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MANGO TREE AND BUSINESS ANNIVERSARY

Reflecting Upon the Fruits of My Labor

Six years ago, on a Floridian February day, not too hot, and not too cold either, I planted a mango tree. I researched what type to plant. Then, I picked it out, dug the hole, placed it in the ground, covered it with soil, fertilized it, and left it to flourish, routinely providing it with water while it soaked up the sunshine and nutrients from the soil. It resembled a twig, barely taller than my young daughter, but its potential was incredible.

For the first few years, growth was slow. I'd excitedly check for mangos, and while it had a couple ones smaller in size here and there, we weren't consistently getting fruit. I continued to fertilize the tree and relied on nature to do the rest! Six years later, I'm proud to say that the mango tree is tall and bears tons of fruit! It still has much more room to grow, and I'm excited to see its progress!

I planted this mango tree in the same week in which I opened my own law firm. In more ways than one, I see many similarities between growing a business and a fruit tree. Right from the start, the business requires all of your attention, nurturing, effort, and skills. Just as you do a tree, you fertilize your business with all of your knowledge, showering it with devotion, and after you've put forth all that you have, you admittedly cross your fingers and pray that it all works out.

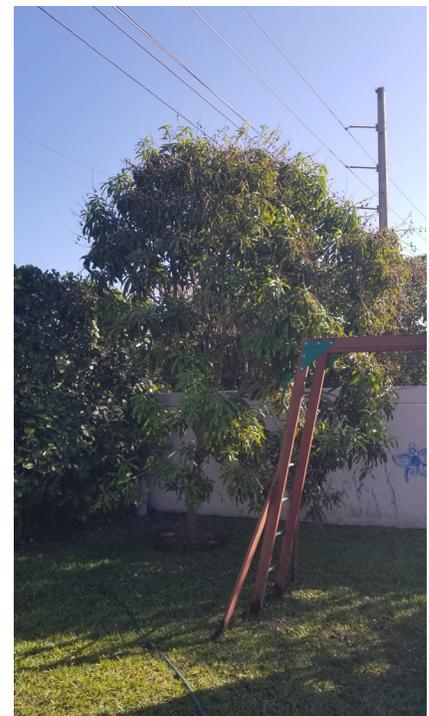
I'm proud to say that six years later, The Whisler Law Firm is thriving. We are

consistently growing, breaking new records, and exceeding expectations. Just like with my mango tree, patience, persistence, care, and hard work certainly paid off. I've been blessed to achieve this milestone and to see the fruits of my labor!

It's so easy to get caught up in the social media hype where society is constantly trying to push the "get rich quick" shortcuts without conveying the blood, sweat, and tears it takes to grow something meaningful. As one great businessman once said, "It takes 10 years to be an overnight success." This will forever hold true. One must persevere through challenges, losses, mistakes, and lessons until something clicks and your recipe for success comes to fruition.

Whether you are growing a garden or your business, don't get discouraged if you don't see instant success. Challenging times will be ahead, battles will be fought, and obstacles will present themselves, and you may end some days with a giant headache, but if you stay consistent and persistent with one foot in front of the other, you will eventually accomplish more than you could ever imagine. There is success on the other side of all struggles. You must be in it to win it!

-Josh Whisler



IT'S MORE THAN JUST TIDYING UP

4 Health Benefits of Spring-Cleaning

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

Spring-cleaning reduces stress and depression.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home. Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

It prevents illnesses.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.

Spring-cleaning helps you breathe better.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When dust

and pet dander build up in your home, your respiratory system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

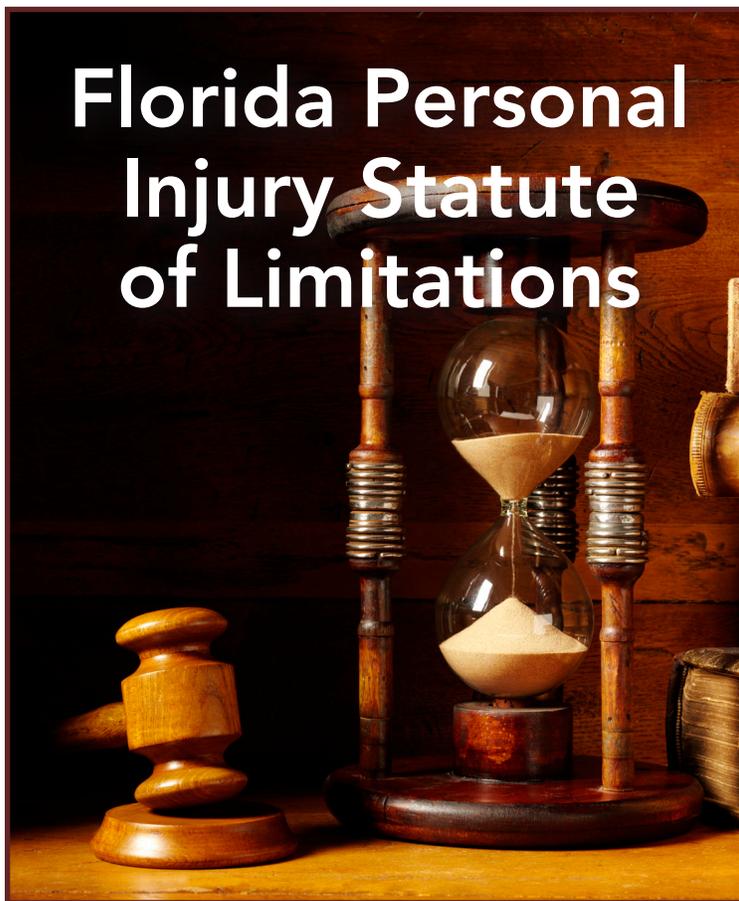


It keeps you more active.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!

Florida Personal Injury Statute of Limitations



When an auto accident or a slip-and-fall case takes place, there is a time period in which you must file your case for it to be valid. This period of time is known as a statute of limitations, and in each state, it's different. Having a statute of limitations in place makes sure that the case will have reliable witnesses and a quicker case resolution; ensures that evidence does not get lost over time; and prevents potential plaintiffs from threatening a lawsuit for an indefinite amount of time.

In Florida, personal injury case statutes of limitations vary depending on the type of accident. For most personal injury cases, including car accidents, the statute of limitations is four years. But, in some cases, it could be as short as just two years or as lengthy as five years.

If you don't file your case before the statute of limitations runs its course, you will not be compensated for your sustained injuries. If you try filing a lawsuit after the statute of limitations is up, your case will likely be dismissed by the court, which is why we recommend filing your case with a trusted attorney as soon as possible because Florida's laws are very intricate.

It should be noted that unless you have signed a release and accepted a settlement offer, even if you are currently negotiating with the defendant's insurance company when the deadline hits, Florida's personal injury statutes of limitations still apply and your case will be dismissed, meaning you will not be compensated at all.

Because it is unknown how long your case may take, filing right away is important. If you or someone that you know needs assistance filing a personal injury case, give us a call today! We've got you covered from beginning to end!

Brain Injury Awareness Month

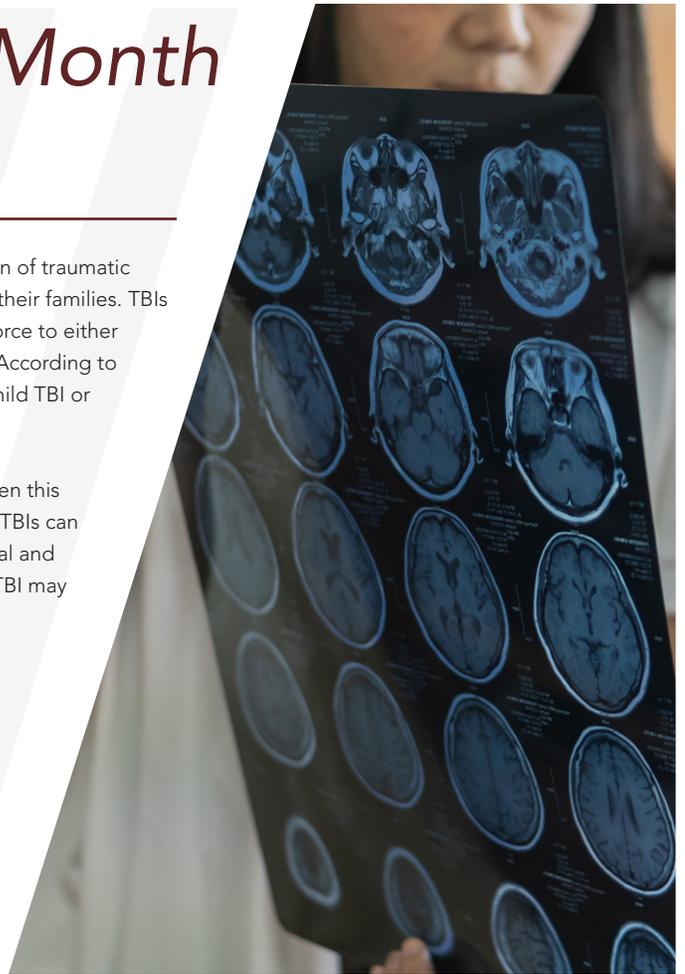
SUBTLE SIGNS OF TBI

Brain Injury Awareness Month falls in March to recognize and raise awareness for prevention of traumatic brain injuries (TBIs) and how to improve the quality of life for those suffering with TBIs and their families. TBIs affect millions of Americans every year and are caused by penetration, a great impact, or force to either a person's head or body. In 2019, there were 61,000 TBI deaths in the United States alone. According to the Centers for Disease Control and Prevention (CDC), three different types of TBIs exist: mild TBI or concussion, moderate TBI, and severe TBI.

In most cases, when people are badly injured and experiencing a TBI, it's very obvious. When this happens, the injured person must receive medical attention as soon as possible. However, TBIs can be very confusing because delayed symptoms that are easily overlooked can be detrimental and may suggest long-term complications. Some symptoms after a head injury that suggest a TBI may include scalp numbness or hand tingling that increases over time.

Some other indications of long-term issues from traumatic head injury include personality changes and vision problems. If you notice changes in someone's mood, emotions, or behavior, or if their vision becomes blurred, acknowledge that these red flags need to be immediately addressed. Furthermore, extreme lethargy, balance issues, faintness, altered smell and taste, headaches, or memory issues also point to a potential TBI.

If, as a result of an accident on the road, at work, or by the negligence of another, you or a loved one is suffering from a TBI, give us a call. Our personal injury lawyers are at your disposal for all questions and concerns to help get you the compensation you deserve!



IN AN ACCIDENT?

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

"We are what we
repeatedly do.
Excellence, then, is not
an act, but a habit."

—Aristotle

SIMPLE BOK CHOY CHICKEN SOUP

Inspired by TheSpruceEats.com

Is the chill of winter lingering? A hot bowl of this Asian-inspired soup will warm you right up! Our recipe makes 4–5 servings.

INGREDIENTS

- 3 cups chicken broth
- 1 tsp red pepper flakes
- 2 tsp soy sauce
- 2 tsp sesame oil
- 1 garlic clove, chopped
- 10 leaves bok choy, thinly sliced
- 2 cups shredded rotisserie chicken

DIRECTIONS

1. In a medium saucepan, bring chicken broth to a boil.
2. Stir in red pepper flakes, soy sauce, sesame oil, and garlic.
3. Add bok choy leaves and rotisserie chicken. Simmer for 10 minutes or until the bok choy is dark green and tender.
4. Enjoy with slices of your favorite whole-wheat bread!

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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Leaving on a Jet Plane?

Many people are considering traveling this spring for the first time since the pandemic started. A lot has changed since 2020, but packing for vacation remains a hassle, and baggage fees haven't gone anywhere. Here are some essential tips to keep your load as light as possible — physically and mentally.

Make a list. It's just as easy to forget things as it is to overpack. Solve both problems at once by creating a packing list in advance. Consider in detail what you'll need, and put it in writing. As each item gets added to the suitcase, check it off. Writing everything down creates a system to prevent leaving anything behind. And when it's all on paper, you're more likely to notice that you probably don't need that many pairs of sandals.

Use your personal item for extra storage. Airlines generally allow travelers one carry-on bag and one personal item. The dimensions allowed

3 ESSENTIAL PACKING TIPS

vary by airline, but the general rule of thumb is that the personal item needs to fit under the seat in front of you. Don't bring a small purse or a laptop bag when you can take a large tote or backpack. With the extra room, you can avoid checking another bag.



Never check essential items. Lost luggage is the worst way to start a vacation, but it happens. If your luggage is misplaced, you probably won't get it back that same day. So, you need to pack all essential items, like prescription medications or glasses, in your carry-on bag. Some experts even recommend tossing an extra shirt or pair of underwear in your carry-on in case your bag gets lost. You'll be glad to have them if something goes awry.

Packing smart will make for a less stressful journey. You can kick back, relax, and enjoy the trip knowing that everything you need is right there in your suitcase, and everything you don't need is safe at home.