

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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Why You Should Never Jog with Headphones

At this point, smartphones have made listening to music on the go so ubiquitous and so common that nearly everyone seems to carry their headphones with them.

Whenever we get downtime—on the metro, the bus, on our breaks at work—we tend to pop in our headphones and zone out without a care in the world.

Headphones create a false sense of security because they take away one of our most crucial senses when it comes to staying safe. While we don't have eyes in the back of our heads, sound lets us sense danger from the sides and behind, and lets us pick up on crucial audible cues to let us get out of harm's way.

That's why we continue to hear about tragic accidents involving people and headphones, completely oblivious to impending danger and unable to react in time to avoid it.

Just recently, former Iowa offensive lineman Kyle Calloway was struck and killed by a train in Arizona. While it's currently unclear if Calloway was using headphones while he jogged across the tracks, it's easy to see how he might have been.

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North Carolina

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And these types of accidents aren't limited to isolated train tracks. Joggers on even quiet suburban streets are at risk—simply crossing the street without being able to hear the sound of a slow-moving (but still dangerous) vehicle approaching can spell disaster.

Whether you're a driver or a pedestrian, anything you do that puts you in or near other vehicles requires your full attention—attention from your eyes, ears, hands, and mind.

Using headphones takes away one of our first lines of defense against catastrophe. Next time you want to plug in your headphones for a jog around the neighborhood, instead plan an alternate route that minimizes the number of times you have to cross the road. And **never** jog near train tracks, whether you're wearing headphones or not.

It's just not worth it.

Kalfus & Nachman Associate Attorney Christopher Jacobs Appointed to Second District Committee – Section I of Virginia State Bar

District committees investigate and prosecute disciplinary actions

NORFOLK, Va. – July 5, 2016 – Personal injury law firm Kalfus & Nachman announced Tuesday that the Virginia State Bar has appointed associate attorney Christopher Jacobs to Section I of the Disciplinary District Committee for the Second District of Virginia. Disciplinary District Committees comprise both attorneys and lay members who investigate complaints against lawyers and prosecute disciplinary proceedings as necessary.

"The Virginia State Bar is dedicated to the regulation and improvement of the legal profession," Jacobs said. "I am thrilled to be a part of the Disciplinary District Committee, as it is vital to maintaining the utmost trust in the legal system."

Jacobs has been appointed to a three-year term with the Second District Committee – Section I. He will be eligible for re-appointment in 2019.

The Second District Committee encompasses the second and fourth judicial districts of Virginia, including the areas of Norfolk, Virginia Beach and Portsmouth. Divided into two sections, the Second District Committee handles disciplinary matters originating from the southeastern portion of the Hampton Roads region.

Get Your Child Back to School Safely

Back to school time is exciting and fun and a great time to reinforce safety guidelines with your child.

Getting to School

Here are some quick tips for walkers:

- Never walk to school alone – and don't accept a ride from a stranger.
- Stay on the sidewalk or walk facing traffic.
- Cross the street at a corner or intersection.
- Stop – look left, right and left – and listen before crossing the street.

When biking to school be sure to:

- Wear a helmet that fits correctly.
- Follow the rules of the road like riding along with the traffic flow – you can find complete Virginia rules here.
<https://www.dmv.virginia.gov/safety/#programs/bicycle/index.asp>
- Wear bright colors and reflective materials especially if riding at night.
- Practice riding skills like stopping, signaling a turn and looking over your shoulder.



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The greatest risk to children who ride school buses to school is not the bus ride itself, but getting on and off the bus:

- Line up for the bus at least 3 giant steps away from the street.
- Wait until the bus stops and the driver signals you to enter.
- Never walk behind the bus.
- Wait until the driver tells you it's safe to cross the street and walk far enough in front of the bus to see the bus driver and they can see you.

Be Ready for Fall Sports

No matter what fall sport your child enjoys – soccer, football, field hockey or cross country – prepare him or her for enjoyment, not injury:

- Have your child evaluated with a pre-participation physical exam.
- Encourage your child to stay well hydrated before, during and after sports with a personalized water bottle.
- Gentle stretching before and a cool-down after activities can help avert injuries.
- Prevent overuse injuries by varying sporting activities and taking some time off.

Backpack Safety

A too-heavy backpack can cause back pain and poor posture and serious neck and back injuries. Carrying a backpack that is too big can change a child's gait and posture and increases the risk of falling.

- Choose a backpack that ends above the waist and that has padded, adjustable straps.
- Carry only what is necessary – a backpack should weigh no more than 10% of the child's weight.

Invest in a pack with rolling wheels if permitted.

Kalfus & Nachman Cares

Kalfus & Nachman is using their Facebook Page to help local causes, like yours. In the month of **April 2016** we featured the Norfolk Animal Adoption & Care Center.

The Norfolk Animal Care and Adoption Center cares for 400 - 600 animals each month, and nearly 6,000 animals each year and finds new homes for over 2,000 pets each year

Organizations applying must meet the following criteria:

Have current tax-exempt status under Section 501(c) of the Internal Revenue Code.

Be located in, and serve, Hampton Roads or Roanoke, VA.

Be active on social media sharing news of your organization.

Selection Process:

A response will be provided via email or phone call within 2 weeks of your request to gather more information. Our Community Initiatives Team will meet to discuss if the opportunity is a good match for our Kalfus & Nachman Cares.

If you are interested in Kalfus & Nachman featuring your organization, contact the Director of Marketing @ Kalfus & Nachman by calling 757-461-4900 or e-mail mlm@knlegal.com

Organizations must show proof that they are registered 501C-3 and have a valid Tax ID.



EdMarc Hospice for Children, our recipient program for June



Please go to this link
<https://www.youtube.com/watch?v=jWgzgn9iSJ0>
 to learn more.



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Hampton Roads Dates August 11 & 25th



“Drive Safe or Get Pulled Over” -We did this campaign last year

The 2016
*Drive Sober or
 Get Pulled Over*

National
 Drunk Driving
 Enforcement

Friday, **August 19**, through
 Labor Day Monday, **September 5**

