

# FLATTMANN FILES

*April 2022*

*“Quality Is No Accident”*

## LET'S MAKE DRIVING SAFER

### **Prevent Distracted Driving in April**

A few weeks ago, I was driving my son to his karate class. It was 6:30 p.m. in late winter, so it was already dark. Plus, since we're in Louisiana, it was raining. If you have driven for a number of years, you know these conditions are manageable, but not ideal. It was about to get a whole lot worse.

Another vehicle was 50 yards ahead of us, and beyond that driver, another vehicle was headed toward us. I soon realized the car showed no signs of turning. As we rounded the corner, my son and I watched, hearts racing, as the vehicle headed right for us. The oncoming car barely clipped the lady in front of us, and I steered out of the way, without going into the ditch. Somehow, we managed to avoid getting hit, but we weren't without fear and anger over what had just happened. I don't know what happened to that oncoming car, but I hope that incident scared them into paying attention.

Incidents like that and observations while driving have made me more frustrated than usual. Whenever I pull up to a red light or stop sign, I look over at other drivers on the road. What I see is aggravating and terrifying, both as an attorney and a parent. Instead of watching the road or looking for pedestrians and other drivers, many of the people I see on the road today are looking down — at their phones.

This is not only illegal — you can receive fines upward of \$500 if you continually text or post on social media while driving — it's extremely dangerous. Most people tend to forget that driving a vehicle is a major responsibility; they are behind the wheel of a metal machine that weighs tons. It can cause a lot of damage! When you're not looking at the road and are distracted by your phone, food, or applying makeup, you increase your chances of getting into an accident, harming or killing someone else, and causing serious damage. Plus, when you do this in front of your children, you signal to them that this is okay. You perpetuate high-risk driving!

As an attorney, I have seen how devastating these accidents can be. They cause so much damage. As a parent, it's very scary. My daughter will be driving soon. (I still can't believe that.) I've tried to teach her that the best drivers are defensive drivers. They are alert for signs of dangerous drivers, and they react swiftly when necessary. My wife and I have tried to set a good example for her through



the years, and I can only hope she heeds my warnings. It's a scary thought sending your child out on the road, especially as people continue to ignore distracted driving concerns.

The best advice I've heard when it comes to distracted driving is to “hide” your distractions away. When you get in the car, place your phone in the glove compartment or put it in the backseat. This “hides” any notifications you may receive, lowering your temptation to look at your phone. Whatever messages come through while you're driving can wait until you are at your destination. When it comes to food or makeup, finish these tasks before getting into the car or once you arrive. And something as simple as an item dropping to the floor should be ignored. Again, it *all* can wait!

If there was ever a month to do this, it would be April. It's Distracted Driving Awareness Month, and together, we can make our roads safer. If you would like to learn more about the dangers of distracted driving and ways to prevent it, I have numerous blogs on my website that detail this very topic. **Please visit [FlattmannLaw.com/Blog](http://FlattmannLaw.com/Blog) to learn more.**



*-Grady Flattmann*

# Get Sprung

## 4 Ways to Harvest Positive Vibes in Spring

Have you ever noticed that springtime just feels lighter and brighter? That's because, believe it or not, the seasons affect us. When spring rolls around, the energy shifts, and it's up to us to maximize those positive vibes. Let's examine how we can make the most of spring and inject some color and vibrancy into our lives again after a long winter.

### Rely on color.

Colors have the ability to elicit certain emotions and feelings. Tropical tones and pastels are everywhere in spring — the clear sky, grass, and flowers — so allow them to fill your space and take them with you as constant reminders to smile. If you're up for it, wear some new colors to brighten up your wardrobe, and don't forget to take in a sunset when you're able!



### Enjoy more hours of daylight.

Spring brings more hours of sunlight and warming temperatures that can give you more time to enjoy your morning cup of coffee outside. You can take an early stroll around the block, get in a workout outdoors, or just enjoy the fresh air. Also, many areas observe daylight saving time, which extends sunlight into the evening, so no matter how you choose to spend your extra daylight, make it an adventure.

### Welcome spring-cleaning.

It isn't called spring-cleaning for nothing! Decluttering, dusting, reorganizing, and tidying up feels great! It's empowering and refreshing. There is something special about creating more space in your living space that gets the positivity flowing.

### Eat fresh, colorful foods.

During spring, many delicious fruits and vegetables come into season. Berries, oranges, apples, carrots, avocados, cherries, spinach, and kale are all at their peak. Your local farmers market is a great place to get the freshest produce to fuel your body!

Spring is a time for new beginnings and positivity. Make the most of this spring season by welcoming a fresh abundance of love and life.

# Raise a Glass — Or Several

## 6 Ways to Drink More Water Without Thinking About It

Staying hydrated is one of the pillars of healthy living. In fact, according to the Mayo Clinic, women should drink 11.5 cups (92 ounces) of water a day, and men should drink 15.5 cups (124 ounces) a day. But, if we're being honest, water can be pretty boring to drink — there are things we'd rather be drinking, and busy schedules make it difficult. Here are some ways to work more water into your daily routine to promote optimal health.

### Begin and end your day with water.

Make it a routine to drink a large glass of water upon waking up and before going to bed. "Bookending" your day like this ensures that your body is hydrated for both the day and night ahead.

### Drink a cup of water with each cup of coffee.

Many of us are used to drinking more than one cup of coffee throughout the day. If you drink a glass of water with each cup of coffee, you're sure to stay hydrated. Keep in mind that while coffee is a liquid and contains water, it's not very thirst-quenching.

### Ice is your friend.

Each time you pour a drink or make a smoothie, use lots of ice! Your taste buds will hardly notice the difference, and you'll still have lots of flavor while boosting your hydration.

### Drink a full glass with medicines.

Many of us get in the habit of only taking a large sip of water with pills. However, whether you take a supplement, medication, or vitamin, wash it down with a full glass of water.

### Carry around a large water bottle.

Taking your water with you in a large bottle reminds you to keep sipping wherever you go. Every chance you get, fill it up. The bottomless water bottle is a perfect way to work more water into your day. As a bonus, you can use a measured bottle to see how much you've actually drank throughout the day!

### Infuse your water.

Try giving your H2O an extra kick. Add berries, lemon, lime, or mint to your water to give it some flavor and help make it more enticing to drink!

Water is important for a healthy body and mind, so follow these tips and stay hydrated!





# TAKE A *BREAK*



## PECAN CREAM PIE

*This creamy pecan pie tastes like a dream and is simple enough for even a novice baker.*

### Ingredients

- 1 9-inch uncooked pie crust
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar
- 2 8-oz bars of cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 cups finely chopped pecans, divided

### Directions

1. Cook pie crust according to package instructions.
2. In a small bowl, combine heavy whipping cream and powdered sugar. Beat for several minutes with a hand mixer until stiff peaks form.
3. In a separate larger bowl, combine the softened cream cheese, brown sugar, and maple syrup. Beat together until combined and creamy.
4. Fold the whipped cream into the cream cheese mixture and stir together until combined. Stir in 1 cup of chopped pecans.
5. With a spatula, spread mixture into the baked and cooled pie crust. Sprinkle the remaining pecans on top of the pie.
6. Cover and refrigerate overnight before serving.

*Inspired by TogetherAsFamily.com*

# WERE YOU REALLY 'ROBBED'?

## *The Difference Between Robbery, Theft, and Burglary*



Robberies, thefts, and burglaries are all crimes, and the terms are often used interchangeably when people talk about them. However, the actual definitions of each word are different in the legal and law enforcement world. There are a few things that you should know when it comes to using the correct terminology.

### Theft

Theft is the criminal act of taking another individual's property (both tangible and intangible) without their permission. To fulfill the requirements of the crime, the person committing the act must have the intent to permanently deprive another person of that property. Shoplifting, taking a motor vehicle without the owner's permission, stealing money from another person, and taking by deception are all examples of theft.

### Robbery

Robbery differs from theft in that while they both involve taking something from someone, robbery includes force or the threat of force. It is a violent crime, and the victim must've been in fear for the crime to be classified as robbery. It should be noted that the property that is taken during the crime does not need to be taken directly off of the victim's person. It can be property that someone is in control of, such as bills in a cash register.

### Burglary

Unlike theft and robbery, burglary is not always a theft crime. A burglary occurs when one unlawfully enters a structure they do not own or have permission to enter — and they have the intent to commit a crime once they are inside. Some examples of burglary include breaking into a vehicle or opening up an unlocked door to commit a crime after they enter.

Thefts, robberies, and burglaries can be confusing, but they all share one thing: If you're convicted of one of these crimes, you will face serious consequences. If you ever need legal advice or assistance, get in touch with a lawyer you trust. They've got your back!



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## April Fools' Day Gone Wrong

### 3 Pranks That Severely Backfired

April 1, aka April Fools' Day, is when people love to pull pranks on one another. But if they're not careful, pranks can end with a court case or jail time. Let's take a look at a few April Fools' pranks that have brutally backfired.

#### Navistar Plant Shutdown

In April 2021, Pamela Sisco texted her sister about an active shooter at Navistar Plant in Clark County. Her sister was frightened, and she called the authorities to let them know about the situation. The plant shut down after hearing about the incident because they thought it was a real threat. When officers were at the scene, they charged Sisco with inducing panic and disrupting public services. This is a fifth-degree felony in Ohio, and she was sentenced to a year in prison.

#### Radio Contest Gone Wrong

KBDS (103.9 FM) is a radio station in California that held a contest in 2005. They told their listeners they could win a new Hummer if they tracked the number of miles of two Hummers as they drove around town. Shannan Castillo won the contest, and when she went to pick up

her brand-new car, the DJ came out with a remote control toy car. They then went on air and laughed about how they fooled everyone. Castillo hired an attorney and sued the radio station for \$60,000 — the cost of a new Hummer.



#### Practical Joke at Work Creates a Law

Glenn Howlett was a services manager at London City Hall in London, Ontario, Canada. In 2004, he decided to take a vacation to relax and not think about work. His colleagues decided to tell him that a major project he was working on was due earlier than Howlett expected. So, he made his vacation short and decided to return to work to finish his project. He became so stressed out that he began having heart palpitations and collapsed. Afterward, he sued his now former employer for damages. As a result, the city passed a law prohibiting practical jokes within workplaces.

As you plan your pranks for April Fools' Day, remember not to go too far with your jokes. Make them lighthearted and fun so everyone can laugh about them in the future.