

# Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

APRIL 2015

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

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April 2015, Vol 8

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## National Youth Sports Safety Month Raises Awareness of Youth Sports Injuries

Participation in youth sporting programs is part of a healthy, active lifestyle. Unfortunately too often children and teens are injured while playing in sports activities. The Centers for Disease Control and Prevention (CDC) reports that 2.6 million children age 19 and under are treated in U.S. emergency rooms each year for sports and recreation-related injuries.

To raise awareness of the injury risk in youth sports, The National Youth Sports Safety Foundation proclaims April as **National Youth Sports Safety Month**. Its mission is to educate parents, coaches, athletes and health care professionals on injury prevention in young athletes.



### Concussions

Concussions or traumatic brain injuries are disturbingly common in this group. Younger athletes take longer to heal after a concussion because their bodies are still growing.

For reasons that are still unknown, girls experience more concussions than boys. For example, 11.5% of girl basketball players are diagnosed with concussions in the ER compared to 7.2% of boys.

### Overuse Injuries

Damage to a bone, ligament, muscle or tendon due to repetitive stress without allowing time for healing is called an overuse injury. These injuries result when an athlete plays the same sport too hard, too often or at an age that is too young, with inadequate recovery time.

A young sports enthusiast who plays a single sport for more hours during a week than his or her age – for example, an 11-year old basketball player who plays 12 hours or more in a week – is 70% more likely to experience serious overuse injuries.

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### Sports Injury Prevention Tips

- **Prepare your child.** Schedule a physical exam and make sure the coach has complete information on any allergies or physical conditions.
- **Warm-up and stretching.** Your child should have time before each practice and game for warming up and stretching.
- **Hydrate.** Equip your child with a water bottle and encourage him / her to drink often.
- **Wear appropriate gear.** Dress for the weather and wear all protective gear.
- **Learn the signs and symptoms of concussions.**
- **Allow rest time.** Prevent overuse injuries with time off each week.

### More Resources

Safe Kids Worldwide offers parents, coaches and trainers valuable information on preventing sports-related injuries. Visit their website to download tip sheets on Injury Prevention, Overuse, Dehydration and other topics.

## **Distracted Driving is a Dangerous and Growing Trend**

The number of vehicle accidents caused by distracted drivers is increasing dramatically. Texting while driving is particularly dangerous and slows a driver's reaction time just like a blood alcohol concentration (BAC) of .08, which would be considered driving under the influence in both Virginia and North Carolina.

Drivers using handheld cell phones are four times as likely to get injured in a crash. Young drivers (under age 20) have the highest rate of distracted driving. ([www.Distracted.gov](http://www.Distracted.gov))



### April is National Distracted Driving Awareness Month

The National Safety Council has declared April as **National Distracted Driving Awareness Month** to focus on this dangerous trend and its often deadly results.

Drivers can be distracted in three ways:

- **Visual** – taking eyes off the road to look at cellphones, other electronics or passengers
- **Manual** – removing hands from the wheel to operate a cellphone without a hands-free device
- **Cognitive** – mentally concentrating on other matters instead of the road

Because texting involves **all three** of these distractions, it is the most dangerous combination of all. A driver moving at 55 mph while texting might travel the length of a football field without ever looking at the road! Texting while driving is banned in both Virginia and North Carolina, and violators are subject to stiff penalties.

### Take the Pledge

Parents should be role models for their children and should not use a handheld cellphone to talk or text while driving.

Visit [Distraction.gov](http://Distraction.gov) for information on distracted driving. Better yet – take the pledge along with your teens for improved safety awareness as a family.

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## Our Attorneys



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**Ask an Attorney  
a Question**

....continued from page 2 **Distracted Driving is a Dangerous and Growing Trend**

If you or a family member have suffered damages as a result of a vehicle accident or other personal injury, 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 attorneys in Norfolk, can help you determine whether you need a lawyer for any personal injury case.

## Recipe of the month

### Linguine with Shrimp Scampi

Enjoy this great shrimp dish to welcome the warm weather in Virginia!

#### Ingredients

- 1 tablespoon Vegetable oil
- 1 tablespoon kosher salt plus 1 1/2 teaspoons
- 3/4 pound linguine
- 3 tablespoons unsalted butter
- 2 1/2 tablespoons good olive oil
- 1 1/2 tablespoons minced garlic (4 cloves)
- 1 pound large shrimp (about 16 shrimp), peeled and deveined
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup chopped fresh parsley leaves
- 1/2 lemon zest grated
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 lemon, thinly sliced in half-rounds
- 1/8 teaspoon hot red pepper flakes



#### Directions

Drizzle some oil in a large pot of boiling water, add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.

Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Add the garlic. Saute for 1 minute. Be careful, the garlic burns easily! Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.

When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.

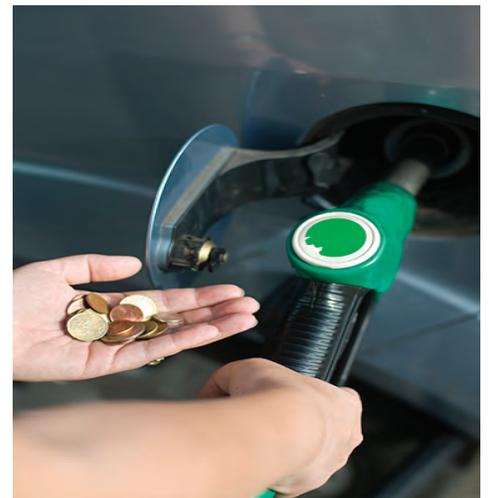
*Recipe courtesy of FoodNetwork.com*

## What happened to \$2 Gas in Virginia?

In January 2015, over half of U.S. gas stations were selling gas for less than \$2, and the national average stood at \$2.03 a gallon. Today, the national average for a gallon of regular gas has increased over 40 cents a gallon in a five week period, to \$2.43 a gallon. The average cost of regular gas in March for Virginia is \$2.29 a gallon, according to AAA.

Despite the price increase, drivers are still saving money at the pump. Prices are currently 90 cents a gallon below where they were in September 2014 and the U.S. Energy Information Administration forecasts that the typical American household will save \$750 on gas this year. This is great news for big box retailers like Wal-Mart and Target, because Americans have more disposable income. Consumers are heading to the mall.

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## What happened to \$2 Gas in Virginia?

So the question remains why are gas prices rising again? Each summer oil refineries switch to a more expensive summer blend of gasolines. These blends will be produced throughout September and then we will return to the winter blend.

Consumer demand and the state of our economy drives oil prices as well.

An unusual circumstance that has not affected prices is a refinery strike by the United Steelworkers Union. The refineries are up and running despite the strike and production levels are normal.

Analysts have shared they are expecting gas prices to be at \$2.50 to \$2.70 a gallon for the summer of 2015.

The decrease in gas prices always means more motorists on our national highways traveling during peak vacation periods. Please be careful on the road and "Don't Drive Distracted".



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## Community Events

### Apr. 18, 2015

Blue Ridge Full & Half Marathon  
Elmwood Park/Jefferson Street,  
Roanoke

### Apr. 23 – 26, 2015

Virginia International Tattoo  
Scope Arena, Norfolk

### May 2, 2015

Atlantic Coast Kite Festival  
17th Street Oceanfront, VA Beach

### May 2 – 3, 2015

9th Annual Spring Town Point Virginia  
Wine Festival  
Town Point Park, Norfolk

### May 16 – 17, 2015

Beer Festival  
Town Point Park, Norfolk

### May 23, 2015

Chick-fil-A 10K & 5K  
The Mariners Museum, Newport News

### May 28 – 31, 2015

Greek Festival  
Saints Constantine & Helen Greek  
Orthodox Church, Newport News

### May 29 – 31, 2015

17th Annual Lebanese Festival  
St. Elias Church, Roanoke

## National Work Zone Awareness Week

