



INSIDER

Connecting Local Businesses, Neighbors, and Friends

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3 Motorcycle Safety Tips for Extreme Heat

Beat the Heat While Riding Your Motorcycle This Summer in Georgia

My son and I always look forward to riding during the summer. However, if you are an avid rider like us, you know that Georgia summers can be unbearable. The heat can also be life-threatening if you aren't careful. So here are a few tips to help you stay safe:

1. Get a Breathable Helmet

One of the most important pieces of safety gear you own is your helmet, and Georgia Law requires that you wear one. However, you can switch to a helmet that will make riding more comfortable, even in extreme heat. The best summer motorcycle helmets are made of carbon fiber or polycarbonate and fiberglass hybrids, so they are light and breathable but still sturdy enough to offer the right protection.

2. Stay Hydrated

As you ride, you will sweat, and your body will lose water. Therefore, you need to keep drinking water to rehydrate. You should drink about one liter of water for every hour you spend riding in hot weather. On long trips, stick to water. Drinking sugary or caffeinated drinks can actually dehydrate you.

3. Stop Frequently

Taking frequent breaks during your trip is important because riders often fail to recognize that they are becoming tired or overheated. It is only when you stop that you realize how hot, tired, and thirsty you are. So, to ensure that you don't have a heat-related accident, take regular breaks.



Michael and Mike Lonati on a father and son road trip.

To my fellow riders—have an excellent summer and many memorable rides. However, if you do happen to get injured in a motorcycle wreck caused by someone else, don't hesitate to give me a call to discuss how I can help. You can call me at 678-363-3500.

— Michael Lonati Sr.

You Have Been Chosen!

Lonati Law Firm has started a newsletter to keep in touch with friends and neighbors like you.

Over the years, we have welcomed thousands of people at our firm in Dallas, GA. We've gotten to know many hard-working business owners, non-profits, and community supporters, and our goal is to help everyone stay connected! If you want to submit a recipe or add someone to our mailing list, email us at info@lonatilaw.com!

Our future newsletter will feature things like:

- Great Local Businesses
- Absurd Lawsuits
- Recipes from Readers
- Giveaways
- Helpful Legal Tips
- Scholarships
- Local Events
- Memes and more!



Mike Lonati Jr. (left) and Michael Lonati Sr. (right)

CONTACT US

Main: 678-363-3500
Info@LonatiLaw.com
www.LonatiLaw.com

OFFICE

110 Evans Mill Dr.
Suite 101
Dallas, GA 30157
Mon - Fri: 9am - 5pm

PRACTICE AREAS

- Car Wrecks
- Trucking Wrecks
- Motorcycle Wrecks
- Worker's Comp
- Wrongful Death



Food Truck Fridays are Back!

You can finally enjoy your favorite food trucks in Downtown Dallas again!

In 2020, Covid put a stop to one of the tastiest pastimes in Downtown Dallas. Thankfully, this local favorite is finally back! The local community is very excited to come out and enjoy these events again! Families will enjoy listening to live music and eating a fun and delicious dinner from the food trucks.

The City of Dallas plans to hold these events throughout the summer. Make sure to like their Facebook page for Food Truck Fridays dates and times and other upcoming events at: <https://www.facebook.com/DowntownDallasGaEvents>

Spotlighting Local Businesses We Love: Three Strands Vineyard and Winery in Dallas, GA



For many years, visiting a winery in Georgia required driving for hours, but that is no longer the case. We are very excited to inform the Paulding community that Three Strands Vineyard and Winery opened in late April, right here in Dallas. The response? Local residents have made this place an immediate hotspot, and it has received raving reviews from its patrons.

The Winery is unique compared to other local wineries. They offer red and white wines and

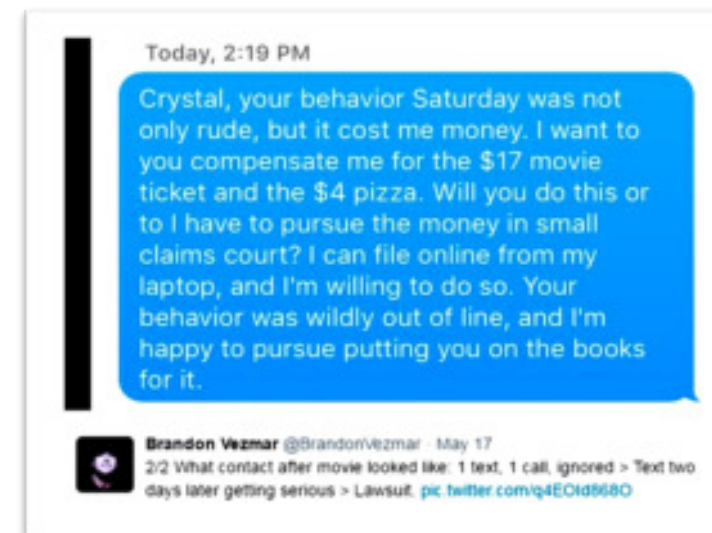
wine slushies made from grapes grown on-site. On the weekends, there is live music, food trucks, and various events. What makes Three Strands special is that the owner, Jason, now offers a 1-hour wine tour, where he takes you through the entire process of winemaking. He shows you all of the steps to make wine, including how he grows and harvests it, to the bottling process. You will also hear about the history of winemaking in West Georgia. You will get a glass of wine to enjoy during the tour in a special keepsake glass that is yours to keep. These tours are offered on the weekends. Space is limited, so it is recommended to make your reservation.

Three Strands is a fabulous addition to the community, and we are excited to have them in our backyard! They also host events such as baby or bridal showers, birthday parties, or office parties. Call them at (470) 296-1040 for more information today!

ABSURD Lawsuits You Won't Believe

“Man files a \$17 lawsuit against his date for texting”

Brandon Vezmar, a man from Austin, Texas, filed a lawsuit against a woman for texting during their date at the movies. According to the lawsuit, her texting was a "direct violation" of the cinema's policy, and she "adversely" affected his and other patrons' viewing experience. Read his text to her below:



Brandon said his date, Crystal Cruz, walked out of the screening of Guardians of the Galaxy, Vol. 2 after he complained about her constant phone use and asked her to step outside. Crystal left and did not return. Brandon filed the petition seeking \$17.31, which was the cost of the movie ticket.

Crystal initially refused to reimburse him, stating that "he took me out on a date...and it just didn't work out." However, Crystal Cruz relented after the TV show "Inside Edition" reunited the pair at the same cinema, and she paid the \$17 to Brandon Vezmar. He made a point to count each dollar in front of her carefully, and after that, he dropped the suit.

Recipe Cards from Readers

Susan's Summer Cantaloupe Salad



Salad Ingredients

- 1 cantaloupe, diced
- 1/2 English cucumber, thinly sliced
- 1/4 cup loosely packed mint leaves, julienned
- 1/4 cup loosely packed basil leaves, julienned
- 1 pint raspberries

Dressing Ingredients

- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp honey
- sea salt, to taste

Directions

1. Combine the cantaloupe, cucumber, mint, and basil leaves in a large salad bowl.
2. In a separate bowl, whisk the lemon juice, extra virgin olive oil, and honey until the honey dissolves and the dressing is smooth.
3. Pour the dressing over the salad ingredients and toss until combined.
4. Garnish with fresh raspberries.