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How to Eat During the Holidays Without Sacrificing Your Favorite Foods or Your Waistline

Have you ever stood on a scale at the end of the holiday season and wondered how the extra pounds crept on? It's no secret that a sugar cookie here, a slice of pie there, and a few glasses of eggnog in between can lead to a few pounds gained. When you're surrounded by Christmas goodies, how can you resist? Luckily, there are a few ways you can protect your waistline this holiday season without completely cutting out your favorite treats.

Be Choosy

When you see a regular buffet of your favorite holiday treats, don't immediately start scarfing down everything that looks remotely tasty and sweet. First, scope out the food — without a plate — so you won't be tempted to start eating without really looking. Then, find the treats that are your absolute favorites and choose one or two of them to eat. You don't have to give up sweets during the holidays; instead, eat with discretion.

Don't Go Hungry

To ensure that you don't overeat at a party or buy junk food that you don't need when shopping, eat a healthy snack before going out. Before you head out to a party, eat a snack chock-full of complex carbohydrates, proteins, and unsaturated fats. Apple slices with peanut butter work, as well as lean meats and cheeses. If

you're headed to the grocery store, eating a filling snack before you go will make you less likely to impulsively scoop up those sugary cookies and pastries in the bakery.

Drink Responsibly (and Judiciously)

If you drink alcohol, keep in mind that each drink will probably be somewhere between 150–225 calories. A glass of eggnog can have as many as 500 calories. Alcohol decreases your self-control when you're eating, while also increasing your appetite. Make sure that if you're drinking, you're not doing so on an empty stomach. And to decrease the number of high-calorie drinks that you consume, drink a glass of water in between alcoholic beverages. The holidays are a minefield for any healthy diet. But with the right tools, you can ensure that by Jan. 2, your waistline won't be worse for wear.



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Give Back This Holiday Season

Why It's Still Important to Support Nonprofits However You Can

The holiday season is often filled with big celebrations. We typically gather with our families, coworkers, and spouses mingle at office work parties, and many nonprofit organizations host their biggest events of the season. This is often the busiest time of the year for many charity groups. To fund their efforts, these organizations often rely on the generous donations of attendees at these events.

Of course, this year has changed all of that. Many groups are rightfully wary of hosting large events, and organizations are opting for online events or outright canceling their fundraising efforts. This could create a serious dip in the capabilities of some of our greatest nonprofit groups.

My family has a vested interest in one particular organization that is doing something unique this year to adapt to safety protocols while still ensuring they can raise enough funds to support their patrons, a group called STARability. It is hosting very small, socially distanced events where those interested in giving back can do so to continue to support the mission. I have no doubt that these will be great events — each one will offer more support to this group's mission.

STARability is a nonprofit that is committed to helping those with disabilities form "social, vocational, and educational connections" within their communities while raising awareness for those with other disabilities. My wife and others in our community were actively working to develop a program to support housing for adults with disabilities when we discovered STARability and joined their mission.

As the parent of a son with a disability, STARability and its members have a special place in my heart. Our son doesn't rely on STARability — although, we know he might in the future — but we feel a connection to other people living with disabilities and their families. We know what it's like to love someone whose world challenges them constantly, and we want to



support organizations like STARability, who are actively working to offer support to those with disabilities.

I'm proud to support STARability and various other organizations, such as the Juvenile Diabetes Research Foundation, but I know monetary donations are not always feasible for everyone. I would encourage those of you who can to give back in any way you can this year. Donate your time through volunteering or encourage those who do have the resources to give to do so. You could even raise awareness through social media.

Every little action we take matters, especially when it comes to supporting nonprofits. In a year where big black-tie galas and huge charity events cannot happen, consider the ways in which your small actions can have a big impact on the lives around you.

Thank you for your support! Wishing you and yours a very safe and happy holiday season.

Marc L. Shapiro

P.S. Learn more about STARability online at STARability.org.

"Every little action we take matters, especially when it comes to supporting nonprofits."

3 Gift-Giving Tips That Won't Kill Your Savings

Ah, the holidays. It's a time of sweet treats, family, and giving back — and sometimes giving a little too much. When it comes to the perfect holiday gift, many people spend too much money. The average American spends nearly \$1,000 on gifts during the December holidays alone!



It's possible to cut back and make it to January without major debt. Here's how.

Check your list — twice!

The list is going to be your secret weapon to tackling the holidays with your savings still intact. Start by writing down the name of every person you'd like to get a gift for. Now, with the exception of your immediate family members, narrow the names down to your top five — top 10 if you're really popular. Now, place the names of the people who didn't make the cut into a second list. If you still feel the need to do something for them, send homemade cookies or a handwritten note instead of purchasing something. This limits how much you actually have to spend!

Think beyond store-bought or expensive items.

Sure, everyone wants this holiday season's "it" item, but sometimes the best gifts don't even come wrapped under the tree. Instead, look to your own talents as a clue to what you should give. If you're a great crafter, create something unique for the people on your list. If you can offer the gift of time, provide a free night of babysitting for your friends with kids or an experience at the local theater. These gifts have a bonus factor: Recipients love the gift when they open it, and they love it when they get to use it!

Set a budget — and stick to it.

Setting a holiday budget ensures you only spend what you can afford. It also narrows down your search. If you choose to buy your neighbor something, but they aren't your top priority, set their budget at a lower level, like \$25–\$50. If you have a sibling who has had a rough year and you'd like to make their holidays a little brighter, bump their budget up. This narrows the focus of what you're looking for so you don't stumble into something you can't afford.

Ultimately, it's the spirit of giving during the holidays that makes them so rewarding. With a little ingenuity, you can be generous and avoid the stress of excess debt come January.

Drowsy Driving Could Be to Blame for Your Accident

Some of the hardest workers are truck drivers who sacrifice time spent with their families to ensure we have the food and other goods we need to survive each day. Unfortunately, a company's bottom line and the desire to transport goods quickly often forces truck drivers to bend the rules, drive longer than they legally should, and run the risk of falling asleep at the wheel.

This not only puts truck drivers at risk, but it also puts the lives of other drivers on the road at risk, too. In fact, driving after being awake for 20 straight hours is the same as driving with a blood alcohol content of .08%, which is the legal limit in the U.S. and is highly dangerous.

As a result, the Federal Motor Carrier Safety Administration (FMCSA) has ordered truck drivers and companies to comply with several safety standards. These include the following guidelines:

- Drivers can only drive 11 hours after being off-duty for 10 consecutive hours.
- They must have 10 consecutive hours off the clock every 24 hours.
- Drivers need to take two additional hours off within each 14-hour work period in a 24-hour cycle.
- A driver's "weekend" must include two consecutive rest periods from 11 p.m. to 7 a.m.

Sadly, many drivers feel pressured to push the limits of their own exhaustion. The FMCSA estimates that drowsy driving contributes to 755 road fatalities and 19,705 injuries every year. What's more, the FMCSA has recently downgraded a number of their safety precautions to increase the number of consecutive hours drivers can operate.

This puts truck drivers and other motorists at significant risk. Drowsy truck drivers can swerve into other lanes, run through stoplights or stop signs, fail to yield to others, or collide with other motorists, pedestrians, or buildings.

Victims of these accidents can sustain life-changing injuries that are both costly and debilitating. As such, our team at *The Law Offices of Marc L. Shapiro, P.A.*, is dedicated to helping clients receive the compensation they deserve. This can include payment for medical bills, lost wages, projected losses and costs, emotional distress, and property destruction.

If you are the victim of a drowsy-driving incident, call our firm today for guidance. You can also discover more resources on our blog at AttorneyShapiro.com/blog.

Festive Apple Cider



If you're cutting back on calories, skip the eggnog and buttered rum this year and fill up your mug with this delicious mulled cider!

Ingredients

- 1 lemon
- 1 gallon pure apple cider
- 1 large orange, thinly sliced crosswise
- 2 tsp whole cloves
- 2 tsp allspice berries
- 1 inch fresh ginger, thinly sliced
- 2 tbsp honey
- 3 cinnamon sticks

Directions

1. Using a paring knife, shave the lemon peel off in curls. Reserve the curls and save the lemon for use in a different recipe.
2. In a large slow cooker, combine the lemon peel with all other ingredients. Cook on low for 3–4 hours.
3. If desired, use a sieve to strain the spices. Serve and enjoy!

Inspired by BoulderLocavore.com

'Courteous' and 'Knowledgeable'

2 Recent Clients Share Their Experience With Our Firm!

"I had an exceptional experience with attorney [Marc] Shapiro and all his staff! They made the whole situation less stressful, and I felt completely confident in their abilities. I highly recommend them. [They are] professional, courteous, and extremely responsive! Special thanks to Belinda S. for bringing this all to a close successfully and effortlessly."

-Charrissa W.

"Belinda Salinas and the team at Marc Shapiro were helpful, responsive, and professional to work with. Thank you for answering our questions and helping us understand the rules of law in the state of Florida. [They are] very knowledgeable, thoughtful, and accommodating. It was great working with you."

-Georgette Z.

How Are We Doing?

Your reviews offer us valuable feedback, but when you recommend our services to others, that's the ultimate form of praise! Please share your experiences with the Law Offices of Marc L. Shapiro, P.A., on Google or on Facebook.com/AttorneyShapiroLaw. Your comments empower us, make us better, and allow us to help others.

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