

Kalfus & Nachman

INJURY AND DISABILITY LAWYERS



NEWSLETTER

MARCH 2017

www.kalfusnachman.com

Page 1

March 2017, Vol 29

In This Issue...

- How To Tackle Spring Cleaning
- Hampton Roads Transit Adopt A Spot – Kalfus & Nachman
- St. Patrick's Day Safe Ride Home Program
- Recipe of the Month Citrus Baked Fish
- Happy St. Patrick's Day
- Hampton Roads Show Dates
- Case by Case
- What's Happening In Newport News, Virginia Beach, Norfolk & Roanoke, VA

How To Tackle Spring Cleaning

March weather can fool you, but one thing is sure - spring is right around the corner! Spring brings the promise of warmer weather and everyone has just a little more energy to tackle projects like spring cleaning. This project may not be fun but it is satisfying to clear out the dust and cobwebs from a long winter.

The key is to take it one step at a time!

Don't expect to get it all done in a weekend - pace yourself and schedule tasks realistically with this handy checklist:

- **Floors.** Wax linoleum and vinyl floors and treat stone and tile floors with the right product for these materials.
- **Rugs.** Vacuum rugs and clean synthetics with rotary shampoo and hot-water extraction machines. Rugs without backing like oriental rugs need professional cleaning.
- **Walls and ceilings.** Vacuum first, then use a solvent-free degreaser to remove surface dirt.
- **Upholstered Furniture.** Beat cushions outside on a sunny day to remove dust. Clean under cushions and the backs of couches with a vacuum. Take care of stains per manufacturer labels.
- **Shelving.** Take everything off and clean the shelf with a duster or vacuum attachment. Wash dusty knick-knacks and wipe book spines with a clean, soft cloth.

....continued on page 2



Our Offices

Norfolk

Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502
757.461.3303

Newport News

749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601
757.245.4878

Roanoke

Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
540.343.4878

Call 1-888-hurtline or

visit us
www.kalfusnachman.com

We service Virginia and
North Carolina

Follow us...



on Facebook



on Google+



on Youtube



on Twitter

....continued from page 1 How To Tackle Spring Cleaning

- **Wooden furniture.** Use a mild dishwashing liquid and water to wipe surfaces, then apply paste wax with a rag. After drying, buff with a clean cloth.
- **Windows.** Wash or dry clean all curtains. Use a mild dishwashing liquid and water to clean blinds. While window treatments are down, wash the windows and clean screens with a brush.
- **Dust.** Include unusual places like the top of the refrigerator or ceiling fans.

Don't forget these room-specific tasks to complete your spring cleaning:

- **Bedrooms.** Turn over and rotate mattresses. Wash cold-weather bedding for storage. Wash pillows to keep bacteria, mold and odors away.
- **Bathrooms.** Go through cabinets and discard expired beauty products. Update your first aid kit with this American Red Cross checklist. <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>
- **Home office.** Organize your computer and paper files and get rid of those you no longer need. Clean your computer casing with a solution of one drop dishwashing liquid to a quart of water. Dust your keyboard with a cotton swab and wipe screens with a special screen-cleaning cloth.
- **Closets.** Wash or dry-clean cold-weather apparel before storing away. Donate anything that hasn't been worn in a while.

Lastly, be sure to get outdoor areas ready too. Clean porch walls, ceilings and floors. Scrub mildew off decks with 1 part oxygen bleach to 3 parts water. Wash outdoor furniture with mild dishwashing liquid and water. Inspect all light fixtures, clean the glass and replace any bulbs.

Then sit back and enjoy a glass of iced tea - you've earned it!

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.

Hampton Roads Transit Adopt A Spot – Kalfus & Nachman



Kalfus & Nachman officially adopted the HRT Transit Stop @ Military Circle Ring Road, Norfolk, VA.

Last Friday, we met the HRT Adopt a Spot Coordinator on site to accept the challenge.

So what does all of this mean to the firm?

Adopt-a-Spot is an enjoyable and educational litter program that gives local communities the opportunity to contribute to a healthier and cleaner environment. It engages volunteers (individuals, community groups, business groups) to undertake coordinated litter cleanups of designated sites in Norfolk.

Kalfus & Nachman - Proudly Keeping Our Spot Clean!

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 <http://www.kalfusnachman.com/safe-ride-home-program.html>

The following rules apply. Must 21 or older to participate, rides from 6:00 to midnight only on 3/17/2017. 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 <http://www.kalfusnachman.com/safe-ride-home-program.html> for more details or call 757-461-4900.



Recipe of the Month

Citrus Baked Fish



Here's a delicious variation to your next fish dish.

Ingredients

- 2 tablespoons butter
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- 1 lb fish (cod, haddock, walleye)
- salt
- pepper

Directions:

1. In small pan, melt butter, add juices.
2. Spray 13x9 pan with cooking spray.
3. Place fish in pan. Salt & pepper to taste.
4. Pour butter-juice mixture over fish.
5. Bake 400 degrees for 15-20 minutes or until easily flakes with fork.

Recipe courtesy of food.com

Happy
St. Patrick's Day



Hampton Roads Show
2nd and 16th March



Case by Case
8th and 22nd March



Kalfus & Nachman

Norfolk

Military Circle
 870 North Military
 Highway,
 Suite 300
 Norfolk, VA 23502

Roanoke

Southwest Virginia
 1322 Plantation Road
 Roanoke, VA 24012

Newport News

749-B J. Clyde
 Morris Blvd.
 Newport News,
 VA 23601

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

Apr 1

Ringling Bros. and Barnum &
 Bailey Circus
 Hampton Coliseum
 Hampton, VA
<https://goo.gl/pVUNLt>

Apr 2

Color Me RAD - 5K
 Virginia Beach Sportsplex
 Virginia Beach, VA
<https://goo.gl/QwLS2B>

Apr 8

East Coast She Crab Soup Classic
 24th Street Park
 Virginia Beach, VA
<https://goo.gl/8y2KZg>

Apr 22

The Color Run - 5K
 Salem Civic Center
 Salem, VA
<https://goo.gl/lmuvqj>

Apr 27 - 30

2017 Virginia International Tattoo
 Scope Arena
 Norfolk, VA
<https://goo.gl/EeVyeg>

Apr 29

Food, Wine, and Art Festival
 Blacksburg, VT Corporate
 Research Center
 Blacksburg, VA
<https://goo.gl/5k8fnc>

Apr 29

The Drifters, Cornell Gunter's Coasters
 and The Platters
 Ferguson Center for the Arts
 Newport News, VA
<https://goo.gl/cIxI4R>

Apr 29

64th Annual Parade of Nations
 Norfolk, VA
<https://goo.gl/rhVT8A>