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Newsletter October 2017

www.helpinginjuredpeople.com

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October 2017

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Important Steps To Take If You Are Involved in a Car Accident

Being in a car accident is a stressful and frightening experience - even if it's just a minor fender bender. You may be dealing with your own injuries as well as those of your passengers. You'll also have to handle other drivers, the police, insurance companies and of course damage to your own vehicle.



Despite the anxiety and stress of the situation, it's important to stay as calm as possible and act deliberately for your safety as well as that of your passengers - and to protect your legal rights.

- Call 911 right away to get medical help as well as police support. Don't ever leave the scene of an accident!
 - Stay in your car until help arrives.
 - At the scene, don't apologize for the accident! Avoid discussing the accident with anyone except the police and emergency personnel.
 - Collect information about the other drivers including names and contact information as well as license plate and car insurance.
 - Take photos of the damage to your car and other involved vehicles. Capture the accident scene on your camera including traffic signals, street signs and any obstacles.
 - Ask witnesses for their names and contact information.
 - If you decline emergency care, get checked out as soon as possible at your doctor's or at an emergency room. Often injury symptoms won't appear right away.
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Our Offices and Hours

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 Fax: (813) 909-8535

Office Hours
 Monday – Friday
 8:00 a.m. to 5:00 p.m.
 Scheduled appointments
 after hours

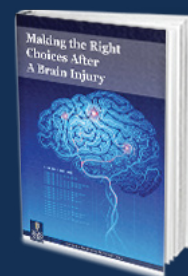
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 Scheduled appointments
 after hours

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....continued from page 1 **Important Steps To Take If You Are Involved in a Car...**

- Call your own insurance company right away to report the accident.
- Create a simple diagram of the accident including the location of all involved vehicles before, during and after the accident. Jot down weather and road conditions.
- Compile all related documents in a file. Include medical care, medications, missed work days and related expenses such as for taxis, car rentals and repairs. Get a copy of the police accident report.
- Avoid putting any information on your accident, your injuries or the condition of your car on social media.

Importantly, contact a qualified attorney who is experienced in Florida car accidents to protect your legal rights. Don't accept any settlement, or even discuss your case with the other driver's lawyer or insurance company, until you consult with us to review your options.

Area Day Trips: Our Top 6 Picks

You don't have to travel far in our state to find diverse and fascinating places - all accessible in one day!

Caution: Call these attractions before visiting to check on status due to possible damage from Hurricane Irma.

Here are our top 6 picks:

Alexander Springs in Altoona boasts one of only 27 first-magnitude springs in Florida. Revel in the extraordinarily clear water that maintains a constant 72°, or rent a canoe or kayak to enjoy this tropical recreation area.

You'll travel back eons in time when you visit Dinosaur Park in Plant City. Let the kids marvel at hundreds of life-sized dinosaurs in a natural setting. There are interactive exhibits to capture the imagination and a dino-themed playground.

Gatorland in Orlando provides affordable family fun with all things alligator. Learn all about these fascinating reptiles in this "Alligator Capital of the World" with its breeding marsh with boardwalk and observation tower as well as splash park and petting zoo.

Meet a veteran astronaut, tour rocket launch areas and train in spaceflight simulators at Kennedy Space Center in Titusville. Enjoy fabulous guided tours for behind-the-scene looks at real working space flight facilities and thrill to •IMAX® theater space-themed films.

Have you tried zip-lining yet? At The Canyons Zip Line & Canopy Tours in Ocala, you'll enjoy zip-line rides that are high and also very long - up to 3 hours with 9 zips and 2 rope bridges. If you'd like a more traditional experience, tour the cliffs and canyons via horseback.

Travel back in time to Tampa's American Victory Ship, one of only 4 fully-operational WWII ships in the U.S. Tour the cargo holds, radio and gyro rooms, weaponry, flying bridge, galley, Captain's quarters and crew cabins. Learn about the history of the American Merchant Fleet throughout her 9 decks.

If you or a family member has been injured in a car accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (866) 364-9529 for your initial free consultation. The Holliday Karatinos Law Firm, PLLC, injury attorneys in Brooksville and Lutz, Florida, can help you determine whether you need a lawyer for an accident or any personal injury case.



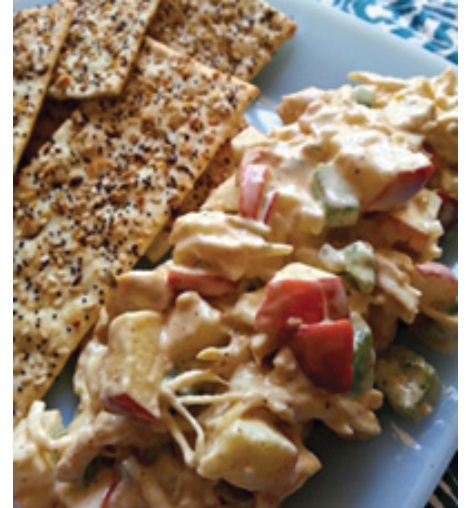
Recipe of the Month

Healthy Chicken Salad

If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper



Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of youbrewmytea.com

What's Happening in North Tampa

Nov 11

Veterans Day Fall Fly (Kite Festival)
Thunderbird Beach Resort
Saint Petersburg, FL
<https://goo.gl/tPUAtj>

Nov 11

Ribfest 2017
Vinoy Park
Saint Petersburg, FL
<https://goo.gl/Vh8VVY>

Nov 12 - 13

Paying It Forward All-Cancer 5K
Al Lopez Park
Tampa, FL
<https://goo.gl/k3RjFN>

Nov 15

Mannheim Steamroller Christmas
The Mahaffey Theater
Saint Petersburg, FL
<https://goo.gl/GxjBSf>

Nov 18

Dunedin Celtic Music And Craft Beer Festival
Highlander Park & Aquatic Complex
Dunedin, FL
<https://goo.gl/iQf4mN>

Nov 25

Buckler's 24th Annual Holiday Craft Fair
Florida State Fairgrounds
Tampa, FL
<https://goo.gl/V2LGY2>

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Dec 3

Cookies, Crafts & Carols Workshop with Santa & Friends
David A. Straz, Jr. Center for the Performing Arts
Tampa, FL
<https://goo.gl/fZY9xc>

Dec 14

Yulefest 2017
All World Acres
Plant City, FL
<https://goo.gl/A3ZeQt>

Dec 16 - 17

Inaugural Tampa Jingle Bell Jog 5K
Florida State Fairgrounds
Tampa, FL
<https://goo.gl/yj9GjM>

Dec 17

Trans-Siberian Orchestra: The Ghosts of Christmas Eve
Amalie Arena
Tampa, FL
<https://goo.gl/EPU8jk>



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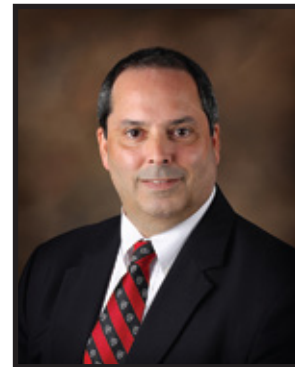
Meet our Attorneys



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**Theodore "Ted" E.
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Oscar Lopez

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