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## Cook With Your Kids to Make Mealtime Meaningful!

As a parent, it can be incredibly challenging to nail down the perfect weeknight dinner menu that makes every hungry mouth in your home happy. This is especially true when you have picky little ones who demand waffles for dinner or dinosaur chicken nuggets seven nights a week. You may feel like your days as a short-order cook are endless, but we're here to tell you about a simple trick to making healthier meals everyone in your family will enjoy.

The trick is quite simple: Have your kids cook with you! Cooking with your kids has multiple benefits that stretch far beyond the kitchen table, but the immediate reward is that you won't cook alone anymore! Next time dinner time rolls around, grab your little sous-chefs to lend a hand so they can enjoy these three benefits.

### No. 1: Cooking teaches life skills.

It may seem far off, but one day, your child will have to cook for themselves and eventually their own children, too. By teaching them the basics of cooking now, you're providing them with a skill they'll need to be capable adults.

### No. 2: Cooking creates an adventurous eater.

Imagine seeing something like asparagus or artichoke on the plate in front of you for the first time and being told you must eat that weird-looking thing. That's how many children experience food for the first time, which can feel like a scary experience.

Kids who help cook in the kitchen are much more likely to try new and adventurous foods because they're exposed to them and other ingredients over a period of time. They touch, slice, smell, crush, and season the foods before they ever eat them. So, by the time it hits their plate, it's not so scary!

### No. 3: Cooking promotes healthy development.

Time spent in the kitchen isn't all about eating, either. While cooking, children stir, mix, measure, roll, squeeze, spread, observe, learn, and count. These activities all help develop fine motor, hand-eye coordination, math, and science skills, not to mention creativity!



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## TURN YOUR FEARS INTO STRENGTH

### How I Pivoted After My Son's Autism Diagnosis

Halloween is the one time of year when we embrace all things spooky. We imagine the rustling of tree branches to sound like whispers of a ghost and look behind every corner to see if a monster is waiting for us. Then, as the holiday comes to an end, the creatures retreat, the tree branches waver in the wind, and we realize most of our fears are figments of our imaginations.

While your Halloween fears may disappear, real-life worries we all experience don't fade away that easily.

As humans, the fear of the unknown is very real — the thoughts and questions racing through your mind can sometimes feel never-ending and unbearable. I understand how stressful these made-up situations can feel because I've experienced them, too.

When my son was diagnosed with autism, my thoughts went wild. What if we can't acquire the proper treatment? Will his condition affect his school and work experiences? When my wife and I are long gone, will he be okay? These questions haunted my mind for what seemed like an eternity.



You may have similar questions when dealing with personal injuries and following through with settlement claims. Not only are you trying to come to terms with the traumatic experience you endured, but you're also trying to find the right medical care, manage your finances, and make critical decisions. It also doesn't help that your subconscious can create worst-case scenarios, adding another layer of stress.

*"If Halloween can teach us anything, it's that sometimes the things we're afraid of aren't as terrifying as we imagined them to be."*

But if Halloween can teach us anything, it's that sometimes the things we're afraid of aren't as terrifying as we imagined them to be. A friend once told me that those who've gone through some sort of trauma — like a personal injury or life-changing diagnosis — are lucky. They have an opportunity to reflect on everything they've gone through and how they were able to see the shining light at the end of the tunnel.

In my journey with my son, what seemed like a terrifying circumstance was actually a blessing in disguise. It showed me that my worst fears were only in my head and that my family and I are stronger than we give ourselves credit for. It not only made me a better father, but it also helped me become a more compassionate attorney.

I understand the fears, anxieties, and uncertainties you'll face as you go through your personal injury claim. However, you don't have to go through these trials alone. I will guide you through the fog as you make the best decisions for you and your family.

It's okay to have fears — we're human! But don't let them hinder you from asking questions, seeking help, and taking risks. Just as my personal challenges have molded me into who I am today, the obstacles you'll face after an injury can pave the way for strength and purpose.

Happy Halloween, everyone!

*-Marc L. Shapiro*



# FROM APPLICANT TO ARRESTED:

## *The Fugitive Who Applied for a Police Job*

Even most criminals need traditional employment to pay the bills, but Zyeama Johnson looked for work in all the wrong places. Perhaps Johnson imagined her previous experience with law enforcement would give her a leg up in her application to the Hudson County Sheriff's Office in New Jersey in 2022. But unfortunately for her, all of Johnson's past and future involvement with the police would be on the wrong side of the law.

Johnson was looking for a legal way to earn a living when she applied for a job as a security guard at the sheriff's office. But her past money-making ventures allegedly involved fraud, and she had failed to appear in a Pennsylvania court on the charges. Presumably, Johnson did not realize a police station would perform a background check before hiring — or that this office specializes in resolving outstanding warrants.

When processing her application, the Hudson County Sheriff's Office discovered the active bench warrant in Pennsylvania. The routine investigation also found 10 additional active bench warrants in Jersey City, New Jersey; Johnson had allegedly failed to appear on traffic charges.

Most employers in this situation would probably move on to the next applicant, but the sheriff's department decided to call Johnson in for an "interview" instead. Unsurprisingly, they had no intention of hiring her and arrested the fugitive on the spot. It gave the standard interview question, "Where do you see yourself in five years?" a new meaning.

After taking Johnson into custody, the police proceeded to search her property. Incredibly, they found two credit cards in her possession they believed were stolen. Police added credit card theft charges to Johnson's already considerable rap sheet. To make matters worse for

her, the sheriff's office also contacted Johnson's former employer, the United States Postal Service, which launched its own investigation into her conduct.

As of October 2022, Johnson was being held in a Hudson County jail awaiting extradition to Pennsylvania for the most serious charge against her. It's unclear why she thought applying for a law enforcement position with outstanding warrants was a wise career move, but at least she made her would-be coworkers' jobs easy that day.



## Don't Ignore the Warning Signs

### BE SURE TO CHECK YOUR BRAKES!

crashes per year are due to brake failure. Because of this, it's crucial that you identify issues with your brakes early on to prevent severe accidents. In honor of October being Fall Car Care Month, here are three signs to look for that may indicate a problem with your brakes.

#### **A warning light appears on your dashboard.**

Three kinds of brake lights can appear on your dashboard: one for low brake pads, one for low brake fluid level, and one for a possible parking brake issue. While these warning signs don't necessarily mean you have a brake problem, an inspection is in order, as it's better to catch these issues earlier rather than later.

#### **You hear a squeaking noise when braking.**

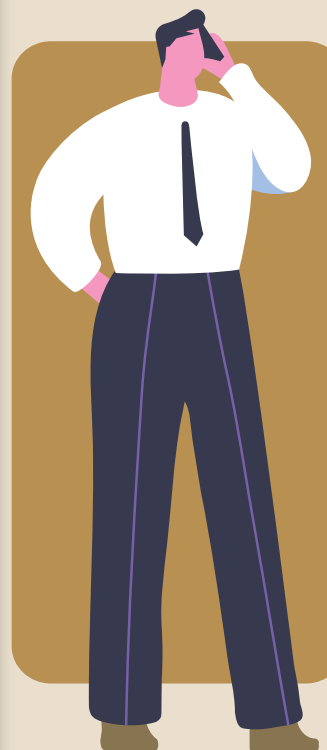
Have you ever been at a stop light and either heard your car or another vehicle squeaking as it comes to a complete stop? This indicates that the brake pads are worn

out and must be replaced. If the squeaking noise is high-pitched, the brakes should be checked as soon as possible.

#### **It takes you longer to come to a complete stop.**

Stopping distance is the time it takes you to bring your vehicle to a complete stop. It includes the time it takes you to react to the hazard and the time it takes for your car to stop after pressing the brake. If you need to press hard on your brakes when it should only take a small amount of pressure or if braking seems more difficult, it's a classic sign that your brakes aren't working correctly.

Brake failure is a critical safety concern that can lead to accidents and injuries. It's imperative to be aware of the warning signs and take preventive measures to ensure everyone stays safe while on the road. Don't wait until the last minute; take action today!



## We Will Always Put Your Needs First!

### What Our Clients Are Saying

*"Marc and his team truly care about you and your outcome. In a field where many professionals are looking out for their own profit and interests, **The Law Offices of Marc L. Shapiro** honestly cared about what was best for me. Great communication and outstanding service. I recommend them 10/10 times."*

—Sara E.

*"I was recently hit in my car at a traffic light. My car was smashed front and back, and I had some injuries and had to go to the emergency room. The Law Offices of Marc L. Shapiro immediately took care of all my needs. [They helped me as I] had my car repaired and found a rental service, and they assisted me as my therapy sessions were scheduled. I highly recommend Marc and his team for all your legal needs."*

—Dawn S.

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## HOMEMADE PUMPKIN SPICE LATTE

### Ingredients

- 2 shots espresso (or 1/2 cup freshly brewed coffee)
- 1 cup milk of choice
- 3 tbsp pumpkin purée
- 1–2 tbsp maple syrup
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- Whipped cream for topping (optional)

### Directions

1. In a small pot on medium heat, heat milk until simmering but not boiling.
2. Make your espresso (or coffee) and pour into a large mug or Mason jar. Add pumpkin purée, maple syrup, pumpkin pie spice, and vanilla and stir until well combined.
3. With a milk frother, froth the heated milk until foamy. Then, pour into your pumpkin espresso mixture and top with whipped cream. For decoration, you can sprinkle more cinnamon or pumpkin spice on top!

## Word Search

N	D	R	B	T	I	Z	W	Z	Y	S	V	F	W	B
W	E	R	E	W	O	L	F	O	D	K	A	V	L	W
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C	M	J	A	S	I	R	O	B	B	I	M	M	J	H
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CANDY  
COSTUME  
GOURDS  
HALLOWEEN

HAUNTED  
MOON  
RAVEN  
TRICKS

VAMPIRE  
WEREWOLF  
WITCH  
ZOMBIE