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The Best Fall Spices to Boost Your Family's Health

It's the season of fall spices. Pumpkin spice — which is actually a mix of many different seasonal spices — is a favorite, but it's not the only one we should try this year. Seasonal spices are a fun way to literally *spice up* your meals, and many of them also have surprising health benefits!

Something for Your Heart: Cinnamon

Cinnamon can actually help lower your blood sugar levels, which is especially beneficial for folks with Type 2 diabetes. The Johns Hopkins Medicine website also reports that cinnamon has heart-healthy benefits. For example, studies show that cinnamon can reduce high blood cholesterol and triglyceride levels, thus decreasing the risk of developing heart disease.

How to add more cinnamon to your diet: Sprinkle cinnamon on oatmeal or plain yogurt for a warming boost of flavor. You'll also find cinnamon in pumpkin spice, a seasonal favorite.

Something for Your Brain: Turmeric

Recent research has found that turmeric can reduce inflammation. A compound in turmeric called curcumin has been shown to help reduce the pain and swelling associated with arthritis. The anti-inflammatory properties of turmeric may also help reduce

inflammation in the brain, which has been linked to depression and Alzheimer's.

How to add more turmeric to your diet: Homemade curries are a great way to get a good dose of turmeric. You can also add turmeric to roasted vegetables or taco seasoning.

Something for Your Stomach: Ginger

If you've ever drunk ginger ale on a plane to calm your upset stomach, then you've already experienced the healing properties of ginger. Ginger can be used to treat nausea, including nausea due to motion sickness and pregnancy. Studies show that ginger can also offer relief to cancer patients suffering from nausea caused by chemotherapy.

How to add more ginger to your diet: There are many baked goods that call for ginger. Your morning coffee or tea could also benefit from a hint of ginger.

These are just a few spices that are also superfoods! Do some research to discover the secret benefits of your favorite spices.



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Europe Flashbacks

How Even the Smallest of Connections Pull Out Big Memories

Oct. 12, 2020, would have marked the 210th wedding anniversary of Bavarian Prince Ludwig and Saxony-Hildburghausen Princess Therese. I know that seems like a pretty obscure date to celebrate, but that marriage incited one of the world's most well-known celebrations — an event that still happens in Munich, Germany, and across the globe today: Oktoberfest.

Oktoberfest has since moved from the month of October to late September, but when I learned of the origins of this tradition, I couldn't help but think of the time I spent traveling around Europe — including Germany — as a young adult.

I was probably a sophomore in college when my former high school band director asked me to chaperone my brother and his fellow band members who had been selected to the McDonald's All-American Band. (Anyone else remember this honor?) I had played the drums in high school, and while it was never a big passion of mine, I knew I couldn't pass up an opportunity to visit three different countries for a reduced cost. I was even given the chance to brush up on my percussion skills and play in the band with my brother.

I suppose that's a fun thing about traveling. You experience things you would never experience back home, and you make memories that last forever.

We visited Italy, Austria, and Germany on our tour, and it was amazing to see Europe's history unfold before our eyes with each place we visited. We would sightsee during the day, play at night, and then travel to the next stop in a whirlwind tour of this ancient continent. I was particularly enamored with Italy — the buildings and streets look just as you would expect them to have looked in ancient times. While Germany and Austria had buildings and architecture that was more modern, walking through Italy was like walking back in time.

I also loved seeing the history and artwork in the Vatican. There were ceilings made of gold, and marble floors outlined the halls. Every room had ancient artwork depicting Jesus. Of course, I'm Jewish, but I couldn't help but appreciate the history and artistic design that went into creating the Vatican.

Another component of the trip that I will always remember was simply how different Europe was compared to the U.S. For example, in Italy, they have specialty cops for various components of the law. So, theoretically, you could steal something while a police officer who is in charge of traffic laws watches and not get in trouble. It was a strange concept for us to grasp.

But one of the biggest cultural changes that I happily took part in as a 19- or 20-year-old adult was legally drinking in a bar. This is why Oktoberfest had me thinking about my time in Europe. In Germany, beer is thick, dark, and served in a large glass. So, where one beer in America is anywhere from 12–16 ounces and fairly light, I was drinking the equivalent of a small pitcher of dark, high-alcohol beer for some of my first rounds of drinks in a bar! I'll never forget feeling a little buzzed as I sat around the other older chaperones, sipping on beer that was probably a little too strong for me. But I suppose that's a fun thing about traveling. You experience things you would never experience back home, and you make memories that last forever.

For many, traveling has looked a lot different this year. In fact, my family's summer vacation consisted of renting an RV, parking it in our yard, and driving it to the beach for excursions. Our at-home camping adventure was complete with s'mores and hot dogs, and we had a blast — without ever leaving the region.

So, whether your next adventures are at home or across the globe in Europe, I hope you find memories that evoke a smile or two from even the smallest of connections.

Marc L. Shapiro

Spooky City Regulations

Halloween Laws Across the U.S.

Halloween can be a mischievous holiday. The most innocent of us reserve it for backyard parties and trick-or-treating, but some like to get a little rowdier than others. That's exactly why various city councils across the U.S. have passed some seemingly unusual laws to regulate spooky festivities.

Rehoboth Beach, Delaware: No Sunday Trick-or-Treating

If Halloween falls on a Sunday, children in Rehoboth Beach are required to trick-or-treat the night before. The explanation in the city code is simple, but ambiguous: to prevent children and their guardians from going door to door on Sunday evenings. Rehoboth Beach law also forbids children from roaming the streets on Halloween "with the intent to cause trouble," but what exactly that means is ambiguous as well.

Hollywood, California: No Silly String

The Los Angeles City Council has banned Silly String and all other brands of aerosol string from use on Halloween in the Hollywood area. From midnight on Oct. 31 until noon on Nov. 1, no one is allowed to spray, sell, or distribute Silly String in public locations. Use of Silly String got so popular in the city on Halloween that the mess left behind became a strain on sanitation workers, and the city sympathized with them.

Belleville, Illinois: No 8th Graders

Trick-or-treating is most often viewed as an activity reserved for younger generations, but how do you determine what age is "too old" for this type of generally good-natured fun? Well, the city of Belleville settled the ambiguity by passing a law restricting teenagers who are past the eighth grade — generally older than 13 — from going door to door on Halloween.

Walnut, California: No Masks Without Permits

In a simpler time, there was no paperwork required to celebrate Halloween to the fullest. But in the city of Walnut, no one can wear a mask or other disguise on public streets without a permit from the sheriff. The law doesn't specify any exceptions, so residents are left to assume that everyone from age 5 to 100 must abide.

Whatever your Halloween celebrations might look like this year, it's important to have fun, but remember to abide by any rules or laws your city might have in place in an effort to keep its citizens safe.



'What's My Claim Worth?'

As you come out of the fog from an accident, there are many questions that can linger. It is difficult for many accident victims to move forward on their own as the medical and repair bills stack up. As a result, one of the most common questions our team hears is this: "What is my claim worth?"

While there are many elements that can factor into compensation — like Florida's comparative negligence doctrine, which states that an accident victim's percentage of fault is the same percentage in which their compensation total is cut — there are two vital personal components that can influence your claim totals.

No. 1: Your Income in Relation to Your Age, Occupation, and Education

Part of your personal injury compensation comes from the earning potential you would have had if you weren't injured. So, if a 35-year-old surgeon experienced a debilitating hand injury, their potential income is factored into the compensation amount. Given the advanced level of their degree, the high earning potential of their career, and their young age, they would likely receive sizable compensation. On the other end of the spectrum, a 75-year-old retiree with no college degree wouldn't lose much income — Social Security and pensions are not included in wrongful death cases — so the

The 2 Most Important Variables To Your Compensation Rate

retiree's compensation total for a similar injury would be much lower than the young surgeon's.

No. 2: The Vehicle You Rode in For Medical Care

We've all heard the horror stories of 2-mile ambulance rides costing thousands of dollars. It's enough to make victims refuse transportation to the hospital despite their injuries and need. However, if an ambulance, helicopter, or other emergency vehicle transport is recommended, we encourage you to take it. For starters, your health should be your top priority, and you should always seek medical care after an injury. Furthermore, this record of transportation and treatment could prove advantageous to your claim. It shows that your injuries were severe enough to warrant medical transport. You would likely be compensated in these instances.

Of course, there are many other small details that can influence your claim, and if you have any questions about your circumstances or personal injury claim, don't hesitate to give *The Law Offices of Marc L. Shapiro, P.A.* a call. We can guide you through the slough of questions an accident brings.

'They Kept Me Informed'

Hear From One of Our Clients

"Marc Shapiro is the best personal injury attorney in Naples and Fort Myers. His office is so personable and very professional. Shawn and Aly kept me informed throughout the whole process. After my car accident, I was in pain and afraid to drive. I didn't know what to do after my accident, but Marc and his office were there for me. Marc and his team set me up with doctors and chiropractors near my home. He is reputable, professional, and will go the extra mile for his clients."

-Caridad A.



How Are We Doing?

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/AttorneyShapiroLaw](https://www.facebook.com/AttorneyShapiroLaw). Your support empowers us in our mission to help as many people as possible.

Spooky Strawberry Ghosts



These adorable chocolate-dipped strawberry ghosts will be the stars of your Halloween party!

Ingredients

- 16 oz white chocolate, chopped
- 24 strawberries
- 1 package mini dark chocolate chips

Directions

1. In a microwave-safe bowl, heat the white chocolate at 50% power for 30 seconds. Remove it and stir, then repeat the process until melted.
2. Lay out a sheet of parchment paper.
3. One by one, dip the strawberries into the melted white chocolate and set them on the parchment. Allow the extra chocolate to pool to form a "tail" effect.
4. Before the chocolate coating fully cools, add three mini chocolate chips to each berry to form two eyes and a mouth.
5. Let chocolate set, then serve your spooky snacks!

Inspired by CandiQuik.com

Word Search

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

APPLES
CALENDULA
CANDY
HALLOWEEN
HORROR
MASKS
OPAL
POPCORN
SCARY
SCREAM
TREAT
TRICK