



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

April 2023

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## SLOW AND STEADY WINS THE RACE

### *Why Being Consistent Is Crucial*

One of the most iconic and prestigious marathons will take place this year on April 19, 2023: the Boston Marathon. People all over the world venture to Boston every year to have a chance to participate in the renowned event. However, not everyone can join. For the Boston Marathon, you must have a qualifying race time to enter or have your name picked from the lottery.

I understand how challenging this race can be both mentally and physically. My brother has participated in the Boston Marathon several times, and listening to his experiences highlights the amount of preparation and training you must conduct to be ready to run.

During my brother's first Boston Marathon, he had no idea what he was getting into! He told me he wasn't really prepared for the first race because he wasn't expecting the crowd of people he had to run through. As soon as the race begins, you're running across peoples' lawns, weaving in and out of groups, and dodging bystanders. By my brother's description, it sounds like a chase scene you would see in a Jason Bourne movie!

But that's not all. As soon as the race starts, you immediately begin running a couple of miles downhill. This part put a lot of strain on my brother's muscles, but he powered through! However, he was so excited to run that he gave it all he had at the beginning. But once he reached mile 20, he began to tire out. He said that he ran for a short distance, then he walked. He continued that process for the rest of the race.

***"When you remain consistent and keep your values present, you will receive massive rewards in the end."***

My brother used the marathon as a learning experience. So, when he participated in future Boston Marathons, he was prepared because he did the proper training and knew what to expect. As I think about my brother's first time at the Boston Marathon, there are some things that many of us can relate to.



Preparation and consistency are always the keys when facing a challenge or something you've never done before. When you don't have insight, it's vital that you prepare so you can perform to the best of your abilities. Sometimes, we start off too quickly — as my brother did during the marathon — which can lead to burnout.

Do you remember the story of the race between the tortoise and the hare? The tortoise won because slow and steady helped him win the race. In marathons and real life, you don't need to sprint! You want to remain consistent, even if it seems like you're not making progress.

Sometimes, people want to see results or achieve their aspirations too fast, but it's best to take small, daily steps when pursuing your dreams. I understand how frustrating it is not to see instant results, and some people may give up because of that. Instead, focus on long-term results. It may take you months or years to reach your goal, but the outcome will be worth it.

Even on days when you don't want to do anything or you have a lot on your plate, stick to your daily habits and routines! When you remain consistent and keep your values present, you will receive massive rewards in the end. So keep pushing! You can do anything you set your mind to.

*-Marc L. Shapiro*



# 5 DOCUMENTARIES TO WATCH ON EARTH DAY

## Share the Facts With Your Whole Family!

Earth Day is coming up on Saturday, April 22. But do your kids know why we commemorate the holiday? Do you? If you don't know much about the history of environmentalism — or just want to learn more about the state of our planet — consider celebrating Earth Day by watching a documentary as a family.

Dozens of fantastic films cover everything from the crusade to preserve our coral reefs to how farmers use soil health to enhance the planet. Here are a few of our favorites.

### 'Kids Take Action Against Ocean Plastic'

— This short five-minute documentary from National Geographic follows a group of Hawaiian students determined to clean up their local beaches. It's available for free on National Geographic's YouTube channel! (If you watch it and love this documentary, check out the PG-rated flick **"Plastic Island"** on Netflix, which tackles the same issue in Indonesia.)

**'Brave Blue World: Racing to Solve Our Water Crisis'** — This PG-rated documentary about water security takes place on five

continents and stars celebrities Liam Neeson, Matt Damon, and Jaden Smith. Check it out on Netflix.

**'Extinction: The Facts'** — This hard-hitting documentary from famous nature historian David Attenborough is perfect for kids ages 16 and up. It tackles serious topics like species loss, food and water shortages, and the relationship between climate change and pandemic diseases.

"Extinction: The Facts" is available on PBS.org or Prime Video.



**'Kiss the Ground'** — Join actor Woody Harrelson on Netflix for an inspiring look at soil, why it matters, and what farmers and activists are doing to save and enhance it — and our food supply. The documentary is family-friendly and rated G.

None of these documentaries existed in 1970 when anti-pollution activists came together to create Earth Day, build the Environmental Protection Agency (EPA), and pass laws to protect our air and water. But they're a wonderful extension of that spirit! Hopefully, you'll be able to find time to watch at least one of them this month. After watching, consider taking action and volunteering for a green project near you.

## SETTLING INJURY CLAIMS IS A TEAM EFFORT



After you suffer injuries from a car accident, your attorney will do everything in their power to assist you and get you the compensation you deserve. They will help guide you through your injury claim, explain various processes, and provide strategies to strengthen your case.

However, they still need your help! You and your attorney must work together as a team to increase your chances of recovering compensation. Here are three things you

### 3 Ways You Can Help Your Attorney

can do during your injury claim to help your attorney through the process.

#### **Share the entire story.**

The first and most important thing you can do is be *honest* with your attorney. To effectively represent you, they need to understand your whole situation. Give them the good, the bad, and the ugly!

Record the date, time, and location of the accident as well as the weather conditions, what actions you and the other driver took, photos of the scene and injuries, and a copy of the police report. And don't worry — everything you discuss with them will be confidential.

#### **Conduct follow-up exams.**

It's imperative to understand the short-term and long-term effects of your injuries, as that can help you receive the required treatment and possibly increase your settlement

amount. So, do not miss or skip doctor's appointments or go against their orders. If you do, the at-fault driver's insurance company may try to argue that your injuries aren't that serious and you don't need as much compensation.

#### **Respond promptly to your attorney.**

Throughout your case, your attorney will require information from you, and you may be asked to sign documents. If your attorney calls or emails you for additional information or documents, respond to them promptly. This will also strengthen your relationship with your attorney, which will benefit your case because you know you can trust and rely on each other.

If you've been hurt in Florida due to the negligence of another party, please contact us! **The Law Offices of Marc L. Shapiro** have some of the most skilled and dedicated attorneys who will gladly assist you.



# WE WILL TREAT YOU LIKE FAMILY!

## What Our Clients Are Saying

*"I cannot say enough about **The Law Offices of Marc L. Shapiro** and his team. Other firms told me that it would take over a year to go through the entire process for my case. Marc Shapiro and his team had everything buttoned up in five months to the day.*

*"My family and I were going through a very tough financial time when our case was happening but **The Law Offices of Marc L. Shapiro** made sure I did not have to worry. They would reach out to me not only to update me on my case but to just check on me to make sure I was okay.*

*"**The Law Offices of Marc L. Shapiro** immediately made me feel like I was the most important case they had ever had. Thank you very much from the bottom of my heart. You made more of a difference than you will ever know."*

**–Scott A.**

*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.*



### ONE-PAN CHICKEN AND MUSHROOMS WITH EGG NOODLES

#### Ingredients

- 3 slices bacon, cut into 1/2-inch pieces
- 4 bone-in, skin-on chicken breasts, halved
- Salt and ground pepper
- 3 tbsp butter, divided
- 8 oz button mushrooms, trimmed
- 8 oz shallots, peeled and halved
- 3 cups chicken broth
- 1/2 cup heavy cream
- 8 oz egg noodles
- 1/3 cup chopped fresh dill

#### Directions

1. In a large pan over medium heat, cook bacon until browned, 7–9 minutes. Remove from heat, discard fat, and set aside. Season chicken with salt and pepper. Return pan to medium-high heat and melt 2 tbsp butter. Add chicken, skin-side down. Cook, turning a few times, for 10–12 minutes until browned. Transfer to a plate.
2. Place remaining 1 tbsp butter in pan to melt. Add mushrooms and shallots; cook 8–10 minutes. Add broth and cream; bring to a boil. Stir in noodles.
3. Add chicken (skin-side up), cover pan, reduce heat, and simmer, stirring once halfway through. Cook about 10–12 minutes.
4. Uncover and simmer until thickened. Stir in dill and top with bacon. Serve and enjoy!

*Inspired by [MarthaStewart.com](https://www.marthastewart.com)*

## Word Search

C	C	M	S	E	E	X	Y	E	G	P	I	F	X	B
T	O	I	S	Y	G	A	D	Q	L	W	K	C	N	Y
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BUDS  
CONSERVATION  
DIAMOND  
EASTER

LILY  
PLANTING  
REFUND  
REGROWTH

SHOWER  
SWEETS  
TAXES  
VOLUNTEER





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# CHEESE AND DESIST!

## *McDonald's Customers Sue for Being Forced to Pay for Cheese*

In Fort Lauderdale, Florida, things got a little crazy! Two McDonald's customers sued the fast-food chain for \$5 million, alleging they were unfairly charged when they ordered Quarter Pounders without cheese.

According to the lawsuit, the fast-food restaurant chain historically had four menu options: a Quarter Pounder with cheese, a Double Quarter Pounder with cheese, a Quarter Pounder, and a Double Quarter Pounder. The "with cheese" options were roughly between 30 cents and 90 cents more expensive than the "without cheese" burgers. At some point, McDonald's discontinued the "without cheese" options.

Only a Quarter Pounder with cheese and a Double Quarter Pounder with cheese were available at the time these two customers visited the restaurant. The ingredients listed on McDonald's website for these items include a sesame seed bun, quarter-pound 100% beef patty, ketchup, onions, pasteurized processed American cheese, and pickle slices.

These customers ordered Quarter Pounders but asked for no cheese on their burger, and they did not receive cheese on their burger but were charged the same price as a Quarter Pounder with cheese. Their lawsuit states that they, and other customers who do not want cheese on their burgers, are forced to pay for two slices of cheese anyway, and they sued for damages as a result of being overcharged and required to pay for American cheese when they did not want or receive it on their burger.

According to USA Today, a McDonald's spokesperson advised that the company does its best to allow customers to customize their food orders. If someone doesn't want cheese as it is listed on the menu, the fast-food chain will not include cheese, thus they didn't think the lawsuit has any merit.

And because the McDonald's customers failed to prove they were damaged by an overcharge, the case was dismissed!

