



## Don't Fool Yourself "Buzzed Driving Is Drunk Driving"

Happy Saint Patrick's Day Mary Lou,

Refusing a sobriety breath test won't keep you out of trouble. In many jurisdictions, refusal can result in enhanced penalties, including immediate loss of your driver's license. The average DUI costs the offender about \$10,000. Wouldn't you rather pay for a taxi?



\* Before the festivities begin, plan a way to arrive home safely at the end of the night.

\* Walking impaired can be just as dangerous as drunk driving. Designate a sober friend to walk you home.

\* If you're impaired, use a taxi, call a sober friend or family member, or use public transportation so you are sure to get home safely.

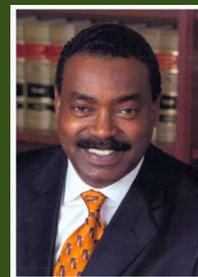
\* Before you start drinking, designate a sober driver and leave your car keys at home.

\* If you see a drunk driver on the road, call local law enforcement. You

***Drunk Driving Isn't Worth It!*** The consequences are serious and can last a lifetime. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant. Drunk driving violators often face jail time, the loss of their driver licenses, higher insurance rates, dozens of other unanticipated expenses ranging from attorney fees, court costs, car or motorcycle towing and repairs and lost wages due to time off from work.

### → Attorney Spotlight: *David Allmond*

Not only is David Allmond considered the *Best Dressed* in his office but he has more than a quarter of a century of experience as a trial attorney. He joined Marcari, Russotto, Spencer & Balaban's legal team in 2002 and bases his practice on hard work, respect and always putting his clients best interest first.



He is licensed to practice law in Virginia with an expansive list of legal skills. He represents clients in personal injury cases, such as auto accidents, medical malpractice, slip-and-fall injuries and dog bites. He defends clients charged with criminal offenses ranging from misdemeanors to DUI, drug and murder charges. David also handles some family law, trusts and estates, medical license suspension and guardian cases.

David's passion for making a difference does not stop with his job. He is involved with several community activities designed to help students and young men make the most of their lives. He helped found Brother to Brother, an organization composed of professional men who spend time with African American youth by providing resources and acting as role models. David mentors a group of young lawyers just starting out in the legal community, sharing advice on best practices for handling clients and business challenges. He also appears regularly at elementary and high school career fairs to discuss the legal profession.

[CLICK HERE](#) to contact David Allmond today!

**SLOW-COOKER CORNED  
BEEF & CABBAGE**

could save a life.

\* Remember, if you know people who are about to drive or ride with someone who is impaired, help them make other arrangements to get to where they are going safely. If a friend is drunk and wants to drive, intervene and take their keys away. Friends don't let Friends drive drunk!

PREP 15 mins

- COOK 9 hours
- READY IN 9 hours 15 mins



### Ingredients

- 4 large carrots, peeled and cut into matchstick pieces
- 10 Baby red potatoes, quartered
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet
- 6 ounces of beer
- 1/2 head of cabbage, coarsely chopped

### Directions

1. Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.
2. Cook the brisket for 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

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