

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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Be Cautious when Daylight Savings Time Ends

This year, when daylight savings time ends, Halloween trick-or-treaters can sleep late after their revels. Most of the U.S. will revert to standard time and set the clocks back one hour at 2:00 a.m. on Sunday, November 6th.

It's easy to reset our digital clocks and watches but not so easy to reset our biological clocks. The loss of an hour of afternoon sunlight may increase the chance of traffic accidents.



It's not Easy to Adapt to a Time Change Overnight

A time change that happens overnight, even just one hour, is too quick and may lead to dangerous driving. People may drive too fast: for example commuters who are used to driving to and from work in daylight, and pedestrians may be less attentive. A Carnegie Mellon study reports that in the first few weeks of returning to standard time, there is a 300% greater chance of pedestrians being killed in an accident.

Drive Safely while Adjusting to Earlier Darkness

- Reduce speed in residential areas – watch for children playing.
- Don't drive distracted – avoid playing with sound system and cell phone, even if hands-free. Don't text and drive!
- Be extra alert at crosswalks and school areas.

Help Yourself Adjust to Standard Time

Maintain your exercise schedule so you are tired out at the end of the day.

- Keep bedrooms dark and cool.

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....continued from page 1 **Be Cautious when Daylight Savings Time Ends**

- Avoid bright lights and blue light devices like TVs, computer monitors and cell phones right before retiring for the night. Enjoy a few chapters of a book instead.

Try easing into standard time by gradually adjusting bedtime by 15 minutes each day.

Road Rage

What does it mean? Why does it happen? How can you stop it? What are the consequences if it escalates?

We have all witnessed it, but hopefully not the tragic consequences for all parties involved in many incidents. Every day here in the greater Newport News/Norfolk area there are incidents of Road Rage and Aggressive Driving. Drivers attempt to force their vehicles into traffic approaching the HRBT or attempt to prevent other drivers from entering the on ramp or travel lanes.



The National Highway Transportation Safety Administration defines Aggressive Driving as "The operation of a motor vehicle in a manner that endangers or is likely to endanger persons or property." A recent study tried to differentiate between Aggressive Driving and Road Rage, but it's really two points on the same spectrum. If you are using your vehicle as anything other than transportation from Point A to Point B and are threatening another with your vehicle, be it a driver, a bicyclist or pedestrian, you have committed an act of Road Rage or Aggressive Driving.

There have been academic studies of Road Rage. The NHTSA study noted that:

Experts have suggested many reasons for the apparent increases in aggressive driving and road rage. Sociologists point to the fragmentation of society and the disintegration of shared values and sense of community as the cause of these and other acts of incivility. Many psychologists blame the intoxicating combination of power and anonymity provided by motor vehicles.

Every driver in Hampton Roads can play a role in stopping Road Rage and Aggressive Driving. There is an old saying it takes two to tango and that applies to these situations as well. Be courteous to other drivers. Just because a driver is wrapped in a ton or two of steel does not revoke the rules of civility. Act in a way which de-escalates rather than escalates the situation. If the other driver is intent on forcing himself or herself into your lane of traffic or tailgating your car in an attempt to intimidate you into changing lanes, leave a gap or pull over. The life you save may be your own. You may be frustrated, feeling that the bully has won, but it is not worth the risk to yourself and other drivers.

Here's a stern warning for the aggressive drivers in our midst: You can go to jail for Road Rage and Aggressive Driving. There are multiple crimes involved in serious incidents, up to and including manslaughter and even murder. And your insurance company will deny your claim. Claims against a driver caused by an intentional act are not covered by a Virginia automobile liability insurance policy. Your insurance company will not defend you or pay the claim. Our clients at Kalfus & Nachman will still recover for their injuries under their own insurance policies, but the defendant will be left owing a big debt to our client's insurance company.

Halloween Safety Tips

Select Costumes Carefully

- Choose bright colors and add reflective tape strips to shoes or bags.
- Make sure costumes are not too long and that accessories aren't too large or sharp.
- Avoid high heels or monster shoes, choosing instead well-fitting shoes that lace up.
- Look for flame-resistant labels on costumes and wigs.
- Use non-toxic makeup instead of masks for greater visibility.

Discuss Safe Trick-or-Treating with Your Child

Be sure to have a serious talk with your child about Halloween safety, including:

- Don't go out alone – stay with your group.
- Stick to a planned route.
- NEVER enter a stranger's home or car.



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....continued from page 2 **Halloween Safety Tips**

- Take your cell phone and a flashlight or glow stick.
- Walk, don't run, and stick to well-lit areas.
- Don't eat any treats until you get home.
- Cross the streets only at crosswalks and look both ways.

Children should have adult supervision for trick-or-treating.

*Trick-or-treating hours for each city are as follows:

Norfolk, until 8 p.m.
 Virginia Beach, dusk to 8 p.m.
 Portsmouth, until 8 p.m.
 Chesapeake, until 8 p.m.
 Suffolk, until 8 p.m.
 Hampton, dusk to 8 p.m.
 Newport News, until 8 p.m.
 James City County, 6 to 8 p.m.

**please check with your local law enforcement for any changes

Visit our website for more safety tips www.kalfusnachman.com/blog/halloween-safety-tips

Tell them you mean business.....

We had a blast on the set in Atlanta with Judge Joe Brown. Commercials are set to air this fall on your local network stations.... Ready, Set, Action.....



Making Strides Against Breast Cancer Peninsula

U.S. Breast Cancer Statistics show about 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her **lifetime**. In 2016, an **estimated** 246,660 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 61,000 new cases of non-invasive (in **situ**) breast cancer ...June 23, 2016

Kalfus & Nachman is helping to finish the fight by partnering with "Making Strides Against Breast Cancer Peninsula." So, come out on Oct. 9, 2016 at 2pm on the Christopher Newport University Campus.



K & N Fall Appreciation Give Away

A big thanks goes out to all that participated and entered our Fall Appreciation Give Away! We had a great response and congratulations go out to all the winners!

Gift Certificate Winners:

Katrina D	Daniel M	William G
Robert M	Jolina F	Jeff F
Fred G	Melvin G	James T
Margret M	Diana R	Wanda B

Grand Prize Winner:

Revel J

Keep watching our occasional mailings and our posts on Facebook for more opportunities to enter additional raffles and a chance to win!

**Watch us this Fall on the live daytime talk show
Coast Live. Tune in to WTKR Channel 3 at 10 AM**



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**Hampton Roads Dates
October 13th and 27th**



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