

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

Kalfus & Nachman

INJURY AND DISABILITY LAWYERS

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SE HABLA ESPAÑOL
March Newsletter 2026

Your March Message From Attorney Paul Hernandez

Understanding and Preventing TBIs

Stay Safe for Brain Injury Awareness Month!

March is **Brain Injury Awareness Month**, a time dedicated to shedding light on one of the most devastating yet misunderstood injuries a person can suffer.

[Click Here Read More](#)

ENTER OUR GIVEAWAY NOW!

We're giving away three \$100 Amazon Gift Cards to celebrate St. Patrick's Day. Whether you want to treat yourself to something green or finally clear out that Amazon "Saved for Later" list, this is your chance.

[CLICK HERE TO ENTER](#)

Get ready for some **Spring Break Fun** with 3 lucky winners. Win a pair of tickets to the park of your choice!

[CLICK HERE TO ENTER](#)

Law Tigers Motorcycle Lawyers

We are getting ready for the riding season with a Bike Blessing with Rare Breed Motorcycle Club. Riders come together to share a moment of fellowship, reflection, gratitude and prayer to get in the right state of mind for the upcoming riding season.

The weather finally broke and it has been great to reconnect with all our two wheeled friends. Monthly Bike nights across the are starting up this week with our partner Cycle Gear who welcomes all types of riders and motorcycles for a monthly meet up of enthusiasts.

Furever Starts Today!

ADOPT ME AND LOVE ME

MY NAME IS KYMANI

GIVE ME A NEW HOME.

[Click Here Learn More](#)

Meet Kymani

A super sweet six-year-old female cat who perfectly balances her affection with a touch of independence. While she absolutely loves cuddling up and being the center of attention—especially when it's time for her favorite activity, being brushed—she is also perfectly content to do her own thing and explore on her own terms.

Office Fun at Kalfus & Nachman!

THE NSU MASS COMM INTERVIEW
Featuring Attorney Paul Hernandez
With Coast Live's April Woodard
Bridging the Courtroom & the Newsroom.

We are proud to be named a **"Best of 2026"** Award Winner. This achievement belongs to our clients who trust us during their most difficult moments.

BEST OF 2026
Personal Injury Attorney
Roanoke, VA 24012
Powered by Google Reviews

A LEGACY OF SAFETY Honoring LINDA NEWSOME

Honoring Service Celebrating Olivia.
Military Spouse • Dedicated Attorney
Forever Part of OUR K&N FAMILY

Michael Sternberg.
★★★★★
"We truly appreciate you taking the time to share your feedback. It was a pleasure working with you! Paralegal Maryann W. puts her heart into every case she touches, and knowing her dedication made a difference for you means a lot to us. Attorney Tina Claberg and her team also strive to provide the highest level of service, and your recommendation is the greatest compliment we could receive."
- Dustin Wirtz

SAFE RIDE HOME
ST. PATRICK'S DAY, IF YOU DRINK, DON'T DRIVE

GET A FREE LYFT RIDE HOME (UP TO \$35) ON ST. PATRICK'S DAY
VALID Tuesday, March 17, 2026, 4PM - 11:59 PM
ALL CITIES HAMPTON ROADS SOUTHWEST AND PENINSULA COVERAGE AREA

IRISH SODA BREAD

What it is: A dense, crusty loaf that uses baking soda as a leavener.

This is the "emergency" bread of the baking world because it requires no yeast and no rising time.

The Simple Way:

- Mix flour, salt, baking soda, and buttermilk into a shaggy dough.
- Shape it into a disc, cut a deep "X" in the top (to "let the fairies out," or so they say), and bake.

It's ready in about 45 minutes.

Recipe courtesy of www.KalfusNachman.com

Thank You FOR YOUR REFERRALS

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.

Participate in our monthly contest and like us on FACEBOOK

[Ask an Attorney a Question](#)

Catch Attorney Paul Hernandez on...

Watch Legal Matters on WAVY & FOX
APR 2nd & 16th
@ 10 am & 11 am

Watch Case by Case on WTKR News
APR 8th & 29th
Channel 3 @ 10 am

Tune in to **HOT 91.1 ASK KALFUS**
MONDAY **APR 6th** @ 9 AM
WNSB **HOT 91**
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We service Virginia and North Carolina

Need More info? [CONTACT US ->](#)

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