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March Newsletter 2021

www.kalfusnachman.com

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Your March Message From Attorney Paul Hernandez



[Click here to play the video](#)

Driving Dangers Increase After Daylight Savings

Many people look forward to "springing ahead" and setting the clocks one hour forward because it makes the days seem longer with more hours of daylight. However, moving the clocks can negatively impact safety on the road. Studies show that there's a 6% spike in fatal car accidents in the week following the time change.



Drowsy Driving and Drunk Driving

The abrupt change in time can interrupt your normal sleep pattern. This may lead to poor sleep quality and a reduction in the total number of hours you sleep. In other words, it can have an effect that's like insomnia or sleep deprivation. Believe it or not, driving when you're tired and feeling sleepy is like driving under the influence of alcohol. Your driving can be impaired in the following ways:

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We service Virginia and North Carolina

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....continued from page 1 **Driving Dangers Increase After Daylight Savings**

- More difficulty staying focused on the road and potential hazards
- Slower reaction time
- Harder to make quick decisions in an unexpected or emergent situation

In addition, the time change is also associated with an increase in strokes and heart attacks, which can obviously be the cause of accidents if they occur while a person is driving.

Decrease Your Risk

There are some steps you can take that can help smooth the time transition. Start by making sure you get a good night's sleep in the days leading up to setting clocks ahead and possibly going to bed a little later those nights to gradually ease your body into the new sleep schedule. Other tips for a sound sleep after the clocks change include:

- Not eating a heavy meal for dinner
- Avoiding alcohol and/or caffeine shortly before going to bed
- Making sure your room is dark
- Eliminating light from electronic devices like phones, computers, and televisions
- Taking a nap during the day if you feel excessively tired

Being aware of the potential hazards of driving the week after the clock changes can help you avoid driving situations that could put you at risk of an accident.

Using Alcohol to Cope Can Lead to a DUI

We all have heard plenty about the medical consequences of the COVID pandemic, but as the urgency in dealing with the virus decreases doctors are seeing some additional mental health fallout, including an increase in alcohol use.

It's not uncommon after a major crisis to see people increase their alcohol consumption. After the World Trade Center bombings, for example, New Yorkers increased their alcohol use by 25%. The fear, loss, and economic hardship experienced by many during the pandemic has been in tragic combination with isolation and a decreased availability of so many healthy coping mechanisms like working out at the gym or getting together with friends and family.

In one study of more than 5,800 people who reported that they drink alcohol, 29% said they had increased their drinking during the pandemic. The study further found that 64% of the respondents who suffered from depression were more likely to increase their drinking, as were 41% of those with anxiety. Respondents at the highest risk by age were those 40 who reported being 40% more likely to drink followed by 30% of 40-59-year-olds and 20% of those over age 60.



Get Help When You Need It

When drinking more becomes a habit, it increases the likelihood of a person getting behind the wheel of a car while impaired. It's important to be honest with yourself and if you believe your drinking has increased, take steps to avoid driving while intoxicated. Call a taxi or ask a sober friend to drive you home if you've been drinking. If you are concerned that your drinking is becoming a problem, talk to a trusted friend or family member or your doctor. You can also contact [Alcoholics Anonymous](#) for more information and helpful resources. Reach out before an accident occurs.

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.

buzzed driving is drunk driving

designate a sober driver

Vehicle Accident Settlement or Judgement

DO I NEED TO PAY TAX?

If you have received money following a vehicle accident, you're probably wondering, "Do I have to pay taxes on that money?" In most cases, NO. However, that is not a hard and fast rule and the answer depends on the nature and circumstances.

Medical Expenses

NO

This is considered a reimbursement of out of pocket expense and is not subject to taxes.



Pain & Suffering

NO

This is a form of compensation and is not subject to taxes.

Damage to Vehicle or Property

NO

Compensation for damage, repairs and rental car is not subject to taxes.



YES

Lost Income

Compensation for lost income IS subject to Income Tax, just as your regular income would have been.



*It is always best to seek the advice of a tax professional.



Kalfus & Nachman

IS PARTNERING WITH



RUBBLE

K&N Furry Friends

The firm is covering the cost of the adoption fees *

The pet of the month is Rubble, a two-year-old male neutered American Bulldog mix! Rubble is playful, sweet boy who loves to play fetch. Well, he loves to have you throw the ball once then refuse to give it back. Rubble is a big guy who doesn't know it, and he is recommended for an only pet home! He is very curious and spends most of his time in the yard trying to peek into the shelter windows.

**WIN A POT OF GOLD FOR
ST. PATRICK'S DAY!**

5 Lucky People will win a
\$100 Visa Gift Card

[Click Here to Enter](#)



LAW TIGERS[®]

MOTORCYCLE LAWYERS

It will be a busy summer for the Law Tigers.

- We are pleased to announce Richard VanEvery of Newport News was the winner of our National Motorcycle Makeover Contest! Paul Yaffe Customs provided a custom makeover for his 2005 Harley Davidson Road Glide.
- We are continuing our support of "Salute the Troops Waterside Bike Night" the third Thursday of every month at PBR Norfolk.
- We are supporting the "Outer Banks Bike Fest" for the second year in a row which raises money for under privileged children in Dare County at Christmas time.

We have partnered with "Moto Mob Riding Academy", a new motorcycle safety training program in Franklin Virginia, and will continue to work with the program providing rider education.



What Our Clients Are Saying About Us



Listen K&N were more than helpful! I couldn't have asked for a better legal team to help me following my car accident. Colin and Lisa went above and beyond to ensure I received everything I deserved. Thank you so much!



Darryl S
1 week ago

Attorney Colin O'Dawe





Recipe of the Month

Spicy Corned Beef Tacos

A fun use for those leftovers!

Ingredients

- 2 cups coleslaw mix
- 4 green onions, thinly sliced
- 2 jalapeno peppers, seeded and thinly sliced
- 1 cup Thousand Island salad dressing
- 1 to 2 tablespoons Sriracha chili sauce
- 2 tablespoons canola oil
- 3 cups chopped cooked corned beef
- 2 cups refrigerated diced potatoes with onion
- 12 flour tortillas (6 inches), warmed

Directions

1. In a small bowl, combine coleslaw mix, green onions and jalapenos. In another small bowl, whisk salad dressing and chili sauce until combined.
2. In a large skillet, heat oil over medium heat. Add corned beef and diced potatoes; cook and stir until heated through, 8-10 minutes. Serve in tortillas with coleslaw mixture and dressing mixture.

Recipe and photo courtesy of tasteofhome.com



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.

Legal Matters April 1st and the 15th



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



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Case by Case April 7th and the 21st



Case by Case on WTKR News
Channel 3 @ 10 am

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