



Full Cup Of Justice



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Newsletter August 2017

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August 2017

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Welcome

Welcome to the Holliday Karatinos Law Firm Newsletter. We would like to take this opportunity to introduce you to our new bi-monthly newsletter, with articles we think you will find of interest. We hope you will enjoy our newsletter and we welcome your comments and feedback.



Spinal Cord Damage from Auto Accidents Can Cause Devastating Injuries

Auto accidents can cause devastating injuries, including those that damage the spinal cord.

Although the spinal cord is protected by the bones in the spinal column, the cord itself is very fragile. When trauma damages the spinal cord, the victim may suffer partial or total disability and even death.



There are 17,000 new cases of spinal cord injuries in the U.S. every year - and this is **in addition to** those victims who die at the accident scene (data from the National Spinal Cord Injury Statistical Center). The most common cause of spinal cord injuries are vehicle accidents including motorcycles (38%), followed by falls (31%), violence (14%) and sports injuries (9%).

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Our Offices and Hours

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 Scheduled appointments
 after hours

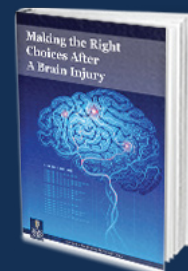
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....continued from page 2 **Spinal Cord Damage from Auto Accidents Can....**

Spinal Cord Injuries Can Result in Severe Damage

The nerve tissue and support cells in the spinal cord control most of your body's essential functions including regulating body temperature and heart rate. The nerve cells relay messages between the brain and the rest of your body to generate muscle reactions and sensation.

When the spine is subjected to the trauma of a car accident, the spinal cord's protective vertebrae are often fractured, crushed or dislocated. Immediate emergency treatment that stabilizes the spine can reduce the long-term effects of the damage including:

- Paralysis
- Loss of sensation
- Loss of movement
- Breathing problems
- Loss of bowel or bladder control
- Chronic pain
- Fertility issues

Complications from Spinal Cord Injuries Can Permanently Impact a Victim's Life

A victim of an accident in which the spinal cord is injured may face permanent lifestyle changes and mental and emotional problems such as depression. Although many victims recover enough to lead a full and productive life, most require ongoing support including:

- Medical care
- Rehabilitation
- Physical therapy
- 24-hour care
- Home and/or vehicle modifications
- Wheelchairs and other assistive devices

When the cost of current and future lost wages is added to the above expenses, the total cost of a serious spinal cord injury can add up to a financial burden of millions of dollars. You may be eligible for compensation for your injuries along with pain and suffering if your injury was caused by negligence.

Summer Hiking Fun: Enjoy Our Top Central Florida Hiking Trails

Our area boasts dozens of beautiful and challenging hikes whether you are a veteran or beginning hiker.

Before venturing out on the trail, confirm your start and end points and check the route's difficulty rating. Be sure to verify whether you need a user or entrance fee or a state park pass.

Florida Trail (71 mi) is a heaven for backpackers in the Ocala National Forest. You'll immerse yourself in the world's largest sand pine scrub forest whether you enjoy a day trip or traverse the entire route in 6-9 days.

The Bear Swamp Trail (1.3 mi) in the Ocala National Forest will take you back in time as you explore the ancient forest including a natural container garden of Resurrection Fern.

Cayo Costa State Park Trails (up to 6 mi) meander through an island paradise with miles of secluded oceanfront and diverse ecologies such as old dunes and coastal scrub.

Chinsegut Nature Center (up to 2 mi) in the Chinsegut Wildlife and Environmental Area in Brooksville offers excellent bird-watching opportunities. Explore the nature center and the remains of a late 1800s homestead.



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....continued from page 2 **Summer Hiking Fun: Enjoy Our Top Central Florida...**

Citrus Hiking trail (43 mi) in Withlacoochee State Forest is a rugged backpacking loop across rolling sandhills and rocky paths. Look for sinkholes and wildlife in its diverse habitats.

Spring Boils Trail (1 mi) in the Ocala National Forest doesn't disappoint with bubbling springs ranging from Silver Glen Springs to tiny bubblers.

The St. Jude trail (1 mile) is a birder's delight as it meanders through a mangrove forest. You'll find this hidden treasure tucked into a residential neighborhood on Pine Island.

St. Martins Marsh Aquatic Preserve (8 mi) is a little known gem near Crystal River. Take the kids for a 2-mile eco-walk and enjoy a wide variety of terrain including pinewoods, hardwood swamps and sawgrass marsh.

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

Grilled Zucchini Halves with Chopped Tomato-Basil Salsa

Here's a great veggie dish for your next cookout.

Step 1:

Cooking spray
2 medium zucchini, halved lengthwise

Heat a grill pan over medium-high. Coat pan with cooking spray. Add zucchini; cook 4 to 5 minutes on each side.

Step 2:

- 1 cup chopped tomato
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh chives
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- 3/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Combine ingredients in a bowl; toss. Spoon salsa evenly over grilled zucchini halves.



Recipe courtesy of www.myrecipes.com

What's Happening in North Tampa

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| <p>Sep 2
Labor Day Weekend Festival
The USF Sun Dome
Tampa, FL
https://goo.gl/9QvYne</p> <p>Sep 9
The Cooking Light & Health Fit Foodie Festival & 5K
Coachman Park
Clearwater, FL
https://goo.gl/pjYCX5</p> <p>Sep 13
Depeche Mode: Global Spirit Tour
MidFlorida Credit Union Amphitheatre
Tampa, FL
https://goo.gl/YFrJrb</p> | <p>Sep 20
Tailgate Taste Fest
Curtis Hixon Park
Tampa, FL
https://goo.gl/Tm1mXo</p> <p>Oct 7
5th Annual Pasco Pet Fest
Florida Estates Winery
Land O Lakes, FL
https://goo.gl/zBs4Pu</p> <p>Oct 13 - 15
Oktoberfest
Curtis Hixon Park
Tampa, FL
https://goo.gl/jfaiQQ</p> | <p>Oct 27
Santana: Transmogrify Tour 2017
Amalie Arena
Tampa, FL
https://goo.gl/btNnDb</p> <p>Oct 28 - 29
Mulberry Monster Mash 5K
Mulberry Civic Center
Mulberry, FL
https://goo.gl/LtSEfw</p> |
|---|--|---|



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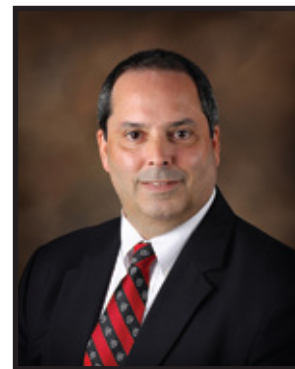
Meet our Attorneys



**James Wayne
Holliday**



**Theodore "Ted" E.
Karatinos, Esq.**



Oscar Lopez

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