



# Kalfus & Nachman



## INJURY AND DISABILITY LAWYERS

NEWSLETTER

SEPTEMBER 2014

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

Page 1

September 2014, Vol 2

### In This Issue...

- ✓ [Bullying: It's Never Okay](#)
- ✓ [School Bus Safety](#)  
[Everyone on the Bus!](#)
- ✓ [Community](#)
- ✓ [What's happening around the Neighborhood](#)

## Bullying: It's Never Okay

Has your child come home and told you that kids at school are picking on her? Unfortunately, bullying is far too common: **almost 50%** of children experience bullying either at primary or secondary school.

Bullying can be **physical** like tripping, hitting and destroying possessions; **verbal** including name-calling, teasing and threatening; and **social** such as leaving a child out on purpose or spreading rumors. **Cyberbullying** occurs using electronic technology and social media posts and photos, text messages, chats, emails and websites.



### Impact of Bullying

Bullying can cause serious and lasting problems in its victims including:

- Anxiety and health problems
- Low self-esteem and sadness
- Absenteeism and poor grades
- Lack of interest in usual activities
- Depression
- Alcohol and drug use

### Take Action if You Suspect Your Child is Being Bullied

If your child confides in you that he is being bullied, or if you notice any of the above symptoms, act quickly:

- Talk to your child in a non-judgmental way about what occurred. Recruit an adult relative or close friend if he is reluctant to talk to you.
- Keep calm and don't put words in your child's mouth.
- Ask for his ideas on what he could do, and role-play to help him understand various scenarios.

....continued on page 2

### Our Offices

**Norfolk**  
Military Circle  
870 North Military  
Highway,  
Suite 300  
Norfolk, Virginia 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](http://www.kalfusnachman.com)

We service Virginia and  
North Carolina

### Follow us...

[on Facebook](#)

[on Google+](#)

[on Youtube](#)

[on Twitter](#)

## ....continued from page 1 **Bullying: It's Never Okay**

- Make an after-school appointment immediately with his teacher. Present specific examples of the bullying and the impact on your child. Ask for a report back within a day or two.
- If the situation worsens or there is no improvement after a week, escalate your complaint to the school principal.
- If your child is physically abused or even threatened with harm, contact the police after speaking with school administrators.

No child should feel unsafe at school or at a playground. Talk to your child about what to do if she observes another child being bullied. You can find many tactics that your child can use to defuse the situation and [stand up for others here](#).

### Resources

[StopBullying.gov](#) contains a wealth of information for parents, children and educators, with specific information on Virginia and North Carolina laws and resources. The site includes interactive videos and games.

[Bullyingstatistics.org](#) has information that goes beyond statistics. You'll find information on interventions and other types of bullying, such as gay and workplace bullying.

## School Bus Safety Everyone on the Bus!

Those familiar yellow buses are back on the road! School bus safety depends on the cooperation between students, their bus drivers and other drivers.

Virginia [school bus](#) laws require that drivers:

- Must stop for stopped school buses with flashing lights and extended stop sign, **or** when a bus is loading or discharging passengers even without the flashing lights – unless the bus is stopped on the other side of the road of a divided highway.
- Can continue driving when all passengers are clear of the bus and the bus has moved.

In a recent [survey](#), Virginia school bus drivers reported more than 1,800 motorists passed their buses illegally **in only one day!** Unbelievably, 2.5% of violators passed the bus on the right side, where children get on or off the bus.

### Coach Your Child on School Bus Safety

Make sure that your child knows the rules of safe and proper bus riding. Check out the National Highway Transportation Safety Agency's [Kids, the School Bus and You website](#) and discuss:

- **At the bus stop:** don't run or play – wait in a safe place away from the road. Don't approach the bus until all traffic has stopped.
- **On the bus:** face forward and remain seated. Don't distract the driver with loud voices or thrown objects. Listen to the driver and follow his instructions in an emergency.
- **Exiting the bus:** leave promptly and walk away from the bus. If the child drops something, tell the driver before picking it up so he keeps visibility of the child.

On August 28, 2014 Attorney Paul Hernandez appeared on the Hampton Roads Show @WAVY News 10 and spoke with the viewing audience on "How to safely share the road with school buses". If you would like to view this segment go to [www.wavy.com/2014/08/28/safely-sharing-the-road-with-school-buses/](http://www.wavy.com/2014/08/28/safely-sharing-the-road-with-school-buses/) or visit our Kalfus & Nachman Facebook Page.

If you or a loved one has been involved in a personal injury, 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, can help you determine whether you need a lawyer for an accident or any personal injury case.



## Our Attorneys



A.J. Kalfus



Stuart L. Nachman



Paul R. Hernandez



Richard F. Aufenger, II



Jesse M. Suit, III



Thomas A. Fitzgerald, II



Blair E. Smircina



Neal C. Schulwolf



Christopher I. Jacobs



Deborah V. Vaughn



Seth Scott



Colin O'Dawe

**Ask an Attorney  
a Question**

## Community

For 35 years, Kalfus & Nachman PC commitment to the community has been intertwined with the firm's mission to deliver top rated legal services. The Kalfus & Nachman Firm lawyers provide financial support to a host of Virginia and North Carolina non-profit organizations. For more of the great event information visit us online at [www.kalfusnachman.com/community.html](http://www.kalfusnachman.com/community.html)

### MAKING STRIDES AGAINST BREAST CANCER

This year Kalfus & Nachman has taking on a personal mission with Making Strides Against Breast Cancer on the Peninsula. Based on current breast cancer incidence rates, experts estimate that about one out of every eight women born today will be diagnosed with breast cancer at some time during her life.

So, K&N wants to help the American Cancer Society assist these women and their families that are diagnosed with breast cancer, and celebrate the survivors by raising awareness through research and education. Please come out on October 11, 2014@ 10:00 AM, to the Mariners Museum in Newport News for the annual 5K event.

For more information go to [www.makingstrideswalk.org/peninsula](http://www.makingstrideswalk.org/peninsula)

### ADOPT-A-STUDENT

This Academic School Year 2014-15, Adopt-A-Student set out to provide school supplies for over 850 Hampton Roads homeless children that participate in ForKids in Norfolk. It was a joy here at the Kalfus & Nachman Law Firm to provide some of these needed supplies. The firm supplied items for Middle and High School Students. The shelter shared that "Through Adopt-A-Student, they avoid the embarrassment of showing up for school without the necessities. In each backpack, alongside the pencils, notebooks and graph paper, is a dose of self-confidence and pride". Our children are the future Judges, Attorneys, Paralegals and Lawmakers we must support them.....

For more information go to [www.adopt-a-student.com](http://www.adopt-a-student.com)



### EMPLOYEES DONATE

Penny Ash and her daughter Amanda, Paralegal here at Kalfus & Nachman took on a personal mission, when she heard that the local food pantry's shelves remained bare. She went to her colleagues, local churches and neighbors to collect donations to fill the shelves. Penny has been successful in making two trips to the Union Mission Ministries in Norfolk this summer 2014, with shopping carts filled to the brim and gift cards. Thanks Penny for all you do!!

[www.unionmissionministries.org/](http://www.unionmissionministries.org/)

### WE SALUTE THE CREWMEMBERS OF THE USS NORFOLK ON ITS FINAL DEPLOYMENT

JOB WELL DONE!! USS NORFOLK (SSN 714) returned Tuesday August 25, 2014, marking the end of its final deployment. This marks the end of a 31 year run of preserving our freedom.



## What's happening around the Neighborhood

### Oct. 4, 2014

Coast Guard Day  
Portside, Portsmouth, VA

### Oct. 5, 2014

JT Walk & Beach Party  
Virginia Beach

### Oct. 5, 2014

Sunday Brunch Food & Cultural Tour  
City Market Building, Roanoke, VA

### Oct. 11, 2014

Chesapeake Wine Festival  
Chesapeake City Park, Chesapeake

### Oct. 18 - 19, 2014

Town Point Virginia Wine Festival  
Downtown Norfolk

### Oct. 20, 2014

2014 NASCAR Drive for Diversity  
Langley Speedway, Hampton, VA

### Oct. 25, 2014

Into The Darkness Night Trail Run  
Explore Park, Roanoke

### Oct. 27, 2014

Night at the Army Transportation Museum  
U.S. Army Transportation Museum, Newport News

Mark your calendar **Kalfus & Nachman** will host Law Night on November 13th, 2014 from 5pm – 10pm. (extending business hours via phone) Call us with your legal questions and speak directly with one of our experienced legal professionals



### K&N FACEBOOK MILESTONE

#### The best homemade BBQ Sauce for Labor Day

We have reached another milestone on Facebook with over 600+ likes. We would like to extend A BIG THANK YOU to everyone that follows us on Facebook and Twitter. To celebrate we want to exchange some recipes with our followers, tell us by posting your recipes for homemade BBQ Sauce this past Labor Day and you could win a \$25.00 gift card to your local Farm Fresh.



Contest Rules: (one entry per person, must be original recipe, must be over 18 years old to win, recipe must be posted on Facebook before 9/30/2014 @11:59 pm., Kalfus & Nachman reserves the right to disqualify entry, winner will be selected by # of likes they receive for recipe on Facebook page for Kalfus & Nachman)



#### Norfolk

Military Circle  
870 North Military  
Highway,  
Suite 300  
Norfolk, Virginia 23502

#### Roanoke

Southwest Virginia  
1322 Plantation Road  
Roanoke, VA 24012

#### Newport News

749 B J. Clyde  
Morris Blvd.  
Newport News  
VA 23601



Download our free app now!



Follow the link on our website, or simply scan these QR codes!



iTunes



Android

Kalfus & Nachman

1-888-HURLINE www.hurtlinelaw.com



As Seen On WAVY TV