

Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

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Enjoy Your Barbecue Safely

If you haven't already done so, the recent balmy weather will persuade you to fire up the grill for family and friends.

Using a barbecue, whether propane or charcoal, requires responsibility that all too often is minimized. In fact, U.S. fire departments respond to 3,900 structure fires each year caused by grills, barbecues or hibachis. These fires cause 160 injuries and 10 deaths. Add to this 8,700 emergency room visits for thermal burns caused by grills and it's easy to see that there is risk inherent in simply grilling a few burgers and dogs (statistics from the National Fire Protection Association NFPA).



Tips for Safe Grilling

With some common sense preparation, you should enjoy a safe and delicious barbecue:

- Make sure your grill is clean and ready to go. This is especially important after a period of little use. Dry-scrub tops and bottoms of the grates with a nylon brush, then wash and dry thoroughly. Replace any grates that are rusty or chipping. Clean the exterior with soapy water and wipe dry.
- Place grills only on a flat, fireproof site, well away from any building, shrub and tree.
- Never use a gas or charcoal grill inside a building or a tent.
- Keep a bucket of sand or water on hand.
- Check all the connections and the tank for a propane grill. Use a paint brush to coat them with soapy water, then turn on the gas and look for any bubbling which will signal a leak. Tighten connections and try again - if there are still leaks, it's time to have your grill serviced.
- After cooking, turn off the gas cylinder first before turning off the controls to ensure that any gas remaining in the pipes is used up.

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....continued from page 1 **Enjoy Your Barbecue Safely**

- Use only charcoal starter fluids for charcoal grills and only on cold coals - never apply to hot coals.
- Always keep children and pets far away from the cooking area.
- Never leave the grill unattended.
- Make sure the grill is completely cold before covering it. If necessary, dispose of hot ashes in a metal container and place well away from any structure.

Read more about grilling safety at this NFPA website. <http://www.nfpa.org/public-education/by-topic/wildfire-and-seasonal-fires/grilling/grilling-safety-tips>

Distracted Walking: A Deadly Epidemic

We've all seen the videos of people distracted by their electronic devices walking into fountains and falling down the stairs. Funny? Not really.

The number of distracted walking accidents, including pedestrian vs. vehicle accidents, has risen dramatically in the last few years, in large part because many individuals won't put down their smartphones or other handheld devices to watch their steps. In 2005, 11% of accident fatalities were pedestrians - that number rose to 15% in 2014 and is still climbing. (National Highway Traffic Safety Administration NHTSA)

Not surprisingly, teenagers and young adults are increasingly walking while distracted because of their absorption with their electronic devices. And people of all ages are walking for health with Fitbit and other personal fitness trackers with ear buds plugged into their ears. Although trying to get healthy, they put themselves at risk of missing a curb, tripping or getting hit by a car.

Help Your Children Remember Pedestrian Safety

Head up, phone down! That's easy to remember. Here are more safety tips:

- Never walk while texting or talking on the phone. Instead, move out of the way and stop.
- Never cross the street while using an electronic device and take your headphones off.
- Be aware of your surroundings and those around you.
- Always use the sidewalk; if there is none, walk facing traffic.
- Cross the street only at crosswalks.
- Look left, right and then left again before crossing the street.

Read more about Safe Walking Tips for Youth from the NHTSA. And SafeKids.org has a pledge to avoid distracted walking that children and parents can take together.



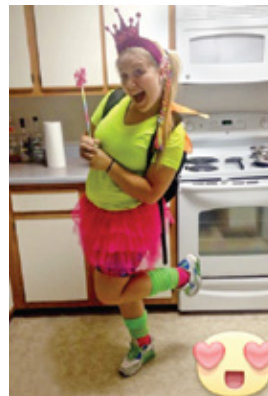
If you or a family member has been injured in a pedestrian accident or any personal injury, or has been denied Social Security Disability benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call 800-361-0430 for your initial free consultation. Kalfus & Nachman PC, Personal Injury attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.

Kalfus & Nachman Cares

Kalfus and Nachman Cares and during the month of April they focused their efforts on Sydney Ruloph, an adult daughter of one of our employees. Sydney received life changing news when she was recently diagnosed with MS. Simple things we take for granted, like signing your name, are no longer simple for her. There is no cure for MS.

During the month of April, Kalfus & Nachman featured the National Multiple Sclerosis Chapter of South Hampton Roads and helped raise funds for the organization by donating \$2 for every like they received. Building awareness will help others better understand this complex and unpredictable disease. It is critical to fueling the progress that changes lives for people affected by MS and ultimately will end the disease forever.

Learn more about MS at nationalmssociety.org.



Fresh Blackberry Cobbler

A special occasion calls for a special dessert. Here's a quick and easy way to enjoy fresh blackberries for dessert.

Ingredients

- 4 cups fresh blackberries
- 1 tablespoon lemon juice
- 1 large egg
- 1 cup sugar
- 1 cup all-purpose flour
- 6 tablespoons butter, melted
- Whipped cream or ice cream (optional)
- Garnish: fresh mint sprig



Directions

Preheat oven to 375°. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375° for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream or ice cream, if desired. Garnish with fresh mint sprig.

For a neat presentation, bake for the same amount of time in 6 (8-oz.) ramekins on an aluminum foil-lined baking sheet.

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

June 2 - 4

2017 Patriotic Festival
5th Street Beach Stage
Virginia Beach, VA
<https://goo.gl/dyQDdJ>

June 10

Light Up the Night - 5K
Williamson Road/Bullitt Avenue
Roanoke, VA
<https://goo.gl/92sTIF>

June 23 - 25

Hampton Jazz Festival
Hampton Coliseum
Hampton, VA
<https://goo.gl/IzbhUP>

June 3

4th Annual NASA Langley 5K Moonwalk & Run
Integrated Engineering Services Building
Hampton, VA
<https://goo.gl/CH1StZ>

June 14

Lyrics on the Lake - Smith Mountain Lake Songwriters Festival
Smith Mountain Lake Area
Moneta, VA
<https://goo.gl/bZq5d8>

June 30

4th of July Independence Festival
Franklin County High School Parking Lot
Rocky Mount, VA
<https://goo.gl/A2KmYK>

June 8

Toto
The Harvester Performance Center
Rocky Mount, VA
<https://goo.gl/VUmFci>

June 17

Lady Antebellum, Kelsea Ballerini & Brett Young
Veterans United Home Loans Amphitheater
Virginia Beach, VA
<https://goo.gl/6lgtbn>

Happy Memorial Day



Happy Mother's Day



National Seat Belt Enforcement Mobilization May 22 - June 4, 2017



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- Recipe: Fresh Blackberry Cobbler

Case by Case May 10th and May 24th



Hampton Roads Show May 3rd and May 18th



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