

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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www.kalfusnachman.com

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Make a Resolution Not to Drive Distracted in 2017

If you're like most Americans, you've made a resolution or two for the New Year. Exercise more, balance your budget, eat a healthy diet.

Here's a resolution that can do much more than improve your health or your finances - it can save your life.

Resolve not to drive distracted in 2017.



Incredibly, 80% of car accidents in Virginia are caused by distracted drivers! And the most distracting behaviors are those involving cell phones.

Driving While Distracted by Cell Phone Use - A Deadly Combination

Texting and driving is the most dangerous cell phone practice of all. Texting - even just reading texts - involves three types of distractions: You're looking at the screen, holding the phone and your mind is on what you're reading instead of driving. This is a lethal combination.

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....continued from page 1 **Make a Resolution Not to Drive Distracted in 2017**

Your chance of being in an auto accident increases **23 times** when texting and driving - or even just glancing at Facebook! (DriveSmartVa.org) Of course, Facebook isn't the only problem. Any other internet application is just as distracting while driving: Twitter, Snapchat, Instagram.

Live streaming apps like Facebook Live, Periscope, Broadcast Me and nanoStream add another dangerous dimension to distracted driving when users broadcast live directly from their cell phone. It's impossible to focus on driving while keeping up a constant stream of chatter and looking into the phone.

Resolve Not To Drive Distracted in 2017

Make 2017 the year that you eliminate as many driving distractions by following these easy tips:

- Always obey local laws for cell phone use while driving. In Virginia and North Carolina, texting while driving is never allowed and is considered a primary offense, which means that the police can pull over the driver if suspected of texting. Cell phone use for calling or GPS is permitted except for drivers under age 18.
- Put electronic distractions away! Even hands-free cellphones should be used for emergencies only. Never text or check emails while driving. If necessary, keep your cell phone in the back seat or turn it off.
- Maintain mental focus. Keep your eyes on the road while frequently monitoring side and rear-view mirrors.
- Ask your passenger to help with GPS or answering texts or calls for you.
- If you must snack or have a drink, make sure it's not messy or hard to open and have it ready before you start up the car.
- Keep children and pets safely secured. Pull over if you have to tend to your children behind you.

Parents, be good role models for your teen drivers! Act the way you want them to act - they will take notice. You can find more tips on driving without distractions at Distraction.gov along with a pledge that your family can take together.

Big Game Sunday – the Most Dangerous Driving Day of the Year

No, it's not New Year's Eve anymore. Statistically, the most dangerous driving day of the year in the U.S. is Big Game Sunday. The reason is excessive partying and drinking.

The National Highway Traffic Safety Administration (NHTSA) reports that on Big Game Sunday 2012, 38% of the fatalities from car crashes were connected to drunk driving. That's **an increase of 26%** over the average weekend figure of 30%.

Don't Let Family and Friends Drive Drunk

In addition to preparing buffalo wings and nachos, do some personal planning for transportation if you are venturing out to a Big Game party or bar or restaurant:



- Select a designated sober driver in advance. This person should drink **no alcoholic beverages**.
- Look into public transportation and leave the car at home.
- If you run into a problem and can't drive home (or refuse to be a passenger with an intoxicated friend), call a family member, friend or taxi for a ride.
- You can also find a local sober ride by calling AAA at 1-800-AAA-HELP.
- Don't let family or friends drive drunk.

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....continued from page 2 **Big Game Sunday – the Most Dangerous Driving Day....**

When hosting a Big Game party at your home, remember to:

- Never serve alcohol to guests under age 21.
- Urge your guests to arrange for sober designated drivers in advance.
- Serve plenty of food and non-alcoholic beverages.
- Stop serving alcohol when the fourth quarter of the game begins and put out dessert and coffee.
- Keep information on local taxis and sober ride programs on hand. Do everything you can to prevent an intoxicated partygoer from driving.

Enjoy the game safely and may the best team win!

Don't Let Fans Drive Home Drunk

The Law Firm of Kalfus & Nachman is kicking off its 3rd annual Safe Ride Home Program. The program offers **FREE** rides from any restaurant or bar to home for the "Big Game" from kick off to midnight to help fans celebrate safely. Just call Norfolk Black and White Cab at 757-855-4444 and say "**Kalfus & Nachman**" and they will pick you up at any bar or restaurant in any city in the Hampton Roads area and drop you off in any city in the Hampton Roads area to assure you get you home safely.

The following rules apply. Must be 21 or older to participate, rides from kick off to midnight only on 2/5/2017, must be "Norfolk Black and White" Cab Service. Rides cannot be guaranteed, however every attempt will be made to accommodate all requests go to www.kalfusnachman.com for more details or call 757-461-4900.



2016 K & N Cares Got Off to a Great Start Helping Organizations

In 2016, the Kalfus & Nachman Team continued its commitment to the community. We provided financial support to a host of Virginia and North Carolina non-profit organizations, such as:

- Making Strides Against Breast Cancer on the Peninsula
- EdMarc Hospice
- The Union Mission Ministries
- The FoodBank for Southeast Virginia
- MADD of Hampton Roads
- Heritage Humane Society
- Friends of Norfolk Adoption & Animal Care Center

One of the unique and turnkey ways the firm participated in assisting the community was utilizing our Facebook page to help local causes. The K&N Care program, each month featured a charity on our Facebook page, and for every "Like" we received from our fans, we made a donation to the featured cause or charity.



Are you interested in your cause being spotlighted for a month? Contact our Marketing Director at mlm@knlegal.com

Hampton Roads Show January 5th and January 19th



Case by Case Jan 11th & 25th



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Happy New Year

