

## LAW OFFICES OF KIM MICHAEL CULLEN, P.A.

LIFE, LIBERTY,  
AND THE LAW**No Effort Brain Food**

*Find out how you can get smarter by doing absolutely nothing at all.*

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*Learn about an amazing new power technology and how it might be used in cars.*

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**Free Drawstring Backpacks**

Our firm was lucky enough to participate as a sponsor for the Chiefs Run 5K and Dommerich Dash, a road race and fundraiser for Dommerich Elementary School in Maitland. The event happened on February 27, 2010, and was really great. It is always fun to see kids and parents run these events together.

Close to 100 of the drawstring backpacks shown above went undistributed. We have them in our office and would love to give them away. If you know of any group (they seem perfect for kids) that might use them, please contact Stacie McCamie at [smccamie@cullen-law.com](mailto:smccamie@cullen-law.com).

**\$50.00 VISA GIFT CARD CONTEST****Husband In Potential Trouble Needs Your Help**

February and the early part of March 2010 has been a very busy time for me and my firm. In addition to the day-to-day business of lawyering and adding several wonderful new people to our roster of clients, February also signaled the beginning of Little League Baseball season and youth soccer season. I am coaching two Little League teams and a U11 girls' travel soccer team this season, so my weekends are almost as busy as my work weeks.

As busy as this time in my life is, I try to remember to cherish every moment of it. First, every time I look at my four children I realize that they are growing up with lightning speed. I know that these busy times that we spend together will be over soon – and I don't want to miss a thing. Second, I know from my life's work that this seemingly hectic life can be forever changed in an instant. Every injured person or surviving family our firm helps reminds me what a blessing good health and family is. So, if you ever hear me complain about my schedule, you have my permission to immediately interrupt me and provide me with a firm attitude adjustment.

Looking forward, I do have a personal project that I would appreciate some help with. As some of you know, my wife's birthday is in April. Many of you that know me well know that buying gifts is very stressful for me because I just feel that I do not have a creative imagination or good knack for selecting useful or thoughtful gifts. This is particularly true for somebody as important as my wife of almost 20 years – a truly amazing, beautiful, intelligent, and strong woman whom I have loved since I met her a quarter-century ago.

I am asking for your help in making suggestions for a birthday gift for my lovely wife. I would appreciate suggestions within a price range from free (homemade (warning: I am not very handy with tools)) to \$100.00. In return, I will send the person with the winning suggestion a \$50.00 VISA gift card. Please send suggestions to my e-mail address: [kcullen@cullen-law.com](mailto:kcullen@cullen-law.com). The deadline for submissions is April 12, 2010.

# LIFE, LIBERTY, AND THE LAW

## Mom Chooses To Be Strong Role Model

According to a new study by the Stanford University School of Medicine, one of the key factors that puts children at greatest risk of being overweight is having obese parents. Research shows that a high proportion of today's obese children are the offspring of overweight/obese adults. Children of overweight parents tend to be over-fed and under-exercised, and this lifestyle tends to set children on a trajectory toward obesity.

Longer term studies in Britain support the Stanford research. There, the research revealed that daughters of overweight mothers are 10 times more likely to be obese by age eight, as children with mothers who were not overweight. Similarly, sons of obese fathers are six times more likely to be overweight. Obviously, having so many seriously overweight children poses huge challenges to our health care system, as well as to our society in general.

Enter our own Stacie McCamie - a legal assistant with the firm since 2004. After battling her weight her entire life, the birth of her daughter Anisah, in



February 2006, finally spurred Stacie to do something significant. She began doing her research and finally found "amazing doctor" Keith Kim, M.D. at the Bariatric and Metabolic Surgery Institute at Florida Hospital - Celebration Health. Dr. Kim sat down with Stacie and the two discussed her goals and concerns before a Gastric Sleeve procedure was recommended. Stacie

underwent the "life-changing" Gastric Sleeve procedure in February 2008, and since then has lost over 100 lbs.

While improved health was certainly one reason for the change, the primary motivating factor was Anisah. "I want to be the best possible example for my daughter, and make sure I am around and active enough to play a major positive role in her life," says Stacie. "I now have all of the components necessary to teach my daughter how to stay healthy and active, not only am I teaching her, I'm showing her that it is possible." We are all very proud of Stacie.

## Get Smarter By Doing Absolutely Nothing

Although we sometimes think of a person who takes an afternoon nap as a slacker, new research being done at the University of California at Berkley shows that a one hour nap in the middle of a person's day can truly boost and restore brain power. In short, **a one hour nap during the day can actually make you smarter.**

Thirty-nine healthy adults were divided into two groups. Both groups were assigned vigorous mental activities such as learning, studying, or taking some kind of test at 12PM. Both groups performed comparably. At 2PM, the nap group was allowed to take a nap of between 60 and 90 minutes. At 6PM, both groups were tested again. Researchers report that the people who took naps did markedly better than those folks who had not taken a nap.

Researchers believe that a nap essentially clears the brain's short term memory, allowing the brain to better handle new information after the nap. They compare it to clearing out a full Inbox in your computer's e-mail program. Through use of electroencephalogram (EEG) testing, scientists at Berkley now know that **maximum memory refreshment occurs after a dream state known as Rapid Eye Movement (REM), but before a person reaches deep sleep.**



# LIFE, LIBERTY, AND THE LAW

## Red Light Cameras Under the Hot Light

Red light cameras have been a hot topic in Florida legal circles lately. Since the late 1990's several cities across Florida (including Orlando, Casselberry, and Winter Springs, here in Central Florida) have been utilizing unmanned cameras



mounted at intersections to issue **fin**es to drivers who run through intersections under a red light. Cities claim that the red light

cameras make their roads safer by causing drivers to think twice about driving through an intersection under a red light. It is no secret that cities also use red light cameras as a way to generate valuable revenue, particularly in today's tough economy. For example, the City of Aventura has collected more than \$1 million in **fin**es since 2008 as a result of its red light camera program. Since these fines are purely local, no portion of these fines has to be shared with the State of Florida - unlike traffic **cit**ations, which must be shared with the State.

Under Florida law, traffic **cit**ations can only be issued by law enforcement officers who have personal knowledge of the

particular infraction that the driver is being charged with. To get around the law, cities have been issuing **fin**es – *not* traffic **cit**ations – and using the red light cameras for evidence.

However, this practice may soon be coming to an end. Just a few weeks ago, in the first ruling of its kind in Florida, a Miami-Dade County judge ordered the City of Aventura to stop issuing violations to drivers as a result of red light camera photographs. Judge Jerald Bagley found that the practice of issuing these city fines actually contradicted the Florida traffic citation law. The City of Aventura has indicated that it will appeal.

Several states around the country have also banned red light cameras, while other states have authorized the use of the cameras throughout the state.

As this issue of *Life, Liberty, and the Law* is being prepared, there are several competing red light camera bills in various stages of development in the Florida Legislature. Some of the proposed laws seek to give cities broad authority to use red light cameras – as long as the cities use a uniform fine amount and agree to share some of the fine money with the State of Florida. Other proposed legislation seeks to do away with the use of red light cameras altogether. It will be interesting to see how this issue is handled in Tallahassee.

If red light cameras are eventually given a legislative blessing, technology-savvy consumers appear to be ready. Apparently software is readily available for most popular GPS products that audibly warns the driver each time he or she approaches an intersection where a red light camera has been placed. Seems the red light camera wars are far from over.

## FINALLY...Our new website goes online

I am so very pleased to announce the launch of our newly redesigned firm website. The web address is the same as it has always been: [www.cullen-law.com](http://www.cullen-law.com), but the new site offers a much cleaner, more technologically up-to-date look. More importantly, the new website offers TONS more useful information than our old website ever did, and provides a user-friendly platform that allows us to post information in real-time, as our needs or the needs of our past, existing, or potential new clients require.

The website also serves as an access point to a new book I've written: [Asleep At The Wheel - 13 Mistakes the Insurance Company Desperately Hopes You'll Make After Your Florida Car Accident.](#)

Please take an on-line spin around the website and let us know what you think.



# LIFE, LIBERTY, AND THE LAW

## TERRY'S TECH NEWS & VIEWS

The general public got its first glimpse of a new invention called the Bloom Box on the *60 Minutes* television program a few weeks ago.

K.R. Sridhar, a former rocket scientist for NASA, claims to have come up with a new way to create electricity in a compact fuel cell format. The Bloom Box in its most basic form is a 6 inch by 6 inch box. Sridhar claims that when two Bloom Boxes are coupled together, they make enough energy to power a 5,000 square foot typical American home. He feels that one Bloom Box would be sufficient to power most homes around the world.

The guts of the Bloom Box consists of a series of silicon cards (yes, sand) covered with Sridhar's patented ink. When the ink-covered cards are exposed to a simple fuel and oxygen, a chemical reaction occurs and electricity is somehow created.



Sridhar shows off his Bloom Box invention.

While watching the *60 Minutes* piece, I couldn't help but wonder about the potential application of this new technology to transportation. After all, one of the main stumbling blocks to the adoption of alternative-energy cars has always been the size and weight of batteries, or fuel cells - in the case of hydrogen. Not only is the Bloom Box amazingly small, but the main by-product of the Bloom Box's chemical reaction is HYDROGEN.

Sridhar claims that he can mass produce the Bloom Box and bring the price down to around \$3,000.00. The Bloom Box would seem to be perfect for powering automobiles. If not automobiles, why couldn't it power small urban motorized bicycles that fold to the size of a briefcase and are already in production? It will be exciting to see what the future holds.

*Terry McCamie is our Case Manager. Terry loves cars and writes a monthly column on automotive and transportation issues.*

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