



# The Law Offices of Marc L. Shapiro, P.A.

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720 Goodlette Rd N, Suite 304, Naples, FL 34102 • [www.AttorneyShapiro.com](http://www.AttorneyShapiro.com)

## What Makes a Great Mom? Celebrating My Mom and My Wife

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other's Day is on Sunday, May 12, and I want to take a moment to celebrate all the hardworking moms out there. I am fortunate to know two truly amazing moms in my life: my own mother and my wife, Holly.

My family didn't have a lot growing up. My mom worked several different jobs over the course of my childhood, but she always made sure we had what we needed. Sometimes this meant buying me new tennis shoes or a drum set with her own money. Other times, it meant taking time to literally fight for my future.

Unlike my younger brother, who got straight A's in every grade, I had a habit of goofing around. I didn't really apply myself, and my grades really reflected that. When I was in elementary school, one of my teachers wanted to put me in remedial classes. I remember my mom going down to my school and fighting to keep me in the mainstream class. She insisted that I didn't belong in the remedial classes. They ultimately came to an agreement: I could stay in my class, but I needed to have a tutor.

Mom used her own money to hire me a tutor outside of school, and it really paid off. My grades came up, I did better in school, and I would go on to graduate cum laude and attend law school. My mom's efforts kept me from going down the path that would have labeled me the "bad student." I can only imagine the difference that made on my life in the long run.



*"I am fortunate to know  
two truly amazing moms  
in my life ..."*

Today, I'm still grateful for my mom. We have a great relationship, and I look forward to her visits. I knew what a great mom looked like, thanks to how hard my own mom worked every day, and today, I get to have another great, capable mom by my side, thanks to my wife.

When you're dating someone and it starts to get serious, you go through a checklist in your head when considering if your partner is someone you want to stick with for life. Smart?

Check. Good-looking? Check. Funny? Check. Holly was a perfect score on all accounts.

But the one thing you may never consider is how your partner (or even you) will respond in a difficult situation until you're in one.

Our oldest son was born with severe disabilities, including autism and immune disorders. When I asked Holly to marry me, I knew she was a wonderful woman, but I never knew how strong she was until Nathan came along. There is so much they don't tell you about raising a child with disabilities. It becomes your entire life, as you research every treatment and try to find doctors who can help. There are long nights when you spend hours discussing a treatment that might help your child but isn't covered by your insurance. Simple things become impossible, and it's not uncommon for marriages to crumble. Holly has handled every moment better than anyone else I know.

I don't think anyone but Holly could care for Nathan and our family half as well as she does. I didn't imagine this life for myself, but Holly's strength helps me get through the rough patches and appreciate the great times.

I want to take a moment to wish a very happy Mother's Day to my wife, my mom, and all the incredible moms out there. You are responsible for so much good in the world and you deserve to be celebrated for your hard work.

*-Marc Shapiro*



# Soak Up the Sun Without Damaging Your Skin

## 4 Tips for Happy Summertime Skin

Summer is a wonderful time of year for your health. The warm weather encourages outdoor activities, and the vitamin D produced by sunlight can boost your mood. Unfortunately, sunshine can also do a number on your skin. Here are a few tips to protect your skin while having fun in the sun.

### Don't forget the sunscreen!

People of all complexions should wear sunscreen every day. Even if you aren't at the beach, harsh sunlight can still damage your skin when you're walking around or driving your car. Dermatologists recommend applying sunscreen with SPF 30 first thing in the morning and reapplying periodically through the day.

*Pro Tip:* Don't put the sunscreen away when it gets cold. The sun is still harmful in the winter months.

### Want a tan? Go sunless!

Though popular, that "sun-kissed" look is actually a sign of skin damage caused by harmful UV rays. If your summer look just isn't complete without a tan, consider using a sunless tanning product. The Mayo Clinic states, "Topical sunless tanning products are generally considered safe alternatives to sunbathing, as long as they're used as directed." So read the directions and enjoy a great summer tan while keeping your skin safe.



### Take cool showers.

Hot showers are relaxing, but they also dry out your skin, especially in the heat of summer. Do your skin a favor and turn down the temperature. As a bonus, taking a cool shower after sweating can reduce acne breakouts.

### Stay hydrated.

Hydrated skin is happy skin, so keep a water bottle handy. Start by swapping a sugary beverage at mealtime with a glass of water instead. Another healthy way to get extra water is by snacking on fresh fruits and vegetables. Certain summer fruits, like melons, have high water content and are full of vitamins your body craves.

There's a lot to love about the summertime. With these tips, your skin can love it too.



# Brain Injuries and Bike Safety

## The Truth About Bicycle Helmets

The National Highway Traffic Safety Administration has ranked Florida as the *least safe* cycling state in America. In a single year, there are over 800 bicyclist deaths in the United States. In 2016, 150 of those deaths occurred in Florida. What's more troubling is the fact that many of these deaths might have been avoided had the victim been wearing a helmet.

Research published in the American Journal of Surgery found that wearing a helmet reduces the odds of suffering from a severe traumatic brain injury (TBI) by 52 percent. While you consider the fact that around 60 percent of bicyclist deaths are the result of TBIs, this is a pretty big deal. The study found that people who wear bicycle helmets also reduce their likelihood of needing brain surgery after an accident. Despite the clear benefits, only half of all bicyclists regularly wear a helmet when riding.

If you or your children ride a bicycle, be sure you're all wearing regulated helmets. When picking out a helmet, check that it has the Consumer Product Safety Committee (CPSC) sticker inside and that the helmet fits properly. Bicycle helmets are a lot like car seat belts: Wearing one won't prevent an



# Shrimp Saus

*These shrimp skewers are a quick way to add some surf and turf to your cookout. Pair them with a vinaigrette salad for a side dish that complements without overwhelming the main event.*

## Ingredients

- 1/2 pound raw shrimp, peeled and deveined
- 1/2 pound cooked sausage, cut into 1-inch pieces
- 2 zucchini, cut into 1/2-inch cubes
- 2 tablespoons extra-virgin olive oil
- Wooden skewers, soaked in water for 30 minutes

## Creole Seasoning Ingredients

- 2 tablespoons paprika
- 1/2 tablespoon garlic powder
- 1/2 tablespoon onion powder
- 1/2 tablespoon cayenne or chili powder
- 1/4 tablespoon dried oregano
- 1/4 tablespoon dried thyme



accident, and it won't protect against every possible injury, but it greatly reduces your chances of being injured or dying in an accident.

In Florida, bicycle riders under the age of 16 must wear properly fitted helmets that meet federal safety standards. If you are 16 or older, you are not legally required to wear a helmet while riding your bike in Florida. However, we at the Law Offices of Marc L. Shapiro strongly encourage riders of all ages to wear a helmet when riding your bicycle. It may save your life.

If you're ever in a bicycle accident, be on the lookout for the following signs of a brain injury:

- Headache
- Nausea or vomiting
- Fatigue
- Trouble sleeping
- Trouble concentrating
- Depression
- Blurred vision
- Memory problems

If you suspect you may be suffering from a brain injury after a bicycle accident, seek medical help right away! Then give us a call at (239) 646-8050. With our experience in representing victims after a bicycle accident, we can help you get the compensation and treatment you deserve.

## Sage Skewers



### Directions

1. Heat your grill to medium-high.
2. In a bowl, combine all ingredients for creole seasoning.
3. In a large bowl, combine the shrimp, zucchini pieces, and sausage pieces, and cover them with the olive oil.
4. Add creole seasoning and mix well until all ingredients are covered.
5. Load up skewers with alternating pieces of shrimp, sausage, and zucchini until they're full.
6. Grill skewers until shrimp are well-cooked (6-8 minutes).

## How Are We Doing?

### Going Above and Beyond to Help Our Clients

"The Law Offices of Marc Shapiro went above and beyond to help me with my case. It could not have been a smoother process. If you get the chance to work with Amanda, you will not be disappointed. She is such a sweetheart! She was there to help me and answer any questions I had every step of the way. If you are looking for a lawyer who will keep you informed and make you feel comfortable during your case, I highly recommend this office!"

-Michelle S.

"The best experience at a law firm ever! They took care of all the work and were very professional and very accommodating. Marc Shapiro actually cared about our family and our needs."

-Maria R.



*Our mission is to help as many people as possible. Feedback from our clients lets us know how we're doing. Please tell us about your experiences by leaving a review on Google or on our Facebook page at Facebook.com/AttorneyMarcShapiro. Your support helps us in our mission to keep moving forward.*

## Word Search

M	B	D	L	C	I	N	C	O	Y	M	O	H	J	E
S	A	M	T	F	K	N	K	L	I	U	J	M	M	R
I	O	Y	E	D	F	R	I	F	C	E	Q	E	N	E
B	L	O	O	M	I	N	G	M	L	P	R	Q	J	H
I	E	X	N	F	O	X	E	A	E	A	W	D	R	T
N	E	D	R	A	G	R	G	I	L	G	F	R	U	O
R	Q	K	G	R	G	N	I	D	U	W	H	E	L	M
D	E	Q	T	N	I	F	G	A	U	J	M	M	G	R
L	K	I	I	T	Z	Z	R	B	L	L	V	E	S	M
S	O	R	H	N	L	Z	L	Y	J	C	X	M	O	A
S	P	G	T	D	Z	L	C	V	K	I	C	B	Y	Y
S	I	R	A	X	O	M	B	K	M	Q	A	E	L	W
N	D	Y	W	D	H	R	S	G	B	C	N	R	B	J
J	M	Y	H	S	O	B	Y	E	F	J	U	S	H	C
Y	P	G	U	I	Y	P	T	V	W	G	Z	T	I	C

GARDEN  
BLOOMING  
DAY  
GEMINI  
MOTHER  
MEMORIAL  
NIGHTINGALE  
SPRING  
CINCO  
MAYO  
EMERALD  
MAY  
REMEMBER



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## Go Green

### Get Out There With These Eco-Tourism Tips

Vacations can come with great expense, and not just for your bank account. According to a 2018 study published in Nature Climate Change, travel accounts for 8 percent of global greenhouse gas emissions. Cut through the greenwashing and do your part to lessen these emissions by traveling sustainably.

#### Travel Green

When possible, trains, hybrid buses, and carpooling are great alternatives to larger, more environmentally intrusive travel methods. Large cruise liners are detrimental to oceans, and airplanes emit large amounts of toxins into the air. However, you *can* cruise and fly with the earth in mind. Some cruise lines are working to reduce their impact by installing more eco-friendly lighting and materials, and flight experts recommend using "green" airports, choosing fuel-efficient airlines, staying longer, and traveling less. If anything, it's an excuse to extend your European vacation!

#### Stay Green

Where you stay impacts the environment as much as how you get there. Hotels use copious amounts of water for bathing and laundry, and they struggle to reduce energy because guests leave

their lights and televisions on. However, many luxury resorts, woodsy cabins, and even entire countries have opted to make eco-tourism easier. If you're looking for a region of the world committed to preserving nature, look no further than Iceland, Finland, and Sweden, which are ranked the three most environmentally friendly places in the world.



#### Do Green

Man-made attractions like the Egyptian pyramids and Machu Picchu are some of the world's greatest wonders, but Earth itself is pretty breathtaking. Check out natural attractions while hiking or camping in preserved forests, or soak up all the Caribbean has to offer by snorkeling, scuba diving, sailing, kayaking, canoeing, and paddleboarding. When you're mindful of your surroundings and remain unobtrusive, there are endless outdoor activities you can explore. Some locations even partner with environmentally conscious organizations you can donate to or volunteer with.

Opt for a green vacation and know that while you relax, the earth is getting a little relief too.