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## Crush Chronic Inflammation: *Revitalize Your Health*

Inflammation is the body's natural response to injury or infection and is crucial in promoting healing and protecting us from sickness. However, chronic inflammation, triggered by various factors, including dietary choices, can lead to various health complications. Avoiding foods that cause inflammation is key to maintaining your overall health and well-being.

### What are inflammatory foods?

When consumed regularly, inflammatory foods lead to an imbalance in the body's immune response and create inflammation. These foods often contain high levels of refined sugars, processed ingredients, and unhealthy fat and are linked to diabetes, heart disease, and obesity.

Some common inflammatory foods include:

- Red meat
- Processed meat
- Sugary beverages
- Packaged food
- Margarine
- White flour
- Fried food

### Why should you avoid inflammatory foods?

Inflammatory foods can not only lead to weight gain and difficulty losing weight, they can increase your risk of chronic diseases,

affect your digestive health, deplete your energy levels, and wreak havoc on your skin.

### How can you avoid inflammatory foods?

- Opt for whole foods such as fruits, vegetables, whole grains, lean proteins, nuts, and seeds.
- Reduce your consumption of sugary snacks, beverages, and desserts.
- Avoid trans fats, commonly found in processed and fried foods.
- Limit refined carbohydrates such as white rice, white bread, and sugary cereals. Opt for whole grains instead.
- Prepare your meals at home to ensure you have control of the cooking method.
- Include anti-inflammatory spices such as ginger, turmeric, and garlic in your cooking.
- Stay hydrated to flush toxins out of your body.

While inflammation may harm your overall wellness, the good news is you can fight it with proper knowledge and an anti-inflammatory diet. By making informed choices about the foods and beverages you consume, you can lower your risk of digestive complications and elevate your health!



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## How to Protect Yourself on Black Friday

### Shop Smart, Stay Safe

This year, 141 million Americans will finish their Thanksgiving meals, perhaps nap or watch football, then head out into the night for Black Friday shopping. Unfortunately, a portion of those shoppers will experience some type of accident or injury while out. There are 34% more car accidents on the night of Black Friday than any other day.

I haven't been shopping on Black Friday in many years, but I know how dangerous crowds can be during a holiday. A few years ago, my family and I made the mistake of going to Disney on Christmas Day. The mistake wasn't so much going to Disney — the park was wonderful — but choosing to go on such a popular holiday meant the park was *packed*. Seeing the ground in front of us was difficult, and people flanked us on every side.

As we walked forward, the people behind us failed to pay attention, causing them to hit my wife with their stroller. The front part of the stroller slammed into Holly's Achilles tendon, and she immediately yelped in pain. After stepping to the side to check out her injury, she assured us that her leg felt fine enough to continue walking. If my wife had been elderly or had a balance issue, she could have fallen and suffered a severe injury.

Accidents like this happen all the time on Black Friday due to someone else's negligence, distraction, or sheer volume of people. I'd never want you or someone in your family to suffer an injury while out shopping, so if you plan to head out on Black Friday this year, here are three tips you can use to stay safe.

### Be extra vigilant in the parking lot.

According to a Gitnux Marketdata Report, 15% of all Black Friday injuries occur in the parking lot. So, as you drive through parking lots, look for other people and cars. Back out slowly from all parking spots, and never walk behind a car with its lights on — *even if they're not moving*. Always wear your seatbelt, even if you're only driving from one side of a shopping plaza to another, and never try to rush to catch an empty parking spot.

### Pay attention to your surroundings.

Black Friday stores are often flooded with more people than they'd normally see in a day. This results in the employees becoming too busy to clean up spills or pick up debris or discarded items. We see many cases where someone slips on a tile floor after stepping on something



like liquid or even soft fabrics. Not to mention, approximately 11% of Black Friday injuries are falls.

So, as you walk, try to be cognizant of the floor in front of you. Watch where you're walking to avoid any hazardous items, and *never* run. Hurrying to snatch an item can make any slips, trips, or falls even more dangerous and pose a hazard for anyone else you may run into.

### Know when it's time to go.

Part of what makes Black Friday so fun is that you get to stay up late and shop until the morning. However, this also means you'll be sleep-deprived. If you at any point feel fatigued, tired, or sleepy, it's time to leave. When you begin to feel this way, you actually become more prone to slips, falls, and carelessness while driving. Over 300,000 crashes occur yearly due to drowsiness alone, so imagine what might happen in a parking lot full of people or driving on long roads to get home at night.

And finally, remember that no item you can buy is worth an injury. If you ever feel unsure about heading out to shop this year, it's always better to stay home and search for those items another day when it's less crowded — and dangerous.

*-Marc L. Shapiro*





You Could Get Arrested for What?!
3 Bizarre Laws That Still Exist

Since the beginning of time, cities, states, countries, and other groups have developed laws to provide structure for their citizens. Many laws of the past are now completely outdated, but they're still technically legitimate laws! Here are three of the oddest laws still on the books today.

Forks and knives are prohibited!

In 1961, Gainesville, Georgia, passed a law that made eating fried chicken with anything other than your hands illegal. The ordinance was a publicity stunt to advertise Gainesville as the poultry capital of the world. Although the rule isn't taken literally and is hardly enforced, 91-year-old Ginny Dietrick received a citation for eating fried chicken with a fork and knife in 2009. The practical joke made everyone in the restaurant, including Ginny, laugh and play along. Ginny's punishment for breaking the law was that she could not leave her table until she mastered the proper way of eating Southern fried chicken.

You must have a permit to set up a lemonade stand.

At least once in your life, you've either seen or operated a lemonade stand. This longstanding rite of passage teaches kids the value of working hard to earn their own money, so how could this simple tradition be considered illegal?

In many cities nationwide, lemonade stands are treated like any other small business — if your child is making money by selling food or beverages, they must abide by food safety regulations and have a business permit or license. Only 14 states don't require permits for kids to set up lemonade stands!

Fortunetelling is only allowed in health care and religious facilities.

Many cities worldwide have small businesses that provide services in fortunetelling, astrology, palm readings, tarot cards, evil spirit removal, and other New Age practices.



In New Orleans, however, it's illegal for a business to provide these kinds of services unless you're in a health care profession or a place of religious worship.

Remember, laws are still laws, no matter how silly they are, so do some research online to see if your city has any bizarre mandates you could be breaking right now!

We're Debunking Common Slip and Fall Injury Myths in Florida
WHAT YOU NEED TO KNOW

Slip and fall accidents happen all the time, and one of the main reasons they occur is negligence. In Florida, negligent parties can be held responsible for slip and fall injuries. But unfortunately, many people who suffer injuries in slip and fall accidents do not try to recover compensation due to the many myths surrounding these injury cases.

At the Law Offices of Marc L. Shapiro, we believe that anyone injured in a slip and fall accident should receive justice after their accident. That's why we're debunking some of the most common myths about slip and fall injury cases here so you know when to seek compensation if you need it.

Myth No. 1: You cannot file a claim if you slip and fall on public property.

This is not true! Some public spaces are owned by private parties. And those public spaces that aren't owned by private parties are owned by the government. So, after slipping and falling on public property, you can hold a private party or the government liable.

Myth No. 2: You cannot recover compensation if you were partially at fault.

Even if a victim is partially to blame for their slip and fall accident, they can still file a claim and recover compensation for their injuries

and damages. Florida is a pure comparative negligence state, which means that in Florida, you can recover compensation in a slip and fall injury case even if you were 99% to blame for your accident.

Myth No. 3: You can only recover compensation for your physical injuries.

It is not true that you can only recover compensation for your physical injuries in a Florida slip and fall injury case. You can also recover compensation for psychological and emotional injuries. Examples of emotional and psychological injuries include PTSD, anxiety, and depression.

In Florida, you can also recover punitive damages. However, these damages are only awarded if it can be shown that the defendant is guilty of gross negligence or intentional misconduct.

Myth No. 4: You cannot recover damages if the defendant did not have notice of the dangerous condition.

It is understandable why many people believe that if the property owner did not have notice of the dangerous condition, they cannot file a claim and recover compensation. However, this is also not true. In most slip and fall accident cases, it is enough if the property owner should have known about the hazardous condition.



We're Dedicated to Your Justice
What Our Clients Are Saying

"Everyone at Shapiro's office was very helpful and professional. Jazmyn would return calls and emails in a timely matter. I would definitely recommend Marc Shapiro and staff to anyone who needs legal assistance."

-Maribel P.

"It was a beautiful experience working with the Marc L. Shapiro law firm, especially Darling. Thank you!"

-Serlyne C.

"The office communicated constantly, which I greatly appreciated. A wonderful staff; I couldn't have picked a better representative for my case."

-Sean K.

"I was really impressed with the handling of my case. My accident was on April 13, 2023, and my case was settled within 90 days. My recovery was much larger than I anticipated, and I couldn't be happier. I highly recommend The Law Offices of Marc L. Shapiro for all of your legal needs."

-Jody 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. Your comments empower us, make us better, and allow us to help others.



EVERYTHING-SEASONED DINNER ROLLS

No need to make rolls from scratch this season. Instead, dress up store-bought rolls with delicious everything bagel seasoning!

Ingredients

- Cooking spray
- 20 frozen dinner rolls
- 2 tbsp unsalted butter
- 1 tbsp honey
- 2 tbsp everything bagel seasoning

Directions

- Coat a 13x9-inch baking pan with cooking spray and arrange frozen rolls in the pan to thaw according to package instructions.
- Preheat oven to 350 F. Then, melt butter and honey together in the microwave or on the stove. Once the rolls thaw, brush butter mixture over the rolls and sprinkle seasoning on top. Bake for 15–20 minutes, or until golden, and serve these tasty rolls straight out of the oven!

Word Search

Word search grid containing letters for finding words.

- BALLOT
- CORNUCOPIA
- CRANBERRY
- DISTRICTS
- MAIZE
- PILGRIM
- POLITICS
- RAKING
- SHOPPING
- STUFFING
- THANKSGIVING
- VETERAN