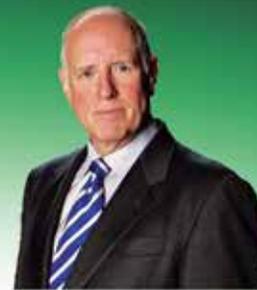


Kalfus & Nachman



INJURY AND DISABILITY LAWYERS

NEWSLETTER

JUNE 2016

www.kalfusnachman.com

Page 1

June 2016, Vol 21

In This Issue...

- ✓ From all of us at Kalfus and Nachman, THANK YOU!!!
- ✓ Hosting a Safe Graduation Party with Minors
- ✓ Can Fitness Trackers Provide Evidence in Personal Injury Cases?
- ✓ Kalfus & Nachman Cares
- ✓ Hampton Roads Show Dates
- ✓ Happy Father's Day

From all of us at Kalfus and Nachman THANK YOU!!!

Kalfus & Nachman is proud to announce that Virginia Coastal Magazine Readers voted the firm to their 2016 "Best of" Readers Choice list. This is the third year Kalfus & Nachman has been voted into the esteemed list.

Virginia Coastal Best of Readers' Choice Awards recognizes individuals and businesses in the community that offer outstanding services. The magazine recognized businesses and individuals in a variety of categories including Professional Services, News, Food and Dining, Health and Beauty, Home and Garden, Arts and Entertainment, and Travel and Leisure.

"We are so thrilled to be added to the Readers' Choice Best Of list again this year," said lawyer Paul Hernandez. "Being recognized by our clients and community members means so much to us; we are proud to be able to help so many people."



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
visit us
www.kalfusnachman.com

We service Virginia and
North Carolina

Follow us...

 [on Facebook](#)

 [on Google+](#)

 [on Youtube](#)

 [on Twitter](#)

Hosting a Safe Graduation Party with Minors

If your teenager is graduating from high school this spring, congratulations! He or she has reached an impressive milestone and is on the threshold of new adventures.

Graduations are the perfect occasions to host a party for family and friends to salute the new graduate. The last thing you want is to have your event ruined with a mishap that could have been prevented, such as a car accident or injury resulting from illegal consumption of alcohol.

In Virginia it's illegal to provide alcoholic beverages to a minor under age 21. This includes establishments that sell alcohol like liquor stores, restaurants and bars but also private parties at a residence or other venue. Anyone charged with providing alcohol to a minor can face criminal penalties of jail time and/or fines. Even if you haven't **provided** the alcohol but you **allow** minors to drink, you can face the same stiff penalties.



Be Safe and Smart at Graduation Time

First of all, and most importantly, sit down with your teenager and have a serious talk about the dangers of alcohol consumption. Lay out the law and also your own expectations and potential consequences. Remember - Virginia has a Zero-Tolerance Law when it comes to underage drinking and driving. It's illegal for a driver under age 21 to operate a motor vehicle after consuming any amount of alcohol. The punishment is loss of driver's license for 1 year **plus** a minimum fine of \$500 or 50 hours of community service.

Here are a few more tips for safe enjoyment of this exciting event:

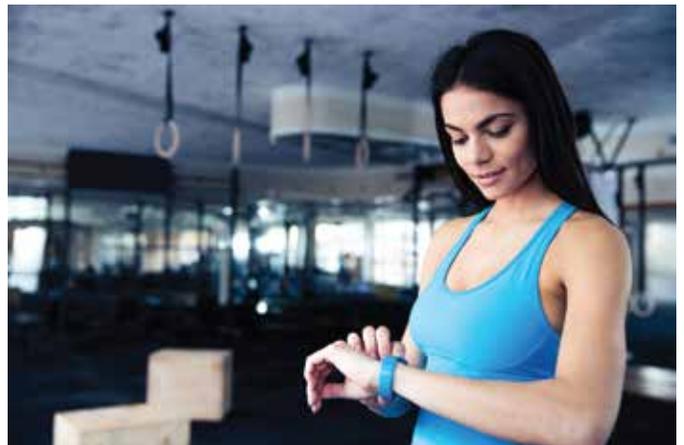
- Be a good role model. If you consume alcohol, do so responsibly and moderately. Never drink and drive and never provide alcohol to your children, even tiny sips for "special occasions."
- If your school or community provides a post-prom or post-graduation alcohol-free event, encourage your teen to participate.
- Hire a limo. Many Virginia limousine companies pledge not to allow underage drinking.
- Host your own alcohol-free party. You can provide festive alcohol-free beverages or "mocktails" that partygoers of all ages will enjoy - here are some ideas to get you started.

Can Fitness Trackers Provide Evidence in Personal Injury Cases?

New technology is playing an increasingly large role in accumulating and analyzing evidence in personal injury cases.

In a 2014 personal injury lawsuit from Canada, a plaintiff's attorneys used data from her Fitbit fitness tracker to suggest that an auto accident caused her activity levels to decrease. Using software that compares an individual's activity against public data, their analysis showed that the level of activity the plaintiff, who was a personal trainer, could sustain post-accident was substantially lower than others of her age and profession.

A Fitbit is similar to other fitness trackers in that it records steps taken and other measurements by sensing user movement. The device can calculate exercise intensity, distance traveled and calories burned.



....continued on page 3

....continued from page 2 **Can Fitness Trackers Provide Evidence in Personal...**

In a personal injury case, documentation like medical records, doctor examinations, witness reports and tracking lost work are vital evidence but in some cases may be subject to clinical interpretations. However, fitness trackers provide hard data that, when effectively analyzed, can prove before and after snapshots of activity levels.

Using fitness tracker data in these types of cases is not yet conventional and there may be obstacles to common acceptance. For example, privacy issues and the degree of fitness tracker data accuracy will certainly be challenged. A plaintiff may willingly offer tracker data, but in the case of a defendant those records may require a subpoena.

However, as new technology develops exponentially, the data that is available from tools like personal trackers and smart watches will probably have a large impact on personal injury and other types of cases.



Kalfus & Nachman pledged to donate \$2 to the Norfolk Animal Care & Adoption Center (NACC) for every "like" the law firm received on its practice Facebook page in the month of April. The firm announced the totals of the "Kalfus & Nachman Cares" donation drive Tuesday: 577 users "liked" the Facebook page in April, raising \$1,154 for the animal shelter.

"With Kalfus & Nachman Cares, our firm was able to help the community by tapping into the power of social media," said Paul Hernandez, an attorney at Kalfus & Nachman. "We're amazed at the engagement from our neighbors in Norfolk and around the Internet, and I am confident that all of our followers will be ecstatic to hear about the money we raised for animals in need of a good home."

During a visit to NACC, Kalfus & Nachman filmed an interview with shelter director Barb Hayes. This video was posted to the firm's Facebook page in early April to kick off the Kalfus & Nachman Cares campaign.

In the video, Hayes said that NACC is the largest animal shelter in Norfolk, accommodating more than 5,700 dogs, cats and other small animals each year.

The center maintains adoption hours from 11 a.m. to 4:30 p.m. on Tuesday, Wednesday, Friday and Saturday and noon to 4:30 p.m. on Sunday, with late afternoon and evening hours from 2 p.m. to 7 p.m. on Thursday. The shelter is closed on Mondays.

Hayes said that NACC makes "a lot of happy matches" with its more than 2,000 annual adoptions. She stressed the simplicity of the adoption process:

"Just come in, fall in love and we'll answer any questions you might have about taking your new companion home and integrating him or her into your own personal family."

Kalfus & Nachman Employees Rocked the Color Me Radd Race

The Color Me Radd 65K race was held April 10, 2016 this year.



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

Hampton Roads Show
June 6th and 23rd

