



The Law Offices of Marc L. Shapiro, P.A.

August 2021

720 Goodlette Rd. N, Suite 304, Naples, FL 34102 • www.AttorneyShapiro.com

The Art of Public Speaking And Why Marc Kind of Likes It

What's your biggest fear? For many Americans, it's public speaking. Some polls show that Americans are more afraid of speaking in front of a crowd than they are of dying. Aug. 7 is Professional Speakers Day, which got me thinking about this much-maligned task and why I actually kind of like it.

I have several upcoming speaking engagements on the calendar as part of another business I run for real estate investing. There's some interesting crossover between law and real estate, and I've enjoyed finding a place in the community over the years by operating a title company that does real estate closings. I spoke at a lot of conferences prior to COVID-19 hitting. Even then, I did some Zoom presentations, but I'm getting used to being back in front of a live crowd.

While I do sometimes still feel nervous, the one thing I've learned is that nerves and anxiety are just energy. Some people want it to just go away, but the most effective way to deal with it is actually by directing it. If you've ever seen a great speaker, you may notice that they express themselves quite a lot with their hands. That's a great trick.

If you're nervous, you may want to hold onto a podium or set of notes or put your hands in your pockets and fidget with your keys. But this can be really distracting. Instead, let that energy come out more naturally by moving your hands as you talk. The other good trick for dealing with nerves is to ask yourself, "What's the worst that could happen?" Usually, the worst thing is not actually that bad.

If you want to get better at public speaking, I think the best thing you can do is get in front of people as often as possible. I've read a lot about public speaking and how to do it better, but the thing that's helped me the most is just doing it. I have a weekly speaking engagement with an organization I'm involved in. I only speak for a few minutes each week, but it gives me the opportunity to practice public speaking as well as to learn something new each week well enough to be able to present on it.

Preparation is also key, but this looks different depending on the person and the topic. If I'm talking about something I know a lot about and have a lot of experience with, I can make a brief outline to keep me on track (this usually becomes my PowerPoint slides) and improvise a lot. However, if you don't know the topic you're presenting very well or haven't talked about it much in public, preparing your presentation can help ease your nerves. This doesn't mean writing out a speech word for word, though. We've all seen speakers whose eyes are stuck to their notes, and it's just not compelling.

Instead, come up with a strong outline of main points, then think about stories to illustrate those points that will relate to your audience. That also means you need to know your audience. If you're speaking in front of an organization you're involved in, then you'll probably already have a good idea of who will be in the audience. But if you're asked to speak at a conference or event, it's a good idea to ask the organizer for some insight into who will be in the audience. Tailoring those stories to be relevant to the listeners will go a long way toward making a memorable speech.

The next time you're asked to speak, consider doing it. Remember that nerves are normal. Think of ways to direct that nervous energy and remember that even if the worst happens, you'll still be alive at the end of it and have learned something.

Marc L. Shapiro



Will a Night at the Movies Change Forever?

MOVIE THEATERS IN POST-PANDEMIC TIMES

Out of all the businesses hit by the COVID-19 pandemic, few were affected more than movie theaters. For the past year, as movies have debuted on streaming services rather than in theaters, many industry leaders, critics, and theatergoers alike have raised the alarming question: Did COVID-19 kill the movie theater industry?

In short? No. Not by a long shot. Though the past year has left the industry somewhat beleaguered (AMC closed 60 theaters permanently, Cineworld reported losses totaling \$2 billion, and the Alamo furloughed more than 5,000 employees). Yet, despite all of this, a night at the movies is here to stay.



When a Vox reporter reached out to various moviegoers about whether they would attend theaters once the pandemic ends, many of them said yes because streaming a film in their living room just can't provide the same experience.

Watching a movie in a theater completely immerses one in the experience — you can't pause the film to watch later or do chores. And you're in it with the whole theater. Comedies are funnier when you laugh with others. A hero's triumphs are more spectacular when you cheer them on together. (Who didn't go nuts when Captain America caught Thor's hammer in "Avengers: Endgame"?) When you leave the theater, you feel a little closer to the strangers around you, and having been immersed in the movie alongside your friends, you can discuss how you liked the movie on the way home.

Of course, movie theaters will still change as a result of the pandemic. Theaters are working to become more digital, some even moving to eliminate paper tickets and creating options to order concessions before your arrival. More theaters may promote private viewings of movies so people can be more careful about whom they watch movies with. Some theaters are also trying to create more of an "experience" for moviegoers by offering a wider array of food and even comfier seats.

However, these changes, especially given the circumstances of the past year, are hardly surprising. The movie theater industry has been evolving for over 100 years, and it certainly won't stop evolving now.

CAN YOU USE TRAFFIC CAMERA FOOTAGE

As Evidence in Your Case?

We've talked many times about the importance of evidence for our clients' cases. In motor vehicle accident cases, you'll need to prove that the other driver's negligence is what caused the accident and any injuries you sustained. That proof comes in the form of different kinds of evidence including witness statements, photographs, and police reports.

Another valuable resource is traffic camera footage of the accident. But can you get access to that footage?

The short answer is yes, but you'll probably need an attorney. These traffic cameras may be privately owned or owned by the government. Either way, they may be reluctant to give up the footage. The attorneys and staff here at The Law Offices of Marc L. Shapiro, P.A. help our clients obtain this important footage by submitting a subpoena for it to the court.

There are few things to consider when it comes to using camera footage as evidence in your case:

Easy Foil-Grilled Sausage and Vegetables



Inspired by NutmegNanny.com



- The footage can also be used *against* you. Video footage is compelling evidence, but if it shows that you were, in fact, at fault or even partially to blame for the accident, your compensation may be reduced.
- The footage may be erased after a specified time period, which can be as short as 1–3 days. This is why it's important to immediately contact us for help after an accident.

If you've been injured in a car accident, we can help you get the compensation you deserve by helping your build a strong case with compelling evidence. This includes camera footage from traffic cameras and nearby privately owned security cameras. Consultations are free, so if you think we can help, contact *The Law Offices of Marc L. Shapiro, P.A.* today. You can find more information on this and other personal injury topics on our blog at AttorneyShapiro.com/blog.

Dinner is ready in 30 minutes with this easy, seasonal August sausage and vegetable bake.

Ingredients

- 4 sausage links of your choice
- 1 lb green beans
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 1 zucchini, diced
- 1 yellow summer squash, diced
- 3 tbsp olive oil
- 2 cloves garlic, grated
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp basil
- 1 tsp salt
- 1 tsp crushed red pepper (optional)

Directions

1. Preheat your grill to medium heat or your oven to 425 F.
2. In a large bowl, add all of the ingredients and mix well. Divide into four equal portions.
3. Prepare four 16-inch pieces of foil and place a portion in the middle of each section. Wrap each foil piece tightly and avoid holes.
4. Grill each foil packet for 20 minutes, flipping halfway through. You can also bake each packet for 20 minutes at 425 F.

WHAT OUR CLIENTS ARE SAYING

'Extremely Professional and Knowledgeable'

"I was involved in a car accident in June 2020. I was not at fault and was left with pretty significant neck injuries. I was referred to Marc Shapiro for consultation and advice on making a claim. From the very beginning, it was clear that I made the right choice! Everyone who worked with me was extremely professional and knowledgeable about my case. Shawn Davey was especially helpful. He was always available to answer my questions and offer advice. The process took time, but I never felt left out of the loop. It was because of the kind, patient staff that I was able to come to an equitable agreement. I would strongly recommend Marc Shapiro and his team! They are great!"

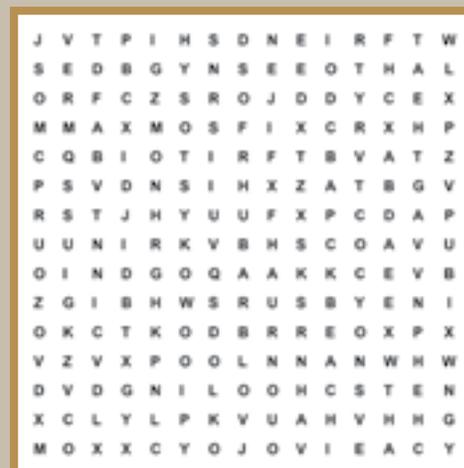
-Jud K



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.

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Don't Reach for the Coffee

3 NATURAL WAYS TO BOOST YOUR ENERGY WITHOUT CAFFEINE

If you can't start your day without your daily cup — or cups — of joe, you're not alone. More than 450 million cups of coffee are consumed by U.S. residents every day, and unfortunately, heavy caffeine consumption may not be healthy. (It's a big reason why celebrities like Jennifer Lopez, Jim Carrey, and Kim Kardashian don't drink it!)

Moderate amounts of caffeine *can* improve your mental health, and some studies suggest it could even prevent some chronic conditions. However, there are major downsides to overconsumption, which equates to more than four cups of coffee each day. These can include high blood pressure, addiction symptoms, and decreased mentality.

If you want to break out of the caffeine cycle and reduce how much coffee you drink, try replacing that cuppa with one of these methods!

Stretch

After lying in one position all night, your body may feel stiff and achy. Stretching awakens your muscles and helps you break out of that groggy morning feeling. Start with your back and do some slow core twists. Then, sit on the floor and lay your legs out in front of you. Stretch forward, then sit back up. Next, position your right foot on the opposite side of your left knee. Keeping your hips centered, turn your

torso toward your right foot so that your right arm is on your right knee. Switch to the other side and repeat as needed. Finally, pull your head toward your shoulders to loosen your neck.

Go for a Walk

When you wake up in the morning, head outside! Movement stimulates your brain and improves your mood, and the act of walking is relaxing enough that it doesn't require much effort on your part. Plus, it's a great way to get your steps in, wake up slowly, and get outside before a busy day.

Just Breathe

This might sound like it will lull you to sleep, but there are actually some breathing techniques that can help you wake up! The "breath of fire" is a rapid-fire breathing technique, during which you inhale deeply, exhale deeply, inhale deeply again, and then exhale quickly. Repeat this as needed. Other practices that focus on breathing, like yoga, can be effective, too.

Waking up isn't an exact science, but once you find a healthy method that works for you, you may never need coffee again. (Gasp!)