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### Inside This ISSUE

The Dangers of Drunk Driving on Saint Patrick's Day

Top 5 Tips to Avoid Car Accidents

**Testimonial** 

Make the Most of the Academy Awards

Spotlight on Joseph LoTempio

**Everything Popcorn** 

3 Ways to Honor International Women's Day

### → 3 WAYS TO HONOR INTERNATIONAL WOMEN'S DAY — → →

On March 8, people around the world will honor International Women's Day. Adopted by the United Nations in 1975, the holiday is meant to highlight the immeasurable accomplishments of women throughout history and draw attention to the ongoing struggle for global gender equality.

International Women's Day is celebrated differently around the world. Some nations, like Nepal, give all their citizens the day off. Most countries, however, including the United States, treat it as a normal day, at least officially. Even though we don't have the day off, there are many ways for everyone to honor International Women's Day this year. Here are a few of them.

### TALK ABOUT THE WOMEN WHO INSPIRE YOU

From major innovators, like Ada Lovelace, the world's first computer programmer, to megalithic literary icons,

> like Maya Angelou, women throughout history have shaped how we live our lives. Whether you're inspired by famous historical figures or the women in your own life, take the time to talk about that influence. Which women helped get you where you are today? What female leaders do you look up to? What are some lessons you've learned from them?

#### MAKE ROOM FOR CONVERSATION IN THE WORKPLACE

Many of the challenges women face globally happen in the workplace. If you think your company has room for improvement in its treatment of women, now is a great time to do something about it. Even if you believe your company treats women and men equally, there's no harm in empowering your colleagues to talk to give their opinions. If you're an employer, this could mean giving women in your workplace an avenue to discuss issues, air grievances, and make suggestions. If you're an employee, consider asking for such a forum. In either case, providing both public and anonymous avenues for women to express themselves is a great way for your company to take a step forward in fostering gender equality.

### JOIN THE CONVERSATION

Regardless of your gender, March 8 is the perfect time to tune in to the larger conversation surrounding gender inequality, if you haven't already. This could mean attending meetings or demonstrations in your town, reading works that capture the female struggle for equality, such as Roxane Gay's "Difficult Women," or seeking out blogs and social media accounts from gender equality activists online.

International Women's Day is about appreciating the contributions of women to society and envisioning a more equal world for the future. However, you decide to celebrate women this March, keep in mind that no matter who you are or where you come from, we all have the power to change our world for the better.

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## SAINT PATRICK'S DAY

### LET THE LEPRECHAUN BE THE LIFE OF THE PARTY

Whether you were born Irish or just want to be Irish for the day (like me), Saint Patrick's Day can be a fun and exciting time of year to get out and enjoy the festivities with your friends and family. While you don't have to hail from Ireland to take part in a little celebration, you still need to keep your wits about you while the streets fill up with partygoers who may not be as levelheaded as you are. It's a lot of fun, but there's still an inherent danger to being around such a large number of people burning the candle at both ends with green beer and Irish whiskey. The sad fact of the matter is that there will be people drinking a little too much, and there will be some people who make a bad decision and get behind the wheel for one reason or another. St. Patrick's Day is not a day when you want to test the luck of the Irish.

Nobody wins when a DUI accident occurs. Whether you're the one who wakes up in the hospital or the one who wakes up in a jail cell, both sides lose. It's the same for us. We aren't here to brag about getting our clients large settlement checks like you see some firms do in their advertisements. Even if we hand you a seven-figure check, that's still not going to take away the physical pain and emotional scars left behind by another party's lack of judgment. One night, one too many drinks, one big mistake — that's all it takes to

ruin lives forever. A big check cannot replace the loss, that is not justice. The pain and suffering lasts long after the green streamers and festive music stop playing. Our focus will always remain on the health and well-being of our clients. Unfortunately, we all live at constant risk of being exposed to these types of accidents, with over 1 million individuals arrested for driving under the influence in 2016 alone.

One of the saddest sentiments we deal with when we take on cases involving drunk drivers is that it all could have been completely avoided. DUI accidents don't have to happen. By showing more restraint, having a better plan in place, or receiving more exposure to the true horrors of these types of accidents, many of these offenders would never have gotten behind the wheel in the first place. This is one of our greatest passions here, and we're certainly not alone. In the past, we have partnered with organizations like Mothers Against Drunk Driving and have tried to take a stand against these senseless acts.

Prevention starts with having a simple plan to fall back on. There's no shame in getting roped into having one too many pints at the pub or one too many martinis at the club. Making sure you Allhave an accountability partner, access to a designated driver, or spare money for a



taxi can make a world of difference for your life and the lives of those around you.

Have fun, be safe, and be responsible this Saint Patrick's Day, I'll never know if this story prevents an accident or saves a life, but I know that if I didn't share it and one of my friends or clients were hurt, I would regret it. If you end up on the wrong end of an accident because of a drunk or negligent driver, you know who to call.

-Carmen Dellutri

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# TOP 5 TIPS TO AVOID

- Car Accidents

Car accidents can be devastating and tragic, and even minor accidents can be costly to you, your vehicle, your passengers, and anyone else involved. Most people don't think about the effects of a car accident until they're in one. Whenever you get behind the wheel, it's important that you focus on the task at hand — driving.

Not all car accidents can be avoided, but fortunately, many of them can. It doesn't take a lot of work to avoid a car accident. In fact, many times, it just comes down to being responsible and proactive when you're on the road. Here are 10 tips to help you avoid getting into a car accident.

### **AVOID DISTRACTIONS.**

Texting or talking on a cellphone while driving is one of the worst habits of drivers on the road today. Put your phone down whenever you're in the car, and if you have to use your phone, pull over to the side of the road. Additionally, always pay attention to the road ahead of you. Distractions are almost always present, but do your best to

#### DRIVE THE SPEED LIMIT.

As tempting as it may be to drive over the speed limit, do your best not to speed. The truth is that driving any amount over the speed limit reduces your reaction time and increases the likelihood of getting into an accident.

### DON'T DRIVE AGGRESSIVELY.

Most people have been in a situation where road rage has taken over, and although it's easy to get angry at other drivers, it also increases your chances of getting into an accident. When you're on the road, try not to take the actions of another driver personally, and do your best not to react by cutting them off, frequently honking, not allowing them to merge, or using explicit hand gestures.

#### KEEP YOUR CAR PROPERLY MAINTAINED.

Do your best to stick to your car manufacturer's recommended maintenance schedule. It's important to make sure that your brakes and tires are always in the best possible condition and ready for the road. Also be sure to get regular oil changes, replace windshield wipers, and keep your engine maintained.

#### NEVER DRIVE UNDER THE INFLUENCE.

It's no secret that driving under the influence can have deadly consequences, but every day, people get behind the wheel drunk. When you get behind the wheel after a night of drinking, you're not only putting your own life at risk, you're also risking the lives of everyone else on the road. If you know that you're going

> to be drinking when you go out, always plan another way home, such as calling a taxi or using a designated driver.

Car accidents can be devastating, but they're also often preventable. You can only control how you act when you're behind the wheel — not what other drivers do. However, it's important that you take responsibility when you drive and focus on the road ahead.

## HEAR FROM A HAPPY CLIENT



"I appreciate your help, as well as all the other help I received from everyone I dealt with in the Dellutri law firm. Your standards of professionalism were very reassuring. You all made the process as easy as it could possibly be, and I want everyone to know I appreciate that very much. I won't hesitate for a second to give you folks a referral in the future. Thanks again!"

### **HAVE YOU HEARD** THE GOOD NEWS?

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

- Isaiah 41:10



# Are You a Movie Fanatic?

### HOW TO MAKE THE MOST OF THE ACADEMY AWARDS

If you're a big film buff, then there's a good chance you set aside one important night each spring to watch the Academy Awards. A great number of memorable moments have happened during the Oscars, such as the 2017 "La La Land" best picture mix-up, the 1974 streaking incident when a naked man ran across the stage, or the 2013 falling accident when Jennifer Lawrence tripped as she walked on stage to receive her award for best actress. The Academy Awards is an event you don't want to miss out on. Here are three ways you can get the most out of Oscars night.

### 1. PLAY TRIVIA

Everyone loves a good trivia challenge. If you and your family watch the ceremony live, you can use the commercial breaks to test your knowledge. Pose questions about the best picture winners over the last 90 years or the actors selected for

different categories. You can also find printable Oscars prediction charts and offer prizes to whoever has the highest number of correct answers.

#### 2. THEMED FOOD

If you're throwing an Oscars party, serving some tasty dishes is a must. But why not kick it up a notch and keep your entrees and hors d'oeuvres in line with the blockbuster theme? There are multiple recipes for Oscars-party popcorn online, and you can also use star-shaped cookie cutters for your desserts. For your libations, you can serve cocktails from famous films and make a martini even James Bond would approve of.

#### 3. TICKETS GALORE!

The ticket price for the first motion picture ever shown at the oldest American movie theater cost 15-25 U.S.

cents, depending on the location of your seat. Nowadays, the price of watching a film is astronomical. Fortunately, there are ways for you to create the feeling of watching a film premiere or Oscars ceremony from your own home. Find printable tickets online to distribute to vour quests before the showing, and encourage them to dress like they are heading to the red carpet.



### ATTORNEY SPOTLIGHT: **JOSEPH LOTEMPIO**

This month, our spotlight goes to attorney Joseph LoTempio! Joseph is known as the office superhero because of his love for Marvel, but he also channels his love for helping people through defending our consumers against the bad guys.

Joe has been with the Dellutri Law Group for a little over seven years, and during that time, he has taken cases to state and federal courts, bankruptcy courts, and appellate courts, including the 11th Circuit Court of Appeals. He has a passion for standing up for those who need a voice, protection, and justice after being taken advantage of, so it's no wonder he decided to go into consumer law.

We asked a few people around the office about Joe, and here is what they had to say:

"Joe is always willing to lend a hand. He's so thoughtful, kind, and generous. He has a wonderful sense of humor, too."

"Joe is a wonderful person with a really great heart! I love his sense

"He is so nice and funny. I really enjoy working with him!"

Needless to say, we love having Joe in our Dellutri Law Group family and look forward to many more years with him! Also, ladies, he's single!



### **EVERYTHING POPCORN**

Inspired by Food & Wine magazine



### Ingredients

- 3/4 cup popcorn kernels
- 2 tablespoons flaky sea salt
- 1 teaspoon black sesame seeds
- 2 teaspoons white sesame seeds
- · 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 1/3 cup canola oil
- 4 tablespoons unsalted butter, melted

- 1. In a small skillet over medium heat, toast sesame seeds. Shake skillet often and cook until white seeds are golden and fragrant, about 2 minutes. Transfer to a small bowl and add garlic, onion, and salt.
- 2. In a large saucepan, combine popcorn kernels and oil. Cook over medium-high heat, covered, until popcorn kernels start to pop. Once popping, continue cooking and shaking the pan intermittently until popping ceases, about 3-5 minutes.
- 3. Transfer popcorn to a large mixing bowl. Pour in butter and toss to coat. Finally, add seasoning, toss again, and serve.

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