



Full Cup Of Justice



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Newsletter April 2018

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Page 1

April 2018

In This Issue...

- ✔ Could Distracted Driving Be the #1 Killer?
- ✔ Florida State Symbols Illustrate the Best of Our State
- ✔ Recipe of the Month: Beet and Goat Cheese Arugula Salad
- ✔ What's Happening in North Tampa

Could Distracted Driving Be the #1 Killer?

You see it every day: A driver staring at a cell phone while speeding down the highway. Drivers applying make-up while focusing on their personal mirrors and not on the road. Parents driving with one hand while juggling drinks, snacks, and toys for their children in the back seat.

Distracted driving has become as dangerous as drunk driving.

That's the result of an AAA driver survey, where 88% of those surveyed reported that the occurrence of distracted driving is increasing, passing other risks such as driving under the influence of alcohol, aggressive driving, and drivers using drugs.

And the numbers bear out this result. The U.S. Department of Transportation reported that in 2015, the most recent year for which statistics are available, 3,500 people were killed in distracted driving accidents with almost 400,000 more people injured. In Florida alone, more than 50,000 accidents every year are caused by a distracted driver.

Texting While Driving May Be the Riskiest Behavior

There are 3 basic ways to be distracted while driving:

- **Manually.** When you are holding a cell phone or a cup of coffee, one of your hands is not on the wheel.
- **Visually.** You are not watching the road or surrounding traffic when you are staring at a smartphone or GPS system
- **Cognitively.** Are you thinking about the task of driving, or are you focusing on a cell phone call or text?

When drivers are texting, which includes even just glancing at a smartphone display, they are distracted **in all 3 ways** - a recipe for disaster. In fact, because reading a text takes an average of 5 seconds, the driver of a car traveling 55 mph who is reading a smartphone can travel the length of a football field without looking at the road!

....continued on page 2



Our Offices and Hours

North Tampa / Lutz Office

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Office Hours

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Scheduled appointments after hours

Inverness Office

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Scheduled appointments after hours

Hernando County Office

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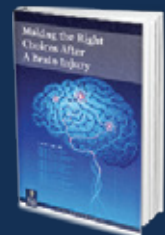
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....continued from page 1 **Could Distracted Driving Be the #1 Killer?**

Florida penalizes drivers who are caught texting. But as of today, texting while driving is still a secondary offense, meaning that the police must have another reason – for instance, speeding or running a red light – to stop the driver.

Teens and Young Adults Are the Greatest Offenders

The greatest number of distracted driving accidents is caused by young adults ages 20-29. Individuals in this age group, as well as teenagers, grew up surrounded by technology and find it difficult to put the phone down, even while driving.

Parents, be role models for your children! Put down your cell phone and never text while driving. The National Safety Council (NSC) has resources to help your young driver understand the dangers of driving while distracted, especially texting. Take the NSC Attentive Driving Pledge together to demonstrate your own commitment to not driving while distracted.

Florida State Symbols Illustrate the Best of Our State

You probably know that our **state flower** is, appropriately, the lovely orange blossom. But did you know that the original Florida **state flag**, when created in 1868, was simply the state seal centered on a white field? Our governor in the 1890's criticized that it looked too much like a flag of surrender, so the red cross was added to its design.

How many of these Florida state symbols do you know?

- Speaking of our **state seal**, its 1865 design has been updated over the years for accuracy. The original cocoa tree has been replaced by our **state tree**, the sabal palmetto palm; the Native American woman's clothing was changed to be that of a Florida Seminole, and; her headdress was removed as they were only worn by males.
- As our **state animal**, the Florida panther was persecuted to near-extinction because of misunderstanding and fear. But these 6-foot predators play an important role in the ecosystem and hunting them is now illegal.
- Florida not only has a state animal but also a **state marine mammal**. The manatee, or sea cow, lives in all types of coastal waters including bays, estuaries, and canals. An herbivore, these gentle giants are one of the most endangered marine animals in the U.S. and can grow up to 14 feet long.
- Citrus is king in our state! Not only is the orange our **state fruit** and orange juice our **state beverage**, but tangy key lime pie is our **state pie**. Key limes are smaller than the more common Persian lime and, although they are naturalized throughout the Keys, today most are imported.
- The Florida **state song** is "The Swanee River" written in 1851 by Stephen C. Foster. The song immortalized the Suwannee River that separates the Florida panhandle from the rest of our state. The river drains into the Gulf of Mexico at the town of Suwannee.



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.

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Recipe of the Month

Beet and Goat Cheese Arugula Salad

This gourmet salad has colors, flavors, and textures that will complement most any meal and will become a staple for any family gathering or special occasion.

Ingredients

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled



Directions

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

Recipe courtesy of Giada De Laurentiis

What's Happening in North Tampa

May 1 - 9

Kind Mouse Milk Drive Festival
Carillon Park
St. Petersburg, FL
<https://goo.gl/ztXtM3>

May 11

Alan Jackson
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/pasRxM>

May 13 - 14

I Love Mother's Day 5K
John Chestnut Park
Palm Harbor, FL
<https://goo.gl/aQ2suQ>

May 14

Steely Dan & The Doobie Brothers
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/xn8ryM>

May 15

Justin Timberlake
Amalie Arena
Tampa, FL
<https://goo.gl/HkDUtQ>

May 26 - 27

Tampa Bay Margarita Festival
Curtis Hixon Park
Tampa, FL
<https://goo.gl/tUD1Q3>

....continued from page 3 **What's Happening in North Tampa**

May 26 - 27

Sunset Music Festival
Raymond James Stadium
Tampa, FL
<https://goo.gl/m74oNt>

June 2

Shania Twain: NOW Tour
Amalie Arena
Tampa, FL
<https://goo.gl/mskoBs>

June 6

Harry Connick Jr.
Ruth Eckerd Hall
Clearwater, FL
<https://goo.gl/dC2pTk>

June 17

I Love Father's Day 5K
John Chestnut Park
Palm Harbor, FL
<https://goo.gl/zXhM4n>

June 23

Luke Bryan, Sam Hunt & Jon Pardi
Raymond James Stadium
Tampa, FL
<https://goo.gl/soXMHW>

June 30

Boy George, Culture Club & The B-52s
The USF Sun Dome
Tampa, FL
<https://goo.gl/hZTo15>



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