

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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Is Your Home Security System Really Secure?

Today's modern American homes are connected. Many of us use mobile devices to "talk" to our home thermostats, refrigerators and coffee makers. Accessing these appliances via the Internet increases the risk of a security hack. But have you thought about the threat that lies with your wireless home security alarm?



Even top-selling alarm systems can be hacked to suppress the alarm when a thief opens the door. Another tactic is to set off multiple false alarms from up to 250 feet from the home just by using a simple tool. These false alarms can render the system unreliable.

Here's the problem: Most wireless systems use radio frequency signals between sensors on the doors and windows and a control system. When a breach is detected, the control mechanism triggers the alarm, sending a message to occupants and the monitoring company. But the systems are unable to authenticate the signals, making it easy for a thief to alter the signals and play them back to the control panels.

Another tactic is to use radio noise to jam the signals and prevent them reaching the control panel, so the monitoring company is never notified.

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....continued from page 1 **Is Your Home Security System Really Secure?**

How To Prevent Hacking of Your Home Security System

Don't just install a security system and assume that your job is done. Do all you can to prevent potential hackers with these tips:

- Purchase a system with encrypted signals to prevent access by external sources. Always opt for any available tamper resistant features.
- Choose wired systems to minimize hacking opportunities.
- Use strong passwords and change them frequently. Always change the default password right away and use a combination of letters, numbers and symbols.
- Add an anti-jamming device to your smart phone or computer that accesses the system to be aware of any signal jamming attempt.
- Update your security system regularly to minimize the risk of hacking.
- Protect your home security system's Wi-Fi network with a strong password.
- Make sure that the only devices that can access your home security system are your laptops, desktop computers and smart phones.
- Install antivirus software on any computer that accesses your security system.
- Don't access your home security system from a public Wi-Fi.
- Check the IP history of your home surveillance system regularly to see if there have been access attempts by an unknown IP address. Avoid purchasing used camera systems that may carry an implanted device placed there by criminals.

How To Survive the Pollen Season

You may be reveling in our beautiful spring weather after a pretty tough winter, but April can be hard for those of us who suffer from springtime allergies.

Our rainy and snowy winter has created lots of tree and grass pollen that has been released with the advance of warmer weather conditions. And spring breezes send these particles airborne to penetrate our eyes, noses and throats. Many spring allergy sufferers complain of sneezing, itchy eyes, congestion, headaches and even depression.

This year, forecasters expect pollen and mold spore counts to be so high that even people who usually don't have allergies may see symptoms!



Taking Care of Seasonal Allergies

- Make sure your symptoms are really due to allergies and not a cold or virus. If your symptoms last more than 2 weeks and are accompanied by lots of facial itching, or if they seem to be worse after being outside, you may be suffering from pollen reactions.
- Take over-the-counter medications, with your doctor's permission, to relieve your symptoms. An antihistamine will ease itching and sniffles while a decongestant will help a stuffy nose. If these don't help, maybe it's time to visit an allergist for a more long-lasting solution.
- Leave allergens outside by removing shoes and clothing as soon as you enter your home. Shower before bed to remove pollen.
- Switch your exercise venue indoors if you can.
- Make your home environment more comfortable by closing windows and running your air conditioner to keep pollen out.
- Consider wearing a surgical mask when you garden or mow the lawn.

If you or a family member has been injured in an auto 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.

Recipe of the Month

Grilled Pear-Cheddar Pockets

Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich.

Ingredients

- 2 teaspoons Dijon-style mustard
- 1/2 of a whole grain pocket thin flatbread
- 2 slices ultra-thin sharp or mild cheddar cheese
- 1/4 cup arugula
- 1/3 of a medium red pear, cored and cut into 1/4-inch-thick slices

Directions

1. Preheat a small covered indoor electric grill.* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.* Grill about 1 1/2 minutes or until lightly toasted.

Tip

* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.



National Distracted Driving Month



Hampton Roads Show April 6th and 20th



Case by Case April 5th and 19th



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

May 5 - 6

Community School's
Strawberry Festival
Elmwood Park
Roanoke, VA
<https://goo.gl/2VY5n4>

May 6

4th Annual Breathe Easy 5K Run/Walk
for Asthma Awareness & Kids Fun Run
Mt. Trashmore
Virginia Beach, VA
<https://goo.gl/Sga0xY>

May 6

Atlantic Coast Kite Festival
On the Beach between 16th and
18th Streets
Virginia Beach, VA
<https://goo.gl/jQsk1U>

May 6 - 7

Annual Spring Town Point Virginia
Wine Festival
Town Point Park
Hampton, VA
<https://goo.gl/sR5c3M>

May 13

4th Annual We Are One Mother's
Day Celebration
Hampton Coliseum
Hampton, VA
<https://goo.gl/CnMvAz>

May 14

The Temptations & the Four Tops
Portsmouth Pavillion
Portsmouth, VA
<https://goo.gl/v9ipoS>

May 18

Jimmy Buffett
Veterans United Home
Loans Amphitheater
Virginia Beach, VA
<https://goo.gl/CJ4GS6>

May 19

Trace Adkins
Salem Civic Center
Salem, VA
<https://goo.gl/xVOviR>