



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

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## THE BEAT OF MY OWN DRUM *HOW MAKING NOISE HELPS ME LET LOOSE*

The law may not seem like a particularly creative profession, but there's a lot more to it than memorizing statutes. So, it doesn't surprise me that I've known so many lawyers with a musical background. In fact, I have one myself. Since May 30 is National Creativity Day, I decided to share my second passion.

I started drumming in middle school, but I consider myself self-taught. School taught me how to read sheet music, but most of the songs we played were boring. I spent a lot of time waiting to hit a triangle once or twice. But I would watch other drummers play and try to copy them, picking up bits and pieces here and there. With drums, you either have rhythm or you don't. Luckily, I did.

Throughout high school, I played drums in the jazz band. Later, when I was in college, my high school band director asked me to go on a trip to Europe to play big band and swing music. It was a great experience playing through Italy, Germany, and Austria over the summer. But I never planned on taking it any further than that.

Most people join a band, then drop out to get married and have kids. I did the opposite by getting married, having kids, *then* joining a band. It started at my 40th birthday party. I hired a band to play, and one of the guys noticed my drum kit. We ended up forming a group that played around town.

We were called Pub Mustard. (Our name derived from the fact that we would always play at The Pub in Naples.) We started with Beatles covers, then branched out into Pink Floyd and '90s rock songs by Counting Crows, Tom Petty, U2, and more. We only played about once a month, but I had a lot of fun and met many interesting people.

One of the most memorable was Casey Weston. A couple of band members would play at their church on weekends, and they met a girl there who was about 14 years old. She was writing songs already, and after hearing her play, they invited her to do a few numbers with us. Before long, she was doing entire sets. Casey later made it to the semi-finals of "The Voice." She now lives in Nashville, and I hope she'll be a star.

As for Pub Mustard, life got in the way. We took a break after the 2017 hurricane, a band member moved away, and my business kept growing. I started having trouble coping after late-night shows and would spend



the whole weekend trying to catch up on my sleep. Plus, the other guys are professional musicians, and I'm a lawyer. They naturally wanted to get bigger and play more shows, and I couldn't commit to that.

These days, I still play occasionally for fun. Even though I'm Jewish, churches call me up sometimes to fill in when their regular drummer can't make it. I also do some charity events. Understandably, professional musicians want to be paid for their work, so having a guy who will play for free can help organizations trying to raise money.

One of the things I loved most about my band days was being a part of a cohesive group. Drum solos exist, but there's not a ton of music I can make without other musicians playing along. It's not that dissimilar from the law, where you need a team around you to make everything work. It takes all kinds of people, from those with an analytical mind to those who have a bit of creative flair. I've always been more of the innovative type, and it has served me well both in the courtroom and onstage.

*Marc L. Shapiro*



# How Moms Should Celebrate This Mother's Day

## DO IT YOUR WAY

Let's face it: The kids probably aren't going to get you what you really want for Mother's Day. We know it's the thought that counts, but you've still earned some pampering. It might be time to take matters into your own hands by celebrating yourself this year — no matter what your children and/or partner have planned. Here are some ideas to get you started.

**Take the day off.** It might be the greatest gift any mother can give herself. Let your partner, the grandparents, or a babysitter take care of the kids for the day and spend time doing what you want to do. Maybe that's sleeping in late, finally going to see a grown-up movie in a theater, reading a juicy novel, or going on a shopping spree. It doesn't matter what you choose — not having to worry about temper tantrums, meals, or bedtime is the true gift here.

**Enjoy a girls' day out.** You probably don't get to see your friends as much as you'd like, so take the time to get together for some kid-free fun. You can treat yourself to brunch, manicures, or just a bottle of wine and a good laugh. Having the opportunity to catch up with the gals you love the most can be a great way to rejuvenate. Create a group text and get the party planning started!

**Have a date night — with the person of your choosing.** With whom would you most like to spend some alone time? If it's your partner, arrange a romantic evening for adults only. If it's your best

friend, schedule a fun outing. Maybe your ideal Mother's Day involves the kids after all! If so, plan some one-on-one time with each of them, doing something special you know they'll love. Whomever you choose as your date, you'll feel more connected (and appreciated) than ever.

If your special Sunday is already booked with family activities, remember you can always pick another weekend to treat yourself. That way, you can still get your ideal day — *and* enjoy the kid-prepared breakfast you've come to expect and love.



# Do You Need a New Car Seat?

## THE RULES AFTER AN ACCIDENT

After a car accident, you'll probably have to replace many things. Depending on the collision's severity, it could be the windshield, a bumper, or even an entire vehicle. But that's just the obvious stuff. What about the car seat lingering in the back?

Car seats are the best way to keep children safe during the event of an accident, and we hope yours did its job of protecting your little one. As you probably know, car seats are complicated, and they have to be installed correctly to work. They also have to be kept in good condition, and certain collisions can render them nonfunctional.

According to the National Highway Traffic Safety Administration (NHTSA), car seats are no longer safe after a moderate to severe car accident — even if the child wasn't in the car seat during the collision. The good news is that you don't have to replace your car seat after a minor accident. But what exactly does "minor" mean?

The NHTSA states that an accident must meet the five following qualifications to classify as minor:

- No injuries
- No visible damage to the vehicle

- No impact to the door nearest to the car seat
- The airbags didn't deploy
- The vehicle was able to drive away from the accident

Accidents that don't meet even one of these criteria are considered moderate or severe. Even if your accident was minor, you should still check the car seat to ensure there is no visible damage. Children can suffer serious injuries in a collision, including neck or head injuries, cuts, and fractures. A car seat cannot eliminate the risk, but it will reduce the danger when properly functioning.

Fortunately, most automobile insurance plans cover replacement car seats. And if someone else's negligence caused the accident, the cost of a new one can be included in your claim against them. After a crash, a car seat may be the least of your concerns, but that's no reason to leave safety on the back burner — or money on the table.

*Want more information? Visit our blog at [AttorneyShapiro.com/blog](https://www.AttorneyShapiro.com/blog) for additional guidance on this topic and many others.*



# 'Timely and Advantageous'

WHAT OUR CLIENTS ARE SAYING



"After a severe auto accident, Marc and his staff guided me through the process of filing a claim with the other party's insurance company. They explained the processes involved, how they relate to one another, and what to expect for an overall outcome. I especially want to extend kudos to Laurie, Iris, and Sean. Once I reached maximum medical improvement, Laurie moved to settle in a manner both timely and advantageous to me. I would recommend the Law Offices of Marc L. Shapiro to anyone needing a personal injury attorney."

-Ernest B.

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.



## ONE-PAN BAKED SALMON AND VEGGIES

Inspired by BBCGoodFood.com

### Ingredients

- 1 lb spring potatoes, halved
- 2 handfuls cherry tomatoes
- 2 tbsp olive oil (divided)
- 1 tbsp balsamic vinegar
- 8 asparagus spears, trimmed and halved
- 2 5-oz salmon fillets
- 1 handful fresh basil

### Directions

1. Preheat the oven to 400 F.
2. In an oven-proof dish, combine the potatoes and 1 tbsp olive oil. Roast for 20 minutes.
3. Remove the dish from the oven and add the asparagus. Toss, and bake for 15 more minutes.
4. Remove the dish from the oven and add the cherry tomatoes. Toss. Drizzle with balsamic, then nestle the salmon fillets into the vegetables. Drizzle with the remaining oil, and bake for 10-15 minutes.
5. Remove the dish from the oven, garnish with basil leaves, and serve!

## Word Search



- |          |          |          |
|----------|----------|----------|
| CINCO    | HAWTHORN | MEMORIAL |
| FOURTH   | LEMONADE | NURSES   |
| FREEDOM  | LIBRARY  | PROM     |
| GRADUATE | MAYPOLE  | TAURUS   |



# Inside

Marc Shares His Creative Side  
**Page 1**

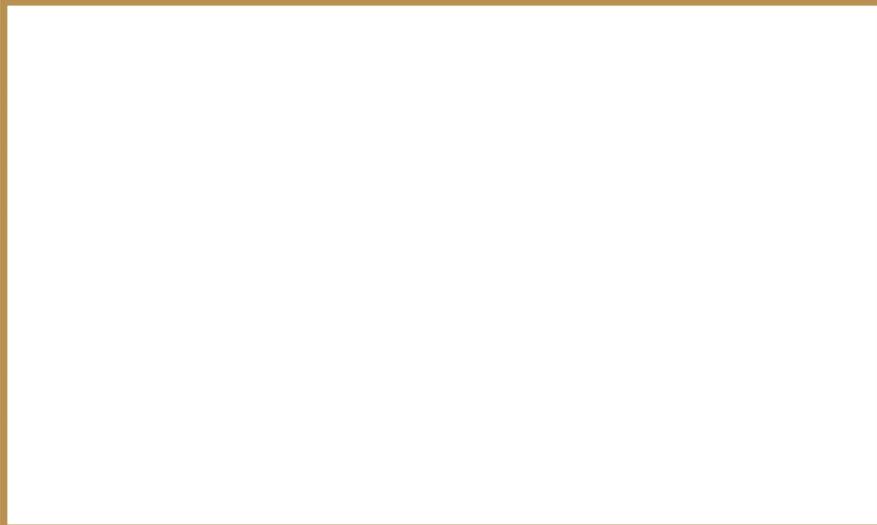
Moms, Treat Yourselves This Mother's Day

Should You Replace Your Car Seat After  
an Accident?  
**Page 2**

What Our Clients Are Saying

One-Pan Baked Salmon and Veggies  
**Page 3**

Strengthen Your Entire Body!  
**Page 4**



## *Paddle Your Way to Better Health*

### BIG BENEFITS OF CANOEING AND KAYAKING

The weather is getting warmer, which means you can do more activities in the water. Canoeing or kayaking is an excellent way to get outdoors and be active. Besides looking at the beautiful scenery around you, taking to the water confers several physical and mental health benefits.

#### Physical Benefits

- Paddling can help **improve your upper-body strength and muscle tone** — because you're using your arms to guide yourself through the water with the paddle. Paddling helps strengthen your arms, shoulders, chest, and back.
- You use your legs to balance, maneuver, and change directions in the vessel. In turn, this movement helps **strengthen your lower-body muscles**.
- While trying to stay centered and balanced on the water, you will **develop more core strength**. Paddling helps work your lower back, abs, and oblique muscles.
- It's a form of cardiac exercise that will **help your heart circulate more blood** throughout your body. It will also **improve your endurance**, enabling you to go longer distances faster.

#### Mental Benefits

- While canoeing or kayaking, your body releases serotonin, dopamine, and endorphins from neurotransmitters. This will help **boost your mood and self-confidence and improve your focus**.
- These activities can **enhance your memory and learning ability**. This is because it exercises your hippocampus, one of the largest portions of your brain that is responsible for verbal memory and learning.
- If you have trouble sleeping, this activity can **improve your sleep**. Exercising during the day can make you naturally tired, which helps you fall asleep and stay asleep throughout the night.
- Since you'll be in the sun, your body can produce **more vitamin D**. This vitamin is essential for strong bones and an effective immune system.

Canoeing and kayaking are great outdoor activities to help you get your daily dose of physical activity and a mental health boost. So, enjoy the warm weather and be one with nature — this may be your new favorite summer hobby this year!