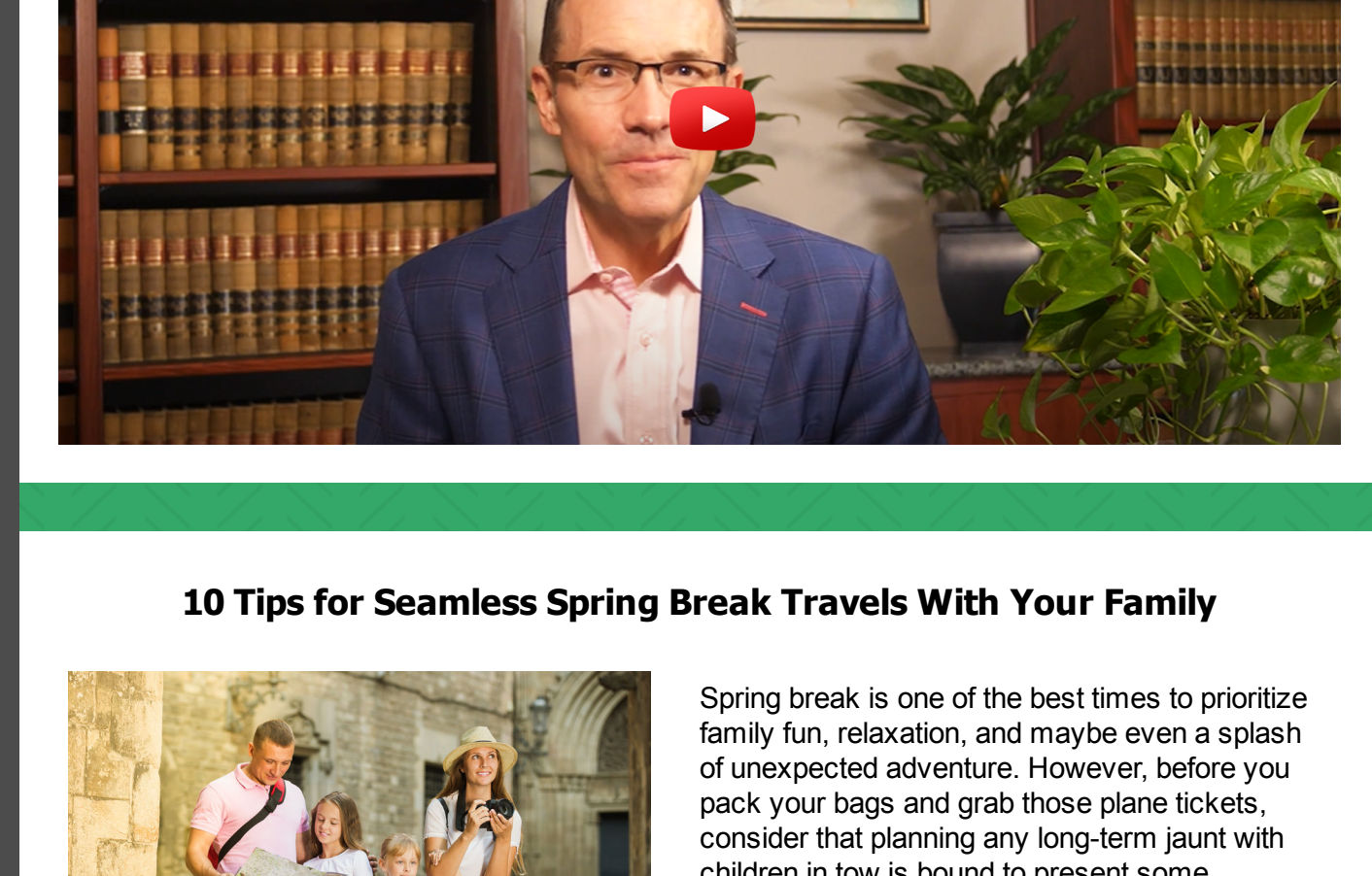




SE HABLA ESPAÑOL
 March Newsletter 2024

Your March Message From Attorney Paul Hernandez



10 Tips for Seamless Spring Break Travels With Your Family

Spring break is one of the best times to prioritize family fun, relaxation, and maybe even a splash of unexpected adventure. However, before you pack your bags and grab those plane tickets, consider that planning any long-term jaunt with children in tow is bound to present some difficulties.

[Click Here to Read More](#)

ACTIVE KIDS ARE HEALTHIER AND HAPPIER!

- EARN 8% MORE WHEN THEY BEGIN WORKING!
- STRONGER MEMORIES & IMPROVED CONCENTRATION!
- REDUCED ANXIETY & DEPRESSION!
- SCORE UP TO 40% HIGHER ON TESTS!
- LOWER RISK FOR STROKE, CANCER, HEART DISEASE, & DIABETES!
- MORE LIKELY TO GO TO COLLEGE!
- LESS LIKELY TO SMOKE OR USE DRUGS!
- HIGHER GPAs & SCHOOL ATTENDANCE RATES!

Kalfus & Nachman
 INJURY AND DISABILITY LAWYERS

5th Annual Spring Break Fun Giveaway

3 LUCKY WINNERS
 Win a pair of tickets to the park of your choice.

Busch Gardens | **Kings Dominion** | **Six Flags**

*Winners receive TWO TICKETS to their choice of Busch Gardens, Kings Dominion or Six Flags.

[Click Here to Enter](#)

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POT OF GOLD
 ST. PATRICK'S DAY

Congratulations

- Mary Rose C.
- Cassie B.
- Gina H.

amazon GIFT CARD \$100

LAW TIGERS
 MOTORCYCLE LAWYERS



With above-average temperatures, motorcycle riders have been eager to get their bikes out on the road and see all their motorcycle friends. We started the month off at a bike blessing with the Rare Breed Motorcycle Club at Richmond Harley Davidson. Bike blessings are common across the motorcycle community. They provide riders with a moment of reflection and attention to safety with the encouragement of a community that looks after one another for the upcoming riding season. The event was a wonderful reminder of the like-minded individuals who share our passion for two wheels and the importance of looking out for one another.

Cycle Gear has started their bike nights with huge support across the state. They host bike nights in Norfolk, Richmond, and Springfield, where everyone is invited to experience the camaraderie so prevalent amongst motorcycle riders and enjoy the unique machines enthusiasts bring out to share at these events. All types of bikes can be seen and heard at bike nights, and the enthusiasm for all types of motorcycles and people is tangible. Spring made its appearance in Virginia, and motorcycle riders are ready to embrace it.

Kalfus & Nachman
 IS PARTNERING WITH
NORFOLK SPCA

Mary Jo

K&N Furry Friends

The firm is covering the cost of the adoption fees *

Mary Jo has been looking for a home since 3/21/2023! Yes, almost one year in our shelter! She has lots of pep in her step! Mary Jo is not a fan of small animals, so no cats or dogs – she wants to be an only pet in your family. She is a staff favorite and our volunteers adore her! Mary Jo is Affectionately known as "MJ" by our CARES TEAM, she is such a beautiful and sweet lady – Just over 3 years young, she would love to become a member of your family. Stop by and meet her any day between 1-4:30 (except for Monday) at 916 Balentine Boulevard in Norfolk.

[Click Here to Learn More](#)

Kalfus & Nachman

“Just wanted to say thanks to Greg Camden and staff Krystal and Kendra for handling my Workers Compensation case they did an outstanding job. I would highly recommend them to anyone in need of an attorney. I will certainly use them in the future.”

- Michael A.

Greg Camden
 ★★★★★
 Google Reviews

Happy Birthday

Wishing you the best on your birthday and everything good in the year ahead.

Participate in our monthly contest and like us on FACEBOOK



Classis Reuben
 An iconic Irish treat!

Ingredients:

- 1 pound corned beef or pastrami, sliced
- 1 tablespoon olive oil
- 8 slices rye bread
- 4 tablespoons butter, softened
- 1 cup sauerkraut, well-drained
- 16 thin slices Swiss cheese

Homemade Russian Dressing (or substitute Thousand Island Dressing)

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup plus 2 tablespoons ketchup
- 1/2 cup plus 2 tablespoons dill relish
- 1 tablespoon prepared horseradish
- 1 heaping tablespoon finely minced shallot

Directions:

- Make Dressing: Whisk together all ingredients. Set aside.
- In a skillet, over medium heat, add oil. Once hot, add the meat and cook just until heated.
- Lightly butter one side of each slice of bread. Flip over and spread 1 1/2 tablespoons of Russian dressing on each slice.
- Add the toppings to each sandwich: Top 4 bread slices with 2 pieces of cheese, 1/2 pound of corned beef, sauerkraut, and 2 pieces of cheese. Top each with a slice of bread, dressed side down.
- In a hot skillet (panini press or griddle), cook sandwiches over medium heat 4-6 minutes, flipping once. Cook until cheese melts and the bread is crispy.

Notes:

- This recipe makes 4 sandwiches.
- Tip: Once you have cooked the Reuben, slice it diagonally into two triangles and set the sandwich upright on the cut edge. This stops the bottom bread from getting soggy.
- Corned Beef: Cook your own or purchase slices from the deli.
- Sauerkraut: Not a fan, try using coleslaw.

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1. Tap Link Below
2. Tap "Download"
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We handle Workers' Compensation Cases

Call us if you have been injured at work!
1-888-Hurtline

Thank You FOR YOUR REFERRALS

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.

hrs HAMPTON ROADS SHOW | Watch Legal Matters on WAVY & FOX
 APRIL 11 & 18 @ 10 am & 11 am

Case LIVE | Watch Case by Case on WTKR News
 APRIL 17 & 24 @ 10 am

[Ask an Attorney a Question](#)

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