



# A NEWSLETTER FOR FAMILY AND FRIENDS

**JANUARY 2019**

**INSIDE THIS ISSUE**

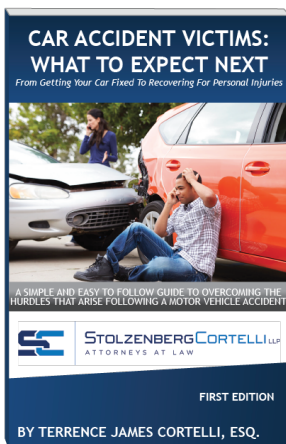
- 1 - Welcome
- 1 - Make a New Year's Resolution: Don't Drive Distracted
- 2 - Not All Dog Bites Are Playful Nips
- 3 - Happy New Year!
- 3 - Tuscan Vegetable Soup

---

**SERIOUS LAWYERS  
FOR SERIOUS INJURIES**

---

**Visit our Website and  
Download your Free  
Book Today!**



Welcome to the StolzenbergCortelli LLP E-Newsletters. We would like to take this opportunity to introduce you to our electronic newsletter, with articles we think you'll find of interest. We hope you will enjoy our newsletter and we welcome your comments and feedback.

## **Make a New Year's Resolution: Don't Drive Distracted**

While the fireworks and champagne toasts may seem a distant memory, it's not too late to make a New Year's resolution. Here is one that should be fairly easy to stick with if you put your mind to it: ***Don't Drive Distracted!***

Driving while distracted is a dangerous habit that kills at least 9 people in the U.S. ***each day.*** Talking on a handheld phone, eating and drinking, tending to children, chatting with passengers and adjusting music and GPS are all activities that take your mind away from the task of driving and your hands off the wheel.



### **Texting While Driving Is Illegal In New York**

But texting while driving is the most hazardous behavior of all. Texting distracts drivers in three ways:

....continued on page 2

### **A REFERRAL FROM YOU IS OUR HIGHEST COMPLIMENT**

A referral from our valued clients, friends, family and fellow attorneys is the highest compliment we can receive. If you know of someone who can benefit from our services at StolzenbergCortelli, LLP, please let us know. Call Us Today!

305 Old Tarrytown Road  
White Plains, New York 10603  
**mailing address**

99 Main Street  
Nyack, New York 10960  
**by appointment only**

26 Court Street  
Brooklyn, New York 11242  
**by appointment only**

**T** (914) 361-4888 (main)  
**F** 914-361-4478  
**E** Info@sclawny.com  
**W** www.stolzcortlaw.com

....continued from page 1

- Manually, because their hands are off the wheel.
- Visually, because they are reading the screen instead of watching the road; **and**
- Cognitively, because their minds are on text messages instead of their driving.

New York State law prohibits using a hand-held mobile telephone or portable electronic device while driving. Prohibited activities include talking on a handheld phone; reading, sending or browsing electronic data like text messages, email or webpages; playing games; taking, viewing or transmitting images.

If it's against the law **and** dangerous, pledge not to do it!

### Tips on Reducing Driving Distractions

You can kick the habit of driving while distracted. Here are our top tips:

- Always keep your focus on the road and the task at hand: driving.
- Put your cellphone away in the glove compartment, toss it in the back seat or turn it off.
- Don't even glance at an incoming text – with an average of 5 seconds needed to read a text, if you are traveling at 55 mph you could speed the length of a football field without even seeing the road!
- Ask a passenger to help with tasks such as changing music options and operating GPS.
- Request that passengers cooperate and keep the noise level down.
- Refrain from eating and drinking while driving.

If you must make an important call or text, pull off the road carefully in a safe spot. Our state provides special "Texting Zones" along the thruway and state highways for motorists in need of a texting break. You will find these at rest stops, parking areas and existing Park-n-Rides.

Learn more about driver distractions at this [AAA website](#).

Stick with your resolution not to drive while distracted. You will be providing a safer experience for your family and for fellow motorists in preventing distracted driving [car accidents](#).

## Not All Dog Bites Are Playful Nips

Did you know that up to 47% of U.S. households have at least one dog? It's absolutely true that dogs are "man's best friend"!

However, dog ownership requires responsibility. Even the most good-natured and well-mannered dog may react unexpectedly when cornered or threatened, or if sick or hurt.

Dog owners must use common sense to prevent dog bites:

- Never leave small children – even your own – alone with your dog.
- At a young age, teach your child not to mistreat your dog and to respect it.
- Dogs need their personal space. Never allow any child to place his or her face close into a dog's face and forbid them from playing in the dog's bed.
- Dogs will always guard their resources such as food and toys, and this possessiveness can be dangerous if extreme. A child should not interfere with dog treats, toys or food dishes.
- Learn about and watch for a dog's body language. A dog's signal that it may bite is to freeze, growl, pull its lips back or furrow its brow. Look for these signs of stress and act quickly to defuse the situation.



....continued on page 3



....continued from page 2

### What to Do If You Are Bitten by a Dog

Each year in the United States, about 800,000 dog bites require medical attention. Because of disease, even a relatively minor bite should be taken seriously. If you or a family member is bitten by a dog:

- Get information from the dog owner such as contact information, immunization records and tag numbers. Take a photo of the dog and your injuries.
- Get medical help right away for assessment and any necessary treatment.
- Report the incident to the police.
- Do not give information to any insurance company before talking to an attorney.

Contact our experienced attorneys to learn about any legal options you may have. We will review your incident and advise you on any potential legal action.

If you or a family member has been harmed by a dog bite, car accident, truck accident, construction accident, slip and fall or any other type of personal injury, please contact StolzenbergCortelli, LLC Attorneys at Law immediately. Please call us for a free consultation. Attorneys Howard Stolzenberg and Terrence James Cortelli, personal injury attorneys in White Plains, Nyack and New York City, will fight to secure justice for you and your family. You can reach us at 914-361-4888 or contact us via the website.



### Recipe of the Month

### Tuscan Vegetable Soup

Make a big batch of this comforting, veggie-packed soup and eat well all week long. It only takes 35 minutes to cook up, and at just 145 calories and 4 grams of fat per serving, you can eat guilt-free!

#### Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)

....continued on page 4





**STOLZENBERGCORTELLI** LLP  
ATTORNEYS AT LAW

**White Plains**

305 Old Tarrytown Rd.  
White Plains, NY 10603

**New York City**

26 Court Street  
Brooklyn, NY 11242

**Rockland**

99 Main Street  
Nyack, NY 10960

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of an attorney. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional legal advice.



Powered by Blue Orchid Marketing

*....continued from page 3*

- 1 small zucchini, diced (about 1 ½ cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

## Directions

1. In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

*Recipe courtesy of Ellie Krieger*



305 Old Tarrytown Road  
White Plains, New York 10603  
**mailing address**

99 Main Street  
Nyack, New York 10960  
**by appointment only**

26 Court Street  
Brooklyn, New York 11242  
**by appointment only**

**T** (914) 361-4888 (main)  
**F** 914-361-4478  
**E** Info@scclawny.com  
**W** www.stolzcortlaw.com