

1436 Royal Palm Square Blvd. Fort Myers, FL 33919

www.DellutriLawGroup.com

239-939-0900

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My Favorite Podcast

◆ LISTEN TO SOMETHING NEW — →



Though podcasts have been around for over a decade, they have only recently found their stride in popular culture. And they don't all feature nerds talking about "Game of Thrones." In this form of audio entertainment, there really is something for everyone. A number of podcasts have broken into mainstream pop culture, like "My Favorite Murder," "This American Life," and NPR's "Planet Money." But these are only the tip of the iceberg. Here are a few lesserknown podcasts that are seriously worth your time.

START SOMETHING FUN: 'SPIRITS'

The title "Spirits" is a play on the stories told and drinks enjoyed on this podcast. Co-hosts Amanda McLoughlin and Julia Schifini offer a fresh take on myths, legends, and folklore. From Greek classics to the tale of the Japanese Mermaid Queen, these lifelong friends and mythology enthusiasts examine what the stories we tell say about our culture, traditions, and values. If you're eager to fill your year with something kinda creepy and kinda cool, you can't go wrong with "Spirits." Start listening at SpiritsPodcast.com.

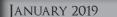
GO ON AN ADVENTURE: 'THE FAR MERIDIAN'

Audio dramas are back and thriving in the world of podcasts. "The Far Meridian" explores the story of Peri, a lighthouse keeper whose brother disappeared long ago. Peri is terrified of leaving her home, so she's never discovered what happened to him. That changes when her lighthouse begins to appear in a new location every morning, initiating her search for her brother. Fantastically fun and painfully real, this is a story about the courage it takes to leave home behind. Join the girl in the lighthouse at TheFarMeridian.com.

TACKLE YOUR NEW YEAR'S RESOLUTIONS: 'THE MARIE FORLEO PODCAST'

We all need some advice. Why not get it from someone who knows what they're talking about? Marie Forleo is an entrepreneur, writer, and philanthropist. And according to Oprah, she's a thought leader for the next generation. Her mission is to help you become the person you most want to be. On the podcast, Marie and her guests discuss business, relationships, fear, love, and so much more. Get inspired at MarieForleo.com/mariety.

This list is just a start to the wealth of amazing, diverse podcasts out there. News recaps, sports history, true crime, pop-culture throwbacks, and plenty more fantastic audio entertainment awaits on your phone's podcast app. Start listening to your new obsession today!





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WHAT CAN WE DO FOR YOU IN 2019?

The Foundation of Our Firm Is Built Around Listening. Let Us Show You

Each turn of the calendar presents new opportunities to do something meaningful with our lives. 2019 is full of untapped potential, and at Dellutri Law Group, we're looking for ways to turn that potential into production for our clients. Our objective isn't to make resolutions. Instead, we want to ask our clients, "What can we do for you in 2019?" We've built this firm on a foundation of listening to those we serve, and we want to continue that tradition.

As a lawyer, I have to balance two concepts that seemingly require different skill sets. On the one hand, I need to provide competent representation that yields consistent results for my clients. On the other hand, I want to be a point of service for anyone in need. Businesses usually divide their customer service and the technical operations of their company into different roles, but for me, they are consolidated. It can be tough sometimes, but it's also gratifying. I entered this industry to make a difference in people's lives and my community. My duty as an attorney is just one way I accomplish that, but the world is full of lawyers who will provide you a legal service and never speak to you again. For me, I'm always sifting through information and distilling it down to the details that will make a difference in the lives of our past clients.

Just a couple weeks ago, the 11th Circuit Court of Appeals came down



with a ruling that could affect many of our clients. Instead of filing it away under "Doesn't Matter." Our firm called an immediate meeting of the attorneys to figure out how we would disseminate that information and protect our clients. That's what our community expects from us, and that's why we have an excellent reputation in our industry.

That reputation can be used for your benefit. We've mentioned before that our referral network is at your disposal. and we mean it. Just a few weeks ago, a former client asked me to refer someone who could help them buy a home. I plugged them into the best agent in the local area. Another gentleman walked in the office the other day and explained a situation with his purchase of a vehicle online. These are the conversations I want to have with my clients because

our relationship should last longer than just the brief time we provide legal service. Some individuals have deeper relationships with their regular server at the restaurant down the street than they do their lawyer, and I just don't' think that should be the case.

These dialogues don't mean anything unless we listen. We want to open up more of these discussions in 2019. What are we doing that we need to stop doing? What should we keep doing? What should we be doing more of? These are all questions we want answers to so we can truly practice what we preach. That's our objective for this year, and we can't wait to see the results. Talk to you soon.



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DRIVE SAFE!

7 Tips for Nighttime Driving

We all drive at night, whether we are going out for dinner, visiting family, driving home from work, or on a road trip. However, driving at night is the most dangerous time to drive, regardless of weather conditions or area. Driving at night presents very different challenges than driving during the day.

According to the National Highway Traffic Safety Administration, vehicle death rates at night are three times higher than during the day. This is especially alarming since fewer drivers occupy the roads at night. So if you're going to be driving at night, here are seven tips to help keep you safe.

SLOW DOWN.

FESTIMONIAL

Night driving typically requires slower speeds than daytime driving. Since visibility is much lower at night, it takes longer to see and react to road hazards, pedestrians, and other obstacles. You can't control other hazards on the road, but you can control your driving.

MAKE SURE YOUR HEADLIGHTS ARE PROPERLY POSITIONED. You may not realize this, but it's important that you adjust your headlights so they're pointing in the right direction. Poorly aimed headlights can

blind oncoming drivers, cause reflections that distort your view of the road, and make it harder to see in rain or snow. If you think you may need to readjust your headlights, always read the instructions in your owner's manual. Be patient. It may take a few tries before you get it right.

WHEN IN DOUBT, TURN YOUR LIGHTS ON.

As the day slowly turns to night, there's usually an hour or two when some cars will be using their headlights and others won't. If you aren't sure whether it's time to turn on your headlights, turn them on anyway. It's always a good idea to turn your headlights on if you notice the sky is becoming darker. Even though you may not need your headlights during this time, it will make it easier for other drivers to see you.

DON'T STARE AT ONCOMING LIGHTS.

When you're driving at night, your eyes are used to the dim glow of your dashboard and the dark road ahead. Bright lights can disrupt your concentration at night and cause your vision to become blurry. If you see a car coming in your direction, don't look directly into its headlights. Instead, use the white lines on the side of the road to help guide you. Additionally, if the car

behind you has its high beams on and the lights are blinding you in your mirrors, adjust your rearview mirror to get the reflection out

KEEP YOUR EYES MOVING.

"Spacing out" is a common problem for people driving at night. To stay focused, always keep your eyes forward when you're driving. Scan the road ahead of you to look for potential hazards, and occasionally check your mirrors to help you stay aware of your surroundings. Resist the urge to simply stare at the middle of the road; it can "hypnotize" you and reduce your state of awareness.

FOLLOW ALL NORMAL DAYTIME PRECAUTIONS.

This should go without saying, but it's important that you follow all daytime safety precautions when driving at night. Make sure you wear your seatbelt, adjust your seat accordingly, adjust your mirrors to give you a complete view of the road behind you, put your cellphone away, avoid driving under the influence, and always focus on the road when you're behind the wheel. Following these simple precautions will make you a safer driver both during the day and at night.

Social media has been making the world

smaller than ever. The distance among crosscountry relatives and friends shrinks with each post or Skype call. And instant updates from loved ones are particularly valuable during the holidays. That Christmas morning video call means Grandma and Grandpa get to see their grandkids in their new holiday outfits, but

According to digital and safety experts, half of the photos filtered onto the darknet are stolen from parents' social media accounts. If these predators are privy to your photos, they're also able to snag your location and other sensitive information, putting you and your children at physical risk as well.

so can online predators.

On a less disturbing note, social media content is permanent. Even after you delete a post or a photo, it leaves a digital footprint that could follow your child throughout their education and could even affect job interviews or future relationships. It's still

possible for you to foster a sense of privacy in the digital age, but it's important to respect what your child deems private information. After all, it's their future. Consider these rules before you share.

Socially Secure

- 1. Ask your child's permission. If they can speak, then they can speak for themselves. Children love to see photos of themselves, but they may also be aware of what they are and aren't comfortable with, even at a young age.
- 2. Limit the nudity. Everyone loves a beach day, but think twice before posting swimsuit or skinny-dipping pictures. Opt to post safer photos, like the family posing prior to fun in the sun.
- 3. Check your settings. Your privacy settings may be exposing your family to more people than you know, and if you feel the need to share every minute of your child's day online, making these

settings airtight will protect your children and their reputations.

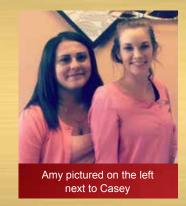
SOCIAL MEDIA REMINDERS FOR PARENTS

Consider some of these safe alternatives to regular public posting:

- 1. Tinybeans.com is a secure photosharing website for parents of babies and young children. The digital photo album app allows you to share photos with only the people you choose.
- 2. Create a separate, secure group on Facebook. Family, friends, or coworkers in closed groups can still fawn over their little ones in a personal, safe setting.

Despite the dangers your digital life can elicit, you don't have to avoid the digital world completely. Social media is still a great tool for families to stay connected, as long as you take precautions. Go ahead and brag about your kids online - just be safe and considerate of your child's wishes.

EMPLOYEE SPOTLIGHT: AMY FELICIANO



Amy is one of our newest additions to the Dellutri Law Group team! "My greatest accomplishments in life are my two children, and I am proud to be the eldest sibling of six!" Prior to working at Dellutri Law Group, Amy managed several different banks for eight years. where she learned many of her wonderful skills that certainly shine through here

at our office. Amy doesn't have a ton of free time, but when she does, she loves spending it with her kids, swimming, reading a good book, or participating in activities that create long-lasting memories with her family!

When we asked her what she loves the most about her job. Amy replied, "My coworkers. I have never worked with a group of people that are so hard-working, caring, and warmhearted!" Right back at you, Amy! We love having you as a part of our team. Welcome aboard!



CHICKEN CHOP SUEY

Inspired by The New York Times

Ingredients

- 2 large or 4 medium chicken thighs
- 3 pounds bok choy. cut into 3-4-inch ribbons
- 4 tablespoons vegetable oil
- · 3 tablespoons oyster sauce
- Salt and pepper, to taste

2 teaspoons sugar

• 2 tablespoons cornstarch, mixed

2 teaspoons toasted sesame oil

with 4 tablespoons water

Directions

- 1. In large pot, boil three cups of water. Add chicken and reduce to simmer, cooking for 30 minutes. Remove chicken and let cool. Once cooled, remove skin and bones, chop, and set aside. Reserve the cooking liquid.
- 2. In a large skillet over high heat, heat vegetable oil. Once shimmering, add bok choy and cook for 1 minute, stirring throughout. Add half of reserved cooking liquid, cover skillet, and cook for 2 minutes. Remove cover and cook for an additional 5 minutes. Transfer bok choy to a plate.
- 3. Add remaining cooking liquid and chicken to the pan, maintaining high heat. Heat chicken, then add oyster sauce, sugar, cornstarch-and-water mixture, sesame oil, and bok choy. Season to taste, toss together, and serve over rice.

HEAR FROM A HAPPY CLIENT ****



"My husband and I are so grateful to Mr. LoTempio for helping us through a very difficult period. It just seemed like things were never going to go our way. Joe worked very closely with us as our lawsuit unfolded. I repeatedly relied on his instincts, and he did not let me down. Now I feel like we have finally received the justice we deserved after being blindsided with a huge debt we did not owe. I highly recommend Mr. LoTempio — you couldn't ask for a more professional, courteous, and attentive attorney."

HAVE YOU HEARD THE GOOD NEWS?

"Be still and know that I am God." Psalm 46:10

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