

HOLLYWOOD
1909 TYLER ST., SUITE 501
HOLLYWOOD, FL 33020
833-529-5677

BOCA RATON
7777 GLADES RD., SUITE 100
BOCA RATON, FL 33434
AVAILABLE BY APPOINTMENT

NAPLES
3606 ENTERPRISE AVE.
SUITE 356
NAPLES, FL 34104
AVAILABLE BY APPOINTMENT



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SLOW AND STEADY WINS THE RACE

THE ART OF ACHIEVING GREAT THINGS



Jan. 2 is one of the busiest days in the gym. On New Year's Day, many people set resolutions and get started the next day! Yet by the second Friday in January, most people give up on them. After the gyms fill up, they die right back down. But Feb. 1 is known as National Get Up Day, which is intended to remind us that after we stumble or fall down, it's important to get back up. Daily routines, mantras, and/or consistencies can help us to develop positive habits.

Oftentimes, people tend to bite off more than they can chew when it comes to setting goals and resolutions for the new year. While one may set out to tackle a large goal and go full speed ahead, they may become overwhelmed and quickly burn out. While it is important to always keep your eyes on the prize so to speak, it is beneficial to break it up into smaller and achievable goals. Taking it one step at a time and one day at a time is a surefire way to stay on track.

"Goals are not meant to break you — they are intended to build you."

You may set out to hit a home run, and because that is statistically very difficult to do, you may feel let down and discouraged if you don't achieve it. You'll feel ready to give up instead of just cutting back. If you ever do find yourself beaten down, don't forget the importance of getting back up and persevering.

However, if you set the goal and line up much smaller daily aspirations to check off every day, it sets you up for success to achieve something great in the end. You must remember to safeguard your health, mind, and spirit along the way. Goals are not meant to break you — they are intended to build you.

When setting out to achieve great things, start with something simple. For example, if your goal is to run 5 miles a day, start out with just walking around the block daily while getting some fresh air and enjoying nature. If you'd like to read 100 books in a year, begin by reading just a few pages a day on your lunch break. If you want to read the Bible, break it up into smaller sections every day or week. If your goal is to save up for a new car, put just a few dollars away every day. It's not a sprint, but rather, it's a marathon.

Once you start developing a habit, it becomes second nature, and sure enough, your goal just becomes a part of your daily routine. Before you know it, you'll be achieving those great things you set out to do. Start small and take it day by day — you will get there!

-Josh Whisler

Break Out of the Mold

HOW TO SPOT, PREVENT, AND TREAT MOLD GROWTH

Mold — it's great on blue cheese, but not in our homes.

Mold is a subset of fungus, growing primarily as a spore. It's not an animal, plant, or type of bacteria; instead, mold (and other fungi) is its own species. As scientifically fascinating — and useful in penicillin form — as mold is, it can be very dangerous in your home. Mold growth can cause allergies, skin and eye irritation, lung problems, frequent headaches, immunity issues, and even cystic fibrosis.

If you notice mold growth or want to prevent it, it's imperative that you act. Consider this your go-to guide.

Where Mold Grows

Mold is resilient, and to make matters more complex, some experts estimate there may be more than 300,000 different varieties! However,



there are common household types that tend to grow in equally common places. For instance, *Alternaria* mold thrives in damp, dark places, like under the sink. Meanwhile, *Penicillium* mold grows around water damage, like where your water heater may have leaked.

The best way to spot mold growth in your home is to regularly examine such places, including your shower or bathtub, under sinks, and your basement or garage. However, mold can grow anywhere, so watch for the following signs:

- An earthy smell on a substance or in a room
- Rapid discoloration or warping on a wall or item
- A growing stain

How to Prevent It

The best way to attack mold is to create an environment in which it can't grow. Start by eliminating moisture. Fix leaks immediately and never let wet clothing items or towels sit for a long time. Manage the humidity in your home with a properly functioning HVAC system, too. This will circumvent any potential moisture buildup. And when cleaning, utilize products that are designed to target mold growth, which will attack spores before they appear to the naked eye.

For more details on how to remove and prevent mold growth, consult with a mold specialist.

Injured in a Crash? IS CHIROPRACTIC CARE COVERED IN YOUR PERSONAL INJURY CLAIM?

A car accident can leave you a wreck — quite literally. Your neck, back, spine, or other areas may suffer injuries that can benefit greatly from the help of chiropractic care. Your doctor may recommend that you go to a chiropractor, or you may seek one out on your own. But, is a chiropractor covered in your personal injury claim?

Some chiropractors actually specialize in caring for those who suffer after a car accident to help them to alleviate pain and heal more quickly. But, here's the thing: You'll want to be quick about it.

In Florida, your Personal Injury Protection, PIP or "no-fault coverage," covers lost wages due to an accident, medical treatments, death benefits, and all costs associated with disability and rehabilitation. Chiropractic care falls under rehabilitation treatment.

While some injuries don't show up until weeks later sometimes, seeing a chiropractor right away is essential. Also, in Florida, you only have 14 days to utilize your PIP benefits. If you delay getting a chiropractic evaluation and care following an accident, you may compromise being reimbursed.

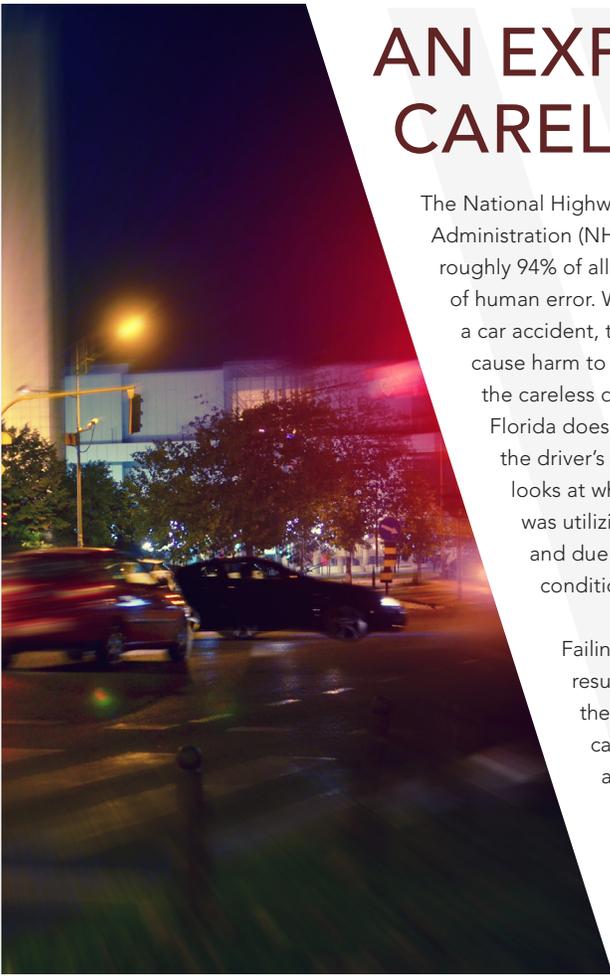


While many still view most chiropractic care as discretionary care, your insurance may attempt to reduce liability of those costs. To increase your compensation odds, do the following:

- See a chiropractor as soon as you can following an accident.
- Get a referral to a chiropractor from a physician.
- Make sure your chiropractor visit is documented by the chiropractor.
- Keep a pain and injury log, documenting all of the details.
- Keep on track with all of your recovery schedules.

After a car accident, chiropractic care can help your body repair itself. If you have suffered any injuries in a car crash, no matter the severity, your medical expenses can be compensated. Call us today to find out more!

AN EXPLANATION OF FLORIDA'S CARELESS DRIVING LAW



The National Highway Traffic Safety Administration (NHTSA) estimates that roughly 94% of all crashes are the result of human error. When a driver causes a car accident, they rarely intend to cause harm to anybody. However, the careless driving statute in Florida doesn't take into account the driver's intentions. Instead, it looks at whether or not the driver was utilizing reasonable regard and due care for current road conditions and the law.

Failing to use due care resulting in negligence is the basic allegation in every careless driving case. If a driver was negligent while driving, they can be legally liable to cover some, if not all, of the damages they caused.

The careless driving statute in Florida is outlined in F.S. 316.1925 and states that anyone operating a vehicle on any street or highway in Florida "shall drive ... in a careful and prudent manner, having regard for the width, grade, curves, corners, traffic and all other attendant circumstances, so as to not endanger the life, limb, or property of any person." Failure to do so is considered to be careless driving.

In some cases, a careless driving case can fall under "aggressive careless driving." Outlined in F.S. 316.1923, careless driving is considered to be aggressive if "two or more traffic violations occur simultaneously or in succession."

Some examples of careless driving include the following:

- Unsafely or improperly changing lanes
- Following too closely behind the vehicle in front of you
- Speeding
- Improperly passing another vehicle
- Failing to yield the right of way to another vehicle
- Violating traffic devices and signals

For any questions or concerns regarding Florida's careless driving law, contact us today. We are always here to help!

MEDITERRANEAN STUFFED CHICKEN BREAST

Inspired by DiabetesStrong.com

INGREDIENTS

- 2 chicken breasts
- 2 oz mozzarella cheese, cubed
- 2 canned artichoke hearts, chopped
- 4 tsp sun-dried tomatoes, chopped
- 10 large basil leaves, chopped
- 2 cloves garlic, chopped
- 1/2 tsp curry powder
- 1/2 tsp paprika
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 365 F.
2. Cut a slit lengthwise to create a pocket in the middle of each chicken breast. Place the breasts on a baking sheet.
3. In a medium bowl, combine the mozzarella cheese, artichoke hearts, tomatoes, basil, and garlic.
4. Divide the mixture in half and stuff each chicken breast pocket.
5. Using toothpicks, seal the edges of the pockets.
5. Season the chicken with curry, paprika, salt, and pepper, then bake for 20 minutes or until the chicken reaches 165 F.
6. Remove the toothpicks and serve with rice, potatoes, salad, or roasted vegetables!

IN AN ACCIDENT?

Check out our personal injury blog and informative articles at WhislerLawFirm.com

"Live your beliefs and you can turn the world around."

—Henry David Thoreau



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We're so grateful for all the feedback on our newsletter! If you have anything you'd like to share, we'd love to hear from you.

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NOT ANOTHER CANDLELIT DINNER

Get Creative This Valentine's Day

Roses, chocolate, and fancy restaurants are Valentine's Day staples for a reason. They're classic and timeless, but if you've done them year after year, they could also get a little bit boring. To wow your significant other this Feb. 14, think beyond the most famous ways to celebrate. They'll probably appreciate a twist — and the time you spent making their day special.

Create a relationship scrapbook.

Nothing says "I love you" like a gift you've made with your own hands. By making a scrapbook of your favorite memories with your partner, you'll also amaze them with your sensitivity and dedication. A scrapbook can consist of photographs, restaurant menus, movie tickets, wedding invitations, vacation souvenirs, and some carefully chosen words about why you value the relationship. Don't be afraid to get inventive with your decorations or scour the internet for tips and tricks.

Go stargazing.

What's more romantic than staring up at the stars? Your first step will be to find a local spot that's dark and secluded enough for a good view of the nighttime sky. Once you do, your next course of action will depend on the weather. If it's temperate, get a picnic blanket and enjoy the outdoors. If it's cold, stay in the car, turn off the headlights, and snuggle up. Don't forget to bring wine and a romantic snack. If all goes well, you might end up watching the sunrise.

Schedule a couples' spa day.

Forget what you think you know: Spa days are for everyone. Your other half will love the opportunity to experience a massage, sauna, and other assorted treatments. Plus, many spas offer romantic couples' packages with champagne and chocolate-covered strawberries. Once you're both sufficiently relaxed and looking your best, you'll likely feel closer than ever. Some spas also offer overnight stays so you can transition seamlessly into a romantic evening.



All of these ideas will take a little bit of planning, so it's time to start dreaming up your big surprise. When you see their reaction, your only concern will be how to top yourself next year.