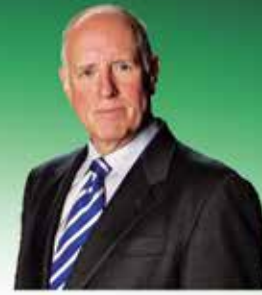


Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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www.kalfusnachman.com

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Avert a Tragedy During the 100 Deadliest Days of Summer

With Memorial Day celebrations over, we are getting into the full swing of summer and that means plenty of teen drivers on the road.

AAA has coined the summer weeks until school starts up again as the "100 deadliest days" of the year in terms of teenage driver fatalities. Vehicle accidents for drivers aged 16 to 19 increase considerably during summer when there are more teens behind the wheel. In 100 days after Memorial Day over the last 5 years, an average of 1,022 people died in crashes involving teens representing 16% more than at other times of the year.



Driver Distractions Cause Dramatic Increase in Teen Accidents

Distracted driving is an ever-increasing problem especially among young drivers. Activities like texting that take the eyes off the road, the hands off the wheel and the mind away from driving tasks are contributing causes in more than 58% of teen crashes.

Teenagers are very connected to their phones with most texting an average of 80 texts each day! Unfortunately, they are texting when they should be paying attention to their driving.

Set the Ground Rules with Your Teen for Safe Driving

- Talk to your teen about driving safety and your expectations now before summer fun heats up.continued on page 2

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...continued from page 1 **Avert a Tragedy During the 100 Deadliest Days of...**

- Always be a good role model. Never text while driving and use a hands-free device for cellphone calls.
- Establish a **no cell phones rule** when driving. Even though cellphone calls are legal for drivers age 18 and over, this activity distracts the driver and reduces reaction times. And texting while driving is **illegal** in Virginia and North Carolina.
- Make a strong case that driving is banned after consuming **any** quantity of alcohol or drugs. Even if your teen should survive an alcohol-related crash, they will have broken the law and also jeopardized their college acceptances and even scholarships.
- Restrict the number of passengers that your teen can carry. The chances of a fatal crash increase in direct proportion to the number of teenage passengers.
- Reinforce the importance of wearing a seat belt even if they are just going down the street. All passengers must buckle up too.

Visit SaferCar.gov for more tips on setting teen driver limits and having this important conversation.

5 Essentials for a Fun and Safe Summer Vacation

Are you planning a summer getaway or a weekend at the beach? With some careful planning, you'll be ready to keep your family safe:

- **Recheck your cellphone contact numbers before heading out.** Make sure you have the number of your child's pediatrician as well as your own doctor. Call for needed guidance when health problems arise. Always call 911 in an emergency.
- **Stock up on over-the-counter products.** Create a small first aid kit for the car and hotel with acetaminophen or ibuprofen as well as adhesive bandages and antibiotic ointment.
- **Stop motion sickness in its tracks.** On long car rides, have those with sensitive stomachs enjoy the outside scenery instead of reading or playing video games. Keep stomachs calm with light, non-greasy snacks like a banana and peanut butter crackers.
- **Don't forget the sunblock.** Everyone should use a broad spectrum SPF 30+ regularly. Apply lotion liberally and frequently. Tuck hats for everyone in your luggage.
- **Always supervise children when swimming.** Don't count on swimming "wings" to keep children safe in the pool. Watch for lifeguards on duty at the shore and swim near the lifeguard stand to take advantage of an extra pair of eyes. Avoid drinking alcohol when monitoring children swimming.



Lastly - and importantly - be a good role model! Reapply your own sunblock frequently and reinforce the need for lifeguards when swimming. Make healthy food and drink choices and get plenty of rest. You'll not only be taking good care of your own health but you'll be reinforcing safe fun and responsible handling of emergency situations while teaching your children lifelong skills!

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.

Congratulations to Jaynie on 25 Years



Employee of the Month



Sheila Vandevender

Congratulations to Our Graduates

Congratulations to the Class of 2017



Carmen Caswell - Son Graduates from Great Bridge High School and will be attending University of North Carolina - Stuart Nachman Partner Alumni



Munch Dark - Daughter will be graduating from Kempsville High School and attending Virginia Commonwealth University



Aygul Khayrutdinova - Case Manager Assistant for the firm graduated from Tidewater Community College

Grilled Italian Eggplant Slices

Here's a great party recipe using fresh eggplant.

Ingredients

- 1/4 cup shredded Parmesan cheese
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh basil
- 5 teaspoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon minced fresh oregano
- 1 large eggplant, cut into 10 slices
- 10 slices tomato
- 1/2 cup shredded part-skim mozzarella cheese

Directions

1. In a small bowl, combine the first six ingredients.
2. Grill eggplant, covered, over medium heat for 3 minutes. Turn slices; spoon Parmesan mixture onto each. Top with tomato; sprinkle with mozzarella cheese. Grill, covered, 2-3 minutes longer or until cheese is melted. Yield: 5 servings.



Recipe courtesy of tasteofhome.com

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

July 1

Shagfest
Veterans United Home Loans Amphitheater
Virginia Beach, CA
<https://goo.gl/i8fH0F>

July 4

33rd Annual YMCA Independence Day - 5K
Mt. Trashmore Family YMCA
Virginia Beach, VA
<https://goo.gl/Gq23VT>

July 7

Night Nation Run - Running Music Festival - 5K
Harbor Park Stadium
Norfolk, VA
<https://goo.gl/hAhGwZ>

July 8

Horse And Hound Wine Festival
Johnson's Orchards
Bedford, VA
<https://goo.gl/uIXsf>

July 15

BaconFest VA
The Berglund Center
Roanoke, VA
<https://goo.gl/zVKCKq>

July 18

Jerry Douglas Band
The Harvester Performance Center
Rocky Mount, VA
<https://goo.gl/v4DZw5>

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....continued from page 3 **What's Happening....**

July 29

Playback III Expo
Point Plaza Suites at City Center
Newport News, VA
<https://goo.gl/ZvP65i>

July 30

Chicago - The Band & The Doobie Brothers
Veterans United Home Loans Amphitheater
Virginia Beach, VA
<https://goo.gl/yR2NAf>

Happy Father's Day



Happy Father's Day



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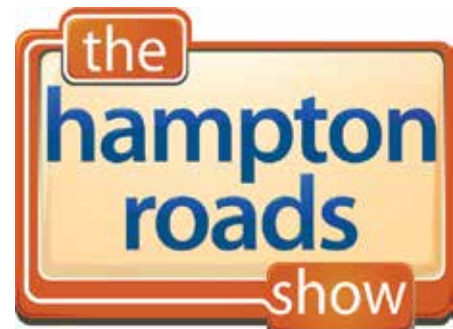
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- 100 Deadliest Days
- Plan a Safe Summer Vacation
- Grilled Italian Eggplant Slices

Case by Case
June 7th and June 21st



Legal Matters
June 1st and June 15th



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