

Kalfus & Nachman

Attorneys at Law

INJURY AND DISABILITY LAWYERS

24/7 Call For A Free Consultation

Se Habla Espanol



March Newsletter 2019

www.kalfusnachman.com

Page 1

March 2019, Vol 51

In This Issue...

- ✓ Daylight Savings Time - Sunday, March 10
- ✓ Giving Away the Green – Grab Your Fortune!
- ✓ Safe Rides Home on St. Patrick's Day
- ✓ Valentine Giveaway Winners
- ✓ Crockpot Corned Beef & Cabbage Stew Recipe
- ✓ And More!!!!

Daylight Savings Time Begins Sunday, March 10

Daylight Savings Time: More Than Losing an Hour of Sleep

Daylight savings time begins on the second Sunday in March, which this year is Sunday, March 10. Conceived by Benjamin Franklin, pushing the clocks back one hour is observed throughout the U.S. except for Arizona, Hawaii and some U.S. territories.

Although most of us welcome the longer daylight in the evening, there are some very real negatives resulting from the loss of just one hour of sleep.

Losing Sleep Disrupts Our Internal Clocks

Losing an hour of sleep in one night may not seem like such a dramatic event, but research has found that interfering with sleep schedules can be risky. In the days after the March time change, there is actually a spike in auto accidents. In fact, it is estimated that accidents from sleepy daylight-savings drivers caused 30 fatalities in a recent nine-year period.

In addition to car crashes, daylight savings time causes more work-related injuries and may lead to a temporary increase in suicides.

Our health is affected, too. Nationwide, hospitals report a 24% spike in heart attack and stroke visits on the Monday after the daylight savings time switch. Beyond that day, our bodies may not fully recover from the interrupted sleep schedule for weeks.

....continued on page 2



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www.kalfusnachman.com

We service Virginia and
North Carolina

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....continued from page 1 **Celebrating 40 Years of Expert Legal Services and....**

If your schedule allows it, try to get to bed an hour earlier after the time change. As you head out on Monday morning, fortify yourself with caffeine and take extra care on the road. Don't become a daylight savings time statistic!

If you or a family member has been injured in a car 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.

Giving Away the Green Contest

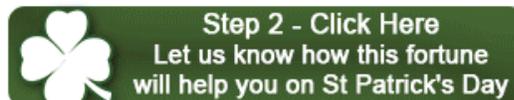


WE ARE GIVING AWAY
GREEN FOR ST. PATRICK'S DAY!



Win a \$100 VISA™ Gift Card

All you have to do is
LIKE our Facebook Page
&
Tell us why you deserve to
win the lucky pot of green.



Winner based on best comment as chosen by Kalfus & Nachman. One entry per email address, IP address, per person. Must be 18 years or over to receive prize. Must be a Virginia or North Carolina resident. Contest ends at 12:00 pm on 3/10/19. Be sure to check your email starting on 3/11/19.



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It's Back!

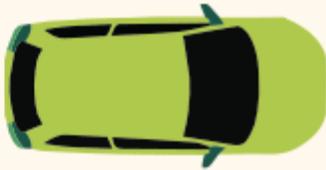
Kalfus & Nachman's St. Patrick's Day Safe Ride Home Program



Kalfus & Nachman's Safe Ride Home Program will be available in the 757 area from 6pm until midnight on the night of St. Patrick's Day **only**.

To get a free cab ride, call Norfolk Black and White Cab at 757-855-4444, say "**Kalfus & Nachman**" and they will pick you up at any bar or restaurant in the Hampton Roads area and drop you off in any adjacent city to this area to assure you get home safely.

Or use your **Uber** and **Lyft App**. If you send your receipt to our Norfolk Office at 870 N Military Highway, Norfolk, VA 23502, Attn. Mary Murray, we will reimburse your trip. For more details [click here](#).



BE SAFE. RIDE WITH A DESIGNATED DRIVER.

These Rules Apply:

The following rules apply. Must 21 or older to participate, rides from 6:00 to midnight only on 3/17/2019. Rides must be with "Norfolk Black and White" Cab Service, Uber or Lyft. Rides cannot be guaranteed; however, every attempt will be made to accommodate all requests. Pick up is from any bar or restaurant in any city in the Hampton Roads area (Black and White Cab will not pick up in Portsmouth, VA). There is a \$30 cap on Lyft & Uber reimbursement. Go to <https://www.kalfusnachman.com/safe-rides-home/> for more details or call 757-461-4900.

**Congratulations
to Our Valentine
Dinner & Roses Winners!**

M. Goodwin – Southside

J. Coleman – Roanoke

W. Jones – Peninsula

**Be on the lookout for more fun
giveaways and contests!**





Tune in for a double dose of Legal Matters
on
WAVY and FOX at 10 AM Live & 11 AM
Legal Matters
March 7th and 21st



[\(click image to watch & play\)](#)

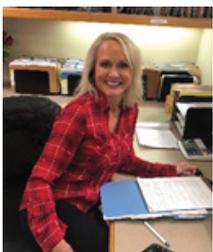
**Watch Attorney, Paul Hernandez play Case by Case on Coast Live with Cheryl & April.
Did you know which one is the best case?**

**Celebrating Our 3rd Season
with the Coast Live Team**

Join us twice a month!

WTKR News Channel 3 @ 10 AM

Coast Live – March 3rd & 20th



**Carmel Caswell
Paralegal**



Harvey Raffensperger

Excellent staff. From the moment you're greeted over the phone, the front receptionist, staff behind the scenes and the Attorneys. Everyone was patient and understanding to my needs. I highly recommend Paul Hernandez and his assistant Carmen as well as Chris Jacob's and his Assistant Emily. Thank you all.

Thank You FOR YOUR REFERRAL

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.

Slow Cooker Corned Beef and Cabbage Stew

A perfect meal for a busy St Patrick's Day dinner!

- 2 pounds corned beef, cut into bite-sized pieces
- 4 large potatoes, cut into large pieces
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 (16 oz) bag baby carrots
- ½ head cabbage, cut into small wedges
- 3 cups beef broth
- 1 tablespoon Worcestershire sauce
- 2 tablespoons pickling spice
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper

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....continued from top

Instructions

- Add corned beef, potatoes, celery, onion and cabbage to your slow cooker
- In a medium mixing bowl, combine beef broth, Worcestershire sauce, pickling spice, garlic powder, paprika, salt and pepper. Pour over the meat and veggies.
- Cook on low for 8-10 hours or high for 5-6 hours until the veggies are tender and the meat is cooked throughout.
- Add additional salt and pepper to taste and garnish with chopped parsley if desired.

Recipe courtesy of therecipecritic.com

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