

# Kalfus & Nachman

INJURY AND DISABILITY LAWYERS

24/7 Call For A Free Consultation  
1-888-HURTLINE

Spring Break



SE HABLA ESPAÑOL

March Newsletter 2022

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

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## Your March Message From Attorney Paul Hernandez



[Click here to play the video](#)

## 4 Active Adventures to Share with Children Over Spring Break

It's nearly time for Spring Break and, as a parent, you probably don't want your children to spend the entire week on the couch exercising only their fingers on



the phone, computer, or video games. The Centers for Disease Control (CDC) recommends that children get at least 60 minutes of physical activity daily to stay healthy. Below are four adventures to entice your children to get moving and enable you to enjoy some fun family time together.

- 1. Get Out Your Wheels**—If you're short on time or don't want to travel far from home encourage your kids to get out their bikes, scooters, rollerblades, and skateboards and take a spin around the neighborhood. Make sure each child has a properly fitted helmet and teach them how to perform a safety check on their vehicles before leaving the driveway. ....continued on page 2

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

We service Virginia and North Carolina

### Follow us...



....continued from page 2 **4 Active Adventures to Share with Children Over...**

- 2. Become Backyard Explorers**—An afternoon adventure awaits right outside your back door. Go on a scavenger hunt—make a list of items to hunt for: a white rock, something round, multi-colored plant, etc., and cross off each item as a child finds it. Start a flower, herb, or vegetable garden. Build a fairy house out of sticks, moss, and other natural materials. Encourage your budding naturalist with a magnifying glass, sketch pad, and colored pencils to find bugs, plants, and birds to observe and draw.
- 3. Play Tourist in Your Town**—Now's the time to visit those natural attractions your town may be famous for, but you always put off going to see because you can do it anytime! State parks, waterfalls, historic sites with walking or hiking trails are great opportunities to be active and learn something about the area where you live.
- 4. Go on A High-Tech Treasure Hunt**—Put those phones and tablets into active duty by using them to go on a geocache treasure hunt. Visit [geocaching.com](http://geocaching.com) to create a free account and find geocache treasures using GPS coordinates to find the stash.

Being physically fit is good for the body and mind. Your active spring break time will create fun memories for your family and have the bonus of helping your kids go back to school curious and ready to learn.

If you or a family member has been injured in a pedestrian accident, bicycle accident or 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 **888-Hurtline (487-5463)** 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.

## SPRING BREAK FUN = FREE TICKETS!



We are giving away 25 pair of tickets\*

to the

**Children's Museum of Virginia in Portsmouth**

and

**kids SQUARE in Roanoke**

**Get yours before we run out!!!**

[Click to Request your Tickets](#)

\*only 25 pairs of tickets available to each museum (Children's Museum of Virginia and kids SQUARE). They will be dispersed in the order requests are received. You will be notified via phone if you will be receiving tickets. Contest ends when all tickets have been distributed.



**Get Ready for Some  
Spring Break Fun!**

[Click Here to Enter](#)

**Win a pair of tickets to the PARK OF YOUR CHOICE\***  
**4 LUCKY WINNERS!**

\*Winners receive two tickets to their choice of  
Busch Gardens or Kings Dominion



**Contest Ends - April 4th**

## April is National

### Don't Drive Distracted Month

The consequences of distracted driving are serious.  
**DEADLY SERIOUS!!**

If you're behind the wheel, protect yourself,  
your passengers and others on the road:

**Always, #JustDrive. U Drive. U Text. U Pay.**



In the past 7 years, Kalfus & Nachman Attorney Paul Hernandez has spoken to over 10,000 students in local high schools throughout Hampton Roads about Distracted Driving.

For more information about having Paul talk to your students, please contact Mary Murray at [mlm@knlegal.com](mailto:mlm@knlegal.com).

**Take the Pledge not to drive distracted.**

**Take it yourself, with your teenager or with a friend.**

## Pot of Gold Winners!

### Pot of Gold \$100 Gift Card Winners!!!



Amanda M. of Norfolk

Diane M. of Newport News

Karen G. of Roanoke



Participate in our monthly contest and like us on **FACEBOOK**



**Kalfus & Nachman**

IS PARTNERING WITH

**adPT**  
portsmouth humane society



**Nyx**

**K&N**

## Furry Friends

The firm is covering the cost of the adoption fees \*

This is Nyx! Nyx is a 3-year-old male mixed breed who loves cuddling with humans and other dogs. Nyx is playful, curious, and sweet. We're not sure why, but he has almost been with us for a full year! We're hoping Nyx finds a new family before that happens - they'll be one lucky crew to have a dog this lovable!

## What Our Clients Are Saying About Us



“ In October 2020, I was hit by an intoxicated driver, with the accident being no fault of my own. I got in touch with Paul Hernandez at Kalfus & Nachman, where they took my case on and took all of the worry and stress out of my hands! All I had to do was sign the initial paperwork, and they took it from there. We reached a settlement, and once again, all I had to do was sign paperwork, and I was on my way! Thank you to Paul Hernandez, Kathleen Sullivan, and Ella Baskins, who all helped me through this process at Kalfus & Nachman! 10/ 10 I would recommend and am highly grateful for all of my legal team's hard work into my case! ”

- Emma G



Paul Hernandez





# LAW TIGERS<sup>®</sup>

MOTORCYCLE LAWYERS

### 2022 DOWNTOWN THUNDER SCHEDULE

Dates	Time	Rain Date	Location	Band
May 14	4-10pm	May 28	Jordan Point	11-1
After a 15-year hiatus, 11-1 will reunite for an explosive reunion. All 4 original members come together to kickoff this Ride-In/Concert series. Opening the show are newcomers Cheapshot!! You don't wanna miss this!				
June 9	6-9pm	June 23	Appomattox St	Last in the Shuffle
Last in the Shuffle - A band of seasoned musicians bringing you the Classic Country hits guaranteed to fill the dance floor. You will leave asking for more.				
July 16	4-10pm	Aug 20	Jordan Point	Buck Shot
Let's get Buck Wild!! If you've seen them, you know you'll be back!! BUCKSHOT brings their Outlaw Style for a Buckin' Good time!!				
Aug 13	4-10pm	Aug 20	Jordan Point	Krunch
KRUNCH Virginia Beaches heavy hitters who deliver a power packed performance!! Never a dull minute on or off stage when they are in the house. Get ready to be KRUNCHED!!				
SEPT 17	4-10pm	SEPT 24	SCOTT PARK	The K.O.D.E & 11-1

SCOTT PARK, PRINCE GEORGE  
AN UNBELIEVABLE DOUBLE HEADLINER  
TWO LOCAL LEGENDS JOIN FORCES IN SUPPORT OF OUR FIRST RESPONDERS  
THE K.O.D.E AND 11-1: ONE STAGE, ONE NIGHT  
WE KNOW WHERE YOU WILL BE!!

### CRUISE-IN

LET'S GET BUCK WILD!!  
Buck Shot  
THE K.O.D.E

### FREEDOM SEASON OPENER CHARITY

# FOOD RIDE

Start: 10:30am  
ksu1pm

## April 10, 2021

rain date: April 17

Cost: a donation to feed more / Food on site!

Price will vary for food. Vendors welcome

**Feed More**  
at: 1415 Rhoadmiller st Richmond VA 23221

We have found many friends to share our passion for two wheels during the cold months. During February we participated in Trail Days with Urban East and Coleman Powersports, clearing trails, and building community riding spaces with shop employees and fellow riders. Morton's BMW hosted a safety night where we talked about the benefits of reaching out to Law Tigers **first** after an accident and learned about the latest in motorcycle safety equipment. We are prepping for a full spring beginning with Departure Bike Works annual Swap Meet this weekend, bringing the best in vintage motorcycles and parts from across the east coast. We are supporting Wickline Speed Shop as they host their first vintage motorcycle show and art exhibit on March 18th. We are continuing our support of the Freedom Kings and their effort to stock the Feed More Virginia Food Bank; the Season Opener officially kicks off riding season April 23.

## Fun Spring Break Recipes

### Easy to Make with Your Kids! Fun to Eat for all!

#### Corn Dog Butterfly

##### Ingredients:

- corn dogs
- 4 Doritos or other triangle shaped chips per butterfly
- 2 chow mein noodles per butterfly
- black food coloring marker (or use ketchup or mustard)

##### Instructions:

1. Bake your corn dogs. I prefer mine in the oven, but a microwave will work fine, too.
2. Remove from the oven. Cut two slits on one side of the corn dog and insert the tips of two chips. Repeat on the other side.
3. Insert two chow mein noodles coming out of the top of the corn dog for the antenna. Use a black food coloring marker to draw on some eyes and a smile, because these are happy butterflies. If you would rather use ketchup or mustard pipe on two dots and a smile.
4. The corn dogs will have cooled off a bit at this point. Re-heat them just to warm them through. You don't want to decorate the corn dogs then bake them completely, as the chips and chow mein noodles can burn, but putting them in the oven for a few minutes just to re-heat the corn dogs is fine.
5. Serve the corn dogs with mustard, ketchup, or perhaps even mayo.



Recipe and photo courtesy of [kidsactivitiesblog.com](http://kidsactivitiesblog.com)

#### Sprinkle Sticks

##### Ingredients:

- 2 sheets of puff pastry (or short crust pastry if you prefer)
- 1 1/2 tbsp berry jam
- a handful of frozen berries
- 100's and 1000's of sprinkles

##### Instructions:

1. Preheat your oven to 400 degrees. Line a large baking sheet with parchment paper.
2. Lay out your frozen pastry sheets on parchment paper. When the pastry has defrosted sprinkle each sheet with a generous amount of 100's and 1000's or whatever kind of sprinkles are your favorite. Using a rolling pin, gently roll over the sprinkles pressing them firmly into the pastry.
3. Put a handful of frozen berries in the food processor or blender and chop until they become tiny little chunks. Mix the berry chunks with the berry jam.
4. Turn one pastry sheet sprinkle side down and spread it with the berry and jam mixture. Do not be tempted to put lots of jam on the pastry sheet... spread it thinly and leave a small border around the edge of the pastry.
5. Place the other pastry sheet, sprinkle side up, on top of the jam mixture and press down gently around the edges.
6. Using a pastry cutter, pizza wheel or knife, cut 1/2-inch strips. Then cut those strips in half or in thirds across the middle to make small 'sticks'.
7. Carefully put your sprinkle sticks onto your baking sheet, making sure none are touching. Cook for 15 minutes or until the sprinkle sticks have puffed up and turned a light golden brown.



## Take The Pledge and Immediately Receive a Personalized Printable Certificate!

ONE TEXT OR CALL COULD  
**WRECK**  
IT ALL

### TAKE THE PLEDGE

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today

Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

**Kalfus &  
Nachman**  
*Attorneys at Law*  
**1-800-HURTLINE**

[Click Here to Take The Pledge](#)



## We handle Workers' Compensation Cases



## **Thank You FOR YOUR REFERRAL**

The highest compliment you can provide to our business is to recommend those colleagues, friends and family whom you feel might benefit from our services. If you know of someone, please feel free to forward our contact information and website (www.KalfusNachman.com) or let us know directly and we'd be happy to set up a meeting. Thank you.



## Legal Matters April 7th and 19th



Tune in for a double dose of Legal Matters on  
WAVY and FOX at 10 AM & 11 AM



**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

## Case by Case April 6th and 20th



Case by Case on WTKR News  
Channel 3 @ 10 am

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