

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

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How To Keep Your Dog Cool This Summer

Summer temperatures can really take a toll on your pets and may even lead to heatstroke. Treat your best friend with extra care to protect him from sun and heat whether out in your yard, while walking or going for a ride in your car.



- Never leave your dog in your car even for just a few minutes. Temperatures rise quickly - for example, when it's 85° outside, the interior temperature can reach 120° after just 30 minutes! There is no appreciable difference when the windows are left open.
- Keep your house cool with air conditioning or fans even when your pup is home without you. Close the drapes to keep out the sun. Many pet suppliers sell gel cooling pads to help absorb and dissipate body heat.
- Limit exercise when it's hot and humid. Go for walks in early morning or evening hours when it's cooler, and take along water for you and your dog.
- Your dog's pads can burn on hot pavement, so touch it first with your hand. Stick to the grass if the asphalt is too hot.
- On hot days, don't leave your dog outside for too long. Make sure he has shady areas to rest and always keep cool water nearby. Toss in a few ice cubes to keep it fresh. Your dog will also love a sprinkler or even a kiddie pool for cooling off.
- Try making a puppy ice pop by freezing small treats inside of ice cubes. You can also fill a chew toy with water and freeze it.
- During periods of high humidity, it may be difficult for your dog to pant enough for cooling which can raise his temperature. Limit exercise and keep puppy inside.
- Help your long-haired dog stay cool with frequent brushing to get rid of tangles and mats. Talk to your vet before shaving or clipping his coat excessively.
- Be watchful of at-risk dogs. For example, dogs like pugs or bulldogs that have a snub-type nose may make it harder to release heat by panting. Also, dogs with breathing or heart problems, or who are old or overweight, may get heatstroke more easily.

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Enjoy Fireworks Safely

It's as American as apple pie: those eye-popping blasts of color and sound that are a summer tradition. However, if these powerful explosive devices are used carelessly by individuals, whether legal or illegal, they can produce significant personal injury and property damage.

Fireworks – Fun but Dangerous

A 2013 Consumer Product Safety Commission (CPSC) report shows that around July 4th, an average of 200 Americans per day visit emergency rooms for treatment of injuries from pyrotechnics.

These injuries can be severe and may result in the permanent loss of limbs and fingers, and even vision loss. Most common are burns that usually involve hands and fingers, face, head and eyes.

Check Local and County Restrictions before Purchasing Fireworks

Virginia state law allows the purchase and use of sparklers, fountains, pinwheels, whirligigs and pharaoh's serpents. However, individuals or groups without permits are prohibited from using firecrackers and fireworks that travel laterally or up.

The list of legal fireworks for North Carolina is similar to that of Virginia, and without a permit it is illegal to possess firecrackers, spinners and any pyrotechnic device that leaves the ground like roman candles and bottle rockets.

It's also important to research applicable county and local restrictions as well as state laws. For example, Virginia Beach and Chesapeake prohibit even sparklers.

Use Common Sense when Displaying Fireworks

What's the safest way to enjoy the Fourth of July? Take the family to a nearby public fireworks exhibition and celebrate from a safe distance. Let the experts handle these powerful and dangerous pyrotechnics.

If you choose to display fireworks at your own celebration, **where legal**, be sure to:

- Choose only those products that are legal in your state, county and city/town
- Never let children under age 16 use fireworks – even sparklers
- Keep an operating hose or bucket of water nearby and clear the site of any combustible material
- If a fireworks does not ignite, douse it with water – don't try to relight
- Call 911 for fireworks injuries especially to the eye

One last word: parents, be role models for your children by celebrating the holidays safely and legally.

You can find more fireworks safety information at kidshealth.org.



Take Action: 7 Steps To Take If You Witness a Car Accident

Do you know what to do if you witness a serious auto accident? It may be inconvenient, but you should stop and offer to give a statement as a witness. Witness statements are very important in any type of vehicle accident.

Take these steps if you observe a serious car accident:

- **Pull over safely and put on your hazard lights.** Don't put yourself in danger especially with a fire or broken glass.
- **Call 911 right away to get help.** Give the 911 operator your name and the location of the accident and answer any questions.
- **Stay calm and use your best judgment.** Check all involved in the accident but do NOT perform any type of medical treatment unless you are a trained EMT or paramedic. If anything goes wrong, you may be held liable.
- **Don't move any injured victims.** This may worsen their injuries.
- **Stay at the scene and give the police a statement.** They will need your contact information and details about the accident that you witnessed. Don't assign fault and only talk to the police.
- **Write down what you observed.** In order to remember everything correctly, jot down a few notes about the accident, the scene and the victims as soon as you can.
- **Make yourself available.** In the weeks following the accident, you may be called by the police, insurance agents or medical authorities. Give any information that you have and always tell the truth.



If you witness a hit and run accident, don't chase after the driver. Try to get the license plate and call 911 immediately.

If you or a family member has been injured in a car 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.

Welcome Baby Washburn

Congratulations to Irina and Levi Washburn on their new bundle of joy.



Welcome our new bundle of Joy – Irina Washburn welcomed her new baby boy...



Congrats to our Employee of the Month Ella Baskin



Roxanne's Grandson Austin 2017 Graduate



Banana Split Kebabs

Here's a great fresh summer dessert -- fresh fruit kebabs. Make it fun with a drizzle of chocolate and crushed peanuts (if there are no allergies!).

Ingredients

- 2 bananas, cut into 1" pieces
- 24 1" pieces pineapple
- 12 large strawberries, rinsed, dried, and halved

Optional:

- 2 c. chocolate chips
- 1/2 c. peanuts, chopped

Directions

1. Make kebabs: Thread two pieces each banana, pineapple, and strawberry onto skewer. Repeat process to assemble all skewers. Place all on parchment-lined baking sheet.

Chocolate and peanut option:

2. In a microwave-safe bowl, melt chocolate in the microwave in 30-second intervals, stirring in between, until completely smooth.
3. Drizzle chocolate over fruit kebabs and top with chopped peanuts. Freeze until ready to serve.



Recipe courtesy of Delish.com

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

Aug 3

Party at the Pavilion
Daleville Town Center
Daleville, VA
<https://goo.gl/NjPuiF>

Aug 5

3rd Annual Road Rage Events - Cutter
10K & Coast Guard 5K
Portsmouth Pavilion Park
Portsmouth, VA
<https://goo.gl/7kzsvt>

Aug 6

Graham Nash (An Intimate Evening of Songs and Stories)
The Harvester Performance Center
Rocky Mount, VA
<https://goo.gl/VAbz4k>

Aug 11

Caribfest J'Ouvert Boatripe 2017
Spirit of Norfolk
Norfolk, VA
<https://goo.gl/DYdhv8>

Aug 12

Health Focus of Southwest Virginia Salem
Distance Run
Longwood Park
Salem, VA
<https://goo.gl/xVLHZV>

Aug 12

2nd Annual Norfolk Festival
O'Connor's Brewing Company
Norfolk, VA
<https://goo.gl/5R3K1u>

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Aug 19

Surfers Healing 5K - 2017 Run/Walk
4th St. & Virginia Beach Oceanfront Boardwalk
Virginia Beach, VA
<https://goo.gl/WRPQcn>

Aug 19

17th Annual Latino Music Festival
Town Point Park
Norfolk, VA
<https://goo.gl/jj3UXT>

Happy Independence Day



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Legal Matters
July 6th and July 20th



Case by Case
July 5th and July 19th



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