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Growing Together with You

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HOW TO LIVE TO 99 *Betty White's Secrets of Longevity*

Beloved "Golden Girls" actress Betty White is still enjoying her golden years. The famed actress celebrated her 99th birthday this January. While she told People magazine that she's "blessed with good health, so turning 99 is no different than turning 98," she also had a few tips for folks looking to make it to their centennial birthday.

Keep Laughing

"Don't take yourself too seriously," White says. "You can lie to others – not that I would – but you cannot lie to yourself." White has undoubtedly provided many laughs to viewers over the years, but she's not just playing it up for the camera. Laughter is part of what keeps her young.

Be Optimistic

White says a good sense of humor also helps her keep a good attitude and look for the positive rather than "dwelling on the downside." Avoiding negativity also gives her energy. "It takes up too much energy being negative," she told People magazine.

Stay Busy

With nearly eight decades of acting under her belt, six Emmys on her shelf, and over 120 screen credits to her name, White is no stranger

to hard work. As she told Parade in 2018, "I just love to work, so I'll keep working until they stop asking."

Exercise Your Mind

In addition to her busy work schedule, what keeps Betty White sharp? Crossword puzzles! She told Katie Couric in an interview, "I'm addicted. An admitted addict. I just can't put 'em down."

Find a Cause

White is a lifelong animal lover. She calls her golden retriever, Pontiac, "the star of the house." While pet ownership itself comes with proven health benefits, White has channeled her love for animals in bigger causes. She's been a trustee and board member of the Greater Los Angeles Zoo Association for over 40 years and has done work to help protect endangered species in the wild. Funds raised from White's official fan club, Bet's Pets, all go to support animal charities.

Embrace Your Vices

White told Parade she loves vodka and hot dogs "probably in that order," which just goes to show that you don't have to forgo your treats to live to 99.



Honesty Is the Best Policy — Until It Isn't THE CONFESSION OF A SNEAKY HUSBAND

One of my favorite sayings in the world goes like this: "Life is like a field of newly fallen snow. Where you choose to walk, every step will show."

I think about those two sentences when I am presented with an ethical dilemma. As a lawyer, my honesty and integrity are paramount. I learned that lesson very early on in my law career. I'd say it was about 22 years ago. The lawyer next to me showed up at my office with a brand-new satellite kit. He told me that a satellite company had lied to his client, and he asked me if I wanted the equipment, and "I could get free satellite."

As soon as the attorney said this, I thought about my wife: I could see her shaking her head and saying: "Just imagine the front page of the newspaper tomorrow. What if you opened it up and it said, 'Local Attorney Steals Cable Service!' How would you feel then?"

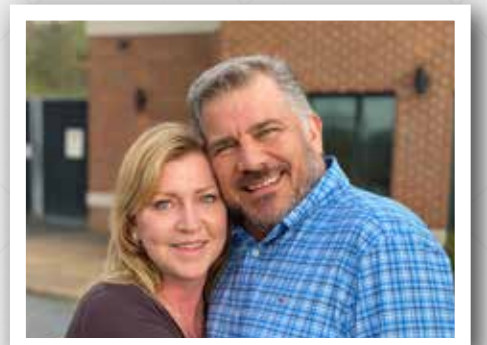
That idea hit me right in the face. Was that the kind of person I wanted to be? Of

course not! I told him I had no interest in the satellite equipment. Ever since that happened, I've used imagined newspaper headlines as a guidepost for my behavior.

I firmly believe that as a lawyer, I have an ethical duty to tell the truth in court and make sure my clients do the same. It could be very easy for clients to lie without even knowing it! If you're filing for bankruptcy, for example, you might think you're telling the truth when you answer "No" to the question "Do you own any real estate?" but, in fact, you could be telling a bald-faced lie if you didn't realize that having a timeshare, a cemetery plot, or a second home in another country counted.

That's why I go deep when I'm asking clients questions. It's incumbent on me to make sure the "truth" comes out. If I don't push, a client could accidentally say something untrue during a legal pleading and bring an avalanche of problems down on our heads. In the words of Kimberly Wilkins, "Ain't nobody got time for that!"

Of course, not all lawyers feel the same way I do. More than once, opposing counselors have stolen from me or lied right to my face, and they knew better. When I meet someone shady like that, I keep my distance. A lawyer should never compromise their integrity, either for their benefit or a client's. I don't care if I would make a million bucks – no payday is worth losing my clients or colleagues' trust and respect!



Marjorie did catch me in a white lie once. She has a sixth sense for calling me out when I'm doing something I'd rather keep secret. I still remember the day when, 15 years ago, I had been doing something all day, and I was hungry. So, I stopped at a fast food place. Just as the employee was handing my greasy bag out the window, my phone rang. It was Marjorie. "Where are you?" she asked. "Nowhere!" I said. Busted!

Another time, Marjorie called me when I was in the middle of a jewelry store picking out a present for her birthday. I'm a terrible liar, so when I saw that it was her, I picked up and blurted, "Oh, I'm busy right now. I've got to go, bye!" to avoid her questions. I told the clerk that I snuck out of the office and was hoping she wouldn't call. Busted again. To this day, Marjorie says: "That's the only scenario where it's acceptable to lie to your wife."

Wishing you a fib-free month,

-Carmen Dellutri

"To this day, Marjorie says: 'That's the only scenario where it's acceptable to lie to your wife.'"

If you know someone who would like a copy of this newsletter, please visit this link to add them to our mailing list: DellutriLawGroup.com/resources/newsletters

FREE CREDIT REPORTS EXTENDED TO APRIL 20, 2022



The three biggest credit reporting companies (Equifax, Experian, and TransUnion) have extended the offer of free weekly credit reports for all American citizens until April 20, 2022. As Americans face financial instability during COVID, these weekly reports will help people better gauge financial health.

During nonpandemic times, one free credit report from each CRA every 12 months is the standard, but obtaining a weekly report can help you better manage your finances. When checking your credit score, be sure to note any wrongful data, incorrect debts, or other inconsistencies.

If you see an error, contact the credit company as soon as possible to dispute the claim. Some errors may be a result of fraud, and those need to be fixed immediately. In most cases, credit bureaus have 30 days to correct a mistake on a credit report, but you may need to argue your case further depending on the situation.

The free reports do not provide a credit score, but you can see whether or not there are any mistakes on your record. To fix an error, we highly recommend sending a registered letter to the credit bureau in question and detailing the error (it's always a good idea to provide supporting documents as well). You will also need to send a copy of your letter to the business that reported the mistake as well.

To check your reports weekly (and we recommend that you do!), visit this website: AnnualCreditReport.com/index.action.

Testimonial

Our Clients Say It Best

"We were literally drowning in debt. Newly retired, we relocated to SWFL. Savings, moving expenses, and the unexpected caused us to overextend our credit. Fleeing Hurricane Irma and finding a damaged roof when we returned caused us to further extend our credit lines. Months of juggling payments and stressing over this dark cave of debt we put ourselves in, we came across a video of Carmen Dellutri. He was sincerely concerned about his clients. He was very detailed with the bankruptcy process and helped us understand that everyone needs help sometimes. We were assigned to David Fineman, and we received the same sincerity. He took the time to explain every detail of the process. His entire team was informative and never made us feel as if we were an inconvenience. The conference calls were all professional and prompt. The meeting with the trustee was exactly as described by Attorney Fineman. Every step of the way, we were informed via email and an occasional phone call as needed. Now that our Chapter 13 repayment plan has been confirmed, we have been able to step into the light of our new life here in SWFL without the 'debt of life circumstances' weighing us down."

-M. (Avvo Review)



EVENT SPOTLIGHT

Dellutri Law Group Sponsors The Guinness Book of World Records Poker Run

We are proud to announce that Dellutri Law Group, also known as the Sunshine State Biker Lawyer, is the title sponsor for the Guinness Book of World Records Poker Run! We are so excited to be a part of something so cool! Registration to join is open until May 31! Check out WorldRecordPokerRun.com for more details.

Come be a part of history with us! If you register, be sure to shoot an email to CarmenDellutri@DellutriLawGroup.com and let us know to be on the lookout for you!



THANK YOU!

A Huge Thank-You to Our Referral Partners!

Last month we had ...

- 63 referrals from friends, family, or previous clients
- 19 returning clients for a new matter
- 17 referrals from other attorneys
- 3 referrals from other professionals in town
- **We sent out 105 referrals**

What's the Good News?

"Truly my soul finds rest in God; My salvation comes from him."

Psalm 62:1

Thai Minced Pork Salad

Inspired by EatingThaiFood.com

Called "Larb" in Thailand, this popular street food comes together quickly and can be easily modified to suit your individual taste.

INGREDIENTS

- 5 tbsp uncooked Thai sticky rice
- 1 lb ground pork
- 1/2 tbsp chili flakes
- 1/8 tsp sugar
- 1/2 tbsp fish sauce
- Juice of 1-2 limes, to taste
- 4 small shallots, thinly sliced
- 4 green onions, thinly sliced
- Cilantro leaves, to taste
- Mint leaves, to taste

DIRECTIONS

1. First, make toasted rice powder: In a frying pan over low heat, dry-roast the rice, stirring continuously until it turns golden brown and smells fragrant, about 15 minutes.
2. Let toasted rice cool, then grind into a coarse powder using a mortar and pestle, blender, or food processor. Set aside.
3. In a medium frying pan over medium-high heat, fry pork, breaking it into small pieces as you go, until fully cooked.
4. Remove from heat and add 1 heaping tbsp of toasted rice powder along with all other ingredients. Stir to combine.
5. Taste and adjust, adding more lime juice and herbs to suit your palate. Serve with rice.