# Sticking With Our Sunshine State

How We Are Truly Living in Paradise

With cooler weather, holiday activities, and endless sunshine, Florida is a pleasant place to visit in the winter. While most people enjoy skiing, snowboarding, and other winter activities, I'm doing the complete opposite! I enjoy going out to all the different courses to golf and taking walks around Baker Park near my office — it's truly paradise here!

People come from all over to escape the cold. So, if I can cope with the summer heat and the occasional hurricane, why would I travel elsewhere? I like to be here during the winter season because the weather is nice and a little cooler, and you can actually go outside and not freeze.

I moved down to Florida to get away from the cold and snow, as most people do when they travel here. So, it's no surprise that the winter months are Florida's peak tourist season. In most cases, the winter season offers blue skies, warm sunshine, and low humidity — something not everyone can have.

We also have the opposite season regarding the business. Where most places up north are pretty slow, we're quite busy. As the population grows and more people come down here, more accidents and cases are brought to us. So, I don't want to be away during our busiest months!



"So, if the sun is always shining and the weather is perfect for getting outdoors, why go anywhere else?"

I usually take my vacations during the summer when things are slower; that way, we can have all hands on deck and truly focus on taking care of our clients. But that doesn't mean I don't enjoy the winter season!

When I go on winter trips, I usually plan them around business — either while I'm at conferences or continuing education events where I can learn about the latest trial techniques and how to get the best results for my clients. So, it's a little more business than pleasure, but I wouldn't have it any other way.

While people are traveling north to colder states to ski, snowboard, and do other outdoor activities, I'd prefer to stick with Florida. Surprisingly enough, I do more outdoor activities during the winter than at any other time. But I do like to ski occasionally! I remember once I was in Lake Tahoe, and I wasn't even planning on skiing, but I was thinking, well, why not? I'm here, so I might as well! I rented all my gear and hit the slopes, and it was my first time skiing since I was a teenager. I was on these little hills, which were nothing compared to the mountains I used to go on in Pennsylvania.

I do enjoy these kinds of activities, and it was absolutely beautiful there, but I'm not a huge fan of the cold. That's why I'm here! My wife is also from one of the coldest areas of Minnesota, so we prefer to stay away from those areas and stick with our sunshine state.

Though I'm not a huge beach-goer, it's truly never out of season here, and it's also the perfect weather to get your furry friends outside! There's

never a shortage of things to do, and Floridians' carefree approach to life makes each day a bit more cheerful. So, if the sun is always shining and the weather is perfect for getting outdoors, why go anywhere else?

-Marc L. Shapiro



# IMPRESS THE GUESTS With These Holiday Hosting Tips

The holidays are rapidly approaching, and soon, we'll share laughs while enjoying the festivities with our loved ones. Before the celebrations begin, you must prepare your home for visitors, especially if they stay overnight. It can be stressful whether it's your in-laws, best friends, or distant cousins coming to stay with you. You want to leave a good impression, but how do you ensure everyone's needs are met, including yours? Here are three tips for setting yourself up for a successful holiday, regardless of who stays with you.

#### Stock up on your guests' favorites.

Have you ever stayed with someone who didn't have extra food for their quests? Don't put your quests in this situation. Load up your pantry, refrigerator, and cupboards with your guests' favorite foods and drinks. If you don't know what they are, ask ahead of their visit! Your guests will appreciate your conscientious gesture and have a much more enjoyable time if they can eat their favorites while visiting.

#### Prepare a guest room.

If your guests are staying with you, you need to prepare somewhere for them to sleep. Make sure you make up the bed, have plenty of pillows and blankets on hand, and provide adequate closet space for their clothes. Even if they aren't staying in a traditional bedroom, their sleeping area should still be ready when they arrive. Clear off a table for them to use as a nightstand and put sheets on the couch or mattress where they'll sleep.



#### Use real dishes.

When we have company over for a meal, especially a large gathering, it's usually easier to use plastic or paper options — saves on cleanup, too! The holidays are not necessarily the time for this shortcut. Break out the fine china if you have it, or use regular dishes for your guests. It's okay for the kids to have paper plates, but if you want to make a good impression on visiting adults, nicer dishes will dress up the table setting and meal.

# Be Aware of Head Injuries

#### HOW BRAIN INJURIES CAN RESULT IN PSYCHOLOGICAL PROBLEMS

Many assume that a brain injury can only result from hitting your head on something, but that is not the case! It can also be sustained by the motion of the brain hitting the skull through a traumatic event.

This could be from whiplash or even simply a jolt to the head or body. Depending on the area of the brain impacted and the severity of the injury, the brain can experience changes in how it works. When someone is in an accident, they may feel depressed or irritable and think maybe it was just because they were in a traumatic event.

But a lot of times when you stop abruptly because you hit a car, you keep moving. The car may stop, but your neck or back can be violently thrown forwards or backwards, and your brain can hit the inside of your skull.

When the brain hits against the front of your skull, you may suffer from a frontal lobe injury. This is what causes you to have personality changes, feelings of hopelessness, changes in the way you smell or taste foods, forgetfulness, lack of empathy, and so much more.

Other symptoms can include:

- Change in self-esteem
- Alexia (inability to comprehend written material)
- Suicidal thoughts
- Withdrawal from favorite activities
- Isolation from others
- Driving but forgetting where you're going.
- Stopping mid-sentence because you can't remember the conversation.

Many people equate having a head injury with concussions, but that isn't always true. These head injuries cause — even if you don't hit your head — a lot of damage, and sometimes they can repair themselves, but they can still result in psychological problems.



There are times when someone doesn't want to admit they may have suffered from a minor traumatic brain injury, and sometimes it doesn't make an appearance until days, weeks, or even months later. They may claim they never lost consciousness or that they never hit their head, but these symptoms are controlled by the frontal lobe and are signs to still be aware of.

It's best to still be checked out by a medical professional or have some tests run. That way, you can be compensated for your injuries. Contact us at (239) 649-8050 so that our attorneys at the Law Offices of Marc L. Shapiro can help.

### 'Caring About You as a Person, Not Just a Client'

### What Our Clients Are Saying

"I was so fortunate to find my highly experienced lawyer, Randall Austin, who worked miracles on my complex case and got me a fantastic result. I highly recommend you ask for Randall at Marc L. Shapiro's law office if you want to win your case. I can't say enough. I'm really happy!"

-M.G.

"Unfortunately, I had a car accident in November 2020. It was a painful and stressful time. However, having the Law Offices of Marc L. Shapiro gave me peace of mind. They took care of all the complicated paperwork to focus on my recovery. Thank you to Marc Shapiro and his team. They were always available to answer my questions. Thank you, Amanda and Iris, for being patient. Special thanks to Randall Austin, who is knowledgeable and compromised with my case. I know a whole team was working hard for the best outcome. Please extend my thanks to them. I feel this law firm is top-notch and has a great group of lawyers who care about you as a person, not only as a client. I highly recommend Marc Shapiro and Randall Austin!"

-K.T.

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.



Inspired by TasteMade.com

#### **Ingredients**

- 1/4 cup brown sugar
- 1 tbsp paprika
- 2 tsp black pepper
- 2 tsp salt
- 3 tbsp olive oil
- 1 5-lb bone-in rib-eye roast
- 3 tbsp butter

- 2 heads of garlic, halved
- 2 bay leaves
- 4 thyme sprigs
- 2 rosemary sprigs
- 1/2 cup beef broth
- 1 12-oz bottle of stout beer
- 1 15-oz can diced tomatoes (with liquid)

#### **Directions**

- 1. Preheat oven to 375 F.
- In a bowl, combine brown sugar, paprika, pepper, salt, and olive oil.
- Place roast in a baking pan and coat with spice mixture. Let marinate uncovered in refrigerator for 1 hour.
- Place pan on stove over high heat. Brown the roast on all sides, then add butter, garlic, and herbs.
- When butter melts, add broth, beer, and tomatoes. Bring to a boil. 5.
- Transfer pan to oven. Braise until meat is tender, up to 2 hours.
- Remove roast from pan and let rest for 15 minutes. Meanwhile, strain pan juices and put back into pan and boil until reduced by half. When finished, slice roast and serve with pan sauce.



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## Lighting Up Life One Pine Needle at a Time

As the holiday season approaches, the twinkling lights and spectacular Christmas tree attractions are always a must-see! Here are the best travel destinations to catch a glimpse of one of the pillars of the holidays.

#### The Rockefeller Center Tree in New York City

The Rockefeller Center tree is located just west of 5th Avenue from 47th through 51st streets in New York City and dates back to the Depression era, with the first tree placed there in 1931. This beloved tourist attraction draws thousands yearly with its dazzling lights and grand scale. To even be considered a contender for this role, a tree must be at least 65 feet tall and 35 feet wide!

#### The National Christmas Tree in Washington, D.C.

This American favorite has long been a tradition. Every year, the ceremony begins with live performances by musical artists, and an annual highlight is when the president delivers a message of peace.

President Calvin Coolidge was the first president to light the National Christmas Tree in 1923.

### Travel-Worthy Christmas Trees

The tree was 48 feet high and decorated with 2,500 red, white, and green electric bulbs. A local choir and a quartet from the U.S. Marine Band performed as the tree was lit.

#### The Coeur d'Alene Resort Tree in Idaho

Also known as the World's Tallest Living Christmas Tree, this grand fir holds the record at 162 feet tall. It is festively decorated with more than 40,000 lights that twinkle in time to the music of "Jingle Bells," and the tree is crowned with a 10-foot-wide star!

#### The Biltmore Christmas Tree in North Carolina

This majestic 55-foot Norway spruce tree is in front of the Biltmore Estate and lit as guests make their way down the path of luminaries. With ornaments and miles of garland, this tree is selected for the Banquet Hall each year for guests from all over to see.

Some are lucky enough to live near or in a city with a magnificent tree, but if you don't, consider traveling to one of these locations to enjoy the holiday with your loved ones.