

# Kalfus & Nachman

Attorneys at Law

INJURY AND DISABILITY LAWYERS

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May Newsletter 2019

[www.kalfusnachman.com](http://www.kalfusnachman.com)

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## ENTER TO WIN!!

**Win 2 Tickets to See the Lion King**  
Broadway's Most Recognizable Music



Disney  
**THE LION KING**  
THE WORLD'S #1 MUSICAL

Show Date - June 8th  
Chrysler Hall  
Norfolk, VA

**Click Here**  
(Enter your name, email and contact phone number)

One entry per email address, IP address, per person. Must be 18 years or over to receive prize. Must be a Virginia or North Carolina resident. Tickets are nonrefundable and cannot be exchanged. We are not responsible for cancelled performances. Contest starts on 5/6/19 and ends at 12:00 pm on 5/31/19.

## 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  
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[www.kalfusnachman.com](http://www.kalfusnachman.com)

We service Virginia and North Carolina

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## Share the Road: May Is Motorcycle Safety Awareness Month

April is just a teaser for warmer weather. But once we get past "April showers," the beautiful month of May sweeps in and brings the perfect weather to break out that motorcycle.



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....continued from page 1 **Share the Road: May Is Motorcycle Safety Awareness....**

So it makes sense that May is Motorcycle Safety Awareness Month and a great time to reinforce the importance that other vehicles are aware of bikers and defend against motorcyclist accidents.

In fact, the National Highway Traffic Safety Administration (NHTSA) promotes exactly that in its "Get Up to Speed on Motorcycles" safety campaign.

### **Motorcycle Size and Design Make Motorcyclists Vulnerable**

Here is an amazing statistic to get started: Although motorcycles represent only 3% of all registered vehicles in the U.S., **motorcyclist fatalities were almost 14%** of all traffic fatalities! In 2015, almost 5,000 motorcyclists were killed in crashes, representing **a dramatic 8% increase** from the prior year.

It's easy to understand the disproportionate levels of motorcyclist deaths in accidents. For one thing, a motorcycle is a fraction of the size and weight of larger vehicles. Bikes are less stable and often have higher performance capabilities. And in a motorcycle crash, the rider and passenger have virtually no protection when striking the road, a stationary object or another vehicle.

### **Read on to "Get Up to Speed on Motorcycles"**

Motorcycle safety takes a team effort: It's up to motorcyclists **and** other motorists to work together to save lives.

- **Size matters.** Perspective wise, a motorcycle may look farther away than it really is.
- **Speed is deceptive.** A bike may be traveling faster than it looks, so predict that it is closer than it appears.
- **Be aware of blind spots.** Your car has more blind spots in terms of motorcycle visibility than for other vehicles. A bike's small size can be screened behind your car's door and roof pillars, in addition to the usual blind spots on the sides. Fences and even bushes can hide a motorcycle.
- **Brake lights.** Unlike most cars, motorcyclists can slow down by downshifting or easing off the throttle instead of braking. So a biker may be slowing down even though you don't see a red light. A good safety precaution is to allow more following distance – at least 3 or 4 seconds.
- **Slippery surfaces.** Stopping quickly may be hard for a motorcyclist when the pavement is slippery. Give them plenty of room when following.

One more important point – many motorists **don't visually recognize** a motorcycle ahead of them or approaching an intersection. This behavior is unconscious but nonetheless extremely dangerous for motorcyclists. Be vigilant for all types of vehicles!

Learn about safe motorcycle riding from the Virginia Department of Motor Vehicles.

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

# Fitting Your Bike Helmet

**Buy it. Fit it. Wear it. EVERY RIDE!**

**The Proper Helmet Fit**  
 Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: [www.bhsi.org/](http://www.bhsi.org/).

**STEP 1**

**Size:**  
 Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

**STEP 2**

**Position:**  
 The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

**STEP 3**

**Side Straps:**  
 Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

**STEP 4**

**Buckles:**  
 Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

**STEP 5**

**Chin Strap:**  
 Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.


**STEP 6**

**Final Fitting:**

- A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
- B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C. Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Click on the above image for larger view

## Stop Riding Impaired!



IN 2015,  
**27%**  
 OF THE MOTORCYCLE RIDERS  
 WHO DIED IN  
 MOTOR VEHICLE CRASHES  
**WERE DRUNK.**

RIDE  
 SOBER!

SOURCE: NHTSA.GOV

## Office Fun at Kalfus & Nachman!

# Happy Birthday



Celebrating March Birthdays



Our April Birthday Celebration

## Legal Matters May 2nd & 23rd



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

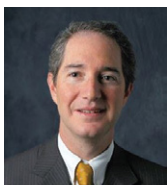
Coast Live – May 8th & 22nd

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



**(click image to watch & play)**

Dropped Tickets & Insurance Claims



**Neil Schulwolf**



**Terri Norton-Bunting** - Service and handling of my case was efficient and great. My lawyer, Neil Schulwolf has an enormous amount of experience and walked me through every step of my case. Client concierge, Ms. Ella Baskin greeted me each time with a smile.

**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.

## Kickin' Grilled Chicken Legs

### Quick Prep – Low Cost BBQ for Memorial Day

#### Ingredients

- 4 chicken leg quarters (drumsticks with thighs attached)
- 1 tsp kosher salt
- 1 Tbsp soy sauce
- 1 Tbsp olive oil
- ½ tsp black pepper
- ½ tsp garlic powder
- 1 tsp onion powder
- ½ tsp cayenne pepper

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## 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

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#### Instructions

1. Start preheating the grill to medium high, about 350F.
2. Combine all of the spices and salt in a medium size bowl and mix well.
3. Pat dry the chicken legs with paper towel, then evenly apply the rub all over the chicken legs. The rub should stick to the chicken fairly easily without adding any oil. If not, rub the legs with a small amount of oil then apply the rub. Set aside and let sit at room temp until the grill is ready.
4. Brush the grill grate with a little bit of oil to prevent sticking. Place the legs on the grill, skin side down and close the lid. Grill covered for about 30 minutes, flipping every 8-10 and moving around to account for hot spots and ensure even browning. The legs are ready when the chicken legs are nicely browned and the internal temperature is 180F-190F.

Note – ½ tsp of cayenne pepper will provide mild, pleasant spiciness. 1 tsp – medium kick and 1 ½ tsp will give a lot of kick.

Recipe courtesy of ifoodblogger.com

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