



Full Cup Of Justice



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February 2019

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What Are the Most Common Types of Personal Injury Damages?

If you have suffered injuries in an auto accident or slip and fall or other personal injury, you may be entitled to compensation.



Money that victims receive as compensation for injuries and other expenses is called damages. Whoever is found responsible for the injury – for example, the other driver in an accident, or a property owner or manufacturer – pays the damages as either a negotiated settlement or as ordered by the court at the conclusion of the case.

Compensatory Damages Compensate the Victim

Typical compensatory damages included:

- Current and estimated future medical expenses.
- Medical equipment and devices
- Transportation costs for medical and therapy appointments
- Property loss to compensate for any property, such as a car, that must be replaced or repaired.
- Lost wages.
- Future earnings of which the victim may be deprived.
- Compensation for any physical or mental pain caused by the injury; this is called pain and suffering.
- Loss of consortium to compensate for how the victim's marital relationship is affected.
- Compensation for loss of enjoyment if the victim cannot enjoy activities such as exercise or hobbies.

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Our Offices and Hours

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 Fax: (813) 909-8535

Office Hours
 Monday – Friday
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 Scheduled appointments after hours

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

Office Hours
 Monday – Friday
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 Scheduled appointments after hours

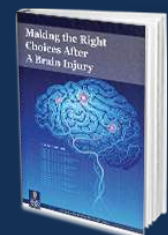
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Punitive Damages

The judge or jury may find that the defendant's conduct was especially negligent, malicious or reckless. For example, the driver who caused a car accident was committing a crime and fleeing when the accident occurred. Another example would be if a truck company did not knowingly maintain the vehicle that caused the accident. In these cases, punitive damages may be awarded in addition to any compensatory damages.

Punitive damages are intended to punish the defendant. They are also intended to act as a deterrent to others from similar behavior.

Court Costs

The court may also award court costs. These will reimburse you for expenses related to the court case including filing fees, process server fees and deposition transcripts.

Stay Away from Social Media after an Accident

Being in a car crash, no matter how minor, is always stressful and your first instinct may be to turn to family and friends via social media. This is not a good idea! Social media posts on Facebook, Instagram and other platforms may harm your claim with the insurance company as well as your chance of compensation for your injuries.



How Social Media Can Affect Your Claim

Even with private settings, an insurance investigator or an attorney for the other driver may be able to access your postings. Here is the harm:

- You may unintentionally admit fault with a statement like "I didn't see the other car in the lane."
- Posting after the accident may indicate that you are not seriously injured – for example, going to parties or working out at the gym.
- Your claim for emotional trauma may not be taken seriously if you post that you are able to go about your usual life and don't appear affected by the accident.
- Sharing information on social media may jeopardize any confidentiality protections between you and your attorney. Always keep sensitive financial and medical information to yourself.
- Do not "badmouth" the insurance company, opposing attorney or judge. This may show that you are not negotiating in good faith.

Take a Break from Social Media

It's a good idea to stay off of social media **after** the accident occurs. Any postings would be public statements that can easily be accessed by the insurance company, the adjuster or another attorney.

Be careful not to delete any postings or photos from **before** your accident.

Update your settings to private and prohibit anyone from posting on your site. Importantly, don't add any new contacts or friends unless you know them personally.

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

Chicken and Broccoli Twice-Baked Spaghetti Squash

This recipe proves spaghetti squash is made for the twice-baked treatment - it's not just for potatoes! The squash gets roasted, blanketed in a creamy sauce with chicken and broccoli, and topped with cheese before taking a turn under the broiler for a golden brown crust.

Ingredients

- 1 medium spaghetti squash (2 1/2 to 3 pounds)
- 1 cup broccoli florets
- 2 cups 2% milk
- 1 clove garlic, smashed
- 4 ounces Neufchatel cheese (or 1/3 less fat cream cheese)
- 1/4 cup grated Parmesan
- 1 1/2 cups shredded mozzarella
- 1/4 cup Greek yogurt
- Kosher salt and freshly ground black pepper
- 2 cooked chicken breasts, diced (use rotisserie chicken for a shortcut)



Directions

1. Preheat the oven to 400 degrees F.
2. With a sharp knife, carefully cut about four 1/2-inch slits in the squash to allow steam to escape while it cooks. Put the squash on a baking sheet and roast for about 1 1/2 hours. Let the squash cool for about 20 minutes on the baking sheet.
3. Meanwhile, bring a pot of water to a boil and prepare an ice water bath. Blanch the broccoli briefly in the boiling water then transfer to the ice bath to cool. Drain and set aside.
4. Cut the squash in half lengthwise and use a spoon to scoop out the seeds. With a large fork, pull the squash fibers away from the outer peel (use a towel to hold the squash in place if necessary). Reserve the squash and the outer peel.
5. Preheat the broiler.
6. Put the milk and garlic in a saucepan over medium-high heat and heat until it just begins to simmer, about 3 minutes. Reduce the heat to medium, add the Neufchatel cheese, Parmesan and 1 cup of the mozzarella and stir until melted. Turn off the heat, stir in the yogurt and season with salt and pepper. Remove the garlic. Add the squash, chicken and broccoli and toss to coat. Divide the mixture between the reserved squash peels. Top with the remaining 1/2 cup mozzarella.
7. Place the stuffed squash onto a baking sheet and broil until the cheese is melted and bubbly, a few minutes.

Recipe courtesy of Katie Lee

What's Happening in North Tampa

- Mar 3**
Steven Tyler
Florida Strawberry Festival
Plant City, FL
<https://bit.ly/2FQ50oj>
- Mar 6**
Styx
Florida Strawberry Festival
Plant City, FL
<https://bit.ly/2RSjCtQ>
- Mar 7**
The Letterman
Florida Strawberry Festival
Plant City, FL
<https://bit.ly/2CQzGlg>
- Mar 8**
Firestone Grand Prix of St. Petersburg 5K
North Straub Park
Saint Petersburg, FL
<https://bit.ly/2FS8fvi>
- Mar 15**
Reggae Rise Up Florida Festival
Vinoy Park
Saint Petersburg, FL
<https://bit.ly/2RPNuqD>
- Mar 2-31 (Saturday/Sunday)**
Bay Area Renaissance Festival
- MOSI**
Tampa, FL
<https://bit.ly/2FP8APF>
- Apr 18**
Carlos Santana: Global Consciousness Tour
Al Lang Stadium
Saint Petersburg, FL
<https://bit.ly/2Hv5jXe>
- Apr 20-21**
6th Annual Hunger Run 5k
AL Lopez Park
Tampa, FL
<https://bit.ly/2Wsva5I>
- Apr 26**
Rosanne Cash
Capitol Theatre
Clearwater, FL
<https://bit.ly/2FZv0eI>
- Apr 27**
The Temptations & The Four Tops
Ruth Eckerd Hall
Clearwater, FL
<https://bit.ly/2S3OruV>



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Meet our Attorneys



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