



Full Cup Of Justice



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Newsletter August 2018

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August 2018

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Distracted Driving Causes Rise in Rear-End Collisions

Rear-end collisions happen all too often. In fact, according to the National Highway Traffic Safety Administration (NHTSA), they are the most common kind of U.S. vehicle accident and account for 28% of all crashes.

Many rear-end accidents are minor fender-benders, but this type of crash can also cause serious, life-altering injuries and even death.



Distracted Driving Is a Major Cause of Rear-End Collisions

It shouldn't come as a surprise that most rear-end crashes are caused by driver inattention and distraction. Distracted driving resulting from driver use of cell phones, GPS, music and interacting with other passengers is increasing exponentially and causing all types of accidents including rear-end collisions.

Other causes of rear-end crashes include:

- Speeding
- Tailgating
- Aggressive driving
- Driver fatigue and drowsy driving
- Driving under the influence of alcohol or drugs

Rear-End Crashes May Cause Severe Injuries

Common injuries include:

- Whiplash or damaged neck ligaments, muscles and nerves. Whiplash causes the head and neck to snap back and then whip forward when the vehicle is hit from behind.

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Our Offices and Hours

North Tampa / Lutz Office

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Phone: (813) 868-1887
Fax: (813) 909-8535

Office Hours

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

Inverness Office

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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

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Scheduled appointments after hours

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....continued from page 1 **Distracted Driving Causes Rise in Rear-End Collisions**

- Traumatic brain injury (TBI) may result when the brain hits against the inside of the skull or is shaken violently. TBIs may cause devastating injuries including permanent brain damage and paralysis.
- Spinal cord damage, lacerations, fractures and soft tissue injuries.

It's important to get medical attention right away after an accident even if you don't feel injured, because some symptoms may take days or even weeks to surface. If you don't seek medical treatment, an insurance company may try to minimize your injuries.

Can Rear-End Crashes Be Prevented with New Technology?

Many newer model cars come equipped with collision warning and avoidance systems and automatic braking. These technologies already have helped reduce the occurrence of rear-end accidents.

But, of course, the best way to prevent these accidents is to be an alert and distraction-free driver. It's illegal to text while driving in Florida, so don't do it. If you must make cell phone call while driving, invest in a hands-free option. Maintain a safe following distance and be sure to increase the distance when visibility is low and when the roads are slippery.

Florida: Home of Remarkable Personalities

Our Sunshine State has had more than our share of famous, home-grown personalities. Many were born here and others moved in, but all have enriched our history and culture.

For example, Florida is the only state to have a "Space Coast" including Cape Canaveral and the Kennedy Space Center. Astronauts Norman Thagard, Wendy B. Lawrence, Richard N. Richards and Winston E. Scott all earned their NASA wings here.

How many of these other celebrities with Florida roots do you recognize?

Sports. Our state really shines with famous and talented athletes in all sports such as Wade Boggs, Jose Canseco, Dwayne "The Rock" Johnson, Dara Torres, Donna Orender, Alex Rodriguez, Chris Evert, Emmitt Smith and Dwight Gooden.

Writers. Few states can boast more celebrated writers and journalists than Florida, including Marjorie Kinnan Rawlings, Ernest Hemmingway, Zora Neale Hurston, Dave Barry, Judy Blume, John Hersey, Elmore Leonard, James Patterson and Jack Kerouac.

Musicians. From Pat Boone's smooth tones to Tom Petty's hard rock, Florida musicians always bring down the house and include Jim Morrison, Carter Cornelius, Debbie Harry, Vanilla Ice, Santaye, Frances Langford and Mel Tillis.

Actors. Florida is well-represented on the Silver Screen and television with such notables as Johnny Depp, Sidney Poitier, Faye Dunaway, Wesley Snipes, Alexa Vega, Lawrence Kasdan, Butterfly McQueen, Nicole Garza and Ben Vereen.

Athletes. Who loves sports more than New Yorkers? No matter what team we root for, we have appreciated the contributions to the sporting world from Michael Jordan, Sue Bird, Lou Gehrig, Jim Brown, Laurie Hernandez and Mike Tyson.



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

Charred Corn Panzanella

This panzanella is full of Latin flavors! Corn and tomatoes, which are in abundance, are combined with whole-grain bread, making this a healthy side dish for summer picnics. Keep the seeds in the chile for extra zing!

Ingredients

- 4 ounces whole-grain country-style boule without crusts, cut into 1-inch dice (3 cups)
- 1 tablespoon balsamic vinegar
- Kosher salt
- 4 ripe tomatoes, chopped and juices reserved
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 3 cups fresh corn kernels
- 1 serrano chile, stemmed, seeded and thinly sliced
- 1 medium onion, diced
- 1/4 cup fresh cilantro, chopped



Directions

Preheat the oven to 300 degrees F. Spread the bread out on a rimmed baking sheet and toast until golden brown, about 10 minutes. Let cool.

Put the vinegar, 1/4 teaspoon salt, the tomatoes and their juices and the garlic in a large bowl and toss together. Set aside.

Heat the oil in a large skillet over high heat. Add the corn and spread in a single layer. Cook until blackened in spots, about 3 minutes. Add the chiles and onions and cook, stirring occasionally, until lightly browned and crisp-tender, about 2 minutes. Transfer the mixture to the bowl with the tomatoes.

Add the bread to the bowl and gently stir together; season with salt. Stir in the cilantro and serve.

Recipe courtesy of Food Network Kitchens

What's Happening in North Tampa

- Sep 1**
Summer of Rum Festival 2018 Ft. Sugar Ray
Curtis Hixon Waterfront Park
Tampa, FL
<https://goo.gl/gCjVqe>
- Sep 7**
Paul Simon: Homeward Bound The Farewell
Tour
Amalie Arena
Tampa, FL
<https://goo.gl/wCSVD7>
- Sep 28**
Lady Antebellum/Darius Rucker
& Russell Dickerson
MidFlorida Credit Union Amphitheatre
Tampa, FL
<https://goo.gl/TFB8gh>
- Sep 29**
Tampa Margarita Madness 5k Run
Largo Central Park
Largo, FL
<https://goo.gl/ZfL8Jp>
- Oct 6**
Tampa Bay's Tailgate Taste Fest
Curtis Hixon Waterfront Park
Tampa, FL
<https://goo.gl/Xek5DP>
- Oct 13**
Pinellas Pie Festival
Largo Central Park
Largo, FL
<https://goo.gl/RqCfbF>
- Oct 24**
Toto
Ruth Eckerd Hall
Clearwater, FL
<https://goo.gl/2Zf4Y5>
- Oct 27**
Wesley Chapel Fall Festival
Grove at Wesley Chapel
Zephyrhills, FL
<https://goo.gl/BNasQU>



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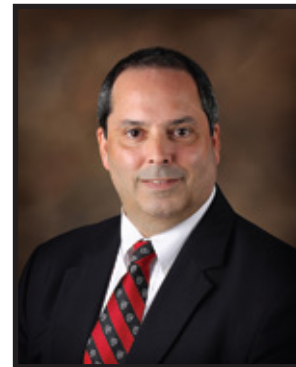
Meet our Attorneys



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**Theodore "Ted" E.
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Oscar Lopez Esq.

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