



# Full Cup Of Justice



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Newsletter December 2018

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December 2018

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## Pledge These New Year's Resolutions: Don't Drink and Drive and Don't Drive Distracted

If you are like most Americans, you will make a resolution or two for the coming year. This year, why not put safety first and pledge to avoid two dangerous habits: Don't drink and drive and don't drive distracted.

These are fairly easy resolutions to make – and keep – and will make driving a safer experience for your family and for fellow motorists to avoid car accidents.

### Drunk Driving Deaths Decreased Significantly in Florida But Are Still Too High

The good news is that Florida fatalities caused by drunken drivers decreased by 7.3% last year, far outpacing the national average decrease of 1.1%. The bad news? 839 people died in DUI crashes in our state in 2017. (National Highway Traffic Safety Administration NHTSA)

Do your part beginning this holiday season and into 2019 by saying **NO** to drinking and driving. It can be challenging to avoid alcoholic beverages, especially at social events, but even one drink containing alcohol decreases your ability to multi-task, affects your judgment and alters your visual functioning. Here are a few tips if you want to enjoy a cocktail:

- Alternate alcoholic beverages with those that contain no alcohol.
- Sip your drink slowly and enjoy some food with it.
- Ask a designated driver, who drinks no alcohol, for a ride home in advance.
- Arrange for a ride-share lift or taxi ride home.

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## Our Offices and Hours

### North Tampa / Lutz Office

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United States (US)  
Phone: (813) 868-1887  
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### 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  
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### Office Hours

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

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## ....continued from page 1 **Pledge These New Year's Resolutions....**

Social occasions can still be a lot of fun without alcohol! Keep busy by volunteering to help your host and enjoy non-alcoholic beverages like sparkling water, teas and punch.

### **Resolve Not To Drive While Distracted**

Among the many driver distractions including eating, tending to children, adjusting music and GPS controls and talking to passengers, the most hazardous is texting.

At least 9 people are killed in the U.S. **each day** in a distracted driving accident. Texting distracts the driver in three ways: manually because their hands are off the wheel; visually because they are reading the screen; cognitively because their minds are on the text messages and not on the road. This is an extremely dangerous combination.

Texting and driving in Florida is illegal. If it's against the law **and** dangerous, don't do it! Here's how to pledge to reduce driving distractions:

- Keep your focus on driving and the road.
- Put your phone away. Turn it off, throw it on the back seat or secure it in the glove compartment.
- Don't even glance at an incoming text – in the few seconds that you are distracted, a child may run into the road or a car may stop suddenly in front of you.
- Ask your passengers to cooperate and keep the noise level and music volume down.
- Limit eating and drinking behind the wheel.
- If you have to take an important call, adjust your GPS or tend to the children, pull off the road in a safe spot.

Read more about driver distractions at this AAA website.

## **The Dangers of Winter Slip and Falls in Florida**

While we don't have to contend with significant winter ice and snow like our friends in other parts of the country, Florida typically may experience a few icy days in the winter months. Whether weather-related or from any other hazard, slip and fall and trip and fall accidents can cause serious injuries.

Make no mistake – a slippery surface can be caused by many conditions other than ice including a spill, standing water, grease or oil, cleaning products, wax and food. Other fall hazards include a poorly-lit stairway, loose handrails, uneven sidewalks, torn carpeting, loose flooring and wires and other tripping risks.

The Centers for Disease Control and Prevention (CDC) reports that more than one million people are injured every year on another person's property. If you are injured in a slip and fall accident, someone else may be responsible such as a property manager or owner, business owner or a municipality. Unfortunately, many of these slip and fall accidents could have been prevented if owners took the right steps to maintain the grounds and remove any hazards promptly.

### **Slip and Falls Can Lead to Severe Injuries**

A fall can cause serious trauma to an individual including:

- Traumatic brain injury (TBI)
- Fractures
- Knee and hip injuries
- Internal organ damage

Some slip and fall or trip and fall accidents are so severe that they may even result in death.

Slip and fall accidents can be complex. A property owner may be liable for your injuries if he or she knew or should have known about a problem on the property.

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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

## White Bean Dip with Fresh Herbs

The perfect celebration of fresh herbs, this dip is wonderful with crostini, pita, radish slices, or even wrapped up in kale or romaine leaves. Serve with an extra drizzle of nice, fruity olive oil and bring it to your next holiday gathering!

### Ingredients

- 2 cups cooked white beans
- 1 clove garlic, minced
- 4 tablespoons extra-virgin olive oil, divided into 1 tablespoon and 3 tablespoons
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons fresh thyme
- 1 teaspoon sea salt (or to taste)
- Black pepper, to taste
- 2 tablespoons fresh lemon juice
- 3 tablespoons fresh parsley



### Directions

1. In a medium-sized pan, heat the garlic in 1 tablespoon olive oil. Cook for two minutes, and then add the white beans, rosemary, and thyme. Sauté for another 4 to 5 minutes or until the garlic is soft and fragrant.
2. Transfer the beans to a food processor. Add the salt, pepper, lemon, and remaining olive oil. Process on high, stopping every now and then to scrape the bowl down, until mixture is totally creamy and smooth.
3. Pulse in the fresh parsley. Serve with an extra drizzle of olive oil.

Recipe courtesy of Food 52 by Gena Hamshaw

## What's Happening in North Tampa

<p><b>Jan 4</b> Marshall Tucker Band Capitol Theatre Clearwater, FL</p>	<p><b>Jan 21 – 22</b> The DREAM Clearwater MLK Day 5K On Memorial Causeway Clearwater, FL</p>	<p><b>Feb 7 – 18</b> Florida State Fair Florida State Fairgrounds Tampa, FL</p>	<p><b>Feb 23- 24</b> Clearwater Sea Blues Festival Coachman Park Clearwater, FL</p>
<p><b>Jan 13</b> Engelbert Humperdinck Capitol Theatre Clearwater, FL</p>	<p><b>Jan 25</b> Gladys Knight Ruth Eckerd Hall Clearwater, FL</p>	<p><b>Feb 13</b> Michael Bubl� Amalie Arena Tampa, FL</p>	
<p><b>Jan 19</b> Treasure Island Sport Kite Competition &amp; Festival Thunderbird Beach Resort Saint Petersburg, FL</p>	<p><b>Feb 9</b> Pasco Blues &amp; Food Festival Land O' Lakes Heritage Park Land O' Lakes, FL</p>	<p><b>Feb 23 – 25</b> Florida Food and Brews Festival England Brothers Park Pinellas Park, FL</p>	



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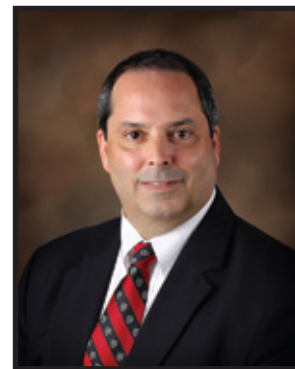
## Meet our Attorneys



**James Wayne  
Holliday Esq.**



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



**Oscar Lopez Esq.**

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