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## STARS SHARE THEIR SLEEP ADVICE

Have you ever struggled to fall back asleep after being awoken by the incessant barking of your neighbor's chihuahua? How about those nights when your mind is too busy replaying every embarrassing memory of yours on a loop rather than drifting off into unconsciousness?

If you sometimes find it hard to get to sleep, you are not alone. According to the Centers for Disease Control and Prevention (CDC), around 15% of adults have trouble falling asleep. Some of those adults are *celebrities*, and they have great tips to help us get to sleep!

### Oprah Winfrey

The entrepreneur and television personality Oprah Winfrey has a tried-and-tested method for ensuring a good night's rest: a hot bath. Science agrees! According to a study published in *Sleep Medicine Reviews*, a warm shower or bath can improve sleep duration, efficiency, and quality. You don't need Oprah's



billions to help you sleep soundly — just fill that bathtub with warm, sudsy water!

### Eva Mendes

If you want to sleep like a baby — or like Eva Mendes — you might want to pick up a white noise machine. These devices help

you drift to sleep on a wave of peaceful background noise.

### Gwyneth Paltrow

We are all guilty of having a late-night snack from time to time. You know you're in trouble when you are down to just Cap'n Crunch Oops! All Berries cereal in the pantry, and you're still making yourself a bowl out of sleepy boredom. But that midnight munching impacts your sleep more than you may realize. That is why actress and business owner Gwyneth Paltrow has taken to eating an early dinner to prepare herself for bed. A study published in the *International Journal of Environmental Research and Public Health* shows that eating within three hours of bedtime increases the chance you will wake up in the middle of the night by about 10%. Eating more than three hours before bedtime may be very helpful if you want uninterrupted rest.



# UNDERSTANDING THE COMMITMENT

## WHAT TO CONSIDER BEFORE ADOPTING A PET

When you can handle the responsibilities, pet ownership is an incredibly rewarding experience. Pets bring joy, love, and companionship, but they also need to be taken care of. Too often, people take on this responsibility without fully considering the time, money, and commitment required to care for them properly. They love the idea of having an animal companion until the cost of food, veterinary care, and boarding them when they are away becomes too much of a drain, or the time required to properly train and care for them becomes too daunting. This is how many lovely animals end up abandoned or left at shelters; proper consideration of their situation could have prevented this fate. Fittingly, October is Adopt a Shelter Dog Month, and I can personally attest to the joys of taking in animals whose caretakers can no longer look after them. My family includes two wonderful French bulldogs and a lovely rabbit, all of whom were adopted. Here is their story.

### The Terrific Trio

Our two French bulldogs come to us from owners who simply could not handle them anymore. Milo came into our lives years ago when a family we knew was struggling to manage the joys of having a newborn and a young dog in a high-rise apartment in Miami. The former owners realized it was becoming too difficult to take their dog down to ground level whenever it needed to pee while trying to keep their baby asleep and cared for. Naturally, we agreed to take Milo in, and he is now an honor student at Ruffgers University Naples, and regularly participates in extracurricular activities around campus, such as fetching tennis balls.

We also adopted our other French bulldog, Coco. Coco's former owner was a dentist who worked

late and frequented the gym after work. He realized it was unfair to the dog for him to be away for such long hours, and these factors led him to give the dog up for adoption. Since then, Milo and Coco have been best pals and are always trying to outcompete each other when it comes to Halloween costumes. The trio would not be complete without BunBun, our daughter's rescue rabbit. We got her from a wonderful shelter that interviews you to determine the perfect fit for your family; we ended up with an adorable bunny that is great with kids and is a natural fit for our home.

### The Case for Adoption

I grew up with dogs, and I love dogs, but I would like to emphasize the importance of knowing what you are getting into when you decide to take on pet ownership. When I started practicing law, I wanted a dog so much but knew it would not be fair to the animal for me to be away for long hours studying. However, my situation now allows me to welcome animals into a loving, caring home. Adopting from a shelter or rescue center can be a fulfilling way to find your next companion. Many animals in shelters are already socialized and trained, making the transition into your home smoother. A visit to your local animal shelter can also be a fun family activity, allowing your children to interact with the animals while learning about the importance of responsible pet ownership.

*Marc L. Shapiro*





# NAMING NO-NOS

## Why Some Baby Names Are Forbidden

I would like to start by apologizing to super fans of the 1995 crime drama "Se7en," who thought they had their baby's name all picked out. While it's fine to include a number in a movie's title, putting a number in a baby's name is *usually* illegal. Depending on your state, some rules apply to the length, letters, and symbols that may be legally included in a name. Here are three specific restrictions some states impose for naming your child.

### Derogatory, Obscene, or Offensive

Some of the most common naming rules are to prevent someone from giving their baby a particularly heinous name. A baby's name cannot be offensive, obscene, or

include derogatory terms. Additionally, some monikers, like "King," "Queen," and "Santa Claus," might not *seem* offensive but are still considered illegal. Other banned names include "Jesus Christ," "Adolf Hitler," "Messiah," and "Nutella."

### Say No to Math

If you have ever wondered why you've never met someone from Canton or Cleveland named R2-D2 or 42069, there is a legal reason for that. Some states, including Ohio, New Jersey, and Virginia, forbid using numbers in baby names. However, this is not true across the board. States like Illinois, California, and Florida have no specific rules against including numbers in names. New York, however, forbids using numbers and mandates the maximum length of all first names to be 30 characters long or less.

### Symbols and Non-English Letters

In 2020, Elon Musk made waves when he and his girlfriend Grimes named their baby boy X Æ A-Xii. If you are struggling to pronounce that name, you are not alone. However, depending on the baby's birth state, that name may run afoul of the law. In New York, for instance, symbols like hyphens, asterisks, and apostrophes are not allowed. California law prohibits pictographs and non-English characters. These rules are often due to the software used to keep records of people's names and are common across many states.

If you *must* name your baby something numerical or inappropriate, I recommend moving to Kentucky. It is one of the few states with no significant rules regarding naming children.

# The 2-Year Limit

## Understanding the Statute of Limitations for Wrongful Death Cases

If your loved one died as a result of a car, workplace, slip-and-fall, or other type of accident, you may have a solid wrongful death case on your hands. However, you do not want to wait too long before seeking legal advice or taking legal action because the statute of limitations is now limited to just two years. If you wish to seek compensation and justice for your loss, you need to contact a wrongful death attorney right away. This gives the attorney time to negotiate your matter and/or prepare for trial, if needed. Regardless, you must file your lawsuit within two years, or you will be prevented from receiving any compensation or justice.

### Personal Injury and Wrongful Death

As opposed to personal injury cases, where the injured party ultimately survives their ordeal, wrongful death cases result in the party dying as a result of their injuries from the accident. Additionally, *who* can file the lawsuit and *when*

must they file it differ. Personal injury cases must be filed within two years of the accident, whereas the family must file wrongful death cases within two years of their loved one's date of death.

### Malpractice Exception

A notable exception exists to this rule when you wish to move forward with a personal injury lawsuit related to a medical procedure that led to death. If you plan to file a lawsuit against the medical professional you believe caused your loved one's death, you might have over two years to file a wrongful death case. In this instance, families can focus on filing wrongful death lawsuits "within two years from the time the incident is *discovered*" or "*should have been discovered*," according to Florida Statute 95.11 (4)(b). This is because some families do not suspect medical malpractice may have caused a loved one's death

until weeks or even months after the fact. This exception extends the window of time you have to file a medical malpractice case.

### Proper Legal Support

It is also very important to contact an attorney as soon as you decide to pursue a wrongful death case. If your family wants to take legal action in the aftermath of a loved one's death, a wrongful death lawyer from The Law Offices of Marc L. Shapiro, P.A., can help

you through the process. We can further explain the statute of limitations on wrongful death in Florida and help you file a lawsuit before you reach the time limit. Call us at 239-500-5000 or contact us online to begin working with one of our experienced wrongful death attorneys.



# VICTORY AND JUSTICE

## OUR SUPPORT EARNS EXCEPTIONAL REVIEWS

"I was represented by Marc Shapiro, with Randall Austin leading my car accident claim. My case was open for nearly two years, and from the very beginning, they made me feel like family. Eric Warren, my paralegal, communicated with me on a weekly basis — sometimes more than once — always taking the time and patience to explain every single step. Randall fought for me like a lion, never accepting 'no' for an answer. They truly take pride in their work, making the nightmare of a car accident claim easier for the client. Thank you, Eric and Randall, for everything. You will always hold a special place in my heart."

—Lis S.

"Our experience with The Law Office of Marc L. Shapiro was great! The staff was very friendly and helpful during our stressful and difficult case. Randall Austin represented our family amazingly. He was very welcoming and knowledgeable. My wife has autism, and Randall was very patient with her and communicated the process in ways for her to understand, which made her feel safe and lessened her anxiety. My family is very grateful to Randall and the entire staff for representing us and walking us through the entire process, which led to a successful end to our stressful case. Thank you!"

—Giovanni R.

"I can't thank them enough for the outstanding work Shapiro Law Firm did on my case. They go above and beyond, making sure the client is the top priority at all times. Special thanks to Katie and Patrick for handling my case with compassion and making sure I was educated when it came to understanding the whole process. I can't restate enough how helpful they were and still are. Hands down, the best of the best. I'm grateful for them, and please don't hesitate to reach out to them."

—Maricela R.



## Delicious Ice Cream Cake

### Ingredients

- 2 cups crushed graham crackers
- 1/2 cup melted butter
- 2 quarts ice cream (any flavor, divided)
- 1/2 cup chopped nuts (optional)
- 1/2 cup chocolate or caramel topping (optional)

### Directions

1. Grease a 9-inch springform pan.
2. Combine graham cracker crumbs and butter; press onto the bottom and up the sides of the pan.
3. Place pan in the freezer for 30 minutes to allow crust to set.
4. Meanwhile, let the ice cream melt just enough to become spreadable. Then spread half of the ice cream into the crust, sprinkle with nuts, then top with the remaining ice cream.
5. Drizzle with topping, if desired. Freeze for 3 hours or until firm.
6. Remove from freezer 15 minutes before serving.

## Word Search



AUTUMN  
BOO  
CANDY  
COFFEE

FOLIAGE  
GHOST  
GOURD  
MOON

SPOOKY  
SOUP  
TAILGATE  
TOUCHDOWN