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Newsletter June 2018

www.helpinginjuredpeople.com

Page 1

June 2018

In This Issue...

- ✓ 10 Things To Do If You Are Injured
- ✓ Florida: Oldest, Largest, Longest
- ✓ Recipe of the Month: Rigatoni with Swiss Chard and Turkey Sausage
- ✓ What's Happening in North Tampa

10 Things To Do If You Are Injured

If you or a family member has been injured in an accident or slip and fall, or any other type of personal injury, you know that an unexpected injury can be very stressful.

Although you are experiencing anxiety along with considerable pain, it's important – and in your best interests – to take the right steps right away to safeguard your health and preserve your legal rights too:



1. Call 911 and stay at the scene as long as it remains safe to do so. It's illegal to leave the scene of an auto accident.
2. Even if you believe your injuries are minor, get medical treatment as soon as possible. If you don't get emergency medical treatment right after the accident, see your own doctor or an emergency room quickly as some symptoms may not appear for some time.
3. Begin documenting your accident right away. Get names of everyone involved in the accident and witnesses and the police, as well as contact and insurance information. Take photos of your injuries, your car and other involved vehicles and the accident scene. For a slip and fall accident, fill out a facility accident report.
4. Choose a physician who specializes in treating accident victims. Always follow through with prescribed treatments, therapy and medication to demonstrate that you are making an effort to recover.
5. Report your accident to your insurance company right away.

....continued on page 2

Our Offices and Hours

North Tampa / Lutz Office

18920 N Dale Mabry Hwy Suite 101
Lutz, FL 33548
United States (US)
Phone: (813) 868-1887
Fax: (813) 909-8535

Office Hours

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

Inverness Office

Holliday Karatinos Law Firm, PLLC
111 West Main Street
Inverness, Florida 34450

Office Hours

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

Hernando County Office

H&K Building 15316 Cortez Blvd
Brooksville, FL 34613
United States (US)
Phone: (352) 597-0009
Fax: (352) 597-8600

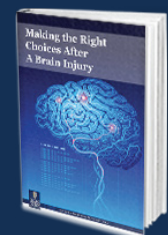
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....continued from page 1 **10 Things To Do If You Are Injured**

6. Don't talk about your accident. At the scene, only speak to the police and don't apologize for anything as this may indicate fault. Before talking to the at-fault driver's investigator or insurance company, be sure to consult with an attorney experienced in personal injury cases.
7. Stay away from social media! Never post photos and updates about your accident and injury as these can be used against you in any claim that you may make.
8. Get a copy of the police report and review it for accuracy. For a slip and fall accident, get a copy of the facility owner's incident report.
9. Remember that the insurance adjuster is not on your side! Don't accept a settlement before meeting with an attorney.
10. Most importantly, reach out for an experienced Florida personal injury attorney. Our firm has the right experience in all types of accident and personal injury cases and we will fight hard on your behalf.

Florida: Oldest, Largest, Longest

You probably know that St. Augustine, founded in 1565 by Spanish explorers, is the **oldest** continuously occupied European-established settlement in the U.S.

But do you know that St. Bernard de Clairvaux Church in North Miami Beach is technically far older and possibly the **oldest church** in the U.S.? The church was built in Segovia, Spain in the twelfth century, but dismantled and reassembled in North Miami Beach in the twentieth century.

Read on for more "-est" trivia that can only be found in our state:

Florida is the **"hottest"** when it comes to lightning strikes. We experience more than 90 thunderstorm days a year, or an average of 1 every 4 days. A single thunderhead can provide hundreds of strikes.



We are also the **sunniest**, living up to our motto as the Sunshine State. In fact, the City of St. Petersburg brags that the *Guinness Book of World Records* declared the city as the sunniest after 768 consecutive days of sun.

Everglades National Park is home to the **largest** subtropical wilderness in the U.S. This World Heritage Site comprises 1.5 million acres with diverse ecosystems ranging from hardwood hammock to pinelands, mangrove, cypress, freshwater slough and estuarine.

With our peninsular shape helping to generate 2,000 miles of ocean and Gulf coastline, Florida has the **longest** coastline of all states in the lower 48.

Tampa boasts the **longest** sidewalk in the world! Bayshore Boulevard's sidewalk is more than 4 miles long and a haven for walkers, joggers, cyclists ... and tourists.

Key West is the **southernmost** spot in the continental U.S. Cuba is only 90 miles away from the southern tip of the island.

Florida certainly has bragging rights to be the **"space-est"** state of all. Cape Canaveral launched the first U.S. satellite, astronaut, orbital astronaut, 2 and 3-person U.S. spacecraft and the first successful mission to reach the moon.

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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Get links to additional valuable info that we can't provide in a print copy

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Recipe of the Month

Rigatoni with Swiss Chard and Turkey Sausage

Now in season at your local farm, swiss chard has stems that look a little like celery and can be green, red or rainbow-colored - a mixture of red, orange, pink and yellow. Cutting off the colorful stems and using just the leafy greens gives this savory pasta a healthy dose of magnesium and vitamins A and C.

Ingredients

- Kosher salt
- 12 ounces rigatoni
- 2 tablespoons extra-virgin olive oil
- 12 ounces spicy turkey sausage, casings removed, crumbled
- 4 tablespoons unsalted butter
- 6 cloves garlic, chopped
- 1 bunch Swiss chard, stems removed, leaves chopped
- 1 tablespoon plus 1 teaspoon all-purpose flour
- 1 3/4 cups milk (not skim)
- 1/2 cup grated parmesan cheese (about 1 ounce)
- Grated zest of 2 lemons
- Freshly ground pepper



Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta.

Meanwhile, heat the olive oil in a large Dutch oven or wide skillet over medium-high heat. Add the sausage and cook until browned, about 5 minutes. Transfer to a plate using a slotted spoon; set aside.

Wipe the Dutch oven clean; add the butter and melt over medium heat. Add the garlic and cook, stirring, until slightly softened, 1 to 2 minutes. Add the chard and cook, stirring occasionally, until wilted, 3 to 4 minutes. Sprinkle in the flour and cook, stirring, until combined, 1 to 2 minutes.

Add the milk to the chard mixture and bring to a boil; cook 1 minute. Stir in the sausage, parmesan, lemon zest and a few grinds of pepper. Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, about 6 minutes. Add the pasta to the pot and toss, adding enough of the reserved pasta water to loosen the sauce and coat the rigatoni.

Recipe courtesy of Food Network Kitchen

What's Happening in North Tampa

July 6

Chris Brown
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/M87DTb>

July 20

Rascal Flatts, Dan and Shay
& Carly Pearce
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/SZPJSZ>

July 21

Chicago & REO Speedwagon
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/yRqHJK>

July 25

Dave Matthews Band Summer Tour
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/mDnNs9>

Aug 7

Janet Jackson: State of the World Tour
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/EWHKDg>

Aug 14

Taylor Swift's Reputation Stadium Tour
Raymond James Stadium
Tampa, FL
<https://goo.gl/cKuXi8>

Aug 18

Journey & Def Leppard
Amalie Arena
Tampa, FL
<https://goo.gl/4rNQgS>

Aug 31

Salsa & Bachata Festival
Hilton Tampa Downtown
Tampa, FL
<https://goo.gl/6HyNtH>



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Meet our Attorneys



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**Theodore "Ted" E.
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