th and 22nd March



## Kalfus & Nachman

### Norfolk

Military Circle  
870 North Military  
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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

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

### Apr 1

Ringling Bros. and Barnum &  
Bailey Circus  
Hampton Coliseum  
Hampton, VA  
<https://goo.gl/pVUNLg>

### Apr 2

Color Me RAD - 5K  
Virginia Beach Sportsplex  
Virginia Beach, VA  
<https://goo.gl/QwLS2B>

### Apr 8

East Coast She Crab Soup Classic  
24th Street Park  
Virginia Beach, VA  
<https://goo.gl/8y2KZg>

### Apr 22

The Color Run - 5K  
Salem Civic Center  
Salem, VA  
<https://goo.gl/lmuvqj>

### Apr 27 - 30

2017 Virginia International Tattoo  
Scope Arena  
Norfolk, VA  
<https://goo.gl/EeVyeg>

### Apr 29

Food, Wine, and Art Festival  
Blacksburg, VT Corporate  
Research Center  
Blacksburg, VA  
<https://goo.gl/5k8fnc>

### Apr 29

The Drifters, Cornell Gunter's Coasters  
and The Platters  
Ferguson Center for the Arts  
Newport News, VA  
<https://goo.gl/cIxI4R>

### Apr 29

64th Annual Parade of Nations  
Norfolk, VA  
<https://goo.gl/rhVT8A>