

**LAW OFFICES OF KIM MICHAEL CULLEN, P.A.**  
 PERSONAL INJURY - WRONGFUL DEATH

**LIFE, LIBERTY,  
 AND THE LAW**

**Your smartphone could make you smarter**

*Using your phone to help after an accident shows how bright you can be.*

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**Eating for change**

*Check out these easy-to-remember eating rules that should help you lose weight - and keep it off.*

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**Are you who you thought you were?**

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**Drive Green Park Closer**

*Prime parking spots for hybrid drivers are popping up all around Orlando.*

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**NO DRIVE TO DRIVE?**

Although I hate to admit it because of how old it makes me feel -- our oldest son turned 15 this past month. It seems like just yesterday that I was regularly pacing through the night with this stubborn, crying baby in my arms, wondering if he would ever run out of gas and finally fall asleep.

That little baby is now a Freshman in a huge high school, standing about 6' tall, taking college-level classes, and playing varsity sports. He is turning out to be a great person, too -- with every bit of integrity, work ethic, and focus that any parent could wish for in a child. My wife and I are obviously incredibly proud of him.

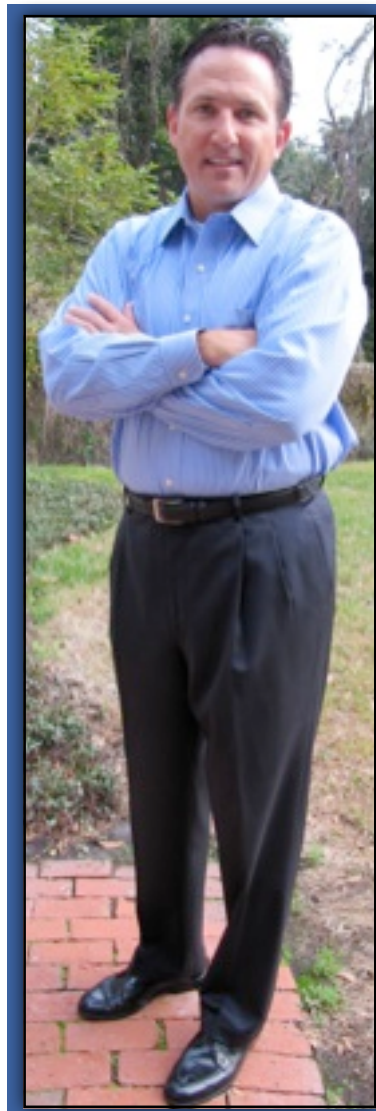
However, there is one thing about this 15-year old that I still cannot figure out. This young man has absolutely no interest in getting his learner's permit, or later, his drivers' license. I suspect like many of you, my experience as a teenager was quite different. As I remember it, I was first-in-line at the Department of Motor Vehicles when it opened on the morning of my 15th birthday. I just could not wait to learn to drive, and taste real freedom.

But when I ask my son about driving, he seems entirely disinterested. He says he has too much going on, that it is not urgent, and that he just doesn't feel like getting his permit right now. I ask myself, "How could this possibly be?"

Perhaps it has to do with necessity. Although my mother did the best she could to cart me around, she was a single mom working full-time and her work schedule did not exactly fit into my busy work, sports, and social calendar. If I wanted to be somewhere, and my mother wasn't available, I had to walk, ride a bike, take the bus, or bum a ride.

Meanwhile, my son has always been delivered virtually anywhere he has wanted to go, either by his wonderfully generous mother, me, or by his friends' parents. Walking or riding a bike have never been part of his repertoire. The way I figure it, if he can continue receiving chauffeur service, why would he want to go to the trouble of learning to drive?

I am thinking that the big difference between his attitude and mine at that age likely comes down to two things. First, he may just be more mature, patient, and balanced than I was at that age. Or, he just hasn't discovered girls yet. We'll have to see what happens -- which is one of the great joys of parenthood. I'll keep you posted. Have a great February!



# LIFE, LIBERTY, AND THE LAW

## Smartphone As Accident Investigator



That smartphone in your pocket might be your most valuable asset following a car accident. With all of the functions available on today's iPhones, Droids, and Blackberry's, car accident victims now have an awesome array of tools to gather evidence at the scene of an accident -- whether there are eyewitnesses available, or not. Photographs of the accident scene and/or the damage to the vehicles involved is often critically important to the success of a car accident claim. Without photographs valuable information regarding skid marks, vehicle damage, or road defects or obstructions often quickly

disappears. Fortunately, most of today's smart phones come with powerful cameras that can capture images in amazing detail (up to 10 megapixels). Additionally, many of those same cameras have the ability to shoot movies, which could come in handy to capture actual traffic conditions or density at the time of a crash.

In addition, most of today's smartphones also have an audio recorder function which can be helpful at an accident scene. Many times the stress or shock associated with a crash keeps accident victims from remembering details that they would normally easily record. Accident victims can easily use their smartphones' voice recorder to record their thoughts and impressions at the accident scene. Several companies also make audio dictation applications that would allow accident victims to translate their thoughts directly into text files that can be e-mailed, texted, or simply saved.

One of the biggest challenges at a crash scene is securing eyewitnesses. A smartphone offers a great way to capture a photograph or movie of an eyewitness' statement. An accident victim can he use his smartphone to photograph the eyewitnesses' license plate, if the eyewitness tried to leave the accident scene without cooperating.

## Will This Diet Last?

It's January and many of us have weight loss on the brain. Those holiday treats put on a few extra pounds and now the weight needs to come off. Does any diet really work? I've never been a fan of trendy, fad diets. They make ridiculous promises. Sure, you may lose a couple pounds, but once you go back to eating like a normal person you'll gain it right back. That's the biggest problem with most fad diets: they generally don't give you eating patterns that you can stick to long-term. Essentially, they set you up to fail. Here are 5 common sense weight-loss secrets that have a lasting impact.

1. **Continue to eat foods that you love**, like chocolate and cheese -- just in smaller portions. Deprivation diets only work for a short time. Making room for a small treat every day can help you stick to an overall-healthy eating plan for the long haul.

2. **Watch your food combinations.** According to "The Zone" diet, created by Dr. Barry Sears, meals that are precisely 30 percent protein, 30 percent fat and 40 percent carbohydrates can reset your



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metabolism in a way that results in lasting weight loss, reduced risk for heart disease and loads more energy.

3. **Limit sugars.** The Zone, South Beach, and Atkins diet all had their subscribers cutting back on sugars. Don't limit healthy foods that naturally contain sugars, like fruits and dairy (unless you have diabetes and your doctor tells you to) The American Heart Association recently released recommendations advising women to eat no more than 100 calories per day from added sugars (that's about 6 teaspoons) and men to stick to less than 150 calories, approximately 9 teaspoons.

4. **Eat soup.** Various studies show that soup is highly satisfying. In one study, published in the journal *Physiology & Behavior*, people consumed the fewest calories on days when they ate soup. Broth-based soups packed with vegetables and lean proteins or fiber-rich beans give you the biggest bang for your caloric buck.

5. **Don't be afraid of fat.** Eating a small portion of quality fatty foods, such as almonds and fatty fish, beats loading up on carbohydrates in the long run.

# LIFE, LIBERTY, AND THE LAW

## What's Your Sign?

My wife was at our daughter's soccer tournament recently and she said the sideline was abuzz over the news that there are actually new zodiac signs. Apparently, one of the dads had his zodiac sign tattooed on his back and was considering whether or not he now needs to have it removed. Apparently, the jury is still out as to whether the signs have actually changed. According to the New York Daily News, for those who follow the Western zodiac system, their star signs remain the same.

Eastern astrology, on the other hand, claims to be based upon the Earth's true relationship to the stars. Over the thousands of years that the zodiac signs have existed, the Earth has moved enough in space to allow another constellation to feature in the nighttime mix, hence the hubbub about the signs changing.

The Eastern thinking adds an additional sign, called Ophiuchus, which makes 13 signs in total - and for those who follow this system, it shifts the dates of the remaining 12 signs. So, the next time you don't like what your traditional horoscope says, you can now hop over to the Eastern zodiac and see what's in store for

you. Here's a quick look at how the Eastern and Western zodiac systems compare:



### New dates for East followers, including Ophiuchus:

Capricorn: January 20 - February 16  
 Aquarius: February 16 - March 11  
 Pisces: March 11 - April 18  
 Aries: April 18 - May 13  
 Taurus: May 13 - June 21  
 Gemini: June 21 - July 20  
 Cancer: July 20 - August 10  
 Leo: August 10 - September 16  
 Virgo: September 16 - October 30  
 Libra: October 30 - November 23  
 Scorpio: November 23 - November 29  
 Ophiuchus: November 29 - December 17  
 Sagittarius: December 17th - January 20th

### Western system signs:

Aries: March 21 - April 20  
 Taurus: April 21 - May 21  
 Gemini: May 22 - June 21  
 Cancer: June 22 - July 22  
 Leo: July 23 - August 21  
 Virgo: August 22 - September 23  
 Libra: September 24 - October 23  
 Scorpio: October 24 - November 22  
 Sagittarius: November 23 - December 22  
 Capricorn: December 23 - January 20  
 Aquarius: January 21 - February 19  
 Pisces: February 20 - March 20

## LIFE, LIBERTY, AND THE LAW

### Go Green - Walk Less?

I remember how nice it was when my wife was pregnant. Not only was she beautiful, but we could drive to Publix and pull into that first spot marked specifically for expecting mothers. Now there is a new way to guarantee that first space will be available -- at least in some locations around town. Businesses and government buildings are beginning to offer special parking spots for hybrid cars.

More and more businesses around the Orlando area are trying to find ways to be environmentally friendly, so you can expect to see these **preferred parking spaces** popping up everywhere -- from your favorite stores like IKEA, to Orlando City Hall and the Amway Center.



According to the *Orlando Sentinel*, City Hall already has one "hybrid only" spot right outside the front door. In a few months, IKEA in south Orlando hopes to have "electric only" spots. Low-emissions drivers already

get 46 of the most preferred spots at the new Amway Center Geico Garage.

So if you own a big vehicle or SUV, get ready to take a walk and get your exercise. Many of the new hybrid or electric car parking spots are close to entrances or doors. For now, people who park their huge gas guzzlers in these specially marked spaces are not getting ticketed or towed, but that could change at any time in the near future.

If a hybrid is not on your list of purchases any time soon, Amway Center and parking areas at UCF, also offer parking spots for people who choose to carpool. So, even if you don't want to shell out the cash for a new hybrid, you can still get a great parking spot.

## LIFE, LIBERTY, AND THE LAW

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### THANK YOU

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