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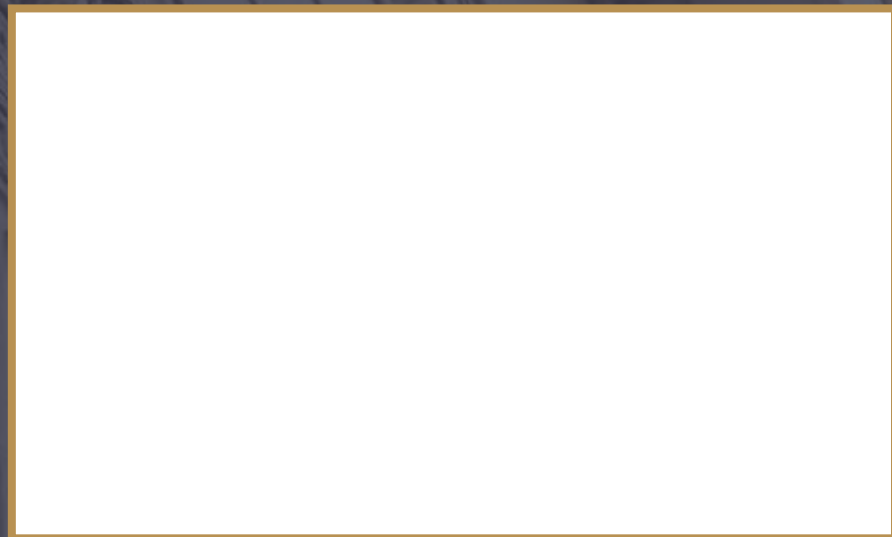
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# THE WORLD ISN'T ENDING

## 3 Strategies to Reduce Anxiety

When most people think of anxiety, they likely have negative connotations tied to it. Many make the assumption that anxiety will always lead to panic attacks and fears of major change, but just about anything can generate feelings of anxiety, and not all of them are harmful. However, if your anxiety stops you from doing something, it can hinder you almost every day.

In honor of May being National Anxiety Month, here are three ways to reduce your anxiety.

### DAILY EXERCISE

Physical activity can increase your self-confidence, improve your mood, help you relax, and lower anxiety symptoms. You don't have to do anything significant — you can go for a walk, take a hike, conduct at-home workouts, go to the gym for at least 30 minutes, or participate in yoga and Pilates.

### MEDITATE

Sometimes, taking a step back, focusing on your breathing, and letting your thoughts flow in one ear and out the other can help you put things in

perspective. JAMA Internal Medicine published an article stating that practicing mindfulness can help ease feelings of anxiety, depression, and pain. You can meditate by following a guided meditation or silently sitting in a quiet area and breathing slowly. While meditating will be challenging at first, it will become easier with practice.

### FACE ANXIETY HEAD-ON

Many people try to avoid anything that could make them feel anxious. While this method may make you feel short-term comfort, it can cause you to be more anxious about specific scenarios. The best strategy to overcome anxiety is to face it head-on. Although it will be uncomfortable and challenging, don't let it stop you!

The more you put yourself out there, the less anxious you'll feel. You're stronger than you give yourself credit for!

Please contact your health care provider if you're worried about the anxious feelings you get. They can assist you with identifying your triggers, why anxiety is occurring, and methods you can use to reduce your symptoms.



The Law Offices of  
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May 2023

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## RIDING ON 2 WHEELS HAS UNIQUE CHALLENGES

### 4 Motorcycle Safety Tips to Consider

When the weather is warm and the sun is shining bright, many people decide to take advantage of these beautiful days by going outside. Some believe the best way to celebrate warmer weather is by jumping on a motorcycle and feeling the wind hit their faces as they race down the road.

You may love to ride for many reasons — the adrenaline rush you get as you rev your bike and glide down the road, how fuel efficient the vehicle is, or the thrill you can experience because of the freedom a motorcycle has to offer its riders. It's no wonder that in 2021, 637,500 motorcycles were registered in Florida! However, riders must be careful as they travel on two wheels.

Motorcycle riders have a unique set of dangers they must consider each time they ride. Because of how small bikes are, and the lack of protection the vehicle provides, motorcyclists can experience severe and deadly accidents. In 2021, there were 567 motorcycle fatalities in Florida alone. It's heartbreaking when clients visit me and explain their traumatic experiences. Hearing how their bike was struck and seeing images of the aftermath is gut-wrenching — you can't help but wonder how they made it out alive.

Because of how complex and heartbreaking motorcycle accidents can be, I wanted to create a resource to help those in need, so I helped build the National Academy of Motorcycle Injury Lawyers. I and a dozen other attorneys came together to create this organization to help provide solutions and resources to those dealing with a motorcycle accident.

Today, I wanted to share some safety tips that I and other attorneys created to assist you as you ride your iron horse this season. As we talk to clients about their experiences and how their accidents occurred, we noticed several trends to consider the next time you start your engine and head toward the highway.

1. **CHECK THE WEATHER.** Because you don't have a metal frame to protect you from inclement weather, you're more likely to experience how gravity is effected by heavy wind, rain, ice, and hail. But rain and other weather conditions can sometimes occur while you're out and about. If this happens, please seek shelter to protect yourself and your bike until the weather clears.
2. **DON'T ASSUME OTHER DRIVERS CAN 'SEE' YOU.** Since your bike is small, other drivers may not be able to see you in their blind spots. Many motorcycle accidents occur because the other driver couldn't see them. To prevent this from happening,



the best thing you can do is use your turn signals, brake early to warn drivers behind you, and always ride with your headlights on.

3. **WEAR THE PROPER GEAR.** While riders 21 and over do not need to wear helmets, I recommend you do. Because you don't have anything to protect you (such as airbags), you're more prone to receive injuries — especially to your head. Therefore, always wear your helmet, gloves, eye protection, chaps, and brightly colored vests so other drivers can see you.
4. **BE ON THE LOOKOUT FOR ROAD HAZARDS.** Potholes, loose gravel, standing water, ice, and debris on the road may not affect cars and trucks too much, but they can severely impact you and your bike. If something is on the road, you can quickly lose traction or control over your bike.

To learn more about our motorcycle safety campaign, please call 1-866-BIKE LAW or email us today to receive your FREE copy of "Your Legal Guide to Motorcycle Injury Compensation: What Bikers MUST Know About Insurance Claims, Settlements, and Jury Verdicts."

If you or someone you know has been involved in a motorcycle accident, please don't hesitate to call me. My team and I can assist you and ensure you get the compensation you deserve.

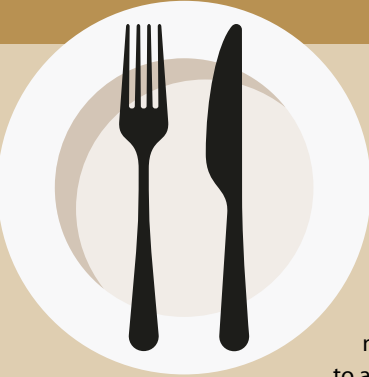
*Marc L. Shapiro*





THE BEST WAY TO CELEBRATE MYSTERY MONTH

Host a Murder Mystery Dinner!



Did you know May is Mystery Month? There are dozens of ways to celebrate this enigmatic occasion, from playing Clue to rewatching "Glass Onion" — but why not bring those experiences to life and host your own murder mystery dinner at home? Thanks to a plethora of kits on the market, doing so is easier than ever!

WHAT IS A MURDER MYSTERY DINNER?

A murder mystery dinner is essentially a real-life game of Clue. You invite friends over for dinner and turn your home into the set of "Knives Out" — without the blood, of course. Each of your friends takes on the persona of a character in the story, and when one of them is "murdered," you compete to uncover who dunnit.

STEP 1: PICK YOUR KIT.

Planning a murder mystery dinner from scratch would take the ingenuity of Sir Arthur Conan Doyle. Luckily, you have several ready-made mysteries to choose from! You can find boxes from Masters of

Mystery and My Mystery Party at your local board game store, but you can find many options available online, too. Night of Mystery (NightOfMystery.com), for example, sells both in-person and virtual kits with themes ranging from '80s prom to Christmas homicide.

If your friends and family don't like the idea of acting and dressing up, that's okay — you can still solve a mystery over dinner! Look into kits available through Unsolved Case Files (UnsolvedCaseFiles.com) or Hunt A Killer (Shop.HuntAKiller.com), which involve collaborative mystery-solving without the character work.

STEP 2: CURATE YOUR GUEST LIST.

Most murder mystery dinners require at least four people, while some include characters for six, eight, or more! Check the number of players on your kit and invite your most creative, analytical, theatrical, and mystery-loving friends.

STEP 3: DECORATE AND PLAN THE MENU.

If you choose a themed murder mystery, level up your event with a matching menu and decor! For games taking place in England, whip up a shepherd's pie and make a cardboard cutout of Big Ben. For Havana Nights, plan a build-your-own Cubano bar and throw on an Afro-Cuban playlist. You can be as over-the-top as you like. Remember, it's Mystery Month!



At the Law Offices of Marc L. Shapiro, we value education and sharing our insights with others. One of the ways we can provide you with the best service is by informing you of any government laws and regulations that could impact you and your claim. Today, we have news that we wanted to share with you.

On March 24, 2023, Governor Ron DeSantis signed a law that put the Florida Tort Reform into effect. This new law creates significant changes that affect how lawsuits are litigated in Florida. The Florida Tort Reform primarily focuses on changes related to statutes of

A NEW LAW IS NOW IN EFFECT!

What Is the Florida Tort Reform?

limitations, comparative negligence, and how to assess medical bills to calculate charges during trials.

STATUTE OF LIMITATIONS

A statute of limitations provides a guideline for when the aggravated party can file a lawsuit against the defendant after an injury occurs. Before the Florida Tort Reform, the plaintiff had up to four years to file a claim. However, they now only have up to **two** years to file a lawsuit.

COMPARATIVE NEGLIGENCE

Before the new law, a jury would give a percentage of fault to the defendant in a negligence case. For example, if you were involved in a car accident and the other party was 70% responsible, they could collect 30% compensation to cover damages. You would collect 70% of compensation since you weren't the at-fault driver. But now, if you are 50% or more responsible for an accident

or other negligent act, you will receive zero compensation.

MEDICAL BILLS ADMISSIBLE AT TRIAL

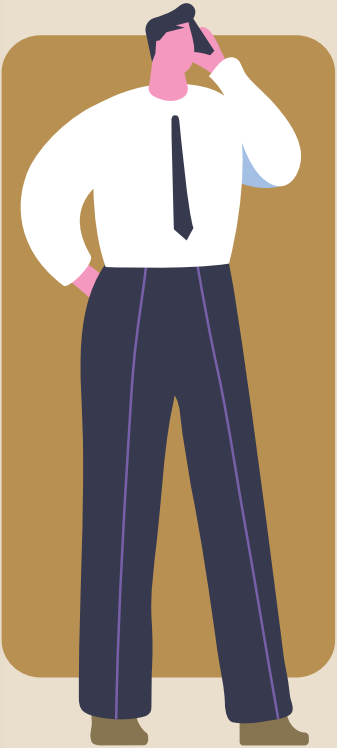
Florida legislature found several issues with how jurors calculated compensation when reviewing medical expenses. Before the law, the jury would only look at the amount billed by health care providers rather than the amount they provided in their initial invoice. If they were to look at the invoice, they could see that the plaintiff's injuries were more severe than they realized. The new law creates a seamless process that will help the jury calculate the overall cost of damages and pain and suffering.

If you have any questions or concerns regarding the Florida Tort Reform, please don't hesitate to reach out to us! We understand that these new changes are confusing, and we will be happy to assist you and ensure you continue receiving the best service possible from us.



YOU ARE OUR FIRST PRIORITY!

What Our Clients Are Saying



"The Law Offices of Marc L. Shapiro are outstanding and exceeded my expectations! The staff is very professional, friendly, and genuine. Sarah went above and beyond! On top of that, I received more than I had expected. Thank you, everyone, for the hard work!"

—Annette B.

"Mr. Shapiro's staff are so professional and very caring. When I walked through the office doors for the first time, their concerns were about me and what I had been through. I needed a lot of medical attention after my accident, and they gave me access to good doctors — they even made my first appointment for me! I would highly recommend them to anyone who needs to be compensated due to an accident or mishap in life. Once again, thank you to the entire staff and Mr. Shapiro for an excellent job of helping me through my crisis."

—D. Hirschy

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.



GINGER PORK STIR-FRY

Ingredients

- 1 tbsp cornstarch
- 1 cup orange juice
- 2 tbsp soy sauce
- 2 cloves garlic, minced
- 1/4 tsp ground ginger
- 1 lb pork tenderloin, cut into thin strips
- 2 tbsp canola oil
- 1 small onion, sliced
- 1/4 lb fresh snow peas
- 1/2 sweet red pepper, julienned
- Cooked rice
- Green onion, chopped (optional)
- Sesame seeds (optional)

Directions

- In a small bowl, whisk cornstarch, orange juice, soy sauce, garlic, and ginger until smooth; set aside.
- In a large skillet over medium-high heat, stir-fry pork in oil until lightly browned, about 4–5 minutes. Remove pork and add onion, peas, and red pepper. Cook until crisp-tender, about 3–5 minutes.
- Stir in orange juice mixture and pork. Bring to a boil, and then cook until thickened, about 2 minutes. Serve over rice. Garnish with green onion and sesame seeds, if desired.

Word Search



BLOSSOM  
DERBY  
EMERALD  
FERTILIZE

GEMINI  
HORSE  
LIGHTSABER  
MOTHER

NATURE  
PARADE  
SEEDLING  
VETERANS