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VIRGINIA'S PERSONAL INJURY LAWYERS™ SERVING ALL OF VIRGINIA & NORTHEAST NC

August Newsletter 2023

Your August Message From Attorney Paul Hernandez

Protecting Children in School Bus Safety Zones

It's back to school time, which means the big yellow school buses will be out on the road transporting young learners to and from school. Although this can cause aggravation to drivers stuck behind one, adhering to school bus safety laws is imperative for everyone. Recent accident statistics from Virginia's Department of Motor Vehicles show that Virginia drivers didn't score as high as they should...

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Watch this Legal Matters episode from the Hampton Roads Show:

Paul Hernandez Talks School Bus Safety

Work with your kids to figure out what they want to accomplish this school year.

Praise your kid's accomplishments. Let them know you believe in them.

3 Create a Study Area

Make study time more effective by creating a distraction-free zone away from TVs, tablets, and phones. Have plenty of school supplies on hand.

4 Create a Homework Routine

Schedule a daily homework time and make it a part of your family's routine right from the start.

5 Meet Your Children's Teachers

An important part of any parent-teacher-child relationship is developing regular communication. Involved parents lead to academic success.

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Furry Friend Hero!

Exciting updates have arrived regarding one of our beloved companions at the Portsmouth Humane Society. Early on a Sunday, just before 8 a.m., a fire ignited on the boats moored at Portsmouth Marina. Among those on board were Cushnan, accompanied by his two children, his wife Sheila Janes, and her granddaughter Luna. A foster dog named Moose was also with them, and it was Moose who roused them from sleep, potentially averting a dangerous situation.

Gratitude abounds as everyone emerged unscathed from the incident. The Paws Around Portsmouth dog fostering program, orchestrated by the Portsmouth Humane Society, holds a special place in their hearts.

Remarkably, Moose was successfully adopted through the Paws Around Ptown Program. Just three hours after the fire, Moose was adopted by the person they met at the market.

Our steadfast partnership with the Portsmouth Humane Society, dubbed "Furry Friends," has far-reaching effects. Each month, the society designates a particular pet, a role we wholeheartedly promote. Furthermore, our organization covers all adoption fees associated with the chosen pet. We encourage you to discover each month's newsletter's spotlighted pet.

ADOPT portsmouth humane society

PORTSMOUTH HUMANE

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IS PARTNERING WITH

ADOPT portsmouth humane society

K&N

Furry Friends

The firm is covering the cost of the adoption fees *

Meet Didgie, a charming 5-year-old Australian Shepherd/Collie mix with a heart full of love! Didgie and his Great Pyrenees brother were surrendered together, and while his brother became a hero by saving his foster family from a fire, Didgie is now looking for a loving home to call his own. With his soulful eyes and wagging tail, Didgie is ready to bring joy and companionship to a new family.

Dos and Don’ts for Reducing Pet Stress When School Starts

Although back-to-school time may be exciting for children and—as the old commercial says, "the most wonderful time of the year" for parents, there is one member of your family who may be less than overjoyed. Cats and dogs who've enjoyed a long summer surrounded by people and getting lots of attention may soon adjust to a new and lonelier routine.

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LAW TIGERS®

MOTORCYCLE LAWYERS

We have a big announcement for August, we are giving away a Motorcycle! With help from our partners at Richmond Harley Davidson and Classic Rock 96.5. The Law Tigers are giving away a brand new 2023 Harley Davidson Stofttail. A perfect motorcycle for a new rider or a compliment to a seasoned rider's stable. It is completely free to enter and win at www.rvarockride.com.

We have also been busy supporting our local flat track racing organization RVA Flattrack as they brought two rounds of world-class motorcycle racing to Virginia in July. Riders from around the world showed up to compete at the Capitol City Speedway for an evening of racing in Richmond, where fans and racers were able to mingle as the pits were open to fans. The Virginia Motor Speedway hosted the second night of racing in July on their full-sized track in Jamica, Virginia. The competition was hot with race teams from Red Bull, Honda, and KTM bringing their best racers.

What Our Clients Are Saying About Us

Kalfus & Nachman

"Rhonda and Jeff are a great team! They were very efficient and professional. I would tell anyone to come to this firm. This was a wonderful experience. I'll never forget it.
- David G."

Jeffrey A. Sachs
★★★★★

Google Reviews

Participate in our monthly contest and like us on FACEBOOK

Ham and Mac & Cheese Lunchbox Muffins

A super easy, 4 ingredient lunch idea you can make with your kids!

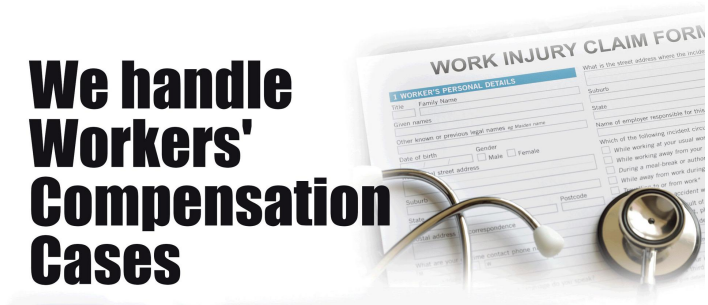
Ingredients:

- 2 cups prepared Macaroni and Cheese (after it is well cooled)
- 2 large eggs, beaten
- 1 cup diced ham
- 1/4 cup breadcrumbs + 2 tablespoons

Instructions

1. Combine macaroni and cheese with eggs, ham, and 1/4 cup breadcrumbs. Stir until well combined.
2. Spray eight openings in a muffin tin with non-stick spray.
3. Use an ice cream scoop to add 1/2 cup of the mixture to each cup.
4. Gently press the mixture down with your fingers to flatten it into each cup.
5. Sprinkle with additional breadcrumbs.
6. Bake in a 350-degree oven for 20-25 minutes...depending on how soft or firm you prefer your muffins. Immediately remove from cups to cool on a wire rack. Refrigerate after 30 minutes of cooling.

Recipe courtesy of ishouldbemoppingthefloor.com



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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.

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hrs HAMPTON ROADS SHOW

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SEPTEMBER 7 & 21
@ 10 am & 11 am

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Ask an Attorney a Question

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