

Kalfus & Nachman

Attorneys at Law

INJURY AND DISABILITY LAWYERS

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September Newsletter 2019

www.kalfusnachman.com

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It's Our Back to School Edition

In This Issue...

- ✓ Back-to-School Cell Phone Rules
- ✓ 4th Annual Football Ticket Giveaway
- ✓ School Bus Safety Tips
- ✓ Grilled PB & J
- ✓ And More!!!!

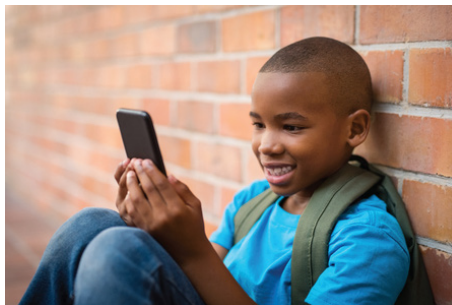


Kalfus & Nachman wishes everyone a great 2019-2020 school year!

5 Rules for Cellphone Use in School

If you have decided that your child will have a cellphone and will bring it to school – and this is a very personal decision based on your family situation – it's a good idea to set some ground rules.

First of all, remember that you establish the rules along with the school! Not your teen or his or her friends or their parents. Having a smartphone is a privilege, and as a responsible parent it's up to you to set your own guidelines and reinforce school rules.



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....continued from page 1 **5 Rules for Cellphone Use in School**

Set Guidelines for Using a Cellphone in School

While your child is at home with you, you are mostly able to monitor cellphone use. However, if your child is allowed to bring the phone to school, have a serious conversation about the "do's and don'ts" of cellphone use. Establish just a few rules to make them easy to remember.

Here are our top 5 guidelines for cellphone use at school:

1. Follow your school's rules. When are you allowed to use the phone at school? At lunch, recess, between classes? Find out your school's requirements and respect them, or you may lose the privilege. Remember that the rules apply to texting as well as calling.
2. Always answer the phone if a parent calls and respond quickly to parents' texts. We won't call often, but when we do we need to talk to you right away.
3. Don't brag about your cellphone. Some of your classmates will not have the privilege of having a phone at school, so don't show off. Also, boasting about your cellphone is a good way for it to get stolen.
4. Never download anything without getting permission. We need to make sure an app is age-appropriate as well as approve extra costs.
5. Be kind with your phone. Don't be one of those kids who takes photos and videos and posts them online with cruel remarks. This is cyberbullying! Show respect and ask before taking a photo. Before posting anything, think about its impact and whether anyone could be embarrassed or hurt by your post. Also – and this is very important – be considerate when talking to classmates or teachers and put the phone down. Face-to-face conversations matter too!

If you or a family member has been injured in a pedestrian accident, bicycle accident or 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.

Be Careful!

School is in session. Buses are back on the roads.

School bus transportation is safe.
In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.

STOP

SCHOOL BUS SAFETY TIPS

- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.**
Stay away from the bus until the driver gives his/her signal that it's ok to approach.
- Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.**
Have a safe place to wait for your bus, **away from traffic and the street.**
- When being dropped off, exit the bus and walk ten giant steps away from the bus.**
Use the handrail to enter and exit the bus.
Protect yourself and watch out!
- Be aware of the street traffic around you.**
Drivers are required to follow certain rules of the road concerning school buses, however, not all do.

Courtesy of me.me



It's football season and Kalfus & Nachman is once again giving our friends a chance to go see the game at Fed Ex Field, in MD.

Enter our drawing for **2** tickets to the Dallas vs. Washington game at FedEx Field on September 15 at 1:00 pm.

[Click Here to Enter](#)

Drawing will be held on Monday, September 9th and winners will be notified on September 10th. We sincerely thank all of our friends for referring your friends and families to our office for their legal needs. Be sure to **send your family and friends the link to enter our drawing as well!!! Always be watching for our future raffles for additional chances to win!**

Please like us on [Facebook](#) and check back often for additional promotions and giveaways.

There will be an additional twelve prizes of gift certificates to Olive Garden®, Cold Stone Creamery®, Outback Steakhouse®, Ruby Tuesday, Applebee's®, Cracker Barrel®, Texas Roadhouse®, and [movietickets.com](#)™.

Winners will be drawn at random. One entry per email address, IP address, per person. Must be 18 years or over to receive prizes. Must be a Virginia or North Carolina resident. Contest ends at 12:00 pm on 9/09/19. Be sure to check your email starting on 9/10/19. Employees and their families are not eligible to win.



Congrats to Mindy M., the lucky winner of our \$100 Gift Card for School Supplies!



"What a great surprise, when you are in Wal-Mart buying school supplies and get the call you are the \$100 winner of the Kalfus & Nachman School Supply Giveaway!"

Office Fun at Kalfus & Nachman August Birthdays



Look for Attorney Paul Hernandez this school year in our local high schools speaking on “Ending Driving Distracted”



Legal Matters September 5th & 19th



Tune in for a double dose of Legal Matters on WAVY and FOX at 10 AM Live & 11 AM



Join us twice a month!

WTKR News Channel 3 @ 10 AM

September 4th & 25th

Watch Attorney, Paul Hernandez with the latest Case by Case on Coast Live with Cheryl & April.



(click image to watch & play)

Parking Lot Assault, Parent's Promise and an Overserving Bartender – check it out!



Colin O'Dawe



Very professional and friendly environment. Walking in to speak with my lawyer I was greeted with a warm smile and pleasant conversation from the receptionist. My lawyer, O'Dawe was on top of everything and pressed hard to get everything done and in a timely manner. I HIGHLY recommended this law firm. – Kaylah N.

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.

Grilled Peanut Butter and Jelly Sandwich

Back To School – great sandwich for the lunch bag!

Ingredients

- 2 teaspoons butter
- 2 slices white bread
- 1 teaspoon peanut butter
- 2 teaspoons any flavor fruit jelly

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- Kalfus & Nachman Welcomes Attorney J. Brian Slaughter
- The "Dog Days of Summer" Are Here
- And More!!!!

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Directions

1. Heat Griddle or skillet to 350 degrees.
2. Spread butter on one side of each slice of bread. Spread peanut butter on unbuttered side of one slice of bread and jelly on the other. Place one slice, buttered side down on the griddle. Top with other slice, so that peanut butter and jelly are in the middle. Cook for 4 minutes on each side, or until golden brown and heated through.

Courtesy of allrecipes.com

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