



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

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720 Goodlette Rd. N, Suite 304, Naples, FL 34102 • [www.AttorneyShapiro.com](http://www.AttorneyShapiro.com)

## BELIEVING IN THE UNDERDOGS

### HOW MY GRANDFATHER BUILT AN AMAZING LIFE FROM NOTHING

The first Sunday after Labor Day is National Grandparents' Day, a day dedicated to our grandparents! It is a great opportunity to treasure the memories and connections between you and your grandparents, and I thought it would be a great time to talk about one of my own.

On my mom's side, I remember my grandfather was a hard worker and an overall kind person. He was an immigrant who traveled here from Poland and woke up at the crack of dawn to go door to door delivering pop — or soda, as they call it nowadays.

I remember one time when I was a kid, we were driving around town together, and he saw a group of teenagers beating up another teenager in some alleyway. Most people would have probably just driven away, but he actually stopped the car and put himself potentially in harm's way to help this kid he didn't even know. I can't help but admire his bravery and kindness in doing that.

My grandfather was always someone who believed in me, and no matter what I did, he would always stick up for me. Growing up, that was really important to me, so my wife and I named my son, Nathan, after him. My son is autistic, and knowing how my grandfather was — if he had to pick

any child for me — he would've picked someone that needed that extra love, help, and support because he always wanted to help people.

He wasn't necessarily a business person, but he was one of the hardest-working people I ever knew. When I'd stay over at his house, he was probably up at 5 a.m. every day getting ready to deliver pop. No matter how hard he worked, he always stayed true and kind.

***"My grandfather was always someone who believed in me, and no matter what I did, he would always stick up for me."***

When he was a teenager, he traveled on a boat — without any friends or family — to come to the United States to start a life for himself. I remember he was telling me how the boat had bananas, and he'd never seen one in his entire life, and when they gave him one, he had bit right into it, not knowing you had to peel it. It's crazy to think this teenage kid, who didn't even know what a banana was, came to a country by himself.

But he grew up, got married, had kids, and just built a life from nothing to something amazing.

Though he wasn't the business type, I still learned some valuable things from him. I learned about dedication and believing in a cause to help people, and here I am today, working in personal injury. It's probably no coincidence that I gravitated toward a job where I'm using my skills to help people at a low point in their lives. I know he would be very proud of that, and he probably would've done the same if he could have.

He was always helping the underdogs, and he always believed in me. Sometimes having someone believe in you, even when you don't necessarily believe in yourself, can give you that drive to make a difference.

*Marc L. Shapiro*



# Teenage Self-Esteem vs. Social Media

## WHAT TO KNOW AND HOW TO SPEND TIME ELSEWHERE

According to Mayo Clinic, nearly 97% of kids aged 13–17 years old use social media, whether it's YouTube, Facebook, Twitter, Instagram, or another platform. Although these platforms come with major benefits — such as staying in touch with distant family and friends — it's a good idea to keep an eye on your teen's social media usage.

Research shows that using social media more than three hours a day can increase risk of mental health problems, including anxiety and depression. Here's why — or at least, a few expert theories.

### The Proven Risk Factors

Social media affects everyone a little differently. For teens, thankfully, there are some studies about these differences.

Beyond simply the number of hours spent on social media, there are other ways that researchers have noticed the negative impact of social media on teens. A 2016 study of more than 450 teens found that greater social media use, nighttime social media use, and emotional investment in social media (such as feeling upset when prevented from logging on) were linked to worse sleep quality and higher levels of anxiety and depression.



It even matters how your teen is using social media. Is your teen interacting or only looking? A 2015 study found that social comparison and feedback seeking by teens using social media were linked to depressive symptoms. Additionally, a 2013 study showed that older adolescents who used social media passively, such as simply looking at pictures, reported declines in life satisfaction. In contrast, participants who used social media to interact with others and post their own content didn't experience these declines.

### The Alternatives

Instead of staring at a screen, encourage your teens to spend time face-to-face with their classmates and friends; that's especially important for teens who are vulnerable to social anxiety. Remind your teen that certain behaviors aren't okay on social media: gossiping, spreading rumors, bullying, or damaging someone's reputation (online or otherwise). Even if these activities can seem harmless at first, they are extremely damaging and hurtful to the people involved.

Face-to-face contact is one of the most promising ways to deflect the negative aspects of social media. Don't miss a chance to give your teen the one-on-one time that they may need.

# Securing the Justice You Deserve

## AFTER DECADES OF BEING DENIED

New legislation was poised to allow people exposed to contaminated water at Marine Corps Base Camp Lejeune to seek compensation for injuries and other damages. The Honoring Our PACT Act of 2022, which includes the Camp Lejeune Justice Act, has gained bipartisan support in both the House and Senate.

It was reintroduced due to budgetary amendments and was passed by Congress. President Biden signed the measure into law in early August.

### Camp Lejeune's Water Contamination

U.S. Marine Corps Base Camp Lejeune in North Carolina was established in 1942. In 1982, the Marine Corps discovered specific volatile organic compounds (VOCs) in the drinking water provided by two of the eight water treatment plants on base.

The Agency for Toxic Substances and Disease Registry (ATSDR) says that the water from the Tarawa Terrace water treatment

plant was primarily contaminated by PCE (perchloroethylene or tetrachloroethylene). The source was the waste disposal practices at ABC One-Hour Cleaners, an off-base dry cleaning facility that was demolished in 2017 and is now awaiting federal cleanup.

The people on this base were exposed to harmful drinking and bathing water, and most of the contaminated wells were shut down in February 1985. Still, there were serious adverse health effects that developed over the 30-year period.

It is estimated that over a million people were poisoned by this water, and there have been many cases of people suffering from different types of health conditions, such as:

- Kidney cancer
- Breast cancer
- Adult leukemia
- Parkinson's disease
- Scleroderma

- Renal toxicity
- Hepatic steatosis
- Female infertility or miscarriages

### Camp Lejeune Justice Act

This bill allows veterans, family members, non-military workers, contractors, and any other person who lived or worked at the base to file claims to recover damages for harm from exposure to contaminated water at Camp Lejeune in North Carolina between Aug. 1, 1953, and Dec. 31, 1987.

No claims could be filed before the bill was signed into law, and our hope is that now, victims can be compensated for their injuries after decades of being denied access to justice.

If you or a loved one were harmed by contaminated water at the North Carolina Marine Base, please contact *The Law Offices of Marc L. Shapiro, P.A.* attorneys at (239) 329-8360 so we can finally get you the justice you deserve.



# 'An Incredible Experience'

## WHAT OUR CLIENTS ARE SAYING

*"Ali Hernández is a tremendous person! She is super professional, and she explains the entire process in detail. I have had an incredible experience with **The Law Offices of Marc L. Shapiro**. I honestly do not have a percentage to recommend this law firm because it is the best in Naples. If you want to feel comfortable being explained in your language, I recommend them for their tremendous work. Thank you very much for everything, Ali Hernandez."*

—M.R.

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](https://www.facebook.com/attorneyshapirolaw). Your comments empower us, make us better, and allow us to help others.



## NO-FUSS CHICKEN AND RICE SOUP

Inspired by [RecipeTinEats.com](https://www.recipeintins.com)

### Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 carrots, sliced
- 3 celery ribs, sliced
- 2 chicken bouillon cubes
- 1/2 tsp dried parsley
- 1/4 tsp pepper
- 4 cups chicken broth
- 4 cups water
- 1 1/4 lbs bone-in, skinless chicken thighs
- 1 cup uncooked white rice
- Salt, to taste

### Directions

1. In a large pot over medium-high heat, warm the olive oil. Add the onion and garlic and sauté for 5 minutes. Add the carrots and celery, then sauté for 1 more minute.
2. Add the bouillon, parsley, pepper, chicken broth, and water. Stir, then add the chicken thighs.
3. Cover and simmer on medium-low for 30 minutes, then add the rice. Stir, cover, and simmer for 15 more minutes.
4. Remove the pot from the heat and transfer the chicken to a large bowl. Shred the meat and add it back to the soup. Discard the bones.
5. Stir, salt, and serve!

## Word Search

S	P	O	L	Y	G	A	B	K	O	O	B	Q	Z	E
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APPLES  
BOOKBAG  
CIDER  
FOOTBALL

HERITAGE  
HONEY  
LABOR  
LITERACY

MUSHROOM  
SAPPHIRE  
SUPPLIES  
UNION





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**Marc L. Shapiro, P.A.**

720 Goodlette Rd. N, Suite 304  
Naples, FL 34102  
[www.AttorneyShapiro.com](http://www.AttorneyShapiro.com)

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## LIFE CAN BE UNPREDICTABLE

*Preserving the Balance of Work and Family Life*

Workers shouldn't have to choose between the job they need and the family members they love. The Family and Medical Leave Act (FMLA) was created to allow employees to take reasonable unpaid leave for a particular family or medical reason so they can maintain a work/life balance.

### What does it provide?

The FMLA provides eligible employees up to 12 workweeks of unpaid leave a year with the requirement of group health benefits to be maintained during the leave as if employees were continuing to work. They are also entitled to resume their same or equivalent job at the end of their FMLA leave.

### Who is eligible for FMLA?

FMLA applies to all public agencies, all public and private elementary and secondary schools, and companies with 50 or more employees.

Employees can be eligible for FMLA if they have worked for their employer for at least 12 months, worked at least 1,250 hours over the past 12 months, and work at a location that employs 50 or more employees within 75 miles.

### When can I use FMLA leave?

An eligible employee can be granted up to 12 workweeks of unpaid, job-protected leave in a 12-month period for the following reason(s):

- Birth of and/or bonding with a newborn child
- The placement of a child for adoption or foster care with the employee
- To care for an immediate family member with a serious condition (child, spouse, or parent, but does not include parent in-laws)
  - To take medical leave when the employee is unable to work due to a serious health condition
  - For qualifying exigencies arising out of the fact that the employee's spouse, child, or parent is on covered active duty or call to covered active-duty status as a member of the National Guard, Reserves, or Regular Armed Forces

The FMLA exists so employees can tend to their families without worrying about their job, allowing them to provide the best care for their loved ones. For more information regarding whether or not your company is eligible for FMLA, check out your local government agency for more details.

