

807 West Azele St.
 Tampa, FL 33606

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Caffeine and Sleep

Is Caffeine Stealing Your Sleep?

Sleep is essential, and one-third of us don't get enough. According to the National Sleep Foundation, adults need between seven and nine hours of sleep per night. Is that afternoon cup of coffee to blame for your sleeping struggles?

Why is sleep important?

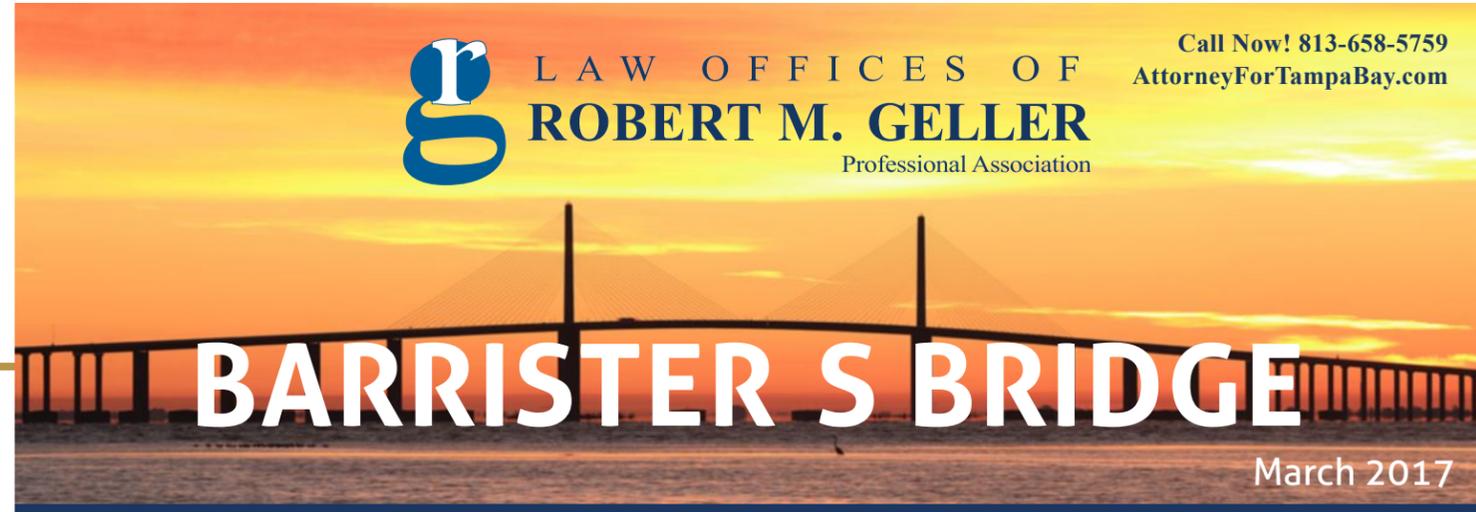
The body repairs and rejuvenates itself during sleep. Getting enough sleep positively affects your health, while not getting enough is detrimental. Lack of sleep is linked to obesity, high blood pressure, and stress. Sleep is also fundamental in retaining information, because the brain forms new pathways at night.

How caffeine hinders sleep

Caffeine blocks adenosine, a neurotransmitter that tells you to rest, from getting to its receptor. If caffeine is consumed too close to bedtime, your body's circadian rhythm may be thrown off. Researchers from the MRC Laboratory of Molecular Biology found that when study participants were given 200 mg of caffeine three hours before bed, the caffeine delayed their circadian sleep pattern by 40 minutes!

Keep caffeine from stealing your sleep

Fortunately, there are ways to drink caffeine and still get the shut-eye you need. First, avoid caffeine during the afternoon. If you normally go to bed around 10 p.m., it's recommended that you avoid caffeine after noon. Because caffeine has a half-life of 5.7 hours, if you drink 200 mg of caffeine at noon, you'll still have 50 mg of caffeine in your system at bedtime. Second, know your body. Most have a limit of 300-400 mg of caffeine per day, which is the equivalent of three to four 8-ounce cups of coffee. Third, don't drink caffeine when you first wake up. While most run for coffee first thing, caffeine works best when consumed 1-2 hours after waking.



Everybody Outside! Have Fun, Be Safe This Month

Are you getting outside this month? We have great weather all year round, but now it warms up and everybody's ready to head to the beach and hit the water. Whether you're a gardener, a skimboarder, or a fisherman, the time is ripe to get out of the house.

Me, I'm taking my boat out. That warm water means the fish are starting to be more active, and this month I have a good feeling about kingfish in particular. We always have a good time putting lines in the water, and it's something my kids grew up doing. I usually helm the boat, letting my son or other family members do the fishing.

Of course, as we spend more time outside, we need to be careful. As a boat owner and personal injury attorney, I've seen and heard of many scary incidents on the water over the years. Some of them can't

be helped — like the time my son, brother, and I were spearfishing out in the Keys and a shark went after the grouper they had speared. My son fought the shark back with a very small knife, and then high-tailed it back to the boat. I've never seen anybody walk on water, but I've seen my son run across it!

Not all trips end well, however. We all remember the tragic boating accident last year that led to the death of Marlins pitcher Jose Fernandez and two of his friends. And I've personally represented someone who was badly injured in a water skiing incident. I encourage everyone to use caution and common sense, especially at night — and to never become intoxicated when on the water.

On my own boat, we've had a few close calls, including a hairy adventure while lobstering that thankfully ended okay.

Even that shark story — as fun as it is to tell — could have had a different ending. I try to make sure that we never take any more risks than necessary.

That's because I believe that fun outings should end with fun stories — like the time we caught an unbelievable amount of mahi, or the time my son reeled in a sailfish. Unfortunately, bad things can also happen. As we all enjoy the weather and water, please be safe this month.

I can't wait to hear your own stories, whether you're hitting the beach or watching March Madness (go Gators!). Let's have a fun — and safe — March.

Robert Geller

The Life-Changing Magic of Spring Cleaning

Houses get stuffy after a long winter, and spring cleaning is the best way to freshen up your living space. While comprehensive cleaning can seem like a major chore, it can also liven up your home and give you a sense of pride and accomplishment. As Marie Kondo, the best-selling author of *The Life-Changing Magic of Tidying Up* puts it, "The objective of cleaning is not just to clean, but to feel happiness living within the environment."

You should begin cleaning by getting rid of unwanted objects. "To truly cherish the things that are important to you," Kondo writes, "you must first discard those that have outlived their purpose." Consider donating those objects that you no longer need to a charity. You free up space while providing another family with something they need.

After donating excess goods, it's time to get down to cleaning. Though lots of people organize their cleaning by room, another smart tactic is to divide tasks into categories. Schedule one day for windows, another day for carpets, and so on. You can assign tasks to family members based on preference much easier this way.

There are lots of tools in your house that can do double duty during spring cleaning. Your dishwasher works great for cleaning glass fixtures and plastic objects like your toothbrush holder. You can use your vacuum for couches and drapes. Spring cleaning is also an opportunity to clean those overlooked areas like your oven and microwave.

A thorough cleaning in the spring makes your home easier to maintain for the rest of the year. It also provides an opportunity to make changes to decorations and put a new spin on your environment. Plus, nothing beats the feeling of putting your feet up in a freshly cleaned home on a beautiful spring day.



Struck By a Drunk Driver? A Peek Inside a Complex Legal Issue

Despite increasingly harsh penalties for drinking and driving, hundreds of Floridians are injured by drunk drivers every year. If you're struck by a drunk driver, you could be looking at some serious medical bills for you and anyone else in your car. It's no coincidence that some of the worst vehicle accidents involve alcohol. In addition to the usual factors leading up to a wreck, the at-fault driver in a DUI crash is often too intoxicated to walk across a parking lot, let alone safely operate a motor vehicle.

In these cases, it's always best to talk to a personal injury attorney before making any decisions. The at-fault driver may have great insurance coverage, or they may be uninsured. If they have prior DUI convictions, are on a suspended license, or

are convicted of a DUI after causing your accident, your case will be easier. You may decide to file a personal injury suit, or you may decide to pursue an insurance claim. Both will be simpler after speaking to an attorney.

Depending on the circumstances of the accident, you may be able to file a wrongful death suit. You also might be partially liable yourself, in which case you'll want to go over what happened with your attorney even before speaking to the police. As you can see, the already complicated area of personal injury litigation becomes even more complicated when the other driver is intoxicated.

In a perfect world, the state would ensure you're taken care of, that lost wages are paid, and that your medical expenses don't overwhelm you. Then again, in a perfect world these tragedies would never occur.



Our offices are here to help you get fair and just treatment — because we live in an imperfect world.

Client Testimonials

DUE TO A VARIETY OF CIRCUMSTANCES, I found myself in a terrible position financially. I had no idea what to do until talking with Danielle Carvajal, who works in this office. She recommended I have a consultation with Mr. Geller, which I did. It was one of the best things I ever did. He handled all the proceedings for bankruptcy, allowing me to start over and build up my credit again. The emotional relief was as great as the financial relief. I am very grateful to this office and their staff. They have definitely earned a five-star rating from me.

— Doris H.

ENTIRELY EXCELLENT EXPERIENCE knowing and seeing Robert Geller and his team at work. I highly recommend these folks if you're facing serious issues with debt, like needing to stop a foreclosure, handling credit card debt, and getting an overall fresh start with your credit.

— Pete M.

ATTORNEY SCULLY ASSISTED ME WITH reopening my bankruptcy case when the bank tried to foreclose on my house after my bankruptcy was successfully discharged. Attorney Scully was in constant contact with me, as well as the banks involved with my case. Her due diligence resulted in successfully proving that the banks involved applied my funds inappropriately. I am happy to state that my house is no longer listed as being foreclosed.

— Jan

Sudoku Time!

5		2	1	8				
				9			6	
9	3		4		7	1		8
4	8					6		1
1		5	6		3	8		4
3	6		8	4	1		2	
		1	2	3	4	5		7
						3		
	5	3		1				6

Solution:

5		2	1	8				
				9			6	
9	3		4		7	1		8
4	8					6		1
1		5	6		3	8		4
3	6		8	4	1		2	
		1	2	3	4	5		7
						3		
	5	3		1				6

Quick and Easy SHEPHERD'S PIE

March is the month of Irish pride, thanks to St. Patrick's Day. Celebrate the luck of the Irish with this savory shepherd's pie recipe!

INGREDIENTS

Recipe inspired by KraftRecipes.com.

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|--|--|
| 1 pound lean ground beef | 2 cloves garlic, minced |
| 2 cups hot mashed potatoes | 4 cups frozen mixed vegetables, thawed |
| 4 ounces cream cheese | 1 cup beef gravy |
| 1 cup shredded cheddar cheese, divided | |

DIRECTIONS

- Heat oven to 375 F.
- In a large skillet, brown the beef, then drain.
- In another bowl, mix together potatoes, cream cheese, ½ cup cheddar cheese, and garlic.
- Add vegetables and gravy into the meat, then pour into a 9-inch square baking dish. Cover with the potato mixture, then sprinkle with remaining cheese.
- Bake for 20 minutes.