



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

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## Reflecting on Fatherhood This Father's Day

It was about this time last year that my family and I did something a lot of other people were doing: We rented an RV. But instead of driving across the country or even much further than Sanibel Island, we parked it in the backyard and took a staycation that included a campfire and roasting marshmallows.

My kids were starting to go stir-crazy and needed a reason to get out of the house, but since my son is immunocompromised and has other needs around food allergies, it was an especially difficult year for us to go on any kind of vacation. Renting the RV and enjoying a backyard campout was a great way to mix things up at the Shapiro household while keeping everyone safe. (For the record, we did take the RV to Sanibel Island, but as luck would have it, it started pouring the second we arrived!)

This got me thinking about parenting and how so much of fatherhood means showing up and staying the course for your kids, even when things don't turn out as you'd expected or hoped for. I've talked a lot about my son and the challenges we've faced to keep him healthy and well cared for since he was a baby. My daughter doesn't have the same health struggles, but raising her, like raising any child, also comes with its own set of challenges. Any parents out there will know that raising children is extremely rewarding, but it's not without its difficulties!

*"At the end of the day, you just have to love your kids and be there for them, and my dad did that for me and my brother."*

When I was a kid, my dad was a controller for Sears and Roebuck, but he eventually decided to go into business with a few other guys and opened a chain of appliance stores. This required him to work a lot, and I didn't always get to spend as much

time with him as I would have liked. Now that I'm a father, I understand the challenges he must have faced trying to balance work and family. I'm so appreciative that he provided for and loved me unconditionally. At the

end of the day, you just have to love your kids and be there for them, and my dad did that for me and my brother.

You could also say that I get my entrepreneurial spirit from my dad. My law firm has grown to employ 34 people, and I'm involved in a few other businesses as well. My father paved the way with his enterprising spirit, and even though we're in two different industries, I can better appreciate now how much work it takes to run a business while being a father.

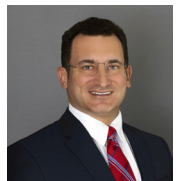
Now that I have kids of my own, that makes my dad a grandfather. He does a great job of keeping family traditions alive with my kids. Last year, we had to do a lot of those holiday traditions on Zoom, but even so, he made sure they happened and that the kids got to experience them and better understand their heritage. He and my daughter also have a lot of fun together when they're able to hang out in person.

Now that I'm fully vaccinated, I'm hoping to get to spend more time with my dad this year than last year. I know a lot of people had to forgo spending time with loved ones due to the dangers of the pandemic. I'm lucky that he's only a few hours away by car. Maybe we'll even get to celebrate Father's Day together in person this year.

To my dad and all the fathers reading this, I hope you have a great Father's Day.



*Marc L. Shapiro*



# DIY or Buy?

## LAWN GAMES FOR FAMILY SUMMER FUN

The warm summer sun may be enough to beckon your family outdoors, but lawn games will guarantee hours of fun outside. If you're handy, there are plenty of great lawn games you can make yourself. If not, buy an off-the-shelf alternative and enjoy the easy setup.

### Giant Jenga: Easy DIY

All you need to build a giant Jenga tower are two-by-fours that are cut to length. If you're handy with a saw, you can do this at home. If not, ask to have the wood cut at your local lumberyard. Be sure to sand down the edges before stacking the boards to create a classic Jenga tower! For extra fun, pick a few paint colors and paint each board. Visit [ABeautifulMess.com/make-this-giant-jenga](http://ABeautifulMess.com/make-this-giant-jenga) to see a complete set of instructions.

**Buy:** Skip the project and buy GoSports Giant Wooden Toppling Tower online, which retails for about \$70 and stacks over 5 feet high.

### Classic Horseshoes: Intermediate DIY

Tossing horseshoes is a great way to pass an afternoon. To play, you'll just need to set up two sand pits in your yard. Get a handful of horseshoes, and you're ready to go! Many DIY plans are available online, including one from [HousefulOfHandmade.com/ultimate-diy-horseshoe-pit](http://HousefulOfHandmade.com/ultimate-diy-horseshoe-pit).

**Buy:** Check out the kid-friendly rubber horseshoe set from [Wayfair.com](http://Wayfair.com), which requires no installation, can be used indoors or alongside your outdoor game, and is safe for younger children.

### Cornhole: Advanced DIY

The humble beanbag may be the most versatile backyard game piece. It's used in the popular game commonly known as cornhole. To build your own cornhole set, you'll need a couple of sheets of 1/2-inch-thick plywood along with two-by-fours, some hardware, and a variety of tools including a drill, jigsaw, and sander. Visit [DIYPete.com/cornhole-board-plans](http://DIYPete.com/cornhole-board-plans) to get both written and video instructions.

**Buy:** Ready to play ASAP? Cornhole sets are available from many large retailers around summertime, or you can order a customized set featuring your favorite team, family name, or characters from your favorite movies by looking at [Etsy.com](http://Etsy.com).

Whether you buy or DIY, remember to have fun and always supervise your children while playing outdoors, especially when it comes to yard games!

# DRUNK DRIVING ACCIDENT CLAIMS

## What Evidence Do You Need?

Any successful personal injury claim will require you and your attorney to present quality evidence that helps prove liability and negligence. Anyone involved in an accident should also always collect the following information if they are able to do so:

- Pictures of the accident scene
- Eyewitness testimonials
- Medical records from examinations following the accident

When it comes to drunk driving incidents, however, there may be additional forms of important evidence because of the criminal nature of the act. Those convicted of driving under the influence (DUI) or driving while intoxicated (DWI) face misdemeanor or even felony charges. While these charges are brought by the arresting officer and pursued in criminal court, any such conviction can also be used as evidence in your civil case to help prove liability and negligence.

There are four unique types of evidence that can be used in drunk driving claims.

## Easy Tuna Poke Bowl



Inspired by [TheKitchn.com](http://TheKitchn.com)

### Conviction

If the driver who hit you was convicted in criminal court, you can use that conviction as evidence in your personal injury claim. This is one of the best types of evidence to use in such a claim.

### Police Statements

It's important to call the police following an accident, especially if you suspect the other driver was drunk or impaired. Police will write a comprehensive report of the situation and what they saw at the scene, and officers may arrest a drunk driver on the scene as well.

### Blood Alcohol Content (BAC) Test Results

If police suspect the at-fault driver of being drunk, they will likely be subjected to a BAC test. If the BAC of the driver who hit you is above the legal limit of .08, the test results can help you prove liability and negligence in court.

### Criminal Record

If the at-fault driver has a criminal record that shows a history of negligence, it may be admissible as evidence in your personal injury claim.

It's important to hire a qualified personal injury attorney to represent you and help obtain these important forms of evidence for your case. The attorneys at *The Law Offices of Marc L. Shapiro, P.A.* are experienced in dealing with these kinds of cases and know how to get the evidence necessary from police and courts. Call us at (239) 649-8050 or visit our blog at [AttorneyShapiro.com/blog](http://AttorneyShapiro.com/blog) to learn more about how we can help.

*This protein-packed recipe is the perfect dinner for two on a hot summer night when you don't want to turn on the oven.*

### Ingredients

- 2 tsp soy sauce
- 1 tsp sesame oil
- 2 tbsp orange juice
- 1-inch piece fresh ginger, peeled and minced
- 10 oz canned tuna, drained
- 2 tbsp cilantro leaves, chopped
- 1 scallion, finely chopped
- 1 cup rice, cooked and cooled
- 1/4 cup avocado, cubed
- 4 cherry tomatoes, quartered
- 1 tbsp sesame seeds

### Directions

1. First, make the dressing. In a jar, add soy sauce, sesame oil, orange juice, and ginger. Secure the lid and shake until emulsified.
2. In a small bowl, empty the drained tuna and pour the dressing over top. Add the cilantro and scallions and stir until well coated.
3. Divide rice between two serving bowls. Top with the dressed tuna, avocado, tomatoes, and sesame seeds.

## WHAT OUR CLIENTS ARE SAYING

### We'll Be by Your Side Every Step of the Way

"The whole process — including my initial consultation, surgery, and physical therapy — was seamless. Any time I had questions or concerns, Shawn was there to answer in a quick fashion. I would highly recommend this firm for any need requiring legal remedy."

-Tom W.

"I found the best people in this office. After I had a car accident, I went through two previous lawyers who offered little to no guidance. Marc Shapiro's office was there — every step of the way, they were by my side. My case wasn't an easy one, but they kept on it and informed me in every step of the process. They're very responsive and helpful. I would recommend them to anyone who needs a good lawyer."

-Melissa P.



### 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.

## Word Search

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

ADVENTURE  
CAMPING  
FATHER  
GEMINI  
HIKING  
JUNETEENTH  
PARK  
PICNIC  
PRIDE  
SANDALS  
SUNBURN  
SWIMMING



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## *The Super Benefits of Yoga*

June 21 is International Yoga Day, which makes it a great time of year to talk about the unique benefits of yoga — the “superfood” of fitness. As a mixture of exercise and mindfulness, yoga is not only challenging but also has myriad health benefits.

Many people assume yoga is mainly useful for increasing your flexibility. However, it's also excellent for further developing your strength, mobility, and balance. These can be key benefits for living a healthier lifestyle, whether you're an athlete or concerned about aging.

Kaitlyn Hochart, a yoga instructor from San Diego, California, writes on Healthline, “During yoga, your body goes through a full range and variety of motion that can counteract aches and pains associated with tension or poor postural habits.” Yoga can help you become more aware of these habits, “[allowing] you to fix these imbalances and improve overall athleticism.”

Many forms of exercise are useful against depression and cardiovascular disease, but in yoga's case, you don't have to break a sweat to start benefiting from its stress-relieving properties. “The breathing exercises you practice during yoga can help lower your heart rate and shift your nervous system into a more relaxed state. It also promotes better sleep and increased focus,” Hochart writes.

Multiple studies agree: Yoga can significantly decrease the secretion of cortisol, the primary stress hormone.

In one study, 64 women with post-traumatic stress disorder (PTSD) participated in a 10-week program, performing yoga at least once a week. By the end of the 10 weeks, 52% of participants no longer met the criteria for PTSD at all.

As with starting any new hobby or regular exercise, it may help to set clear goals for yourself. By doing yoga regularly, there are several physical improvements you can look forward to, such as:

- Improved range of motion or ease of movement
- A reduction in pain, discomfort, or other symptoms
- An increase in physical strength and endurance
- Less weight fluctuation
- Changes in the way your clothes fit
- Better-quality sleeping habits and increased or stabilized energy levels

One of the best qualities of yoga is that you can be of any age or fitness level. So, pull up a YouTube video, find a soft surface, and give it a try!

