



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

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Who Knows What Is Good or Bad?

LUCK IS WHAT YOU MAKE IT

As St. Patrick's Day approaches, many minds are focused on luck. We think about leprechauns, shamrocks, and of course, the luck of the Irish. And year round, people hold onto good-luck charms, cross their fingers, and knock on wood. It's mostly for fun, but I can't help but think luck is a lot more complicated than all of that.

I immediately remember a Taoist parable. A farmer's prize horse ran away, and his neighbors approached him to commiserate his poor luck. But the farmer responded, "Who knows what is good and what is bad?" Soon, the horse returned with a herd of wild horses in tow. "How wonderful!" the other villagers exclaimed. But the farmer again asked, "Who knows what is good and what is bad?"

The next day, attempting to train one of the wild horses, the farmer's son broke his leg. The neighbors expressed regret for this misfortune, but the farmer maintained the same stoic stance: "Who knows what is good and what is bad?" Within days, the army arrived and forcibly conscripted villagers, but they did not take the farmer's injured son. Realizing they could no longer tell, the neighbors asked themselves, "Who knows what is good and what is bad?"

So many things will happen to us in our lives, and it's hard to say whether they represent good or bad luck. Some windfalls can end in tragedy, while what appears to be misfortune can change us for the better.

Over the years, I've had many clients win large sums of money as compensation for their accidents — sometimes, more than they ever dreamed of having. Some didn't know how to handle the sudden influx of cash and got involved in activities that would ultimately be their downfall, like overspending, gambling, or drugs. These days, I meet with all successful claimants to discuss the importance of retaining a financial advisor. I do my best to explain that money can be a curse if you don't know what to do with it.

Similarly, some people might feel sorry for me because I have a son with autism. But I know my son is happy, which is the most important thing. Further, if it weren't for that experience, I don't know I would be the kind of attorney I am today. Holly also probably wouldn't have created her nonprofit and merged with STARability. But because of her efforts, many lives have been changed for the better, and fewer families have suffered needlessly.



So, who knows what is good and what is bad?

In my view, luck is when preparation meets opportunity. People will tell you that you're lucky to have a successful business, prestigious job, or wise investment. But the fact is that opportunities arise all the time, and you need the wisdom to recognize them and know what to do with them. If you're not prepared to pursue the opportunities that come your way, good luck will be out of your reach.

In the book "Oh, the Places You'll Go!" Dr. Suess says, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go."

I love that quote, and it sums up my philosophy well. In the end, I think luck is what you make it. We can't control every opportunity or obstacle that might come our way, but we can choose how we respond to them. Who knows what is good and what is bad? More often than not, it's up to us to decide.

Marc L. Shapiro



Make a 4-Leaf Clover Keepsake

BUT FIND THE ELUSIVE GOOD-LUCK CHARM FIRST

One of St. Patrick's Day's most popular symbols is a four-leaf clover. In Ireland, these clovers represent luck and good fortune. Each leaf on the clover has a different meaning — faith, hope, love, and success. It's a tradition to find a four-leaf clover on St. Patrick's Day and do activities involving this lucky leaf. So, how do you find these good-luck charms, and what can you do with them?

How to Find a 4-Leaf Clover

Although it may seem difficult, it's easier than you might think. First, find a dense patch of white clover — near it is where four-leaf clovers reside. They are different from the rest and are often smaller, so keep that in mind when you look for the lucky green clovers.

Instead of staring at the patch in close detail and counting leaves, search the patch without focusing on the tiny details. This increases the odds of eyeing a four-leaf clover because the different patterns, shapes, and sizes of these clovers will jump out at you. If you find one, keep looking! There's a chance another one might be nearby.

Clover Craft

Once you find your clover, preserve the luck in it all year by placing it in a picture frame. First, gently press the clover leaves between the pages of a large book for several days to flatten them out. After pressing, you can add green food coloring to your clover to

enhance its color. Once it's dry, clean it and let it sit overnight. Then, place your clover onto acid-free paper, cut to fit the size of a picture frame of your choice. Next, use acid-free glue to keep your clover in place, and finally, seal your frame shut. You now have your personal good luck charm!

Searching for a four-leaf clover and creating a keepsake will be a great bonding experience for you and your family. We wish you luck! Happy St. Patrick's Day!



Know Your Adversary

COMMON DEFENSES IN PERSONAL INJURY CASES

Just like in a criminal trial, the defendant in a personal injury case has the right to defend themselves. So, the injured person not only needs to prove their case, but they also have to refute the other side's arguments. The person who caused the injury or their insurance company will likely have legal representation, and they have a variety of defenses available to them.

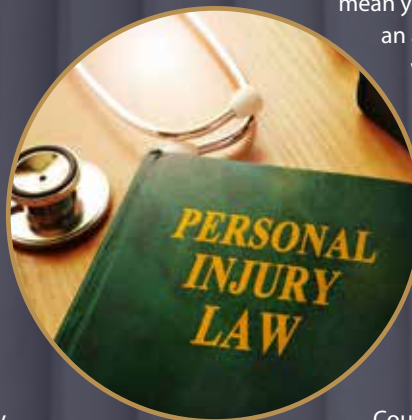
Perhaps the most common defense in personal injury cases is comparative negligence. Under comparative negligence, the defendant claims the injured party contributed to the accident and shares the responsibility. Florida follows a "pure comparative negligence" rule, which means each side is assigned a percentage of fault in the incident and considered responsible for it.

If, for example, the court finds the injured person 20% responsible for the accident, the damages they can recover will be reduced by 20%. A defense attorney will attempt to prove a higher percentage of blame by the injured person to reduce their liability. But remember that even if the injured person is 99% to blame for the accident, they're still entitled to the final 1% worth of damages caused by the other party.

Defense attorneys may also claim that injuries sustained in the accident were preexisting conditions. If the injured party already had the injury before the accident, they'll argue that the defendant should not be held liable for causing it. They will seek out old medical records to prove their case. However, having a preexisting condition doesn't mean you can't receive compensation for an injury. After all, an accident can aggravate or worsen an old ailment, which qualifies for damages.

Sometimes, defense attorneys will argue that the plaintiff chose to engage in an inherently risky activity. It's called "assumption of risk," which means someone who knowingly partook in something dangerous cannot claim damages for it later. Think of football — if you choose to play, you can't sue someone for following the rules and tackling you.

Countering all of these defenses requires evidence, experience, and understanding of the law. A personal injury attorney can help you with the process and increase your chances of a successful recovery. If you would like to learn more about how the *Law Offices of Marc L. Shapiro* can help in your case, call us for a consultation or visit our blog at [AttorneyShapiro.com/blog](https://www.AttorneyShapiro.com/blog).





'I Will Recommend Them to Everyone!'

WHAT OUR CLIENTS ARE SAYING

"From the first phone call, I knew Amanda had my back. I felt so confident and comfortable trusting that she was going to do her best for me — and she did! Plus, Kelsea sure knows her stuff. She was able to greatly reduce my medical bills, which meant I got to keep more of my well-deserved settlement. I am so appreciative of the staff at Marc Shapiro's office, and I will recommend them to everyone!"

—Tammy D.

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VEGAN REUBEN

INDULGE IN THIS ST. PATRICK'S DAY CLASSIC — VEGAN STYLE!

Inspired by MyDarlingVegan.com

Ingredients

- 8 oz tempeh
- 1/2 cup vegetable broth
- 1 tbsp balsamic vinegar
- 1 tbsp vegan Worcestershire sauce
- 1 tsp liquid smoke
- 1 tsp onion powder
- 1 tsp paprika
- 1/2 tsp garlic powder
- 2 tbsp olive oil
- Bread of choice, toasted
- 1/2 cup sauerkraut
- Vegan Swiss cheese (optional)
- 1/4 cup Thousand Island dressing

Directions

1. Cut tempeh into 4 thin slices.
2. In a shallow bowl, combine broth, vinegar, Worcestershire sauce, liquid smoke, onion powder, paprika, and garlic powder. Marinate tempeh in mixture for 30 minutes.
3. In a large skillet, heat the olive oil. Cook tempeh in the oil for 5 minutes per side.
4. Between toasted bread, layer tempeh, sauerkraut, cheese (optional), and dressing. Enjoy immediately.

Word Search

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

GOLD
GREEN
IRISH
LUCKY

MARS
RAIN
SPROUT
WOMEN



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It's More Than Just Tidying Up

4 HEALTH BENEFITS OF SPRING-CLEANING

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

Spring-cleaning reduces stress and depression.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home. Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

It prevents illnesses.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce

the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.

Spring-cleaning helps you breathe better.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When dust and pet dander build up in your home, your respiratory system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

It keeps you more active.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!

