



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

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## Making a Difference in People's Lives

### *Helping as Many People as Possible*

When I first went into practice, I was freshly out of law school and covering personal injury. I signed up for a big case within my first few months, and I asked around and was told that Michael R. N. McDonell was the best guy in town to help.

I brought the case to him and asked if he would counsel it with me because I didn't want to just hand it off to him. I wondered if I could do it with him and learn from him, and he ended up taking on the case! He allowed me to attend all the depositions, tasked me with some things, and showed me the ropes. Although I could've just sat back and handed it over to him, I was able to attend everything and get hands-on experience.

Afterward, we did several cases together, and I continued to learn from him. An attorney from my firm ended up having a case against him — which is rare — the attorney came back from a hearing and said, "This guy is a jerk! I can't stand him!" I honestly felt quite shocked because this was the guy who mentored me!

But a few days later, he told me that Michael had given him a phone call and wanted to go to lunch. The attorney came back with a completely different perspective on him. They hadn't even talked about the case or anything legal-related. They just chatted and got to know one another a bit more.

I feel like Michael had a sense that maybe things just didn't start on the right foot, and he wanted to take him out to lunch. Even in a situation like that, it taught *me* something. There's a time and place for everything, and when you're friendly rather than being on the antagonistic side of things, it leads to better results. I also learned how to treat other people and the opposing counsel. Not everyone would've done what Michael did, especially if they were at odds.

Most of my firm's attorneys are more experienced than I am, but there have been times when we've hired interns or aspiring attorneys who sought advice from me. Sometimes, people wonder why I would give them all this training and advice if they're just going to leave, but I think of it this way: Well, what if I didn't, and they stayed?

I've had people work for me and move on to bigger and better things, but I see it as a stepping stone in their career paths. I take pride in having



people work for me who move up and go off on their own. It's better to teach and not hold back because I want everyone to be their best while working for me — and to also to become the best they can in general.

I'm also a real estate investor, and I give people advice from time to time. My friends wonder why I'm creating more competition for myself. But I just don't see it that way. I feel the entire profession — personal injury, too — is better served if I can give back. My philosophy is that I'm here to help people as much as I can. I don't do it solely for the money. I'm doing it to make a difference in people's lives.

Maybe it's because that's how I was treated when I was young. I know not all attorneys do that or would be willing to, and after watching and learning from Michael for so many years, I got to see why he was so successful in his career.

He did many wonderful things, like creating the first inns of court in Naples — which they named after him! And entirely by coincidence, I'm practicing in the same office he used when we did our first cases together! Michael has since passed, but I will continue to carry on all the amazing things he taught me throughout the rest of my career.

*Marc L. Shapiro*



# HEY ALEXA, AM I SICK?

A New Health App  
in the Works

You might be able to tell when you're getting sick just by talking — your voice may sound raspy or strained. You can gain insight into a person based on their speech. Researchers at the National Institutes of Health are developing an app that uses artificial intelligence (AI) to determine if you're ill — all by studying the voice.

Voice data is being collected in five areas of health concerning neurological, voice, mood, respiratory, and pediatric disorders. The team of experts hopes to obtain 30,000 voice samples to improve the accuracy and algorithm of the app so it can diagnose multiple kinds of health conditions and disorders.

Dr. Yael Bensoussan, the director of the University of South Florida's Health Voice Center and the leading researcher on the study, stated that vocal vibrations and breathing patterns can provide tons of information about your overall health. For example, if someone were to speak low and slow, it could be a sign of Parkinson's disease. Scientists even think they can diagnose depression or cancer by analyzing and studying a person's voice.

So, how would this app work? According to Fox 13 in Tampa, you can speak into your

phone, and the app will record your voice and cross-examine it with its voice collection database. While this may be new to some, researchers in Australia developed a voice screening app that can detect Parkinson's disease and COVID-19. But what makes Dr. Bensoussan's study and app different than her competitors is that she aims to keep data privacy at the forefront of her research.

Scientists and researchers on the team are excited about the future and how this app will help millions of people. Dr. Oliver Elemento,

a co-investigator and director of the Englander Institute for Precision Medicine, told Fox 13 that "future findings could lead to a revolution in health care, where continuous voice monitoring could alert physicians earlier than currently possible to certain conditions."

It's important to note that this app is in the early stages of development and is not a total replacement for a medical professional. If you need medical assistance, please visit your doctor!



## Don't Let Your Teen Become Another Statistic

### Safety Tips for Teen Drivers

Receiving a driver's license has to be one of the most exciting moments we experience in our youth. There's nothing quite like that first taste of freedom you get when you can drive wherever you want. With that freedom comes responsibility, though. Many teenagers fail to take that responsibility seriously enough and end up receiving traffic citations or getting into accidents.

According to the Centers for Disease Control and Prevention, the risk of motor vehicle crashes is higher among teens ages 16–19 than among any other age group. If you have a teenager who's preparing to hit the road for the first time, it's vital that they drive as safely as possible. Below, you will find a few tips to share with your teens that will help them avoid accidents and tickets.

#### **Drive defensively.**

There are many things to be cautious about on the road between other drivers, poor

road conditions and inclement weather.

Defensive driving is a set of safe responses to these potential hazards. To drive defensively, you need to avoid speeding, drive sober, be on the lookout for cars running red lights or changing lanes suddenly, follow cars at a safe distance, stay calm, and much more. Defensive driving is the best way to stay safe on the road.

#### **Put down the distractions.**

Distracted driving has become way too prevalent in our society. You can't drive down the street any more without noticing at least one driver holding their cellphone to their ear. In order to drive safely, we need to keep our hands on the wheel and our eyes and minds on the road. When you look at your phone, your hands, mind, and eyes become distracted, making this one of the

most dangerous activities you can perform while driving. Whatever happens on your phone can wait until you safely reach your destination. Also, avoid eating, applying makeup, or any other task that will distract you from the road.

If your teen was involved in an accident and you're unsure about what to do or are in need of representation, give us a call today.





# GOING ABOVE AND BEYOND

## What Our Clients Are Saying

*"My heartfelt thank you to the Law Office of Marc Shapiro, Mr. Moran, Laurie, Isabel, and their team! My sincere thanks go to you and your team for my excellent representation. I could not be happier with my settlement. I am incredibly thankful for your hard work and expertise on my accident case. Mr. Moran, Laurie, and the team went above and beyond and gave me world-class legal service! Truly the best law firm!"*

—C.V.

*"Gerta was great and recommended some wonderful doctors where I received the correct treatment. We ended up settling our case for what I thought was fair without having to take something I wasn't comfortable with. I would definitely use them in the future and refer them to my friends and family."*

—J.S.

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.



## EASY CHERRY COBBLER

On a cold winter night, few things are better than warm bites of yummy cobbler. This recipe's sweet and fluffy crust perfectly balances the tart cherry filling to create the ultimate after-dinner treat.

### Ingredients

- 1/4 cup salted butter, melted
- 1 cup cake flour or all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking powder
- 1 cup milk
- 1 21-oz can cherry pie filling

### Directions

1. Preheat oven to 350 F.
2. In the bottom of a 2.5-qt baking dish, pour melted butter.
3. In a medium bowl, whisk together flour, sugar, baking powder, and milk until combined.
4. In the baking dish, pour batter over the butter, and don't stir. Then, pour the cherry pie filling over the batter, and don't stir.
5. Bake 45 minutes, or until crust is golden brown. Let stand 10 minutes before serving.

Inspired by Life-In-The-Lofthouse.com

## Word Search

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

COCOA  
FLEECE  
FROST  
GLOVES

HIBERNATION  
IGLOO  
LAYERS  
PENGUIN

SCARF  
SLEDDING  
TRADITION  
WONDERLAND





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PRST STD  
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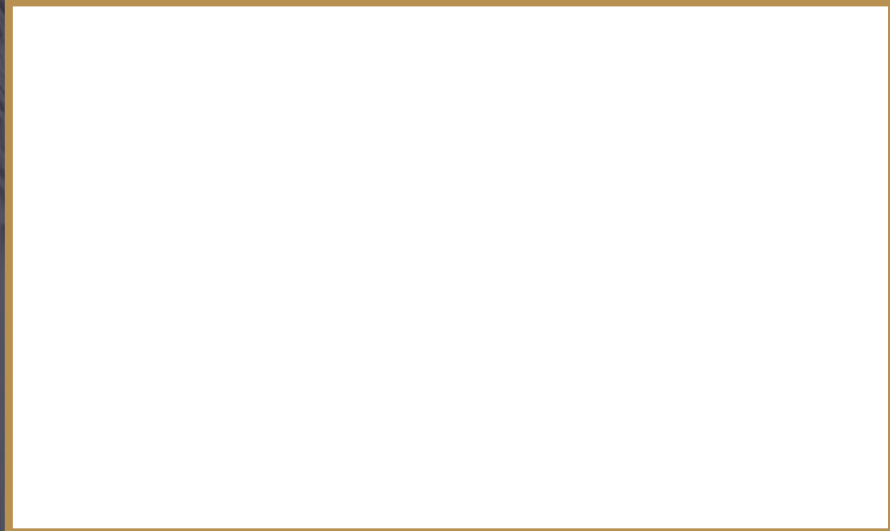
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For many, maintaining proper hydration is difficult — after all, water is essentially tasteless. According to Mayo Clinic, women should be ingesting 11.5 cups of water each day, and men should have 15.5 cups daily. This amount can be tough to swallow, but water is essential for your health, skin, and bodily functions. Here are some tips to up your water game.

#### **Invest in a 'fluid buddy.'**

Believe it or not, purchasing a thermos or reusable water bottle and taking it everywhere is a great way to increase your water intake. With a constant reminder to drink H<sub>2</sub>O in your cupholder, purse, or on your desk, taking a sip here and there will never slip your mind.

#### **Consume foods rich in H<sub>2</sub>O.**

Did you know that most fruits and vegetables are rich in water? Watermelon is 91% water, celery is 95% water, zucchini is 95% water,

## Drink More Water!

*Even if You Have to Trick Yourself Into Doing So*

and honeydew and cantaloupe are both 90% water. Not only are these fruits refreshing, but they pack a punch when it comes to hydration!

#### **Don't forget the straw.**

Straws help you consume more fluid in a shorter amount of time. Whether at home or a restaurant, sipping water through a straw can help you take in more without realizing it.

#### **Build a routine.**

For many, drinking water just slips their minds. By building a routine, you'll be on your way to meeting your daily hydration needs without thinking twice. For example, you can get in the habit of drinking one large glass of water before bed and another upon waking. A large glass of water before each meal is also beneficial.

#### **Flavor your water.**

Whether you use citrus, mint leaves, cucumbers, or other flavor enhancers, giving your water a hint of a favorable taste will help you drink more without feeling like a chore.

Whether consuming water is difficult because you are busy, forget to drink, get bored by the flavorless taste, or dislike the taste, with these tips, you are sure to be on your way to maintaining hydration.