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tuning in to your body's needs and cues, but it goes further than that. As a Harvard Medical School article put it, "In essence, mindful eating means being fully attentive to your food — as you buy, prepare, serve, and consume it." And that includes focusing on how different foods and eating habits make you feel, both physically and mentally.

While this may feel ... intuitive ... it's easier said than done in a culture with consistent and often confusing messaging around what constitutes healthy eating. Even the tried-and-true method of calorie counting has raised doubts in recent years due to inaccuracies in calorie calculations for the nutrition labels and research on how calorie restriction can backfire by changing your hormone levels and even slowing down your metabolism. Kristen Smith, a registered dietitian and the spokesperson for the Academy of Nutrition and Dietetics, says it's also linked to disordered eating habits. Intuitive eating may just be the antidote. Singer Demi Lovato, who has been open about her struggles with an eating disorder and body-image issues, credits a more mindful approach to eating with helping her overcome harmful eating patterns.

How does it lead to better health outcomes?

Having a regular exercise routine and eating well have long been known as the two pillars of physical health. When it comes to the latter, intuitive eating helps you create healthy and *sustainable* eating habits. The upshot is that when you eat better, you'll feel better. Being attuned to that connection is the foundation of mindful eating. Most of us know that we should eat whole foods, including lots of fruits and vegetables, but *feeling* the outcome of increased consumption of these foods will help you stick with and build the habit.

The concept of mindfulness has fully saturated mainstream culture at this point. Though it's more likely to conjure up an image of someone sitting cross-legged with closed eyes than sitting at a table looking wide-eyed at mealtime, it'll serve you just as well on your dinner plate as it will on your yoga mat.

What is intuitive eating?

Eating mindfully, also known as intuitive eating, is trending in the health and wellness world. But it couldn't be more different from fad diets or other trends like fasting and cleanses, which have restrictive lists of rules and foods to eat or avoid. Intuitive eating starts by simply



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My Brush With Fame

Reflecting on Music for World Art Day

Have you heard of World Art Day? It's a relatively new holiday that celebrates art and creativity worldwide, and it also got me thinking about my own brush with artistic fame when I was a drummer in a band years ago.

I got recruited, if you will, to play drums with a local band after hiring a musician to play a birthday party way back when. After seeing a drum set in my house, the guy asked me if I played and told me he was putting a band together and that they needed a drummer. I love playing, and drumming has always come naturally to me, but these guys were serious musicians who were playing music for a living. I figured I should go for it, and we started practicing together and playing gigs at the local British pub under the name Pub Mustard. (I know, I know. It's a weird name, but it fit the venue.)

The guitarist and bass player both played at the Methodist church, and I'd occasionally join them to fill in when the church's drummer was out. We met a teenage girl in the youth group there who was writing her own songs, and she turned out to be really good. We told her parents that we'd love to play as her backing band if she ever wanted to come out and play gigs with us. Music was her passion, and her parents agreed, so she occasionally joined us.

We all thought she was incredibly talented, but in those early days, she didn't have a confident presence on stage. She was a bit shy and often stood quite still when she sang, so the guys and I coached her on how to move with the music and get into the performance. As I said, the guitarist and bassist were pros and this gal was very young. She benefited from their experience, while we got to bring her original songs to life on stage. Otherwise, we played a lot of covers of music from the '90s and 2000s like Tom Petty, Counting Crows, U2, and Dave Matthews.

As it happened, this gal got scouted and was asked to audition for the first season of a new show that's since become a big hit. That show is "The Voice" and the teenage girl we used to play with is Casey Weston, who made it to the semifinals on Adam Levine's team in Season 1. She's since moved to Nashville, released several albums, and toured nationally with

other "The Voice" contestants. She's headlining up to 70 shows a year now according to her website.

Here's the neatest part of the story, though. Casey came back to Naples — her hometown — a few years ago to play at the Marco Island Music Festival, and she needed a band to back her for her headliner set. She asked me and the guys from Pub Mustard to do the honors since we were the first band she'd ever played with. Of course we said yes, and we got to play in front of a huge crowd. It was really great to see how far she'd come from that shy girl singing her songs in the local pub to a rising Nashville star who'd been on national television.

These days I still love drumming, but I'm no longer in a band. As you might imagine, running a growing law firm doesn't leave me with much time to devote to regular practices and gigs. So, these days, you're more likely to find me in the detached garage at the house drumming to release tension after a tough week or just for the enjoyment of this longtime hobby. I also have a collection of different types of drums, including one many people have never heard of called a Zendrum. Search for inventor Dave Haney's YouTube video called "Demystifying the Zendrum" to see it in action. It's really different from traditional drum kits or hand drums, and it's fun to jam out on.

Whether you play like a professional or are still a novice, break out your instrument this month in celebration of World Art Day. Or, if you're more of a listener than a creator, put on some of your favorite songs.



Marc L. Shapiro



Winter the Dolphin

A TAIL THAT INSPIRED THOUSANDS



Photo: Clearwater Marine Aquarium

Winter the dolphin was only 2 years old when rescuers found her with a crab trap line wrapped so tightly around her tail it was cutting off the circulation to her flukes. Unfortunately, this led to the eventual loss of her tail. In most cases, dolphins can't survive without their flukes.

When Winter first arrived at the Clearwater Marine Aquarium, her caregivers worried about her overall health. The infection that had taken over her tail due to loss of circulation was spreading, and if it reached her spinal cord, they knew she would die. Fortunately, her spinal cord remained untouched. Winter adapted to her situation, but then a new problem arose. Without flukes, Winter began moving her body side-to-side to swim, which caused scoliosis in her spine. However, an expert created a custom prosthetic tail for her, enabling her to swim normally again without impacting her spine. Since then, Winter has thrived!

The story of what Winter went through, her struggle to recover, and how she fought to live has inspired thousands of people. Children and adults who have lost their limbs or were born with disabilities travel from around the world to meet her. She encourages people to keep fighting, and many feel that if Winter could overcome her obstacles, they can, too. There was even a film made about her called "Dolphin Tale." In fact, many of the scenes from the movie were shot at the Clearwater Marine Aquarium, and Winter starred as herself. The film captures her triumphant story and chronicles how she inspires people around the world.

To learn more about Winter, read inspirational stories, or donate to the Clearwater Marine Aquarium, visit CMAquarium.org. And, of course, "Dolphin Tale" is a great film for your next movie night!

THE PRICE OF PAIN AND SUFFERING

How Courts Determine Compensation

Calculating the value of pain and suffering is more complicated than calculating lost wages, medical bills, or economic damages, which come with bills and receipts. However, determining a fair compensation amount for pain and suffering is possible, especially with the help of a qualified personal injury attorney like those at *The Law Offices of Marc L. Shapiro, P.A.*

What's included in 'pain and suffering'?

Sustaining an injury leads to emotional and physical stress on the mind and body. This can cause physical symptoms like pain, stiffness, or limited mobility as well as mental symptoms such as anxiety or depression.

How do courts determine compensation for pain and suffering?

As with most court determinations, **evidence is key to determining compensation**. When it comes to pain and suffering, courts consider evidence such as a doctor's report, your personal testimony and testimony from those close to you (such as a spouse), and other professionals' assessments of your state of mind and how the injury has impacted your life.

What else will the court consider?

The judge will also take the following into account:

- The severity of your injuries
- The length of your recovery
- The types of medical treatments that were necessary to treat your injury and help you heal

If you suffered a severe injury that required costly, long-term, or in-depth treatment, you're more likely to receive greater compensation for pain and suffering than someone whose injury was less severe and required less treatment. Additionally, clients who have experienced life-altering injuries that resulted in disability or a substantial alteration of their daily lives will likely qualify for greater compensation for pain and suffering.

What's the most common method for determining compensation?

While your attorney will examine your case to determine which method is best to determine your personal compensation amount, one common way to calculate the value of pain and suffering is called the **multiplier method**. The value of economic damages (i.e., cost of medical bills, the cost of missed work, etc.) is used as the basis for this technique. That amount is then multiplied by a number between 1-5, based on the severity of your injuries.

As always, hiring a qualified personal injury attorney is the best way to ensure you get the proper compensation for your injuries as well as pain and suffering. To learn more about this and other personal injury topics, visit our blog at AttorneyShapiro.com/blog.

AMAZING EXPERIENCE' Hear From a Satisfied Client

"Amazing experience overall. Attorney Laurie Anton takes the time to understand her clients. She's very insightful and is an expert in her field and truly a professional. I have never gone through something so stressful, and Laurie made sure to check on me throughout the entire process. Without Laurie's help, I know that I would not have had the successful outcome I had. Thank you!"

-Lebron L.



How Are We Doing?

Feedback from our clients lets us know how we're doing. Please tell us about your experiences by leaving a review on Google or on our Facebook page at [Facebook.com/AttorneyShapiroLaw](https://www.facebook.com/AttorneyShapiroLaw). Your support empowers us in our mission to help as many people as possible.

Rhubarb Oat Bars



Inspired by TasteOfHome.com

Ingredients

- 1 1/2 cups fresh rhubarb, chopped
- 1 cup packed brown sugar, divided
- 1 tsp fresh lemon juice
- 4 tbsp water, divided
- 4 tsp cornstarch
- 1 cup old-fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup sweetened shredded coconut
- 1/2 tsp salt
- 1/3 cup butter, melted

Directions

1. Preheat oven to 350 F and grease an 8-inch square baking dish.
2. In a medium saucepan, bring rhubarb, 1/2 cup brown sugar, lemon juice, and 3 tbsp water to a boil.
3. Reduce heat to medium and cook until rhubarb is tender (about 5 minutes).
4. In a small bowl, combine cornstarch and remaining water, stirring until smooth.
5. Gradually add to the rhubarb mixture, return to a boil, and cook until thickened. Remove from heat and set aside.
6. In a large bowl, combine oats, flour, coconut, salt, and remaining brown sugar. Stir in butter until mixture is crumbly.
7. Press half of the oat mixture into the prepared baking dish, spread rhubarb mixture on top, then sprinkle with remaining oat mixture.
8. Bake 25-30 minutes until golden brown. Cool completely before enjoying!

Word Search



- ARBOR
- ARIES
- BASEBALL
- CHERRIES
- CHOCOLATE
- DAISY
- DIAMOND
- ENVIRONMENT
- GARDEN
- KITE
- RAINBOW
- SHOWERS